



HPL Institute

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

Reporting on Activities for
HPL501c Institute in 2017-18

Published August, 2018

What's Happening

- 1 HPL Institute Mission
- 1 From Our Leader
- 2 New Board Members
- 2 Event Listing
- 3 About Funding
- 3 Progress on CIRWEP
- 4 Program and Partner Updates

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

HPL 501c3 Institute Annual Report

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 help people achieve Health, attain Prosperity, and develop Leadership. We believe in **Health, Prosperity, and Leadership for All**. We are also working with our strategic partner, HPL Consortium, to develop the technology tools to help the organizers of these groups take advantage of technology tools that are better than those currently available. This is a long-term project, but every group that joins us will eventually get the opportunity to use the technology tools for their own benefit – without having to become techies themselves.

Usually, the connection to health is pretty obvious for some of our groups, but others are less obvious. One of our newest groups, for example, the Reading Science Center is a wonderful idea – but health? Prosperity? Leadership? Yes, Leadership. Just as our Entrepreneurship programs fulfilled our Prosperity goal, the Reading Science Center is developing youth into Leaders in the science, technology, engineering, and mathematics field. Won't you help them help themselves?

From Our Leader

By *CJ Rhoads,*
Managing Director



What a year! If you will remember my last annual report (which was actually in August 2016), you will remember that I noted that I was trying to step out of day-to-day management of so many of the groups in which I'd been very hands-on. Many of those groups are now flourishing without my constant guidance, and it's a good thing, too!

You may remember that part of the reason I changed the focus of this non-profit organization (which was started in 2001 as the Taijiquan Club) was that I was injured in a devastating car accident in 2002 that took me years to recover from. For 16 years I've been saying that 2002 was the worst year of my life because of that life-altering auto accident.

Well, 2017 beat out 2002 as the worst year of my life. My husband of 37 years and I have separated (rather unexpectedly from my perspective) last Fall. As a result, I did not get the annual report done in 2017 at all.

But I'm back in action. I'm sending out a campaign letter to everyone on our list asking for contributions so that we can continue our wonderful work.

But for the groups – well, it's been a banner year! Not only are we attracting more and more groups, they are getting bigger and bigger. And we are helping them more than ever. Read through some of the progress updates from the groups and hear about what they achieved this year, and what they hope to achieve next year. As I noted in my appeal letter, I am constantly amazed by how dedicated and focused the program directors are – and you should be too! Don't forget to take a look!

Introducing New Board Members

Bill Douglas

Bill Douglas is the founder and webmaster, content writer, video producer, and media director for World Tai Chi & Qigong Day. Bill studied Art and later Sociology at Kansas State University at Ft. Hays, until smitten by Angela Wong. Bill then moved to California with her. A good move, not just because he got to hang out with Angela for the next 30 years, but also because that was where he discovered Tai Chi & Qigong nearly 30 years ago. Bill served as a retirement funds, payroll, and human resources administrator for several international corporations, before a career in environmental, voting rights, and human rights organizing, until eventually Bill began teaching Tai Chi and Qigong. Then the idea of World Tai Chi & Qigong Day struck like a lightning bolt, and he's been almost a full time WTCQD organizer ever since, scrambling to keep up with the growth of this global health & healing phenomenon, which has captured the world's imagination. Bill and Angela are the co-founders of WTCQD.



Founders of World Tai Chi & Qigong Day
Bill & Angela Wong Douglas



Angela Wong Douglas

Angela Wong Douglas is the Business Manager of World Tai Chi & Qigong Day's international organizing center at WorldTaiChiDay.org. Angela has a Business Management Degree from the University of Kansas at Ft. Hays, and has donated years of her time and expertise to the cause of building a global family of Tai Chi & Qigong enthusiasts and teachers to educate the world about Tai Chi & Qigong. Angela's first exposure to Tai Chi was when her Mommie used to play Tai Chi in their garden atop the hills behind Hong Kong Stadium, over looking downtown Hong Kong's Causeway Bay business district. Since then Angela learned the Guang Ping long form, the Mulan basic, Mulan Fan, and Mulan Sword styles, and has dabbled a bit with the Chen Style. Bill and Angela are co-founders of WTCQD.

Events Listing

Our events listing has now gotten too long for us to include in the annual report. What used to be just a couple of pages of events have turned into a booklet full. We are still working on our *classesandgroups.com* website where people will be able to go to find all sorts of events, classes, groups, conferences, etc – in their geographic area. But we still have a ways to go before we will be able to get that website up and running with all the events associated with all the programs under our umbrella. In the meantime, feel free to go to the individual websites of our programs for event listings for each of them.

