



HPL Institute
Health & Prosperity Through Leadership
a 501c3 dedicated to spreading health and prosperity to everyone.

HPL 501c3 Institute Annual Report

Reporting on Activities for
HPL501c Institute in 2015

What's Happening

- 1 HPL Institute Mission
- 1 From Our Leader
- 2 New Board Members
- 3 About Our Funding
- 5 Submitted Events for 2015-2016
- 9 Events Coming up in 2017
- 10 Tai Chi Festivals
- 10 Update on CIRWEP
- 11 Associate Subsidiary Member Organizations and Programs
- 13 Professional Members, & Partnering Organizations

HPL 501c3 Institute
PO Box 564, Douglassville PA 19518
484-332-3331
<http://HPL501c3.org>

The mission of the HPL 501c3 Institute is to help people: achieve Health, attain Prosperity, and develop Leadership. We do this through workshops, classes, conferences, websites, video, and publications.

The mission of HPL 501c3 Institute is no small project. It is our goal to enable other groups and non-profits to put on events, workshops, classes, conferences, publish websites, videos, and books for *others* to develop health, prosperity, and leadership. In short, we believe in ***Health, Prosperity, and Leadership for All***. We currently have 25 groups, programs, and partners, but are working on the infrastructure and processes necessary to have 2500.

Those who join with us and support us do so because they believe in our mission, they want to spread the benefits of their knowledge, expertise, and talents to others, and would like to join with others doing the same thing. Additionally, (and this will be more true when our CIRWEP infrastructure is completed) the organizers of these groups take advantage of technology tools provided by our strategic partner, HPL Consortium, Inc. Those tools will enable them to more quickly and easily get the word out – without needing to become technology gurus themselves.

From Our Leader

By *CJ Rhoads*,
Managing Director



My plan last year was to work diligently on the CIRWEP infrastructure, and I've been doing that. I've been watching the programs and groups grow and flourish without my interference – help. Yes, a couple have withered a bit, but we've had several new groups join, and others have found leaders who are running things tremendously well. I do what I can, but my main goal is to set up our infrastructure and administration for the future, and to let others lead the individual programs. So last year I said I was handing off program management to others – and mostly I have.

We also have a few new board members which I'm pleased to introduce (on the next page of the report). Several previous board members have moved onto the advisory board and/or settled into Program Director roles, as planned, since the board had gotten too big and bulky. It took quite a while to work through it all, but I think we have a great board; smaller, leaner, and ready to take on the challenges that we face as we attract more and more groups and non-profits. Program Directors and Advisory Board members are, as always, invited to attend Board meetings, but with a smaller decision-making group it will be easier to move forward.

We are still working on the concept of "membership" and what that means. And, of course, we have to figure out how we will attract funding in order to continue our mission. I'll be reporting on some of our attempts (none tremendously successful yet). This will be a major issue in the coming years, and the largest challenge of our current board.



Introducing New Board Members

Ray Melcher

Raymond H. Melcher, Jr. has 40 years of experience with both private and publicly-owned for profit companies and also with non-profit organizations. He is the President, Managing Principal and Owner of Marathon Business Group, LLC, dba Marathon Capital Advisors and Marathon Franchise Advisors, an advisory firm specializing in mergers, acquisitions, divestitures, and the sale of small to medium size privately-owned businesses. Since 2006, Melcher has provided executive coaching and leadership development advisory services to business owners and executives in various industries including insurance, corporate aviation, manufacturing, health care, commercial banking, education, and real estate development. Prior to that, he was a successful bank president and technology company owner (including the one that purchased Computer Educational Services, started by CJ Rhoads).. The recipient of numerous professional and community awards, he was honored as the Business Leader of the Year (large business category) in 2000 by the Berks County Chamber of Commerce, won the Eastern Pennsylvania Executive Spotlight Award in 2001, received the Community Leadership By Example Award from the Senior Citizens Council in 2002, in 2003 was named a Distinguished Alumnus of Alvernia College and in 2005 was awarded the Citation for Service to Kutztown University.



Sharon McLendon

Dr. Sharon McLendon has a Doctorate in Leadership from Alvernia University. She has worked for

For the past 27 years, she has worked for the Reading School District: the first 15 years as a teacher, the remaining years as a school counselor. Her teaching experiences include elementary, bilingual, and alternative education. Sharon currently works as a school counselor at Reading High School, her alma mater.



Sharon previously served on the Board of Directors of the Department of Pupil Services (DPS) for the Pennsylvania State Education Association, and acted as liaison to the Minority Affairs Committee. During her tenure on the DPS Board, she was chosen to represent school counselors and gave testimony to the PA House of Representatives Education Committee on school dropout. Sharon also had an opportunity to serve on the Exeter School District Board. Most recently she joined the Reading School District's Diversity and Equity Committee. Sharon also worked on the Making a Better Future program, helping to organize the Entrepreneurship Film Panel at Kutztown University. Sharon McLendon received her Associate Degree in Applied Science in nursing from Reading Area Community College, as well as a Bachelor of Science degree in Elementary Education and a Master of Education degree in school counseling from Kutztown University.

Marc Mathys

Marc Guy Mathys, JD, is a man of many worlds. He has taken the floundering Organization for Pain Free Living (started by Marty Abercrombie in 2014) and quickly and effectively started on a wonderful path of helping people. Marc is currently working with Philipps University of Marburg in Germany on a method of pain relief (which you can read about on the new relaunched www.opfl.org website thanks to Marc and Greg Kopchinski). Previously, Marc ran the Legal Debt Foundation in Ventura California helping people in financial trouble.

Marc has over 35 years' experience as lawyer. In 1991 he helped found the NAOS Advisors Group, AG, Zurich, Switzerland focusing on mergers and new venture financing. In 2004 he started McKenny and Mathys, LLC. In 2007 he started the Mathys Law Group, which grew to a national firm, and was sold in 2014.



Michelle Wurtz



Michelle Wurtz is the owner and director of Pottstown Dance Theatre, the artistic director of the Melange Contemporary Dance Theatre, and the assistant director for the ContempraDance theatre. She is also an adjunct Professor of Dance at Immaculata University, and annually works at the International Dance Festival in Ladek, Zdroj, Poland.

Her students have danced at the 2010 International Dance Festival and the 2012 Olympic Games in London. In January 2016 they performed at Carnegie Hall.

Michelle holds a BFA in Dance from the University of the Arts and an MPA in Non-Profit Management from Strayer University. Michelle has taught master classes at colleges such as UArts, Swathmore College, and Temple University, and has instructed the Allegria cast of Cirque de Soleil.

Every year she sponsors a program for youth designed to decrease bullying and increase intercultural awareness. This year the production was called "United", was performed to standing-ovation audiences.

