CHL Newsletter

CENTER FOR HUMANE LIVING

October 2026

"No act of *kindness*, no matter how small, is ever wasted"

– AESOP



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Growing Together at Wilson Community Center

SBN Donna

The Tuesday night team of Sabum Nim Donna, Sabum Nim Doug, Sensei Diana, and Sensei Kenzie has been busy at the Wilson Community Center!

We proudly presented our new students with their tobaks as they demonstrated patience, commitment, and a willingness to learn. Along the way, we introduced the Five Tenets and spent time exploring how six- and seven-year-olds define concepts like loyalty and justice. Their answers have been both enlightening and a wonderful reminder that learning goes both ways.

Most recently, we talked with our students about the meaning of community and how the Center for Humane Living (CHL) weaves community service into its curriculum. To put those lessons into action, we have launched a food drive to help stock the pantry at the Wilson Community Center. The food drive will continue through November 3.

Some weeks, it's difficult to determine who is learning more—the children from us or us from the children! Every Tuesday night brings new lessons, unexpected insights, plenty of energy, and a beautiful reminder of why we do what we do.

As we enter the season of Thanksgiving, we are especially grateful to be part of the beautiful chaos that fills our Tuesday nights. We are thankful for our students, for the opportunity to learn and grow together, and for the chance to help build a stronger, more compassionate community—one lesson at a time.










AZTECS
OHIO STATE
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LONGHORNS
UCONN
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AGGIES
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Activity Zone

CHL Food Drive





Help Us Help Those in Need!

As a part of our pay-it-forward culture, and our mission to help those in need, The Center for Humane Living is organizing a food drive for the holidays!

The Wilson Community Center's Trauma-Sensitive Client Choice Food Pantry is designed to provide dignified, stress-free access to nutritious food for individuals and families facing food insecurity. The pantry fosters a welcoming, judgement-free environment where people can select the items that best meet their needs. By providing choice and emphasizing dignity, the pantry helps reduce the stigma often associated with food assistance while promoting a sense of control and normalcy for those it serves.

Please Help Us Stock Their Pantry!

- **<u>What they need</u>**:
  - Cereal
  - Peanut Butter / Jelly
  - Mac and Cheese
  - Bagged Rice
  - Bagged Beans
  - Healthy Snacks
  - Pasta and Pasta Sauce
  - Ramen
  - Canned Fruit
  - Canned Meats







- *Please make sure all donated food items have good best-by / expiration dates! It may take some time for your donated food items to make their way to the families in need, and we do not want to provide them with expired foods. Thank you.*

- **<u>Where / When to donate</u>**:
  - Please bring all donations to:
    - Any CHL karate class.
  - Donations are being collected:
    - Now through November 3rd.



Questions? You can contact SBN Donna at cptpspirit@yahoo.com or 602-291-5819, or SBN Sandi at FamilyJean2014@gmail.com or at 602-908-7263.

The Gift of Teaching

Sensei Diana

The Gift of Teaching and the Journey of Continuous Learning

Reflections from the Center for Humane Living — McDowell Mountain Ranch Community Center

The martial arts journey. We begin by learning how to train our bodies, develop discipline, and practice techniques. Over time, we discover that the lessons extend far beyond physical skills. We learn patience, humility, confidence, perseverance, and, maybe most importantly, that we never stop being students, even when we become teachers. During a recent class at the McDowell Mountain Ranch Community Center, I was reminded of this in a meaningful way while working with Irina Adriananjason, a 2nd Blue Belt student who is preparing for her upcoming test for advancement to 3rd Red Belt within CHL. This promotion represents an important step in a student's martial arts journey. Advancement to 3rd Red Belt is not just about demonstrating proficiency in techniques or showing physical readiness for the next rank. It also introduces a new responsibility: learning to share knowledge and use their skills as a teacher. Students begin to recognize that their growth is measured not only by what they can do themselves, but also by how they can help others learn and grow.

