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**Calendar Of Events**

April	14-16	ISU VEISHEA celebration
	16	ISU Judo Tournament
	28, 29	ISU Martial Arts Promotion
May	5, 6	ISU Graduation
	5, 6	Voorhees Leadership Seminar, Des Moines
	11-14	USTU Senior National Championships, Golden Seniors, Junior Black Belt Festival and Red Belt Extravaganza, Colorado Springs, Colorado
	15	ISU Summer Session I begins
June	8-10	USTU Olympic Team Tryouts
	12	ISU Summer Session II begins
July	9-15	Junior Olympics, San Antonio, Texas
	15, 16	Iowa Games – Judo and Taekwondo
	21, 22	ISU Martial Arts Promotion

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**Letter from Master Pak**

Greetings from Iowa State University and Beyer Hall!

It was wonderful to see so many old and new faces at Banquet! It was a busy weekend for everyone and I finally got to sleep from 7 p.m. on Sunday night to 7 a.m. the next morning.

I was happy to see so many ISU students receiving SIBBA scholarships, but it made me wonder whether everyone knows the details about these scholarships. **Any** SIBBA member who is a college student is eligible – no matter what college or university they attend and no matter what martial art they practice. In this newsletter you'll see the biographies of the scholarship

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## State of Iowa Black Belt Association Newsletter

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winner and you can see that they study various subjects, and are at different stages in their education. However, I know that all of these students are or were at some time ISU students. Next year, when the scholarship applications are sent out, make sure that you encourage your college students (whether they attend University of Nebraska at Omaha, Des Moines Area Community College, or University of Alaska) to apply for the scholarships. The SIBBA cabinet also promises to send out the scholarship information with the October newsletter so that people will have the information earlier.

Our promotional testings seem to be getting bigger and bigger. At the banquet I told everyone that we now have eight 5th Dans, fourteen 4th Dans, and forty-one 3rd Dans. I'm not counting 1st and 2nd Dans because there are just so many! This means that our SIBBA membership should be a *lot* bigger. I will be checking with Ron Smith, Sr. to make sure that anyone testing for any level of black belt has a current SIBBA membership and has paid back dues if they did not keep their membership current. I would like to encourage all instructors to make sure that *all* of their black belt students have paid SIBBA memberships before they test for a higher rank. I will be sending an email to all of you soon that includes the SIBBA application form.

Also, please encourage your colored belt students to become associate members. Associate membership is only \$10. Students who are associate members will be able to attend SIBBA seminars for free while others need to pay an admission price. As you know, the money that you pay to the SIBBA goes towards the academic and leadership scholarships and educational martial arts seminars presented by the SIBBA. I would really like to offer more or larger scholarships (or both) and your membership can help!

Have a great spring and summer!

Sincerely,

Yong Chin Pak  
ycpak@iastate.edu

**Thanks to everyone who showed up at the General Meeting on the day of the Banquet. We hope that, as our membership grows, we can do more as an organization. As members, it is your responsibility to let us know what you want us to do! Contact information for the Cabinet members is on the back of the newsletter. We'd love to hear from you!**

### Letter from the President

The Banquet and Reunion have come and gone; it was great to see how many of you were able to attend one or the other or both. I saw a lot of familiar faces as well as some faces from the past who haven't been around for awhile. A belated welcome home to those prodigal children! What a wonderful tribute to the influence Master Pak has had in all of our lives. BTW, I understand there are some **great** pictures floating around that were taken at the Black Belt Reunion!

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I hope you took advantage of the Banquet video offer. If not, contact Jon Friedl at [jhfriedl@iastate.edu](mailto:jhfriedl@iastate.edu) for information on how to get yourself a copy. The video producers included extra footage at the end of the video that wasn't seen at the Banquet.