About Our Funding

If you will remember from last year's annual report, we had high hopes for a new method of soliciting contributions; giving away premiums. Unfortunately, it was not a good plan, and we spent more money on sending out the annual report with the list of premiums than we made in donations. Even worse, the premiums sometimes cost as much or more than the donation, and the cost of the Prestashop and the merchant services we set up to manage the expected volume of orders was even higher. We won't make that same mistake again (though we will make plenty of others, I assure you ☺).

As you know, our financial history has been pretty irregular, as seen in **Table 1. HPL 501c3 Past Ten Years of Income and Expenses**. Contributions through donations and sponsorships average around \$15000, with wide swings from the low of \$5000 to the high of almost \$50,000. This funding has allowed us to share the benefits of health, prosperity, and leadership through a variety of events and programs including Entrepreneurship Week, Taijiquan Picnics and Festivals, Journal in Management and Leadership, Asklepios Qigong research, and the Organization for Pain Free Living training program.

Last year we brought in \$19,053 in income, and spent \$16,328 on programs and \$2,225 in administrative expenses – basically break even (\$500 surplus). Unfortunately, like the previous year, the more than half of the funding came from one donor (and I'll bet you can guess who that is). So far this year we have brought in \$16,910 in income and spent 10,252 for programs and only \$274 in administrative expenses. Of course, that is cash basis, which means we record cash that goes out and cash that comes in regardless of when it is committed. In other words, if we receive \$2000 for a program that won't run until next year, the income is still recorded this year. And if we pay a bill that was due last year, it is recorded when we pay it, this year. We have been running on a cash basis because we were relatively small, and except for HPL Consortium bills, we paid our bills when they came in.

That is going to have to change, and next year it will. That's why, for this board meeting, I am presenting all the financials both ways; cash basis and accrual basis. Accrual basis means that we will begin recording income when it is committed, and recording expenses when they were committed, instead of just when they are paid. This will do several things for us. As we get larger, and as the commitment gets farther and farther from the payment or receipt, it will be more important to include those facts in our planning (and not just the cash). Additionally, many charitable reporting agencies and the IRS are expecting accrual, not cash, accounting.

If we look at the accrual, this year we brought in \$37,988 in income, \$21,078 of which was donated professional services (the bulk of which came from HPL Consortium). This is the amount of the HPL Consortium debt which was "forgiven" this year because we didn't have the cash to pay for the services, but received them nonetheless. This is in accordance with our agreement with HPL Consortium, Inc. which was approved by the board in previous years. (The total amount that we owe at this point is around \$50,000, but according to our agreement, we only have to pay it if we attract enough funding in order to do so.) Donated services don't appear on the cash basis reports. Our accrual program costs so far this year is \$36,770, and administrative expenses are still only \$274 (since we don't have any payables for administrative expenses, although most of administrative expenses come in the second half of the year when we pay for insurance, audits, and the like).

Table 1. HPL 501c3 Past Ten Years of Income and Expenses

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	Estimated - Accrual 2016*
Total Income	\$ 6,325	\$ 7,519	\$ 5,879	\$ 24,001	\$ 4,488	\$ 18,006	\$ 48,219	\$ 18,065	\$ 16,594	\$ 19,053	\$ 37,989
Total Expenses	\$ 5,493	\$ 7,217	\$ 5,939	\$ 21,666	\$ 2,447	\$ 18,236	\$ 65,799	\$ 27,589	\$ 15,569	\$ 18,553	\$ 37,044
Surplus/Deficit	\$ 832	\$ 301	\$ (60)	\$ 2,335	\$ 2,041	\$ (230)	\$ (17,580)	\$ (9,524)	\$ 1,025	\$ 500	\$ 945
EOY Assets	\$ 1,609	\$ 1,910	\$ 1,850	\$ 4,185	\$ 6,226	\$ 12,057	\$ 2,957	\$ 3,185	\$ 9,096	\$ 11,293	\$ 12,238
EOY Receivables						\$ 599	\$ 980	\$ -	\$ -	\$ -	\$ -
EOY Payables/Liabilities								\$ 6,745	\$ 746	\$ 0	\$ 0
Operational Surplus/Deficit	\$ 1,609	\$ 1,910	\$ 1,850	\$ 4,185	\$ 6,226	\$ 5,996	\$ (11,584)	\$ (21,108)	\$ (20,083)	\$ (19,583)	\$ (18,638)

Additionally, so that we can provide better program-based reports, HPL Consortium is breaking down this year's invoices by program. (Your packet contains the letter I wrote to George Deeble, our finance person, that documents the change because the wording of the invoices was specified in our agreement with HPL Consortium.) Each program is assessed a fair share percentage of the costs of the education, research, and development work being done. If the program brings in any money, that fair share comes from the income, but if the program does not attract any funding, the fair share is paid by the individual contributions that come into HPL 501c3 unencumbered. Our pledge card will start listing all of the programs so that people can choose for which program they are contributing funding.

Any funding in excess of the accrual must be spent by the program director before the end of the calendar year (which is the same as our fiscal year). So that program directors can better keep track of their own funding, we will begin publishing the program financial report which details the income and expenses for each program.

We must do a better job of attracting funding. One of the problems is my own schedule of priorities; I can either do the work of establishing the infrastructure for the future and fostering the programs, OR I can spend all my time soliciting funding. I have been trying to do all three and it is not working well.

The Pennsylvania budget impasse in 2015 hit us very hard; in the previous years we were able to attract \$8000-10,000 in funding from EIO Tax Credits, but we were only able to attract \$2000, and that was in 2016, not 2015. The state seems to be focusing on scholarships; amounts approved for scholarship are going up but the amounts for educational improvement organization are going down (while the number of educational improvement organizations has quadrupled). So many organizations means a smaller piece of the shrinking pie for each.

We will be making changes. In analyzing Stella's and my time, we spent a huge amount of time soliciting funding for Entrepreneurs Traveling to Prosperity, Talented Teens and Business Leaders (TT&BL), and the Entrepreneurship Club of Kutztown University. Unfortunately, it doesn't appear to be time well-spent. We didn't even get enough funding to fully run the TT&BL program or launch the Entrepreneurs Traveling to Prosperity program. We also spent a lot of time doing the applications for HMR and SECA, and paid for an expensive audit in order to qualify for those programs. The jury is still out on whether or not that was a good investment of time and money, and I'm looking for advice as to whether or not we should spend that time again this year for the hopes of 2018 – especially since now HMR is charging up front instead of on the back end (coming out of the funding received), and we have no idea if we will get a single penny in 2017.