For many students, this is an exciting opportunity. For others, it can be an intimidating one. Stepping in front of a class, explaining a technique, demonstrating movements, and guiding students through an exercise can feel very different from practicing those same skills. Quickly, the familiar role of student shifts, and the responsibility of leadership begins. As I watched Irina prepare for this next step, I found myself reflecting on my own journey as a Sensei and my preparation for my 3rd Degree Black Belt test to achieve the rank of Sa Bum Nim. You might think that after years of training, teaching, and learning, preparing for another advancement would be a process of refining what I already know. Instead, moments like this continue to remind me just how much there is still to learn.

Learning Through the Eyes of a Student

Watching a student prepare to teach offers a unique perspective. I see the thought that goes into remembering each step, the concentration required to explain a movement clearly, and the vulnerability that comes with standing in front of others and putting knowledge into practice. I also see the courage it takes to try something new. As instructors, it can be easy to forget what it felt like the first time we were asked to lead a class. We may remember the nerves, the uncertainty, or the fear of making a mistake, like forgetting the name of a stretch kick. But with experience, those feelings can become memories. We become comfortable with our routines, our teaching styles, and our place at the front of the room.

Students like Irina remind us to look at teaching through fresh eyes. They remind us that confidence does not always come before action. Sometimes, confidence develops because we are willing to act despite our uncertainty. They remind us that learning requires vulnerability, that mistakes are part of learning, and that encouragement can make the difference between someone retreating into their comfort zone and someone discovering what they are capable of. They also remind us to be patient. A concept that seems simple to an experienced instructor may be entirely new to a student. Explaining a movement in a different way, slowing down a demonstration, or finding a new example can make all the difference. Teaching challenges us to communicate rather than simply demonstrate, to listen rather than only instruct, and to meet each individual student's needs.

The First Time at the Front of the Class

There is something completely humbling about leading a martial arts class for the first time. When first leading a class, you find an entirely new set of challenges. It is one challenge to perform a technique correctly; it is another to break it down into understandable steps, explain its purpose, recognize when someone is not understanding something, and help that person find accomplishment. Standing in front of your classmates can feel strange. You may wonder whether you will remember what to say, demonstrate the technique correctly, or answer a question you were not expecting. You may worry about being watched or making a mistake in front of people who have trained you, or alongside you. These feelings are normal, and they are part of the experience. The wonderful thing about training and teaching at CHL is that it gives us a place to work through these challenges. As instructors, our obligation is not to expect flawlessness from a student teaching for the first time. It is to create an environment where they feel supported enough to try, challenged enough to develop further, and encouraged enough to keep trying.

What Students Teach Their Teachers

As I prepare for my own advancement to Sa Bum Nim, experiences like this reinforce several lessons that I hope to carry forward in my teaching.

- First, remain humble. Regardless of our rank or years of experience, there is always something new to learn. Students can reveal gaps in our understanding, ask questions that challenge our assumptions, and remind us that learning is never over.
- Second, practice patience and empathy. Watching a student navigate the uncertainty of teaching helps us remember that everyone begins somewhere. The support we offer during those early experiences can shape how a student views themselves as a martial artist and as a leader.
- Third, never stop refining the way we teach. If a student struggles to understand a technique, the answer is not always repeating the same explanation. We must be willing to adapt, communicate differently, and find new ways to make the lesson meaningful to them. Good teaching requires the same commitment to practice and improvement that we ask of our students.

Our influence reaches far beyond the technique being taught. The way we respond to mistakes, treat others, demonstrate respect, and handle challenges often teaches us as much as our words. Students are watching how we practice the values we encourage them to embrace. As Irina prepares for her 3rd Red Belt test, she is working toward more than another rank. She is preparing to take another step toward becoming a leader, a teacher, and a contributor to the growth of others. Her willingness to embrace that responsibility is part of what makes this stage of her journey so important. As I prepare for my own 3rd Degree Black Belt test and the rank of Sa Bum Nim, I am reminded that advancement is not simply a recognition of what we have accomplished. It is an invitation to accept greater responsibility, continue learning, and share what we have learned along the way. At the Center for Humane Living, we continue to create an environment where students are encouraged to become teachers, teachers remain students, and every member of our community can grow, not only in skill and rank, but also in character, confidence, and compassion.