I'd like to thank those SIBBA members who made an effort to attend the SIBBA General Meeting Saturday afternoon before the Banquet. It was generally agreed that having the meeting at this time was a good idea, so look for the General Meeting next year to be the same. Thanks also to those members who have paid their current dues for the year, and to those who participated in the voting for the open positions on the board. We had several close races, and every vote counted. Remember, just one vote *can* make a difference.

Welcome back to our returning Cabinet members J.D. Palasek (TKD Delegate) and Mike Wickham (At-Large Delegate) as well as a warm hello to our new members Ron Smith, Sr. (Treasurer), Scott Williams (HKD Delegate) and Cheryl Walley (Judo Representative). I'm looking forward to working with all of you in the coming year. I'd like to remind the rest of the SIBBA membership that even if you aren't serving on the Cabinet, you may still help with the SIBBA committees. Feel free to volunteer for an SIBBA project or committee at any time. As always, we are open for suggestions and new ideas.

Congratulations to all the scholarship recipients. Every year, the Cabinet has some *very* tough decisions to make about who should receive the scholarships; and it seems like every year, all the applicants deserve one.

Here's looking forward to the new Cabinet, the New Year, and the new millennium.

Jennifer Emery

PS. Just in case you missed it in the last newsletter, my new address is listed on the back page of the newsletter. My phone and email are still the same. I still only have sporadic access to the Internet so please, if you have something important for me, call me.

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### ***Report from the Judo Delegate***

Cheilyn Walley, ISU

I first took up Judo during my senior year of high school at The American School in Japan in 1989-90. My family had just moved to Tokyo and when I saw the signs for Judo Club in the hallway at school, I investigated.



From day one I was hooked. I didn't practice Judo again until I moved to Ames for graduate school in 1996, but once I started again, I found I was just as hooked as ever.

In the past three and a half years, I have served as treasurer and president for the ISU Judo Club, and am happy to now be serving as Judo Delegate for the SIBBA.

The past couple of months have been fairly quiet for Judo in Iowa. Mostly, everyone has been gearing up for the Collegiate and High School Nationals in Flagstaff, Arizona on March 17th and 18th. I'm sure the Loras College Judo Club Senior Shiai in Dubuque on March 25th will also draw a lot of competitors. And then the ISU VEISHEA Tournament will be on April 16th in Ames. Good luck, everyone!

### ***Report from the Hapkido Delegate***

Scott Williams, IMA

Hey everybody. Hope everyone had a great year. For those who don't know me my name is Scott Williams. I am from the Iowa Martial Arts Hapkido club in Iowa City. I have been working out with Master Mike Drahos and Master Dr. Brian Hayes for five and a half years now. The Hapkido club has had a pretty good year. Attendance is always on the rise so we keep our hands pretty full.

The club did, however, suffer a very sad loss. One of our members, Michelle Bennett, passed away this Feb. Right after the New Year, Michelle fell ill with a disease that attacks the nervous system. In a matter of a few weeks Michelle had lost all motor function and, very sadly, passed away. Michelle and her husband Bruce were both in Hapkido. They started together about four years ago. After receiving their green belts, Michelle suffered a knee injury and had to take some time off. Both were in Law School at the time. Bruce went on to get his black belt, graduated from Law



School and was hired with the FBI. Michelle had one semester left this spring before she graduated. Her knee was better and she was getting ready to start working out with us again in Hapkido right before she fell ill. All our thoughts go out to her and Bruce. She will be missed very much.

You can keep tabs on us here in Iowa City by checking out our website: [www.jmbest.net/~ima](http://www.jmbest.net/~ima). We will be changing the address soon to: [WWW.iowahapkido.org](http://WWW.iowahapkido.org). Hope to see everyone soon. Have a great year!!!

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### ***Report from the Taekwondo Delegate***

J.D. Palasek, ISU and Falcon Taekwondo

Greetings Everyone!

To begin with, thank you for re-electing me to the position of Taekwondo Delegate. I am very honored to once again serve in this capacity and to represent you and your interests to the SIBBA. Let's look at what's happening now.