I would like to continue to work on CIRWEP infrastructure until the platform is actually useful to someone other than me and Stella, because at that point the nominal amounts we charge for its use will pay for the continuing development (if not some of the past development). But until then we must find alternative sources of funding. It sure would be nice if we could find someone willing to take on the task of soliciting funding rather than continuing to rely on my catch-as-catch-can schedule.

In addition to things like the audit and HMR, we are looking to the board for advice on a number of expenses. We spend over \$1200 a year maintaining a merchant account that rarely gets used, but it would cost us \$600 to shut it down and start it up again later. Would it make sense to pay for a professional fundraiser to help us? How much would that cost us, and where would we find the money to pay them? All good questions to be discussed by the board.

<p>If already in our database, please give us your code (or just return the mailing label): _____ If you provide the code, you can skip the info below. However, if there is a change, please check here and we will update our files <input type="checkbox"/></p> <p>Name: _____</p> <p>Company (if applicable): _____</p> <p>Address: _____</p> <p>City, ST Zip: _____</p> <p>Primary Telephone: _____ <input type="checkbox"/> cell <input type="checkbox"/> home <input type="checkbox"/> work</p> <p>Primary Email: _____</p> <p>I/We will pledge total: \$ _____ (Please choose which specific program should benefit from your pledge. You can designate specific amounts or % if you wish. Unallocated amounts will be distributed as needed.)</p> <ul style="list-style-type: none"> <input type="checkbox"/> All HPL 501c3 non-profit partners and programs <input type="checkbox"/> Asklepios _____ <input type="checkbox"/> Berks Business Education Coalition _____ <input type="checkbox"/> Berks Intercultural Alliance _____ <input type="checkbox"/> Bluebird Society of Pennsylvania _____ <input type="checkbox"/> Complete Mind Body Spirit Tai Chi Association _____ <input type="checkbox"/> Catch the Curve _____ <input type="checkbox"/> Canadian Taijiquan Federation _____ <input type="checkbox"/> Entrepreneurship Club of Kutztown University _____ <input type="checkbox"/> Entrepreneurs Traveling To Prosperity _____ <input type="checkbox"/> Faustman Laboratory _____ <input type="checkbox"/> Institute of Integral Qigong and Tai Chi _____ <input type="checkbox"/> Institute of Leadership in Management _____ <input type="checkbox"/> New Jersey Tai Chi _____ <input type="checkbox"/> Next Step Strategies _____ <input type="checkbox"/> Organization for Pain Free Living _____ <input type="checkbox"/> Pushing for Peace _____ <input type="checkbox"/> Pagoda Writers _____ <input type="checkbox"/> Taijiquan Enthusiasts Organization _____ <input type="checkbox"/> Talented Teens & Business Leaders _____ <input type="checkbox"/> Pottstown Dance Theatre Intercultural Youth Program _____ <input type="checkbox"/> UUFP Bluebird Trail _____ <input type="checkbox"/> UUFP Garden Group _____ <input type="checkbox"/> World Affairs Council of Reading _____ 	<p>Levels:</p> <p>Friend \$1+</p> <p>Contributor \$25+</p> <p>Member \$60+</p> <p>Premium Member..... \$100+</p> <p>Professional Member. \$295+</p> <p>Patron \$500+</p> <p>Super Patron \$1,000+</p> <p><input type="checkbox"/> Check (enclosed)</p> <p><input type="checkbox"/> Bill Me in monthly installments (Amount each month: _____)</p> <p><input type="checkbox"/> Bill Me for one time payment</p> <p><input type="checkbox"/> Credit Card (circle one) MasterCard Visa</p> <p>Account # _____</p> <p>Expiration Date: _____</p> <p>Code Number: _____ <small>(3 or 4 digit number on the back of the card)</small></p> <p>Signature _____</p> <p>Date: _____</p> <p>Please return to HPL 501c3 Institute, PO Box 564, Douglassville, PA 19518, or FAX to (610) 689-8083, call 484-332-3331, or email to Stella@HPLConsortium.com.</p>
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Events and Activities Submitted for 2015-2016

Location	Date	Event Name	Organization	Partnering Organizations	Contact for more info
online, worldwide	2015	Pain Relief Courses and Advice	Organization for Pain Free Living	University of Marburg	Mr. Marc Mathys , mmathys@gmail.com, 805-760-1356
Pottstown, PA	February 2015	Spread Manure on the beds	Food Bank Garden Group of UUFP	Seeds of Change	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609
Trenton, NJ	2/25/2015	Reiki 1	Next Steps Strategies, LLC	Trenton Veterans Center,	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Pottstown, PA	March 2015	Spring Planting	Food Bank Garden Group of UUFP	Seeds of Change	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609
Langhorne, PA	4/18/2015	Reiki 1	Next Steps Strategies, LLC	Medicine in Balance	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Reading, PA	Apr 20, 2015	Dr. Adam John and Albright panel on Haiti	World Affairs Council of Reading		Mr. David W. Huyett, dhuyett@msn.com, 610 775-2735
Collegetown, PA	Apr 30 - May 1, 2015	United	Pottstown Repertory Ensemble		Ms. Michelle Wurtz, mjwurtz12@gmail.com, (610) 323-2569
Collegetown, PA	May 2 & 3, 2015	A Time to Dance - Dance Concert	Pottstown Dance Studio Repertory Ensemble		Ms. Michelle Wurtz, mjwurtz12@gmail.com, (610) 323-2569
Pottstown, PA	May 3, 2015	Spring Demo Concert	Pottstown Repertory Ensemble		Ms. Michelle Wurtz, mjwurtz12@gmail.com, (610) 323-2569
Monroe, NJ	5/6/2015	Numerology	Next Steps Strategies, LLC	Monroe Sr. Center	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Pottstown, PA	June 2015	Summer Planting	Food Bank Garden Group of UUFP	Seeds of Change	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609
Newtown, PA	6/6/2015	Holistic Health Extravaganza	Next Steps Strategies, LLC	Newtown Parks & Recreation	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Toms River, NJ	6/27/2015	Energy Medicine 101	Next Steps Strategies, LLC	Healing Arts	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
E. Stroudsburg, PA	7/3-7/5/15	“Body, Mind, & Spirit Tune-up Weekend”	Next Steps Strategies, LLC	Deerfield Spa	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048

