



Black Hawks Organization™

November 2015 Newsletter



BULLETIN BOARD

YOU'RE INVITED

Come out and show your support for our two Black Belt Candidates, haksang Wangavu McCray and haksang Shabat Yisrael as they test for their 1st Dan.

See details inside

WEBSITE

Remember to check the website for upcoming events, BHO Program updates, herbal remedies, and much more...



Scan the QR code with your QR App.

FEATURE STORY



Thanksgiving!

Richard Greener | November 2010

The first Thanksgiving Day did occur in the year 1637, but it was nothing like our Thanksgiving today. On that day the Massachusetts Colony Governor, John Winthrop, proclaimed such a "Thanksgiving" to celebrate the safe return of a band of heavily armed hunters, all colonial volunteers. They had just returned from their journey to what is now Mystic, Connecticut where they massacred 700 Pequot Indians. Seven hundred Indians - men, women and children - all murdered. This day is still remembered today, 373 years later. No, it's been long forgotten by white people, by European Christians, but it is still fresh in the mind of many Indians. A group calling themselves the United American Indians of New England meet each year at Plymouth Rock on Cole's Hill for what they say is a Day of Mourning.

Read More: <http://tinyurl.com/2ajzj5q>

BHO Programs

BHO Mission Statement

Halting generational curses through lack of knowledge, understanding, and wisdom. By educating the mind, the spirit is enlightened to change the physical mechanics of the body.

B.A.L.A.N.C.E

Our health, fitness, and culinary workshops and seminars are interactive. By the end of each session, you will know how to live a more holistic, alternative lifestyle.

L.E.A.P.

Proud to announce the opening of Black Hawks Institute of Higher Learning Private School. For more information, visit our website at www.bhowellness.org.

H.O.P.E.

The Health Opportunities through Physical Education program, is designed to educate students on achieving better health through proper nutrition, becoming physically fit. Taekwondo is a component of our HOPE Program. If you or someone you know is interested, please visit our website.

Editorial Staff

Publisher: Sabomnim Ben Yisrael
Editor: Abi Ga Yil Yisrael
Layout Artist: Tia M Green

Contact Information

Phone Number: (904) 866-3320
Email: blackhawksorg@gmail.com
Website: www.bhowellness.org

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Health Tip

Benefits of Yoga

"The relaxation techniques incorporated in yoga **can lessen chronic pain**, such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explains Dr. Nevins. "Yoga can also **lower blood pressure** and **reduce insomnia**."

According to Dr. Nevins, other physical benefits include:

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- The maintenance of a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

Aside from the array of physical benefits, one of the best benefits of yoga is how it helps a person **manage** stress, which has been known to have devastating effects on the body and mind.

Food Fact

Quinoa

Quinoa is nutritionally renowned for its protein content and while it does have a decent amount, it's not actually the amount of protein that's so impressive. Instead it's the type of protein. Quinoa has the perfect balance of all nine amino acids essential for human nutrition. This type of complete protein is rarely found in plant foods, though common in meats. Quinoa also offers a good dose of fiber and iron. There are 111 calories in each 1/2 cup of cooked quinoa.



Healthy Living

Go ahead, snooze!

By: Alyssa Sparacino

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles.

Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more.

"Sleep used to be kind of ignored, like parking our car in a garage and picking it up in the morning," says David Rapoport, MD, director of the NYU Sleep Disorders Program.

Not anymore. Here are some health benefits researchers have discovered about a good night's sleep.

Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or "practice" skills learned while you were awake (it's a process called consolidation).

"If you are trying to learn something, whether it's physical or mental, you learn it to a certain point with practice," says Dr. Rapoport, who is an associate professor at NYU Langone Medical Center. "But something happens while you sleep that makes you learn it better."

Too much or too little sleep is associated with a shorter lifespan—although it's not clear if it's a cause or effect. (Illnesses may affect sleep patterns too.) In a 2010 study of women ages 50 to 79, more deaths occurred in women who got less than five hours or more than six and a half hours of sleep per night.

Sleep also affects quality of life. "Many things that we take for granted are affected by sleep," says Raymonde Jean, MD, director of sleep medicine and associate director of critical care at St. Luke's-Roosevelt Hospital Center in New York City. "If you sleep better, you can certainly live better. It's pretty clear."