About Our Funding

Because the end of the year was so difficult for me personally, and because we have not yet been able to hire someone to replace me as managing director who could take up the slack when my schedule gets crashed, financially 2017 was not good. We ran a deficit of around \$5000 – not quite as bad as some years in the past, but certainly not what we are hoping for. While our Symposium did better than expected (we only lost around \$500), HPL Institute did not do any kind of annual appeal, and relied upon people coming to our website and/or sending in contributions on their own. This annual report, however, will go out with an appeal for contributions, so we have high hopes that 2018 will be much better.

Our financial history can be seen in **Table 1. HPL 501c3 Past Twelve Years of Income and Expenses.**

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

| | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
|---|---------------|---------------|----------------|-----------------|-----------------|-----------------|--------------------|-------------------|-----------------|---------------|-----------------|-------------------|
| Total Income | \$ 6,325 | \$ 7,519 | \$ 5,879 | \$ 24,001 | \$ 4,488 | \$ 18,006 | \$ 48,219 | \$ 18,065 | \$ 16,594 | \$ 19,053 | \$ 39,072 | \$ 20,769 |
| Total Expenses | \$ 5,493 | \$ 7,217 | \$ 5,939 | \$ 21,666 | \$ 2,447 | \$ 18,236 | \$ 65,799 | \$ 27,589 | \$ 15,569 | \$ 18,553 | \$ 39,356 | \$ 25,961 |
| Surplus/Deficit | \$ 832 | \$ 301 | \$ (60) | \$ 2,335 | \$ 2,041 | \$ (230) | \$ (17,580) | \$ (9,524) | \$ 1,025 | \$ 500 | \$ (285) | \$ (5,193) |
| EOY Assets | \$ 1,609 | \$ 1,910 | \$ 1,850 | \$ 4,185 | \$ 6,226 | \$ 12,057 | \$ 2,957 | \$ 3,185 | \$ 9,096 | \$ 11,293 | \$ 11,008 | \$ 10,277 |
| EOY Receivables | | | | | | \$ 599 | \$ 980 | \$ - | \$ - | \$ - | \$ - | |
| EOY Payables/Liabilities | | | | | | | | | \$ 6,745 | \$ 746 | 0 | |
| Operational Surplus/Deficit | \$ 1,609 | \$ 1,910 | \$ 1,850 | \$ 4,185 | \$ 6,226 | \$ 5,996 | \$ (11,584) | \$ (21,108) | \$ (20,083) | \$ (19,583) | \$ (19,868) | \$ (21,373) |
| Amounts Owed to HPL Consortium under contract agreement | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 15,000 | \$ 25,000 | \$ 35,000 | \$ 46,840 | \$ 49,727 | \$ 49,727 | \$ 61,451 |

*Starting in 2016, we switched over to accrual accounting. It was recommended by the auditors as we approached \$20,000 in income.

Another big hit to our financial health was the cost of Educational Improvement Organization (EIO) programs that never got reimbursed from Tax Credits the previous year because of the budget delay in Pennsylvania. This year we won't be doing our own EIO program and instead choose to support other EIO programs in the county like the Berks Business & Education Coalition and BCTV. Additionally, all the time, energy, and money that went into preparing for the HMR (Health Medical Research) application turned out to be a bust; as our income from that funding source turned out to be paltry compared to the investment of resources. We did not apply this past year, will probably never apply again.

We did manage to save money by dropping our merchant account. Paypal now serves as a merchant account without the huge annual fees that our prior merchant account cost us. We have also, finally, been able to integrate paypal into our registration forms. (The next step is to get paypal integrated into CIRWEP, but that's part of the next section, so read on...)

Progress on Technology Tools: CIRWEP

If you've been keeping up, then you know that CJ Rhoads has been putting a lot of effort into the technical specifications for CIRWEP, an array of technology tools we are trying to make available to non-profit organizations for a lower cost, and with less need of technology expertise, than any currently available tool. CIRWEP stands for the following:

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

In the previous annual report we discussed all of our ups and downs for the previous years – the things we tried that did not work such as Infusionsoft, Mollify, Prestashop, and setting up our own merchant account. We also talked about the progress we had made; we had completed the database schema, worked

through issues with synchronizing the Access databases with the MySQL databases using DBSync, worked through issues linking with Mailchimp, and established the group structure.