Location	Date	Event Name	Organization	Partnering Organizations	Contact for more info
Lakewood, NJ	Fall 2015	Assoc. Prof. Qigong	Next Steps Strategies, LLC	Georgian Court University	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Pottstown, PA	Dec 2015	Clean out the beds	Food Bank Garden Group of UUFPP	Pottstown Cluster	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609
Pottstown, PA	July-Oct 2015	Fall Harvest	Food Bank Garden Group of UUFPP	Pottstown Cluster	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609
Norristown, PA	October 3, 2016	Student Composition Concert	Pottstown Repertory Ensemble		Ms. Michelle Wurtz, mjwurtz12@gmail.com, (610) 323-2569
Reading, PA	October 14, 2015	Metodija Koloski on Macedonia	World Affairs Council of Reading		Mr. David W. Huyett, dhuyett@msn.com, 610 775-2735
New Egypt, NJ	10/24/2015	Holistic Health Extravaganza	Next Steps Strategies, LLC	American Legion Post 455	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Reading, PA	November 11, 2015	Dr. Donald Lee on Un Millennium Goals	World Affairs Council of Reading		Mr. David W. Huyett, dhuyett@msn.com, 610 775-2735
Newtown, PA	11/21/2015	Healthy Holiday Bazaar	Next Steps Strategies, LLC	Newtown Parks & Recreation	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Pottstown, PA	Dec 5, 6 2015	Nutcracker Suite Dance	Pottstown Repertory Ensemble		Ms. Michelle Wurtz, mjwurtz12@gmail.com, (610) 323-2569
online, worldwide	2016	Pain Relief Courses and Advice	Organization for Pain Free Living	University of Marburg	Mr. Marc Mathys , mmathys@gmail.com, 805-760-1356
New York, NY	January 16, 2016 2:00 pm	Rain Celebration Dance	Pottstown Repertory Ensemble		Ms. Michelle Wurtz, mjwurtz12@gmail.com, (610) 323-2569
Reading, PA	Feb 9, 2016	World Quest 2016	World Affairs Council of Reading	Alvernia University	Mr. David W. Huyett, dhuyett@msn.com, 610 775-2735
Reading, PA	Feb 10, 2016	Jamal Abodalo on The Syrian Situation	World Affairs Council of Reading		Mr. David W. Huyett, dhuyett@msn.com, 610 775-2735
Toms River, NJ	2/20/2016	Energy Medicine 101	Next Steps Strategies, LLC	Healing Arts	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Toms River, NJ	2/21/2016	Energy Medicine 102	Next Steps Strategies, LLC	Healing Arts	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Pottstown, PA	March 2016	Spread Manure on the beds	Food Bank Garden Group of UUFPP	Seeds of Change	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609

Location	Date	Event Name	Organization	Partnering Organizations	Contact for more info
Pottstown, PA	April 2016	Spring Planting	Food Bank Garden Group of UUFP	Seeds of Change	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609
Pottstown, PA	June 2016	Summer Planting	Food Bank Garden Group of UUFP	Seeds of Change	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609
Reading, PA	Mar 9, 2016	Paul Sotero on Brazil	World Affairs Council of Reading		Mr. David W. Huyett, dhuyett@msn.com, 610 775-2735
Kutztown, PA	Mar 22-25, 2016	E-Week: Entrepreneurial Celebration/conference	Entrepreneurship Club of Kutztown University		Mr. Stephen Hilborn , shilb539@live.kutztown.edu, 610 406-2844
Lavallette, NJ	4/4-4/6/16	T'ai Chi Chih Workshop	Next Steps Strategies, LLC	Hosted workshop	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Reading, PA	April 13, 2016	Barbara Crossette	World Affairs Council of Reading		Mr. David W. Huyett, dhuyett@msn.com, 610 775-2735
New Egypt, NJ	4/30/2016	World T'ai Chi & Qigong Day	Next Steps Strategies, LLC	American Legion Post 455	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
New Egypt, NJ	5/21/2016	Reiki 1	Next Steps Strategies, LLC		Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Newtown, PA	6/4/2016	Holistic Health Extravaganza	Next Steps Strategies, LLC	Newtown Parks & Recreation	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048
Burlington, NJ	Jun 5, 2016	Taijiquan Enthusiasts Festival June 6, 2016	TJQE		Dr. Chang-shin Jih, Ph.D., LukeJih@TaijiquanEnthusiasts.org, (267) 481-0721
Pottstown, PA	June 5, 2015	Spring Demo Concert	Pottstown Repertory Ensemble		Ms. Michelle Wurtz, mjwurtz12@gmail.com, (610) 323-2569
Pottstown, PA	July 2016	Early Harvest, Summer Planting	Food Bank Garden Group of UUFP	Pottstown Cluster	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609
Pottstown, PA	Sept-Oct 2016	Harvest rest of beds 2016	Food Bank Garden Group of UUFP	Pottstown Cluster	Ms. Virginia Knight, virginiahelenr@yahoo.com, 484 735-3609
Reading, PA	September 9, 2016 12:00 pm	Robert Grenier on Counterinsurgency Issues	World Affairs Council of Reading		Mr. David W. Huyett, dhuyett@msn.com, 610 775-2735
Kutztown, PA	October, 2016	Bear Cage Entrepreneurial Presentations	KU Entrepreneurship Club	KUMA, and ACE	Mr. Stephen Hilborn , shilb539@live.kutztown.edu, 610 406-2844
New Egypt, NJ	10/22/2016	Holistic Health Extravaganza	Next Steps Strategies, LLC	American Legion Post 455	Ms. Siobhan Hutchinson, MA, siobhan@nextstepstrategiesllc.com, (609) 752-1048

Important Events and Activities 2017

Location	Date	Event Name	Organization	Partnering Organizations	Contact for more info
Kutztown, PA	March 2017	E-Week: Entrepreneurial Celebration/conference	Entrepreneurship Club	KU College of Business	Mr. Stephen Hilborn , shilb539@live.kutztown.edu, 610 406-2844
Albany, NJ	June 4-5, 2017	Tai Chi Gala	Internal Garden School of Tai Chi	Alpha State Events	Ms. Loretta Wollering, InternalGardens@Yahoo.com, 973-202-9409
Burlington, NJ	June 9 - 11, 2017	Taijiquan Festival	Taijiquan Enthusiasts Organization		Dr. Chang-shin Jih, Ph.D., LukeJih@TaijiquanEnthusiasts.org, (267) 481-0721
Harvey Cedars, NJ	Sept 8-10, 2017	Taijiquan Enthusiasts Taiji Festival, Asklepios Symposium, and Retreat	Asklepios	Taijiquan Enthusiasts Organization	Dr. CJ Rhoads, D.Ed., cj@cjrhoads.com, (610) 468-5039

Tai Chi Festivals

Festival Directors:

*Bruce LaCarrubba,
Isse Elston-Phillips
Luke Jih*

This year the Taijiquan Enthusiasts Organization had three big Tai chi Festivals and next year they will have FOUR (count 'em FOUR) Festivals.