March is a very busy month. There has been excellent turnout at the Kansas City Classic on March 4th, the State of Iowa Championships on March 11th, and Farrell's Midwest Open on March 25th. There were plenty of referees and volunteers to make sure that these tournaments ran smoothly. Now on to my main topic.

At the SIBBA general meeting there was a lot of interest in bringing back the instructor certification by the SIBBA. This is a great idea and I am going to start to get the ball rolling. I would like a committee to look into redeveloping this process because, after studying the old criteria for certification, I no longer think that it is accurate for our growing family. We need to update, and allow for the influx of newer instructors.

What is very necessary is your input. The SIBBA Cabinet has not discussed this yet, but I would like to bring them your ideas and the names of some people who would be willing to work as a subcommittee to hash out the details. For the subcommittee, I would like 3rd degrees and above, or any school owners, to volunteer their time and ideas to help mold this process. Meeting times and frequency will be worked out by those who are involved. Anyone is more than  
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welcome to send me ideas of what you think the goal or offerings of instructor certification should be.

This is a very important project. At the General Meeting, everyone was in favor of bringing certification back as an SIBBA offering, so I would hope that everyone offers their input. This is something that will affect every school owner and instructor and has great potential for truly solidifying us as a professional organization. Please email [palasek@netins.net](mailto:palasek@netins.net) or snail mail me your ideas and thoughts.

That's all for now. As usual if anyone has any news about tournaments, results, special events and such that they would like to share with the rest of the family, please send me the information and I will be sure to include it in the next newsletter.



### ***SIBBA Appreciation – and a Donation!!!***

*(Some of you may have already seen this letter on email. I wanted to share it with the SIBBA members in the newsletter as well and thank Master Farrell for his generous donation to the SIBBA. ipf.)*

Dear Fellow Black Belts,

I just wanted to thank you for your support at the Midwest Open Taekwondo Championships. We had over 500 competitors and three from Kenya. The competition was terrific. We started at 9:30 a.m. and ended at 7:00 p.m. Many players displayed awesome skill level, especially in the black belt divisions. All the players contributed a portion of their registration fee to three different causes. \$1000 dollars went to the Make-A-Wish Foundation, \$500 to the SIBBA for a (MWO) college scholarship to be presented at the ISU annual awards banquet, and \$500 to the SIBBA to sponsor a Junior to compete at Nationals.

I was monitoring the rings along with Mrs. Wakefield, and I felt that the judging at this event was probably the best we've ever had. I thank all the referees and officials who contributed their day. You did outstanding.

Thanks again for your support, and I look forward to seeing you next year. Because of the limited space, we're looking into Veterans Memorial Auditorium for the venue for next year.

Kick hard,

Lance Farrell

PS. Laurel did all the work

### *Report from the At-Large Delegate*

Mike Wickham, Collins Taekwondo

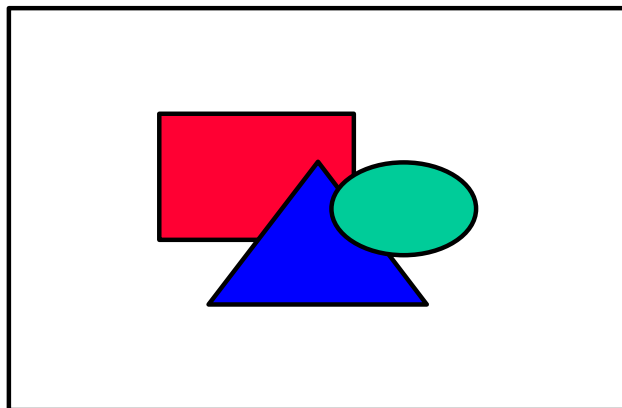
Thanks again to those who have elected me back for a third and final time for at large delegate. I say final not because I don't like the position but because by-laws state that I can have this job for just three terms. My job is really to be a liaison for the juniors and work on the committee to which I am assigned.