We did not make as much progress as we had hoped this past year, but we did, indeed make progress. Our major accomplishment was purchasing, learning, and utilizing Simfatic, a software that enables us to create interactive forms without being PHP gurus. We were also able, this past month, to connect our Simfatic forms (in this case, for the Symposium Registration) to our Paypal account so we no longer had to manually send invoices – people could pay online, right from the form!!! (Hallelujah). That saves us many administrative hours (though we still haven't quite been able to get those forms to feed into the CIRWEP infrastructure directly – that's

the next step.) We have also made programs in documenting the business and technical requirements of the system. We've mapped out all the screens to match the database schema, and shortly we will be able to hand off the requirements to several programming shops to get a price for how much it will cost to complete the work.

Our original plan was to work with Weidenhammer Systems to complete that programming work, but we were unable to connect with John Weidenhammer this summer, so we will need to find someone else with whom to partner. We've had several technical gurus helping us (Kathy Smiley, Troy Holloday), and they have been wonderful. But we will need more income to pay programmers instead of asking for volunteers or discounted rates in order to complete the next phase of work.

Program and Partner Updates

Garden Group of UUPFP



We are a part of the growing movement for organic non-gmo vegetables. In the 2017 harvest, we grew and gave 230 pounds of organic, non-gmo vegetables to the Pottstown Cluster Food Bank who serves poor and homeless people. That contributed to the 16,760 meals that the Pottstown Cluster served last year. We also made 2 new beds replacing 2 that were falling apart. Next year we hope to increase our yields, replace two more garden beds, and recruit more people to help with tending and harvesting the garden. So far this year, we've delivered 44 pounds of organic non-gmo vegetables to the Pottstown Cluster Food Bank. That represents about 400 hours of volunteer labor for our five volunteers. Email: gardens@uupottown.org for more details.

The Master Jou, Tsung Hwa Memorial Tai Chi Park Foundation

In July 2017, we hosted the Centennial Master Jou, Tsung Hwa Birthday Celebration & Tai Chi Festival on the



grounds of the beautiful Master Jou Memorial Tai Chi Park in Wantage, NJ. We had attendees from as far away as Hawaii, and Presenters from as far away as Texas. The 3-day event provided attendees and presenters with the opportunity to learn and share in the spirit of Grandmaster Jou, Tsung Hwa. In July 2018, we again hosted the Annual Master Jou, Tsung Hwa Birthday Celebration & Tai Chi Festival. One attendee described it as "The best day of my life". Others described it as a "magical" and "transformative" experience. We also continue to hold classes in Tai Chi, QiGong, and Meditation on the premises.

We plan to hold the Annual Master Jou, Tsung Hwa Birthday Celebration & Tai Chi Festival at the same venue from July 12-15th, 2019, and continue to hold classes there.

Organization for Pain Free Living



We have been continuing to do research on chronic pain and looking to move the the technology to the US. We recently published this article: *Efficacy of Systolic Extinction Training (SET) in Fibromyalgia Patients with elevated Blood Pressure Response to Stress—A Tailored RCT Study* by K Thieme, T Meller, U Evermann, R Malinowski. It was published in Arthritis Care & Research. Our 2018 aim is an intrinsic pain regulatory system modulated by both cardiovascular dynamics that influence baroreflex sensitivity (BRS) and diminished in Fibromyalgia (FM). Baroreceptors relay cardiovascular output to the dorsal medial nucleus tractus. We continue to look for a spot to do a clinical trial in the US to verify the German results.

We will attend the IASP in Boston and present 3 posters. We hope to finally have a working prototype and get some initial US results.

Complete Mind Body Spirit Tai Chi Association

In



2017 we attended 2 tai chi related activities and sponsored 10 tai chi workshops and events in addition to our regular classes on Mondays, Tuesdays, and Wednesdays in Bucks County, PA. Isse Elston-Phillips has recovered from her broken leg, and is back teaching. Thank you to Jason Timony for filling in while Isse was recovering.

Our plan for 2018 is to attend 2 or 3 tai chi related activities and sponsor 5 tai chi workshops and events in addition to holding our regular classes.

Next Step Strategies



We provided a modified program of T'ai Chi Chih, Qigong, and Energy Medicine techniques to seniors at assisted living, memory care, rehab, and senior centers; ongoing T'ai Chi Chih classes both privately and at various centers in New Egypt, Toms River, Hamilton, Hainesport, Browns Mills, Monroe, Mansfield, NJ and Bucks County, PA; hosted 2 Holistic Health Fairs; provided workshops in T'ai Chi Chih, Reiki, Eden Energy Medicine, Numerology, Essential oils, and Qigong; Associate Prof. of Qigong at Georgian Court University; hosted World T'ai Chi & Qigong Day in New Egypt, NJ; provided personalized sessions in Reiki and Energy Medicine; referred clients to other T'ai Chi Teachers and practitioners when clients needed a different location, time, or another type/form to study; mentored 2 clients for T'ai Chi Chih Teacher accreditation; Secretary of T'ai Chi Chih International Foundation a NJ Nonprofit Corporation.