The new Festival we had this year was on June 5, in Burlington NJ. We will probably make this an annual event (though we will endeavor not to conflict with the Tai Chi Gala in the future (sorry, Loretta).

The Master Jou Tsung-Hwa Birthday Celebration and Tai chi Festival is the second weekend of July every year.

The third Sunday in September we always hold a free Tai Chi Festival in memory of David Elston-Phillips, one of our dear founders.

All three festivals this year were absolutely terrific.

Tai Chi TJQE Festival



The Tai Chi Festival held in Burlington, NJ at Master William Ting's building was a great success. We had around 50 attendees, and a day chock-full of great workshops. In addition to William Ting and Luke Jih, Siobhan Hutchinson and Wendy Talis shared their knowledge and talents with the participants. The feedback was very positive: evaluations included comments like "Wonderful", "Awesome", and "Excellent teacher, Excellent practice, Lovely way to end workshop".

Tai Chi Park Festival



The Tai Chi Festival and Annual Birthday Celebration of Master Jou Tsung-Hwa held the second weekend in July of each year is going stronger than ever. Master Jou's Spirit was very much in evidence and palpably present every moment of each day. There were dire weather forecast for the weekend: rain, thunderstorms, oppressive heat. Yet the weather couldn't have been scripted any better. Friday was perfect for the pre-Festival workshops. The cooling, cleansing rain stopped a few hours before the first workshop on Saturday and didn't start again until everyone had finished dinner and shared in Master Jou's birthday cake. It rained from then until 3 hours before the first workshop on Sunday...then perfect weather until some light, cooling sprinkles during the last workshop.

Master Jou was smiling down also at the beautiful manifestations of friendship, learning, sharing, and positive energy which seemed to permeate every workshop. The conversations and laughter between workshops and while partaking of the superb and nutritious meals prepared with so much love by Josephine Mulcahy (and Rich Morrison for his Jambalaya), and served with such panache by her, Debbie Piacenza, & Elisa DeStefano also added to the overall special and unique energy that so many of you commented that you felt all weekend.

There were many other volunteers as well. Jim Smith, Mark Gallagher, Kathy Clark, Josephine, Elisa, Ken Farah and grandchildren Will & Marin worked so very hard to beautify the grounds of The Master Jou, Tsung Hwa Memorial Tai Chi Park to create the perfect setting for our "Family Reunion". It was extra special that Master Jou's daughter Liz Jou was present, and we greatly appreciate her continuous and

unflagging support over the years and for flying in from Phoenix, Arizona with her brother Sen to celebrate with us. We were especially honored that Sen Jou, Master Jou's granddaughter Rebecca, and her husband Steve, & grandson Rudy interrupted their busy schedules as physicians to join us in honoring Master Jou.

Our presenters were spectacular: David Chandler, Dr. Jay Dunbar (who drove all the way from NC), Susanna T. DeRosa, Mark Gallagher, Ron Gee, Richard Greene, George Hoffman, Master Jian-ye Jiang, Bob & Jean Klein, John Loupos, Rich Marantz, Bill Phillips, Bee Lee Pileggi, CJ Rhoads, David Ritchie, Avi Schneider, Jennifer Steffener, and Gar Wang, who traveled from near and far, (but mostly far) at their own expense to share their expertise and skills with us in the workshops and demonstrations.

Everyone works together to contribute to the energy that makes every year our "Family Reunion," an ever-deepening, cherished memory as time goes on.

Next year will be very special. Master Jou, Tsung Hwa *Centennial* Birthday Celebration and Tai Chi Festival, July 13-16th, 2017. Mark your calendar!

Tai Chi Picnic & Festival

This year's Tai Chi Picnic and Festival in honor of one of our founders, David Elston-Phillips, at Core Creek State Park was better than ever – despite the marring due to a pinched nerve of CJ Rhoads, one of the organizers. We all carried on with barely a blip. The workshops were fantastic, and the day was a great success.

Presenters were Steve Arbitman, Jason Timony, Howard Peck, Ree Knight Cathy Scarpello, Sandy Unger, Avrahan LeWinson, Jean White, David Briggs, Avi Schneider, Clyde Beury, and Luke Jih. As usual, the picnic had an abundance of food and fun was had by all.

Progress on CIRWEP

If you've been keeping up, then you know that CJ Rhoads has been directing a lot of effort to defining the needs of CIRWEP. CIRWEP stands for the following:

- Contact Management
- Invitation Management
- Resource Management
- Web Management
- Event Management
- Payment Management

In last year's annual report we explained some of the problems of small groups and non-profits. Due to the plethora of contact methods and the generational divide in preferred method of communication, groups trying to put events together are having a hard time. Some volunteers and participants expect post cards, letters, and phone calls. Other volunteers and participants expect emails. Younger volunteers and participants expect texts and social media. The variety makes it very difficult for an organizer to get enough people together for events. The result is lower attendance, fewer volunteers, increased costs.

It's no longer enough to print a flyer for an event. You need a printed version, a PDF version to send in email, an HTML version for your webpage, and a smaller version to be posted on Facebook, and an even smaller version for Twitter, Instagram, and Snapchat. Who has the time to do all that? And who has the technical expertise to keep up with it all!?!

CIRWEP will help member and partner organizations communicate more effectively and efficiently with their constituents, volunteers, and participants. It will help

individuals too - anyone trying to manage events and activities and lists of volunteers. Create the flyer in one place, one time, and it will send post cards to those who prefer that method of communication, call others on the phone, send emails to others, sent texts to others, and post the flyer on Facebook, Twitter, Snapchat, and Instagram – with the push of a button. (Well, not really, but as close as possible.)

Having such an infrastructure would make it easier for small groups to publicize events and workshops to a wider audience. The system will enable others to peruse all the events posted by category and type, and to receive notifications of chosen events in a certain geographic area. The system will help organize meetings, define the roles of volunteers, and gather information from speakers and workshop leaders.

So where are we in the development of the infrastructure? We've made lots of progress.

- Completed the database schema.
- Worked through issues with synchronizing the Access databases with the MySQL databases
- Worked through issues linking with Mailchimp
- Established the group structure.
- Are in the midst of documenting the business and technical requirements of the system, and hope to have the bulk of it done by September.

We done this with the help of Troy Holloday, an independent web developer from Philadelphia who agreed to work for us at a large discount. We also spoke with John Weidenhammer, who last year agreed in principle to help with some of the programming of the system once we had the business requirements completed.

We've had some setbacks. After working all summer long last year on Prestashop and paying for a merchant account and consultants to set it up, we discovered that the software stopped working when our merchant services changed the security requirements. We had to trash the entire Prestashop system and will have to build the capabilities into our own CIRWEP rather than utilizing an external shopping cart. Luckily, since our needs are much simpler than Prestashop was designed for, this might not be as difficult as we originally thought, so in the end it was a good learning experience.

