



# October 2009 *Newsletter*

## **In This Issue**

- Bring a Friend
- Self Defense
- Greetings!
- Practice Makes Perfect
- Upcoming Concerts
- In the Newspaper
- Cairo Calling

### **Greetings!**

It is hard to believe that Fall is already upon us. The kids are back in school; everyone has had a chance to get back into their regular routines. We've been happy to see the Fall rush for music, dance, fitness, and martial arts at Infuzion. Along with some cool temperatures, pumpkins, and turkeys, Fall is bringing lots of exciting events here at Infuzion. I hope that we'll be able to see you there and in the studio.



Blessings from our family to yours,  
Miriam, (Dan) & Jack



## ***Bring a Friend Day!***

You are invited to Bring a Friend Day at Infuzion the week of October 26 to Oct 31. Bring a friend to enjoy your classes with you. Win prizes and be entered into a special drawing on Halloween.

*Invitations available at  
the reception desk.*



## ***Self-Defense: THE DIRTY DOZEN***



Discover how to effectively use 12 simple, versatile, and battle-proven techniques taken directly from military science. Know the facts and myths of self-protection in this safety-oriented beginner course. Register through Infuzion by calling 919.402.9449. Be sure to check out the Infuzion website for more information: [www.getinfuzed.com](http://www.getinfuzed.com).

# *Concerts, Recitals, & Tests*

## Taekwondo Belt Test:

The next belt test will be held on Saturday, October 31<sup>st</sup> at 2 pm. This is for ranks from no belt through purple belt and for all ages. Students should remember to do the following:

- (1) Study and know all your materials
- (2) Hand in completed testing forms at the reception desk by Friday, October 30<sup>th</sup>
- (3) Have your testing fees in by Friday, October 30<sup>th</sup>
- (4) Make-up tests cannot be offered for belt testing!

## Jack Hillman Memorial Concert:

Many of you knew Jack Hillman, who passed away about a year ago, but for those of you that did not know him, he was our beloved saxophone teacher, who died after a struggle with cancer. Among many other things, Jack absolutely loved music and people. In his memory, Infuzion will honor Jack Hillman with an annual concert to raise funds for a scholarship benefiting music students who show the passion and desire that Jack had for music.

Jack Hillman Memorial Concert  
November 21 at 4pm  
Ponder Auditorium  
Croasdaile Village Retirement Center  
2600 Croasdaile Farm Parkway in Durham

## Music Recital:

December 6 -3pm  
Durham Regent - 3007 Pickett Road in Durham

## Dance and Music Concert:

December 12 at 2:30pm  
Ponder Auditorium at Croasdaile Village Retirement  
Center - 2600 Croasdaile Farm Parkway in Durham



## *How can I get my kids to practice?*

This monthly feature will share great ways to motivate your children to practice. You've made an investment in tuition, time, and tracking the progress of your child through their music lessons. Why not go the final mile and ensure your investment is protected?

Pat Theisen, one of our fantastic piano instructors, has several great methods she recommends. Here's this week's suggestion: Have students draw a row of five boxes representing the number of practice sessions for each week. The child can sign their name in each of the boxes after practicing for at least a minimum length of time. Involve the music teacher in looking for and praising the student when each box has been filled in. This is especially helpful with more visually oriented students.

Do you have any tips that have worked for you? We'd love to hear them and will pass them along to the other Infuzion families! Send your tips to [djc@getinfuzed.com](mailto:djc@getinfuzed.com)



## *Extra! Extra! Read all about it!*

Infuzion's gym outreach program to laid-off workers was recently featured in the News & Observer!



"They really are doing this out of the goodness of their hearts," he said. "Seeing people do something like this makes you want to give back." Miriam Catron knew Cadwallader had lost his job and made a point of telling him about their new offer. 'We want to be a blessing to as many people as possible,' she said. You do not have to be an existing member to get free membership. You just need to show documentation that you are receiving unemployment."

Read the article at the N&O's website:  
<http://www.thedurhamnews.com/news/story/199585.html>

We are still offering free fitness memberships for people who have recently lost their jobs.

## *Cairo Calling Review*

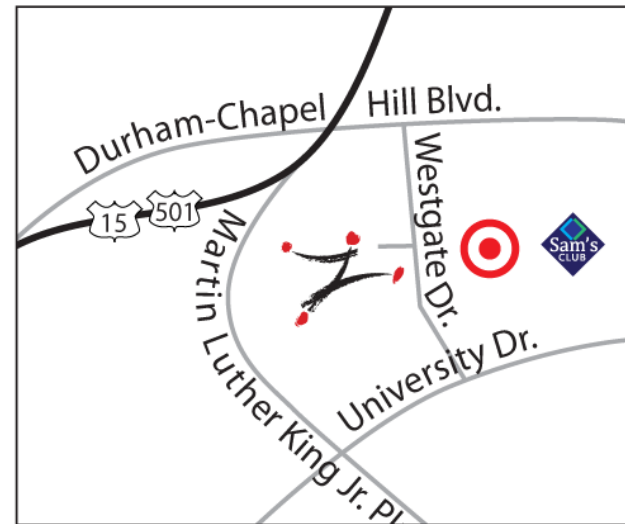
On October 10<sup>th</sup>, Infuzion's belly dance teacher, Hannan Sultan, presented a gala show of Middle Eastern dance at the Durham Arts Council. Infuzion hosted the star, Mohamed Shahin of Cairo, in two days of dance workshops.

Saturday's show featured dancers from across North Carolina: Zouhour Al Sultan dance company, Hannan Sultan, and Mohamed Shahin. The theater was completely sold-out to an enthusiastic crowd!



## *Contact Infuzion*

**3400-A8 Westgate Drive  
Durham, NC 27707  
919.402.9449  
[www.getinfuzed.com](http://www.getinfuzed.com)**



### *Upcoming Studio Holidays:*

November 24<sup>th</sup> – 29<sup>th</sup>

December 20<sup>th</sup> – January 3<sup>rd</sup>