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Orange Belt Rank Advancement

Sensei Diana

Congratulations to Xander and Tyler Wong on Their Orange Belt Rank Advancement!

On September 6, 2026, Xander and Tyler Wong tested for advancement to Orange Belt. Both boys are dedicated students who regularly attend Fit24 classes on Saturdays and Sundays, as well as classes at the Wilson Community Center on Tuesdays.

During their test, both boys demonstrated excellent focus, power, and listening skills. The testing board was especially impressed with their oral examination and the composure, intelligence, and compassion they displayed throughout the process.

We are incredibly proud of Xander and Tyler and commend them for their hard work, dedication, and continued growth. Congratulations to both boys on this exciting achievement! Keep up the great work!







McDowell Mountain Ranch Community Center
September 23, 2026 Level II Test

SBN Dominick

We are incredibly proud to announce the results of our recent Level 2 Test

It takes a great deal of courage, character, and dedication to step up to the plate. We couldn't be prouder of these students who pushed their limits and gave it their absolute all! We were deeply inspired by their positive mindsets and continuous willingness to learn.
Please join us in celebrating the following well-deserved rank advancements:

- **Melanie Freeman**: Promoted to First Blue Belt
- **Steve (Ido) Moustafa:** Promoted to First Blue Belt
-

We also extend our deepest gratitude to the Black Belt Board Members: *Sa Bum Nim Dominick, and Sensei's Dominick III, Lisa, Alexa, and Mohan.*















Thursday Night Advanced Class Update

SBN Doug

Thursday Night Advanced Class: Small Steps, Deep Roots

On Thursday evenings, we focus on going deeper into the techniques we think we already know. We work through the full curriculum with a single question in mind: why does this work, and how do we make it work better?

The Spirit of Kaizen

Kaizen is a Japanese word that has been said to mean “constant improvement” or “change for the better.” It describes continuous improvement through small, steady refinements rather than dramatic overhauls. That idea sits at the center of our class. A slightly better angle on a block, a more efficient weight shift in a throw, or a calmer breath under pressure may seem minor. Over months and years, those small gains add up to real mastery. We remind our students that a black belt is a white belt who never stopped improving.

Going Deep on Application

Much of our time goes to the details that make a technique effective in real situations: timing, distance, balance, structure, and intent. We break movements down, test them with partners, and rebuild them with better understanding. We also spend time on teaching points, the key cues and corrections that help a technique click. Learning to see and explain the details deepens our skill and prepares us to help others.

Training the Whole Martial Artist

Our goal is to grow every dimension of the martial artist. Physically, we sharpen precision, conditioning, and control. Mentally, we build focus, awareness, and the ability to solve problems under stress. Emotionally, we practice patience, composure, and resilience, especially on nights when a technique just won’t come together. Those frustrating moments are often where the most growth happens.

Leading on the Mat and Beyond

Advanced rank brings responsibility. We weave leadership principles into our training: leading by example, giving honest and encouraging feedback, holding high standards with humility, and lifting up the people around us. We strive to apply the physical, mental, emotional, and spiritual principles in our everyday lives.





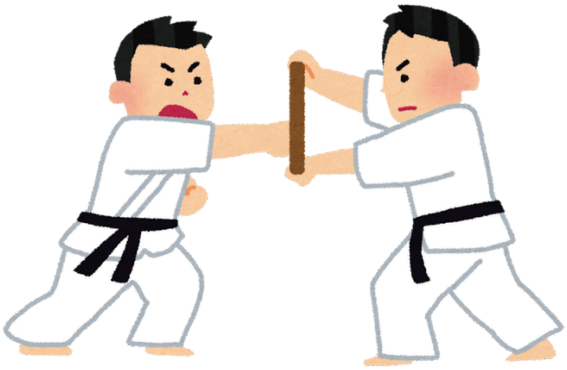
Scottsdale Providence Recovery Center Update

SBN Lester

Scottsdale Providence Recovery Center thrives as a rehab center for patients with drug addiction and/or mental health crises. There are as many as 8 clients in the house at any one time. Participation in my weekly class is variable and not mandatory.