Another setback was that the new version of the DBConvert synchronization software did not run, and took us several weeks to get it working properly.

We also need to give up on the private cloud software, Mollify, that we spent many hours and many dollars getting to work. Now that dropbox and other cloud systems are available commercially for a reasonable price, we won't have to maintain Mollify, which was costing quite a bit to keep up to date security-wise.

All in all, the bits and starts are moving forward. The retreat that I'm on this August (though interrupted a bit by the board meeting) is dedicated to completing the database schema, the list of forms and screens, and the rest of the business requirements for the CIRWEP system.

Associate Subsidiary Member Organizations

People and organizations join HPL Institute because they are in alignment with our mission (to help people and groups connect toward health, prosperity, and leadership), and because they would like to utilize the components of [CIRWEP](#). As different components of CIRWEP become available ([go to our website to see the plan](#)), members will be the first to take advantage of the advanced capabilities. Some member groups are directly part of our organization (those who have applied for associate subsidiary status and qualify as 501c3 non-profits under our umbrella), and others are separate organizations with their own non-profit or corporate status.

Taijiquan Enthusiasts Organization



Taijiquan Enthusiasts Organization (TJQE) is the original founding organization of HPL, and is dedicated to spreading the benefits of Tai Chi and other integrative health practices to everyone.

The Taijiquan Festivals were discussed in detail on a previous page. Additionally, in 2015 the organization offered a series of Tai Chi classes on Sunday Evenings at the T.E.A. Factory in Reading PA, and attended the premier of *The Professor* in Brooklyn, NY. *The Professor* is a documentary about Professor Ch'eng Man-Ching, who brought Tai Chi to the United States in 1963 and taught here until his death in 1978. The film was supported by TJQE as an associate producer.



Organization for Pain Free Living



Organization for Pain Free Living

OPFL is dedicated to helping people in chronic pain live a full and productive life. This past year the initial website was designed and implemented. Additionally, the activities were redesigned to operate online. It was decided to help people predominantly by disseminating technology that has been refined elsewhere into the US. Also we determined that the most effective way to help the most people was to use technology and to develop a variety of e-courses and electronically distribute learning materials.

OPFL has been continuing to do research in chronic pain and find a way to bring the SET technology (a useful method of pain management) to the US. The University of Marburg has a professor and 6 doctoral students working on various aspects of the technology and has applied for funding from a multi-center trial from the German Research Foundation. We have also developed a self-help course for chronic pain and have been allowed to distribute a toolkit for chronic pain that has been called "wonderful". It has been translated into many languages and is quite effective.

We have helped a hospital in Cameroon by giving them an Electronic pain course for their use. Finally, we have refurbished our website.

Asklepios



Asklepios is a group of researchers dedicated to ensuring rigorous and scientific methods are applied to research on integrative healthcare studies such as Tai chi, Qigong, Massage Therapy, Yoga,

Pilates, etc. The researchers encourage well-developed research design and publish reviews based upon the research agenda of the Taijiquan Enthusiasts Organization. The Supportive Care in Cancer journal published our first joint effort, "Qigong on Cancer Care: A systematic review and construct analysis on effective Qigong therapy" written by Dr. Penny Klein, Dr. Roger Schneider, and Dr. CJ Rhoads.

Additionally, Penny Klein is spearheading the making of a documentary on Qigong and Cancer Care. We are asking for donations but even more importantly, time and personal endorsements. Please check website [theqigongnetwork.com](#). Even better, recommend it to others; make a link on Facebook, Twitter, Instagram, LinkedIn, Pinterest, or any other social media, along with your endorsement. When film is available for free download in September, consider sending a review to newsletter or other forum, or plant to hosting a viewing. The premier on the east coast will be at the September 8-10, 2017 Festival on Long Beach Island.

In addition to the cancer care, other publications are in the works. The second paper by CJ Rhoads has been accepted on methods of pain relief will be published in a special issue of Journal of Pain & Relief. The article, called *The Economic Impact: Optimum Timeline from Behavioral Therapies to Surgical Therapies in Response to Pain* points out that most patients would respond better, and have lower costs, if given more options before drugs or surgery are utilized for chronic pain symptoms. Other options include:

- Mind/Body Physical Practices (Qigong, Tai chi, Yoga, Pilates)
- CBT/ACT Therapy
- Massage Therapy
- Physical/Behavioral Therapy (Exercise, both directed and general)
- Nutrition Therapy
- Biofeedback/Meditation Therapy
- Chiropractic Adjustments

Entrepreneurs Traveling To Prosperity



Entrepreneurs come in all shapes and sizes. Indeed, anyone who is responsible for their own destiny, who knows that they hold the power to change their own life; these people are the leaders of our communities. They are entrepreneurs. This group is designed to help and support people who want to flourish, doing what they like to do, making their own way in life.

The idea is for Entrepreneurs Traveling to Prosperity members to meet on a regular basis (face to face, but virtually, through a web conferencing link). They help and support each other on the road to more success and prosperity. Each weekly meeting would feature a noted speaker on topics of interest to business owners and entrepreneurs. In May of 2015 due to the efforts of Michele Erhart we launched our website and put an ad in the local paper, who was doing an internship with us from Berks Business and Education Coalition.

While we didn't actually get the weekly meetings going, we have been able to work with the Entrepreneurship Club of Kutztown University to plan the launch of Talented Teens and Business Leaders (TT&BL), a mentoring program for students. The plan was to launch during Entrepreneurship Week and have a luncheon where the mentors and mentees could meet and get to know each other, but we did not receive enough funding to complete that goal. Instead we used the funding to videotape all the speakers at Entrepreneurship Week. Next we will edit them together and develop an online educational program that will meet the needs of schools trying to complete the Pennsylvania Department of Education goals for entrepreneurship. We are awaiting further funding in order to complete that program.

Michele's internship is now over, and we are looking for a new leader. We are actively seeking someone to take on the challenge and get this group up and running. If you would like to rise to the challenge, give CJ Rhoads a call.

Entrepreneurship Club of Kutztown University

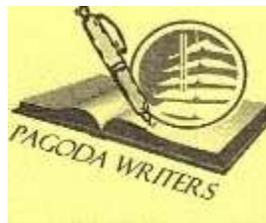


Entrepreneurship Club

This past year, the club was active and involved in the fall business idea competition which was facilitated by the KU Entrepreneurial Leadership Center. We ran bi-weekly meetings preparing students to compete and hosted workshops and guest speakers for the benefit of the student body. In the Spring the club was actively involved in planning and executing the second annual KU Entrepreneurship Week. Overall membership increased and students became more connected to the club and its ventures.