When it comes to our health stress and sleep are nearly one and the same—and both can affect cardiovascular health.

"Sleep can definitely reduce levels of stress, and with that people can have better control of their blood pressure," Dr. Jean says. "It's also believed that sleep effects cholesterol levels, which plays a significant role in heart disease."

BHTC BLACK BELT TEST

Date: Saturday, November 21, 2015

Time Begins at 5:30 PM

**Location: 6620 Arlington Expressway
Jacksonville, FL 32211**

Vegan Recipe

Vegan Pumpkin Muffins

www.peta.org

INGREDIENTS:

2 cups flour
1 Tbsp. baking powder
1/2 tsp. baking soda
1 1/4 cups natural cane sugar
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ginger
1/2 tsp. allspice
1 1/4 cups puréed pumpkin
1/2 cup almond or nondairy milk
1/3 cup vegetable oil
2 Tbsp. molasses or maple syrup

DIRECTIONS:

Preheat oven to 375°F and lightly grease a muffin pan.

In a large bowl, mix the flour, baking powder, baking soda, sugar, salt, and spices.

In a separate bowl, whisk together the pumpkin, nondairy milk, oil, and molasses or maple syrup.

Pour the wet ingredients into the dry and mix.

Spoon the batter into the muffin pan, filling each cup to the top.

Bake for 25 to 30 minutes or until a toothpick inserted in the center comes out clean.

Remove muffins from the oven. When they've cooled to room temperature, frost them (optional) and devour!



Pumpkin

A cup of cooked, mashed pumpkin contains more than 200 percent of your recommended daily intake of vitamin A, which aids vision, particularly in dim light, according to the National Institutes of Health. Pumpkins are also rich in carotenoids, the compounds that give the gourd their bright orange color, including beta-carotene, which the body converts into a form of vitamin A for additional peeper protection.

The same free-radical-neutralizing powers of the carotenoids in pumpkin that may keep cancer cells at bay can also help keep the skin wrinkle-free, Health magazine reported.



Words of Wisdom

Lakota Instructions for Living

Friend do it this way - that is, whatever you do in life, do the very best you can with both your heart and mind.

And if you do it that way, the Power Of The Universe will come to your assistance, if your heart and mind are in Unity.

When one sits in the Hoop Of The People, one must be responsible because

All of Creation is related.

And the hurt of one is the hurt of all.

And the honor of one is the honor of all.

And whatever we do effects everything in the universe.

If you do it that way - that is, if you truly join your heart and mind as One - whatever you ask for, that's the Way It's Going To Be.

-passed down from White Buffalo Calf Woman

Essential Oils Class

If you are interested in holistic healing or finding an all-natural way to heal the body, you are invited to a FREE, no obligation Essential Oils class.

For more information, contact Abigail Yisrael at (904) 624-8833

Class Times:

Nov 8 @ 5PM

Nov 22 @ 5PM

Dec 6 @ 3PM



adropofessence.com | adropofessence@bhowellness.org

NOVEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Happy Birthday Jeniyah! Color Belt Test	6	7 Happy Birthday Monique! FCT Tournament
8	9	10	11	12	13	14
15	16	17 Happy Birthday Hannah!	18	19	20	21 Black Belt Test
22	23	24	25	26	27	28
29 Happy Birthday Komiyah!	30	1	2	3	4	5
6	7	8	9	10	11	12

For more information on free Taekwondo lessons, please visit our website for times, days, and locations.



ACADEMY OF SCHOLARS

"Motivation 4 Learning"

K-10th Grade Private School

6620 Arlington Expressway, 32211

904-274-1107

www.AcademyofScholarsInc.org





Step Up & McKay Scholarships Accepted

Hours of Operation 7:00 am to 7:00 pm

exempt 501(c)(3) non-profit organization

Donations

The Black Hawks Organization (BHO) would like you to be a part of our journey to help in the development of our youth and adolescents. We greatly appreciate monetary assistance; however, BHO is in desperate need of supplies and materials such as a building, warm-ups, health supplies, etc.

Black Hawks Organization is a 501©3 Non-Profit Organization. All donations are tax deductible.

If you are interested in sponsoring and/or providing in-kind gifts, please contact:

Sabomnim Yisrael at (904) 866 – 3320 or visit us at www.bhowellness.org

"We make a living by what we get, we make a life by what we give."

-Winston Churchill