To that end, I have started working on something for our juniors, geared to the team representing Iowa that goes to Junior Olympics this July. In past Opening Ceremonies, the state teams came out in matching apparel of some sort – whether it was matching warm-ups or t-shirts, or, in Hawaii's case, matching flowered shirts and sunglasses. The unfortunate thing is that our Iowa team did not; and, after last years Opening Ceremonies, I vowed to look into changing that. I have enlisted the kind help of Junior Master Laurel Farrell and Junior Master Mark Currie to help me get the team that goes to San Antonio looking like a team this year. Right now, we are in the midst of pricing warm-ups, hats, t-shirts, etc. to find what will work for this year's team. I will have some answers soon, but instructors and black belts please note that I need your help. After we look

at everything and decide what we want to do, we'll need the names of students who qualified for, and **are planning to go** to, the Junior Olympics. That way we can contact them and let them know what's going on. Personally, I really want us to look like at big team this year because, quite frankly, this is a team: TEAM IOWA.

With the glut of tournaments lately Black Belts, I'm sure that you've had plenty of chances to practice refereeing. I hope that many of you were able to attend the referee seminars before the Kansas City and Midwest Open tournaments. Having been through many of referee seminars, I can say that you will find them informative and fun.

Best of luck in your Martial Arts endeavors. If you have news for me please contact me.



### *Treasurer's Report*

Ron Smith, Sr. Tiger Eye Taekwondo, Fort Dodge

**OUR THANKS TO BETH SERMET.** If I were tempted to get a big head as a result of being elected to the SIBBA cabinet, Beth Sermet's transition briefing sure let all the air out. This is a big job, and it has been in good hands during the past six years. Beth Sermet has done a wonderful job. Through six years of hard work, she has been a major factor in the sustained growth and health of the SIBBA. I wish that I could say that all I want to do is serve the SIBBA as well as she has. Unfortunately, we martial artists are a driven lot, and what I would really like to do is keep the growth of the SIBBA going forward. Since I am new to the playing field, I will simply say that at this point I don't have a clue as to how we should go forward. All I know is that none of us can grow this organization alone. I will need the help of all of you.

**MEMBERSHIP IS OUR LIFE'S BLOOD.** Presently, we have around 275 members. How can we sustain our strength and even grow? What is a viable goal? I would like to see 1,000 members. Can we double our membership in the next five years? If we did, that would put us half-way to the 1,000 members mark. We all know that growing Black Belts takes time – generally, no less than three years. How then can we grow our membership at a faster pace that it takes to develop someone to Dan rank?

**LEADERSHIP AND BLACK BELT DEVELOPMENT.** Perhaps we can take some insight from programs that incorporate the concept of a Black Belt development club. Do you realize that, at present, we have over 50 Affiliate (non-black belt) members. That's 18% of our membership. If we are to grow, we must promote growth and development of our senior kup students, blue belts and above. We must work with them to instill in them the dedication and loyalty that make any organization strong.

**THE BOTTOM LINE - JUST A PLACE TO START FROM.** The fiscal bottom line is meaningless if it does not reflect the commitment and love that each of us shares for our respective arts...Judo, Hapkido and Taekwondo. Yes, your membership dues are vital to our life as an organization. If you have not yet renewed your annual membership, *please* do so today.

**GET INVOLVED IN YOUR COMMUNITY.** More than your dues, however, I need your ideas, support, and involvement. I start with the premise that the only way that we can grow our individual martial art is to place ourselves out into our communities. Each of "us" is our "martial art." If we properly show others our love, excitement, and enthusiasm for Judo, Hapkido, and Taekwondo, then they will see its value. It is my belief that if each of us is actively promoting the martial art that we love, then our combined energies will lead to a vital and growing SIBBA. Please contact me with any idea that you have that might promote the growth of our SIBBA.

**ACCOUNT BALANCES:** Savings...\$6,347.35. Un-reconciled Checking...\$3,613.70. CD...\$5,559.36. Mutual Funds...\$17,626.04.