The club plans to widen its scope of membership by recruiting from other colleges on campus and hosting more student led programs. Programs in the pipeline include Bear Cage: a student run shark tank pitch competition, and a student coaching program to help students launch businesses and secure financing, mentoring, and market validation. These programs are in excess of the programs listed in 2015.

Pagoda Writers



Pagoda Writers usually meet the first (or second) Saturday of every month at the Pagoda at the top of Mt. Penn in Reading, Pennsylvania. The mission of the organization is to help and support anyone who wishes to write or express themselves creatively in the arts. This past year we had a plethora of fabulous speakers. There were several highlights. Susanna Lee from Newton, NJ took us through creating a series of haiku and shared her story of how haiku helped her through a very difficult time in her life. Catherine Mahoney led us on a powerful anonymous confessional writing exercise, and Beth Krumholz helped us

create dharma art. There were so many other great ones – too many to name here.

Our website shows not just the future events, but all the past events (as well as our confessional writing and dharma art, so be sure to take a look). The website www.pagodarwriters.org, is essential and has expanded our participation quite a bit in the last few years.

Food Bank Garden Group of UUFP



The UUFP Food Bank Garden grows vegetables in six raised beds during the spring and summer season of each year. We have been getting our seeds free from Seeds of Change and we grow the seedlings at our homes. We have volunteers working in the garden each week. The harvest is donated to the Pottstown Cluster of religious organizations. They in turn give the vegetables to people who have low or no income.

We have more volunteers this years. Members of our fellowship have been supportive of the garden providing materials and monetary donations for supplies we need. A neighbor to UUFP a few houses down the road has given us horse manure for the beds. Wegmans gave us \$250.00 dollars towards fixing the beds and we're expecting another donation promised by Durango's, a restaurant in the area.

We are going to fix the raised beds so that we can continue to grow vegetables. We are trying methods of growing that are new to us. For instance "Potato Cages" which is a system of growing potatoes that grow inside a cage proving another area to grow a vegetable in addition to the beds. We're also beginning to incorporate herbs and flowers into the garden. These additions help to improve the health of the vegetables by attracting beneficial bugs and birds that prey on predator insects which can devastate a garden. We will continue to grow vegetables from seed keeping our costs down.

Pottstown Dance Studio Intercultural Youth Program



Dancing promotes health.

Pottstown Dance Theatre promotes an appreciation for all forms of dance and encourages students of all ages and ability levels to pursue a healthful dance education.

We produced three full length concerts as well as a student composition concert utilizing the talents of dancers age 4 to 83.

In 2016 the Reparatory Ensemble performed a standing-ovation work "Rain Celebration" at Carnegie Hall. On April 30th "United" was presented at the Kaleidoscope Performing Arts Center on at the Ursinus College. This work was partially funded by a grant to HPL Institute from the PA Council of the Arts. It was designed to promote greater understanding of difficult cultures and diversity as well as as an anti-bullying piece.

Professional Member Partners & Subsidiaries

Complete Mind Body Spirit Tai Chi Association



Complete Mind, Body & Spirit Tai Chi for Health Association offers Tai chi classes in Bucks County, Pennsylvania. This past year we taught XX people YY sessions and put on the Tai Chi Picnic and Festival in September (which is discussed in a previous page). For more information go to our website www.cmbstaichi.org.

Berks Intercultural Alliance

The Berks Intercultural Alliance's mission is to facilitate healthy intercultural relations in our community. We intend to accomplish this through:

- Education, training and advocacy
- Partnering and cooperating with like-minded groups
- Using existing resources.

Our vision is to make Reading/Berks ever more a place where:

- All persons of differing ethnicities and cultures are accepted and respected.
- All children and maturing youth receive a good education and have safe recreation outlets.
- All levels of government seek to ensure the just and equitable treatment of each and every person.



Interfaith Festival Participant.

This past year was filled with wonderful event such as the NAACP Town Hall, Camp PeaceWorks, Interfaith Festival, and Reading Pride event. Coming up is performances of James and the Giant Peach at Police Athletic League (PAL) on Aug 11-13, and the NAACP Freedom Fund Gala Sept 24 at the Doubletree.

New Jersey Tai Chi



Harry Legg, Tai Chi Instructor

Harry Legg teaches Tai Chi early in the morning on Tuesdays & Thursdays at

A Touch of Wellbeing in Caldwell, NJ.

Regular practice of tai chi nourishes the body, mind, and spirit. As physical exercise, tai chi strengthens the legs and improves balance. Posture and flexibility in the joints are improved. The slow shifting of weight from leg to leg helps the circulation of blood through the body, improving heart health. The quality of relaxation in tai chi helps to regulate the flow of your internal energy, your qi, through your whole body, nourishing the health of your internal organs.

Next Step Strategies



Next Step Strategies provides a modified program of T'ai Chi Chih, Qigong, and Energy Medicine techniques to seniors at assisted living, memory care, and senior centers. We also provide ongoing T'ai Chi Chih classes and personalized sessions in Reiki and Energy Medicine both privately and at various centers in New Egypt, Toms River, Hamilton, Monroe, NJ and Bucks County, PA. We hosted 2 Holistic Health Fairs; provided workshops in T'ai Chi Chih, Reiki, Eden Energy Medicine, Numerology, Essential oils, and Qigong. We also hosted World T'ai Chi & Qigong Day in New Egypt, NJ. This coming September we will be hosting a Seijaku Workshop.

Additionally, we mentored 2 clients for T'ai Chi Chih Teacher accreditation last year, and performed services as Secretary of T'ai Chi Chih International Foundation, a NJ Nonprofit Corporation.

Other Partner Organizations

Other organizations who are in alignment with our goals are also members of the HPL Institute, though they have their own non-profit or organization status.

World Affairs Council of Reading



Our mission is to develop leadership and create an interest in international affairs within the Greater Reading Area.

Last year we expanded our breakfast programs, and increased the number of members. We also increased attendance at our programs.

Next year we will continue to expand our luncheon and breakfast events in addition to events directly involving high school students.

Our website, (HPL has been helping us with it), is used to describe World Affairs Council of Reading mission and programs, as well as show upcoming events and prior events. It directly ties to our mission.

Berks Business Education Coalition



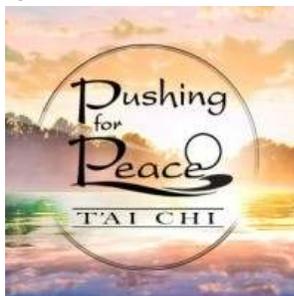
The mission of the Berks Business Education Coalition is to develop and coordinate resources within the business and education communities which improve the competencies of students and enhance their aspirations for continuing education. In 2015 we arranged for an intern, Michele Erhart, to work with HPL Institute. In the Spring we held our 8th grade program, and in September we ran our 9th grade program. In all we served 5200 students from 15 school districts in Berks County.