My teaching incorporates some traditional Tang Soo Do and CHL elements with a heavy self-defense element of Krav Maga. I also incorporate many philosophical lessons from CHL and Dr. Foley. When we bow in I explain the importance of the bow and how the simple act of bowing to the other may defuse conflict before it begins. I discuss the importance of being a generous listener, and how difficult that actually is. As I am listening intently part of my brain is thinking of a response, so I am already multitasking and distracted from the message. I need to make sure I hear the full message before responding. As we learn martial skills that could hurt an opponent we really need to hone our communication skills as the primary conflict resolution tool. Can you imagine if all conflict was resolved with spinning back kicks and American back fists?



Very few of the students have any experience with martial arts or self defense. After stretch kicks the students learn to throw punches from horse-back stance. Their novice status is very evident as they throw single and multiple punches. Things that we advanced students at CHL take for granted as "easy" are often difficult for the average SPRC student. What I am offering the students is a very unusual curriculum that gets them out of their comfort zone and creates new neural pathways. I am not molding anyone into martial artists. The fact that board breaking is so well-received, and overwhelmingly successful is curious.

I think of the personal space between sparrers, and once you enter that space you are engaging for combat. Think of the courage it takes to make that move. When the SPRC clients look at their 6 strings of harmony and realize change is needed, signing up for a stay at SPRC is very much like entering that scary space, needing a similar courage to engage in a life-changing moment. Maybe that's why board breaking seems like a piece of cake.

Women's Self-Defense Program: Growing Throughout the Valley

Sensei Gloria

The Women's Self-Defense Program continues to grow and expand throughout the Valley, reaching more women and providing valuable skills to help them feel stronger and more confident.



Our program has expanded to include New Life Center near downtown Phoenix and Hope Women's Center on McDowell Road. The team recently completed its second training class at Hope Women's Center and will return to New Life Center for its second class in December. Both locations have welcomed nearly 20 participants each!

Our partnership with Hope Women's Center has also created an opportunity to reach the Spanish-speaking community. Classes are made possible with the assistance of an amazing interpreter, Carmen, whose support helps us make this important training more accessible.

The team also continues to provide quarterly training at Fresh Start on McDowell Road, making it our longest-running program to date.

Training at Sojourner Center is temporarily on hold while the team completes the newly required fingerprint clearance mandated by the center. We look forward to resuming classes there in the first quarter of 2027.

A Dedicated Team Making a Difference

The continued success and growth of this program would not be possible without the commitment and dedication of our training team: **SBN Donna, SBN Kelly, Sensei Meghana, Sensei Kenzie, Natalie Su, Katelyn Su, and Sensei Gloria**. Their consistent support and willingness to serve make a meaningful difference in the lives of the women who participate in these classes.

We are also deeply grateful to our experienced Black Belt Leaders, whose input, guidance, and leadership helped bring these programs to life: **SBN Donna, SBN Doug, SBN Kelly, SBN Lisa, and of course, Grand Master Foley**.

A special thank-you goes to **Sensei Karla** for translating documents to help us better support our partnership with Hope Women's Center and expand our ability to serve the Spanish-speaking community.

Through the dedication of our team and the guidance of our leaders, the Women's Self-Defense Program continues to grow, build meaningful partnerships, and empower women throughout the Valley. We are proud of the progress made and look forward to reaching even more women in the months ahead!

Saturday Morning Family Class Update

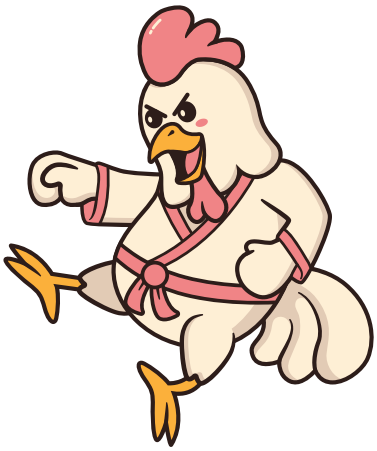
Sensei Jeanne

Our new family class at Fit24 is off to a great start! Currently, we are a small class, but we would love to see this class grow. Be sure to invite all of your friends to join us. The class is open to anyone ages 7 and up and beginner through blue belt. We meet at Fit24 from 10:30-11:30am on Saturdays.