### Scholarship Winners

**Mike Bailey** is a senior at the University of Northern Iowa majoring in elementary education. A 2<sup>nd</sup> Degree Black Belt, he has been an active member of the ISU Karate Club – even after transferring to UNI – and organized numerous social activities and Taekwondo demonstrations. Although he maintains a residence in Ames, he has lived all over the country and is currently doing his student teaching in Spain and Egypt. Mike has been involved in the martial arts for five and a half years (and one as a child, working out in Master Pak's basement!) and has competed extensively. He has been a member of the ISU collegiate nationals team for the past five years and coached the team in 1998 – the year they won the National Collegiate Taekwondo Association Championships. Mike has helped Master Pak as a teaching assistant and has conducted numerous Taekwondo clinics for young children as part of his work in elementary education.

**Anna Hentzel** is a senior at Iowa State University majoring in computer engineering. A 1<sup>st</sup> Degree Black Belt, she has been involved in Taekwondo for seven years and currently trains with Master Pak. A member of the ISU collegiate nationals team for the first time this year, Anna has a strong competition history and has participated in martial arts demonstrations with the ISU Karate Club and Family Martial Arts Center in Ames. She has been a monitor and tutor for the ISU mathematics computer laboratory and is an active member of numerous academic and community groups.

**Miranda Hinrichs** is a Junior in English and secondary education at Iowa State University. She began studying Taekwondo ten and a half years ago under Master Drahos of Iowa Martial Arts, and is currently a 2nd Dan under the instruction of Master Pak. She loves sharing precious moments, laughter, and life with friends and family, playing in the outdoors, listening to and participating in music, working with youth, being active, learning, and worshipping the Lord. Miranda has enjoyed working as a camp counselor at Okoboji Lutheran Bible Camp the past two summers, is excited to be back at ISU training with the ISU Karate club, and is open and enthusiastic about what is in store with future plans with the Lord as her guide.

**Donna Ploessl** is a graduate student majoring in special education at the University of Alabama in Tuscaloosa. A 4<sup>th</sup> Degree Black Belt, she has been involved in the martial arts for fifteen years. She has been an instructor for Ploessl Taekwondo, a teaching assistant for Master Pak (when she was at ISU), and an active national competitor. Donna has conducted board-breaking and referee seminars for the SIBBA and is a USTU national level referee. While pursuing her graduate degree, Donna also teaches at the Capitol School in Tuscaloosa – an award winning international school – and takes care of her daughter.

**Cherilyn Walley** is a Ph.D. candidate at Iowa State University. A 1<sup>st</sup> Degree Black Belt, she has been the president of the ISU Judo Club for the past two years. She did one year of Judo while attending her senior year of high school at The American School in Japan but didn't find another Judo club to join until she moved to Ames in 1996 to pursue graduate work in history. She graduated from Brigham Young University in 1994 with a B.A. in Family History and Genealogy and worked for a couple of years as a cartographer. Cherilyn received her M.A. in History in May 1999 and is now working on a Ph.D. in Agricultural History and Rural Studies. Her dissertation will be on The Welsh in Iowa and she plans to graduate in 2002. She is currently a teaching assistant for Iowa History, and next year will be an instructor in American Women's History.

## SIBBA meeting minutes

### Meeting held January 22, 2000

Present: Beth Sermet, Amanda Clark, Jennifer Emery, Irene Faass

The meeting was called to order by President Emery at 1:30pm.

### Secretary's Report

The minutes from the last meeting (published in the newsletter) were approved as written

### Treasurer's Report

Balances as of January 22 are the same as those published in the December newsletter.