The Master Jou, Tsung Hwa Memorial Tai Chi Park Foundation



The annual gathering at Tai Chi Park was described in an earlier article. Next year will be the 100th Birthday of Master Jou, Tsung Hwa, and the Festival and Birthday Celebration on the second weekend each July (July 8th and 9th, 2017) should not be missed.

Pushing for Peace Institute



The Pushing for Peace Institute is a program that teaches tai chi movements and philosophy to prevent violence and increase mental and physical health. For a report of what they've been up to, check their website, www.pushingforpeace.org.

Canadian Taijiquan Federation



The Canadian Taijiquan Federation is one of the few tai chi related organizations in the world who recognizes certified tai chi instructors of all styles. It's mission is to encourage development in the practice of taijiquan and preserve its characteristics as an expression of Chinese culture and philosophy. For an update of what they've been up to, check their website www.canadiantaijiquanfederation.org.

Cold Mountain Internal Arts



Cold Mountain Internal Arts is a tai chi club devoted to learning and practicing various tai chi and qigong forms with a combination of theory and practice. The club also has an academic component. Students are encouraged to read classic and modern references of internal arts and philosophies from Eastern as well as Western traditions.

World Tai Chi Day



Join in World Tai Chi & Qigong Day! Last Saturday of April each year (10 am local time worldwide) in 100s of cities, spanning 80 nations, people come together, to breathe together, providing a healing vision for our world.

World Tai Chi & Qigong Day is also helping the World Qigong Congress San Francisco Sept. 2-5. This Congress is a fundraiser for Qigong Research into

Wellness and serious illnesses such as Cancer, Parkinsons, Bullying Behavior, Alzheimer's, etc. Qigong, Tai Chi and TCM have been successful where all else had failed.

Started by Bill Douglas and Angela Wong Douglas over twenty five years ago, this event has grown each year. Look at the website (www.worldtaichiday.org) to see pictures and videos of the events around the world.

UUF Bluebird Trail: Bluebird Society of PA



Saving our Bluebirds and other native birds

UUF's Bluebird Group monitors nesting boxes so that bluebirds and other native birds have a place to fledge their young. Monitoring of nesting boxes provides some protection from dangers to the fledglings such as insects and house sparrows which can kill them before they have a chance to fly away. We currently monitor more than eight nesting boxes, and fledged at least 9 bluebirds, 6 tree swallows, and 4 house wrens.

This group is looking for a leader, so if you love native birds, give CJ Rhoads a call.

National Qigong Association Research and Education Committee



The National Qigong Association Research and Education Committee purpose is to provide relevant, current scientifically sound research that can assist them in the education of the public on the profound health benefits of qigong and medical qigong in an easy to understand format. The committee also works to provide opportunities for participation in qigong medical research.

United Fellowship of Martial Artist



In 2010 UFoMA was founded by Dr. John Hsi Lee and Dr. Christopher M. Viggiano, both highly decorated and widely respected Martial Artists and trained in a variety of Martial Studies. They felt the need to offer a community of unity to fellow practitioners of all styles and systems regardless of style, rank or affiliation. They explore the diversity of culture, history, traditions, and philosophies of the Martial & Healing Arts, as well as, incorporating the modern day Scientific findings outlining the benefits of consistent Martial Disciplines.

UFoMA hosts an annual Chinese New Year banquet celebration in Chinatown, Philadelphia and a Hall of Fame Awards Banquet now every other year. Throughout the year their members get together, present workshops and share their expertise to Preserve & Perpetuate the Arts for the present and future generations to follow.

Healer Within Foundation



The mission of the Healer Within Foundation is to promote personal responsibility for health and wellness through education and research in the areas of integrative medicine and self-care, resulting in disease prevention, reduced medical costs, increased productivity and creativity, and wellbeing for individuals, communities and institutions worldwide.

The Healer Within Foundation's programs empower people using medically proven self-care practices that effectively support disease prevention, accelerate healing, and decrease unnecessary mental and physical suffering.

Their largest program is TaiChiEasy, an evidence based program using gentle movement, breath practice, self-applied massage, and meditation.

Institute of Integral Qigong and Tai Chi



The Institute of Integral Qigong and Tai Chi (IIQTC), founded in the spirit of the new millennium in 2000 by Dr. Roger Jahnke. The Institute's Qigong and Tai Chi training programs make Qigong and Tai Chi enjoyable and accessible for everyone.

IIQTC, is at the forefront of Qigong and Tai Chi training and research. Clients feel healthier, make more money, have more energy, and are more productive.

Faustman Labs

A phase II clinical trial testing the ability of the generic vaccine bacillus Calmette-Guérin (BCG) to reverse advanced type 1 diabetes has received approval from the U.S. Food and Drug Administration (FDA). The



approval of this trial, which will shortly begin enrolling qualified patients, was announced at the 75th Scientific Sessions of the American Diabetes Association (ADA) by Denise Faustman, MD, PhD, director of the Massachusetts General Hospital (MGH) Immunobiology Laboratory and principal investigator of the study. Her research could influence all auto-immune disorder treatments.

More than \$19 million has been raised out of a total of \$25 million needed to conduct the phase II study over the next five years. Additional information about the clinical trial, including information for potential participants and financial supporters, is available at www.faustmanlab.org or by emailing DiabetesTrial@partners.org. Details on the trial and enrollment also are available at: <https://clinicaltrials.gov/ct2/show/NCT02081326>.

Would you like to become one of our associate subsidiary members, professional members, or partnering organizations?

Small groups, non-profits, and health practitioners of all sorts are joining us for a number of reasons:

- Belief in Health, Prosperity, and Leadership for All.
- Fellowship of other like-minded individuals and organizations.
- Interest in integrative medical practices.
- 501c3 status.
- Liability insurance coverage.
- CIRWEP (to make sharing your programs easier).
- Increased funding possibilities.

For groups wishing to get grants and funding only available to 501c3 organizations (but who don't yet have that designation), we provide a 501c3 non-profit organization umbrella so that your donors can receive tax deductions.

For independent healthcare practitioners and youth programs, joining us as a professional member provides you with million dollar coverage for professional liability for your classes and events.

In the coming years you would also be able to beta-test the completed portions of our CIRWEP technology. When it's ready for prime time, you will be the first to experience the full suite of tools it at a deeply discounted rate. (The basic system will be available to everyone free of charge.)

Please join us in our quest to help people and groups connect toward **health, prosperity, and leadership**. If you haven't already, sign up today.

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