As with most classes, we start each class with the ringing of a gong. And thanks to Sensei Gloria, we have one for our class. The gong reminds us to be present. We forget about all the other things going on in our lives and focus on the karate we came to learn. We start with the traditional stretch kicks, then usually move to basics. Basics are such a foundation to being able to do karate, so we start off with the blocks and strikes appropriate for the belt ranks we have in attendance. Currently, our students are all orange belts, but even when we these students progress to higher ranks, we plan to start with basics to make sure they have a strong foundation to build on. We spend a few minutes doing basics, getting our minds focused and ready to do karate. Then we take the majority of class time to work on a specific set of skills. We have done kata, kicks, one-steps, Dojang etiquette, and the 12 ways to deal with a bully. We usually end our class with some philosophy, usually a Zen story.

Even in our short time of having this class, we have seen our students grow. It is exciting to see them gain confidence in their basics. We are excited to see them be able to learn new skills. In our last class, we were able to teach a new kick that they will need to know to achieve yellow belt. We are excited to see our students grow in their journey as martial artists and are hopeful that more students will join us soon.



Saturday Morning Family Class Instructor Spotlight

Sensei Jeanne



I would like to thank SBN Janice for assisting in the new family class on Saturdays. SBN Janice has been a significant help to me. She offers wisdom of years of teaching experience. And at the same time, although she outranks me, she graciously allows me to lead the class and does not try to take over. She graciously steps in to teach when I cannot be there. Week after week, she does basics up and down the floor, to be an example for our students as they work on basics. She partners in one-steps, offering suggestions and tips to help aid in their learning. She is a steady influence in our class, and I'm grateful to be able to partner with her (and Sensei Gloria) as we started this new class.

Stepping Outside My Comfort Zone

Irina Andriananjason

I love my comfort zone, I don't have to worry about anything unpredictable or push myself into something uncomfortable. Over the past couple of years, I challenged myself to try new things. Along the way, I've grown as a person, formed new friendships, discovered a new sport, and reconnected with things I enjoy.

Last year was the first time I heard about team handball. I read that it incorporates basketball and soccer so I thought I would give it a shot. It was nerve wracking but it was so much fun. I loved it so much I got to go to Chicago for the Handball Futures Development Camp. I remember feeling so out of place because I was the youngest person there, and it seemed like everyone had experience. I was still learning the basics but everyone was so welcoming and helped me learn, especially the coaches.

Never in a million years would I have imagined myself playing a sport that I had never heard of prior. This year, I am in the Arizona Team Handball Club and have been having so much fun. If I hadn't stepped out of my comfort zone, I would have never met these amazing people.

This experience pushed me to continue growing in other areas of my life. I participated in a dance competition, opportunities to continue performing, and work on public speaking. While these are all different experiences, they forced me to be comfortable with being uncomfortable.

Stepping outside of my comfort zone is scary but it's allowed me to try something new. I still love my comfort zone, but I look at the experiences and opportunities I've had from stepping beyond it and it is worth it to push through the uncomfortable.









The Journey

Lova Andriananjason

As Lao Tzu said, "A journey of a thousand miles begins with a single step." In 2015, we were looking for a meaningful and impactful activity that we could do as a family. Enter CHL. With no prior formal martial arts experience, I didn't know what to expect.

After attending a couple of classes, we were hooked by CHL. While yes, "free" is really nice, what impressed me more than anything else was the community and the "paying it forward model."

We attended CHL classes at least 2 times a week, and at various points in our journey, 4 times a week. We had our rhythm, our schedule, and everything was well. After COVID hit, a combination of life situations took us down a different path in life. From health situations to schedule changes, it seemed that we had reached the end of our path with CHL. While we attended classes and events when we could, we lost our momentum and knowledge.

Then, everything changed... Sunday classes opened up. We were all in a better space, and it was a time that worked for all.
To that, I wanted to say THANK YOU publicly to Sensei Karla, SBN Andrew, and Sensei Jeannie. Not only did you open your time, but you also opened your hearts and your knowledge, and throughout our struggles, you were nothing but encouraging and supportive.