Beth transferred \$340 into American funds for October and November; she will transfer another \$340 for December and January

- Scoreboard expenses so far: \$344.33
- Beth noted that the interest on our Savings account was down to 1.5% so she suggested that we transfer some funds. There was discussion about shopping around for a good interest rate. Amanda said that she would investigate some comparative rates and get together with Beth to discuss the economic feasibility of investing. Beth suggested that we invest \$4,000 into a mutual fund with checkwriting privileges. Irene motioned that we go forward with this plan, Amanda seconded, and the motion passed.
- Beth suggested that since we are starting to accumulate quite a bit of money, we have a receipt book, an inventory list, and require double signatures for checks.
- Beth recommends five scholarships this year: one leadership and four academic.
- Beth said that she would be happy to go over the new (proposed in the December newsletter) budget at the General meeting with our members.
- Beth suggested that we consider putting the Jared Ringstad scholarship money into a money market fund so that the interest could pay for the scholarships.
- All of these issues will be revisited with the new Treasurer after elections.

### HKD Delegate Report

Amanda reported that she has not followed up on the seminar she had proposed earlier but she would be willing to work with the new cabinet to set one up for this year (2000).

### Old Business

- Scoreboards – expenses so far: \$344.33
- General Meeting – Jennifer will make up an agenda that we will follow strictly. Each member of the cabinet should be prepared to say (in two minutes) what they've done this year. Candidates will be able to speak for two minutes as well. Irene will be in charge of the ballot box. Cabinet members will arrive 15 minutes early.
- Junior Olympics Iowa Team – Mike Wickham will hear a committee to unify the Iowa juniors who attend Junior Olympics this year. He will work with Laurel Farrell and Mark Currie.

### New Business

- Irene is frustrated with the newsletter getting out late. There was discussion about whether the publication date should reflect the month in which members receive the newsletter or the month after which they receive it. This issue was tabled for the new Cabinet.
- The Cabinet will meet at Steak Center at 6p.m. to determine scholarship recipients.
- A change-over meeting for the new Cabinet will be held on February 26 in Beyer Hall 203 after Hapkido testing. We will set the date for the next meeting then.

The meeting adjourned at 2:55p.m.

### Meeting held February 18, 2000

Present: Jennifer Emery, Irene Faass, Steve Scheid, J.D. Palasek, Mike Wickham

The meeting was called to order by President Emery at 9:30 p.m.

### Scholarship Applications

- Cabinet members read all of the scholarship applications and voted on the recipients. They were: Leadership Scholarship – Mike Bailey, Academic Scholarships – Anna Hentzel, Cherilyn Walley, Donna Ploessl, and Miranda Hinrichs.
- One of the Jared Ringstad Scholarship applications was lost in the mail (due to Jennifer's changing addresses) so J.D. moved that we wait until tomorrow to vote on that scholarship. Irene seconded and the motion passed.

The meeting adjourned at 10:00 p.m.

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### General Meeting held February 19, 2000

Present: Jennifer Emery, Irene Faass, J.D. Palasek, Mike Wickham, Beth Sermet, and 24 SIBBA members.

The meeting was called to order by President Emery at 4:18 p.m.

### Current Cabinet

- Jennifer spoke about her duties the past year as President.
- Irene spoke about her duties the past year as Secretary.
- Beth spoke about her duties the past six years as treasurer and discussed the growth of the SIBBA in that time.
- Jennifer spoke about Steve Scheid's duties as Judo Representative and Amanda Clarks duties as Hapkido Representative.
- J.D. spoke about his duties as Taekwondo Representative and the electronic scoring.
- Master Pak spoke about the need for Instructor Certification and noted that Jill Hegland handled it in the past.

### Candidates Speeches

- Cherilyn Walley (Judo)
- Craig Rueter (TKD)
- J.D. Palasek (TKD)
- Mike Wickham (At-Large)
- Aaron Striegel (Treasurer)
- Tom Richardson (TKD and At-Large)

### Treasurer's Report

Approval of the 2000 Budget

Larry Voorhees moved that the budget be approved; the motion was seconded and passed. Beth read the current balances in all accounts.

### General Concerns – Open Discussion

- Larry Voorhees thanked the cabinet for the business-like General Meeting. He was glad to hear about Instructor Certification. He mentioned that affiliate members are not used as much as they should be and suggests that voting rights be considered for them.