We will continue providing classes, personalized Reiki & Energy Med. sessions, as well as the mentoring of students/clients. We will be producing the 7th Annual Holistic Health Extravaganza and the 7th local Annual World T'ai Chi & Qigong Day. These events help raise funds for local community projects and for the T'ai Chi Chih scholarships.

<http://www.nextstepstrategiesllc.com>

Intercultural Youth Program

This calendar year The Pottstown Dance Theatre performed at Carnegie Hall and then did a full length concert at The Hill



School Center for the Arts entitled "The Best of Pottstown Dance". We are about to start rehearsals for "The Nutcracker" and will enhance the production with a brand new Mother Ginger costume and backdrop for the "Waltz of the Snowflakes".

We are going to have a collaboration Concert with Melange Contemporary Dance performing the original works "New World" and "Katrina's Cross"; both by international dance artist, Michelle Jones Wurtz. The students will have opportunity to choreograph for a student composition concert in the fall of 2019, and then also perform their annual Nutcracker.

Immunobiology Laboratories



We are certainly having a busy summer here at the Immunobiology Laboratories. For those of you who have not heard, we published the long-term clinical trial results of type

1 diabetic patients who have been followed for at least 5 years and for some patients up to 8 years after multi-dosing of the BCG vaccine. The clinical trial data shows a stable and long-term correction of blood sugars in long-term type 1 diabetics with just two doses of BCG. Links to the peer reviewed scientific paper and the media coverage are on our web site www.fausmanlab.org (click the scroll menu). You may have seen the news (Washington Post, CNN, Time, Newsweek and more). The ongoing Phase II human clinical trial is again testing multi-dosing BCG in long-term diabetic subjects and these trials are well underway here in Boston with people participating from all across the United States. We have started the planning and fund raising for a pediatric clinical trial of multi-dosing BCG in type 1 diabetics as well as working on new trials for more adults with diabetes who would also like to be considered for the BCG vaccinations. None of these clinical programs would be possible without you, so thank you again for your support. Please follow us on Facebook and Twitter. Have a great end to the Summer and look forward to more updates this Fall.

World Tai Chi Day



After last year, when the World Tai Chi Day site listing was devastated by hacking, we were afraid that we'd have to give up. But luckily we were able to salvage the files and open up a new listing page. We gathered information on 292 World Tai Chi day events to add to the 4007 World Tai Chi Day events that we were able to save from the last 5 years. We also created a Google Map with all the events and schools from the previous five years. This year, we hope to get current World Tai Chi Day events on the google map as well as get our school listing page back up and running.

Bluebird Trail of UUF



This is a loosely organized group of UUF members and friends who are interested in conserving the Eastern bluebird and other native cavity nester populations by providing and monitoring nesting boxes. Boxes are placed on the UUF property and at members' homes. UUF engages in this project with the support of the Pennsylvania Bluebird Society. This year we fledged at least 10 bluebirds, and monitored 8 boxes. The Sunday School Children got involved this year as well, checking out the boxes at the beginning of the season. Next year we will be trying a new method to foil the dreaded house sparrow (who kills bluebirds and destroys their eggs) - sun roofs! According to the Bluebird society, house sparrows don't like the sun roof (a hole in the roof covered in plexiglass), but the bluebirds love the additional sunlight.

World Affairs Council of



Reading

Our organization is improving! Our website has recently undergone a complete rewrite. Additionally, we've expanded our activities - especially with local colleges which now boast World Affairs Clubs. The activities we were involved this past year in are:

- monthly luncheons and/or breakfasts with a speaker on an international topics
- the local World Quest competition (held on March 6, 2018 at Reading Area Community College)
- provide a scholarship in the name of Alan Miller, Esquire. Deadline for applications is April 15, 2019.
- Promotes and subsidizes local high school students at the luncheons
- Sponsors and supports World Affairs Clubs at Albright and Penn State Berks colleges.

Additionally, we held 10 monthly speaker luncheons in 2017, and there are 17 more on the schedule over the next 18 months. Check our website for more information.

Healer Within Foundation



The Healer Within Community is a community that gathers to practice mind, body and spirit awareness and to embody the ideals presented in the book, *The Healer Within* by Dr. Roger Jahnke. To learn about events and to participate with this community, visit The Healer Within Foundation.