Beth clarified affiliate membership (read from the Bylaws). Larry suggested that we consider corporate memberships as a source of income. Carrie Voorhees asked how many affiliate members there were. Beth said that there were 50, thanks especially to Oren Gautreaux's students in Missouri.

- Oren Gautreaux asked questions about the electronic scoring system. Aaron Striegel answered his questions and passed out a progress report on the project. Ross Gill clarified the benefits of using ISU students to conduct the research and develop the electronic scoring system because students will always be around to improve the scoreboards for free.
- Jennifer reminded everyone to vote.

The meeting was adjourned at 5:06 p.m.

### Meeting held February 26, 2000

Present: Jennifer Emery, Irene Faass, Beth Sermet and Ron Smith, Sr.

- Beth and Ron indicated that they had met earlier to conduct the Treasurer changeover.
- Irene said that she'd like to have the newsletter out on March 15 so she would like articles by the 5<sup>th</sup>. She will email the rest of the cabinet to let them know.
- Master Pak will have another article this time.
- Beth wants to continue working on the TKD Referee Video and will write an article about that.
- The next meeting was tentatively set for 1:00 p.m. on March 11. Jennifer will contact people to make sure everyone is available.

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### Membership Information

In order for us to fulfill the goals of education and scholarship set by Master Pak and the founders of the SIBBA, the continuing support of our members is necessary. Instructors who are members may have their students' promotions recognized by the SIBBA. This is especially important for an instructor when a student is testing for 1<sup>st</sup> Dan or higher. The SIBBA strongly suggests that *all* instructors make sure their own membership is current. If you plan to test for Second Dan or higher, you are strongly encouraged to pay for annual SIBBA dues missed since your last testing. This policy has the support of Grandmaster Pak and the Cabinet.

Membership Dues are as follows:

Adult - \$30  
Student (age 17 through college) - \$15  
Junior (until age 16) - \$15  
Alumni (not active with a Pak Organization Club) - \$15  
Family - \$60  
Affiliate (non Black Belt) - \$10  
Lifetime - Individual \$300 or Family \$600 (installment pay plan available)

NOTE TO ALL INSTRUCTORS: The dues are for one year (January through December) and not to be pro-rated for part a year.

### SIBBA CABINET 1999

President	<b>Jennifer Emery</b> 515/733-5238	524 Grand Avenue, Story City, IA 50248 jennifuzz@usa.net
Secretary	<b>Irene P. Faass</b> 515/433-9694	160 W Avenue, Story City, IA 50248 rainy@iastate.edu
Treasurer	<b>Ron Smith, Sr.</b> 515/955-8469	1018 5 <sup>th</sup> Avenue North, Fort Dodge, IA 50501 tkdtiger@frontiernet.net
TKD Delegate	<b>J.D. Palasek</b> 515/292-6564	4130 Lincoln Swing, Lot #21, Ames, IA 50014 palasek@netins.net
Judo Delegate	<b>Cherilyn Walley</b> 515/268-0430	238 Village Drive, Ames, IA 50014 amgid@iastate.edu
HKD Delegate	<b>Scott Williams</b> 319/683-3102	P.O. Box 452, Washington, IA 52353 waynewilliamsusa@netscape.net
At-Large Del.	<b>Mike Wickham</b> 515/752-2795	2704 W. Lincolnway, Marshalltown, IA 50158 mvwickham@marshallnet.com

**ATTENTION OLD MEMBERS:** The following items are available from the treasurer:  
New SIBBA logo name tags - \$5.00; Membership card holders – free; SIBBA Ties - \$24.00;  
TKD terminology tape \$5.00 plus \$0.50 postage and handling; WTF TAEKWONDO POOMSE VIDEO - \$ 20.00 (Instructors inquire about quantity discounts); TKD REFEREE VIDEO - \$15.00 + \$2.00 postage.

Any part of this newsletter may be reproduced as needed.