Dr. Roger Jahnke leads certification courses for persons interested in teaching the practices and philosophies presented in the book, *The Healer Within*. His rich and varied 40+ years of experience in the field of mind-body education make his certification programs distinct and effective. To learn more, please visit the Health Action family of companies

Institute of Leadership in Management

Journal of Leadership and Management®
An International Journal of Strategic, Behavioral and Public Aspects of Leadership in Management

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Home > Vol 1, No 3 (2015)

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Vol 1, No 3 (2015): Journal of Leadership and Management

Full Issue
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Table of Contents

Articles

On Leadership Effectiveness: The Cardinal Quest for Phenomenal Growth
Article Operations

Dr. Roger Jahnke
Michael Gomez, Arlan Chamberlain, Theodore W. Keller, Walter E. Block
Cultural Awareness in Leadership Studies and Practices: Applying Hofstadter's Book, *Disobedience*
Book

The Institute of Leadership in Management is the sponsoring organization for the [Journal of Leadership and Management](#). We are in the midst of publishing our

eleventh journal, (Volume 1 for 2018) with several excellent articles on Leadership. In addition in the beginning of 2017 we published our first full book, *Leadership and Management: Emerging, Contemporary, and Unorthodox Perspectives* with the help of HPL Publications.

While we continue to solicit high quality articles on emerging, contemporary, and unorthodox perspectives on leadership for our journal, we are also becoming heavily involved in another project, Center For Research On The Economics Of Memorial Sites in conjunction with SWPS University. The Center conducts research on the economic, financial and management processes related to memorial sites around the world. The Center also carries out related activities, including diagnosis of the financial and administrative requirements of memorial sites; gathering and analysis of best practices, and the development of measures of effectiveness related to the operation of various memorial sites around the world. Additionally, the Center organizes seminars and conferences to provide interdisciplinary networking opportunities for individuals and institutions involved in the development and operation of memorial sites. It also researches and promotes standards of management and commemoration that have been developed in Poland according to the recommendations of the Wannsee Memorandum.

New Jersey Tai Chi

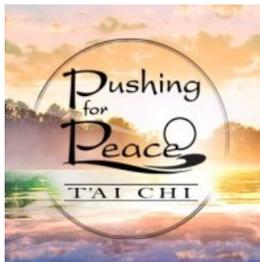


New Jersey Tai Chi grew by adding another certified instructor, Paul Shansky, and a 3rd location for teaching classes. We participated in 2 public community health events. Our student base continues to grow. Owner/Instructor Harry Legg was promoted to NY/NJ Senior Regional Instructor for Clear's Tai Chi.

Next year, we expect additional growth of student base, and to create more instructional online video content.

The Pushing for Peace Institute

This past year we held workshops for Pushing for peace in Los Angeles and Paris,



France. In 2018 we have a Pushing for Peace workshop planned for Orinda, California on October 2018. We will also be doing a short introduction to Pushing for Peace at the Symposium for Integrative Health, Tai Chi, & Qing in Harvey Cedars, New Jersey, Sept 7-9, 2018 at Maris Stella Retreat Center.

Berks Business Education Coalition



Much is happening in education in Berks County and at the Berks Business Education Coalition (BBEC) we are pleased to be part of it. A focus around the county is on points of transition.

The newly formed Berks Early Learning Coalition (BELC) advocates for programs and resources for children in the Pre-K learning years. These formative years are the building blocks for learning all the years through high school and beyond. The Berks Business Education Coalition is an active partner in this advocacy. Two Berks Business Education Coalition programs, Students Interacting with Business and Higher Education Campus Visits, provide ninth graders a first look into the culture and expectations of business and higher education during the first year of high school. The past two years, BBEC has been instrumental in helping schools develop internship placements to explore possible career interests after graduation.

Making good, informed decisions is what life is all about. At the Berks Business Education Coalition, we are excited to be active partners with the schools and the business community

to support students to engage positively in this process.

Asklepios



Asklepios has undergone some changes. As more and more organizations are

becoming known to us who are doing integrative health research, our list of sources is getting larger and larger, and much more qualified than ever before. We revised our web pages, especially the history and sources sections because the world of integrative health research has changed so drastically in the last three years.

In 2017 we posted two published papers by Penny Klein and a few others. In 2018, Penny and her associates published two more papers. We also posted a paper published by Marc Mathys and a whole group of other researchers, and 2 poster sessions by CJ Rhoads. Additionally, throughout 2017 Penny Klein and CJ Rhoads continued to work through the National Qigong Association Research and Education Committee to support NQA's website with highly qualified academic studies on tai chi and qigong. Next year we hope to form closer ties with the organizations who are funding and supporting high-quality research on tai chi, qigong, and other integrative health practices. Most notably, the International Medical Tai chi and Qigong Association.