Thank you to all the black belts who came out to the Sunday classes as well for your support, for sharing your knowledge, and for encouraging us.

While it's been a bumpy road for us, we are here.

In the words of Rocky Balboa, "It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward."



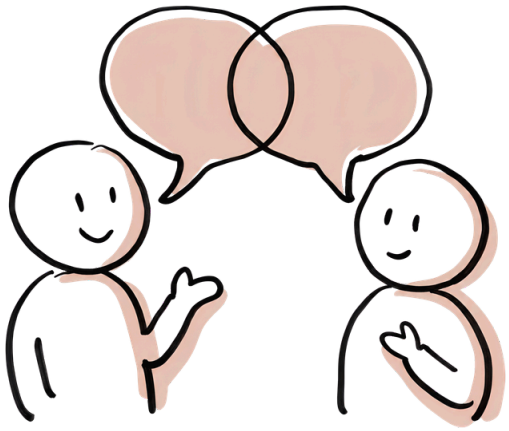
Crucial Conversations

Sensei Jeanne

We often talk about using our mental karate outside of the dojang. My job offers me many opportunities to do just that. Overall, I am a non-confrontational person. But sometimes in my job, things happen that require me to have a crucial conversation with someone – and in the story that I'm going to share, it required many crucial conversations.

I am a children's minister at a church, so I oversee all the volunteers and pretty much everything that happens at church with birth-5th graders. It also seems that more and more, we have families attending our church that have kids on the autism spectrum. Kids on the spectrum often have difficulty in the classroom, because they get overwhelmed with everything going on. Recently, one of the kids on the spectrum had a rough Sunday. The class had gone outside to play, and it was time to go back inside to the classroom. This child refused to go inside. He said down in the grass and started making faces at the teacher. Unfortunately, this apparently "pushed the buttons" of the teacher, so when the mom came to pick the child up, the teacher said, "I will NEVER watch your kid again."

As a church, of course, we want everyone to feel welcomed and loved. The poor mom left that day, feeling like her family was not wanted at church. It fell to me to try to "fix" this situation. The principles of crucial conversations definitely came into play here. Thinking through "What do I want to get out of this conversation?" and "What do I want the other person to get out of the conversation?" were of vital importance. I wanted this volunteer to realize the hurt that he caused this family, but I also wanted him to realize that he is an important part of our church ministry on Sunday morning. I didn't want to just "fire" him. I wanted to hear from him, hear his frustrations, and at the same time, I wanted to make a point about the way he handled the situation.



It was not possible for us to meet face to face, due to his work schedule, but we did a phone call instead of just an email or text. I started with asking him what happened. I listened, without responding, until he was finished. I could hear his frustration at not knowing what to do with a child that just sat down and completely refused to obey. He also voiced some frustrations with the parents, for not providing him with suggestions as they dropped their child off. During the conversation, I had to continually point him back to the truth and point out the times that he was creating a narrative in his mind that may not have been true. Because I have had multiple conversations with this mom, I knew that she did not provide suggestions when she dropped him off, because they are having some of the same issues at home, and she is struggling with how to handle them. I was able to assure him that she is truly grateful for our volunteers on Sunday morning, because she is able to drop her kids off and able to focus in church. The narrative that he had created that she didn't appreciate them was just not true. After listening to him, I was able to acknowledge my part in the situation (I could have provide more training to volunteers on how to handle this situation. We have a policy in place, but apparently training was not adequate for him to know what that policy was.) I was able to help him see a different narrative than what he had been creating in his own mind. And hopefully, I was able to help him understand the hurt he caused to this family. I encourage a face-to-face apology with the family.

I also had to have a conversation with the mom. I wanted to assure her that we love her family, and that we want them to attend our church. I had to apologize for my part in not training the volunteer adequately. But I also had to lovingly point out that her child's behavior was also not okay. Thankfully, she readily agreed with that part, and we brainstormed some ways that we can encourage her child to have better behavior. While I wanted to assure her that we wanted her family at church, I also wanted to be careful to just not throw my volunteer "under the bus." While I completely disagree with the way he handled the situation, he is a faithful volunteer who gives of his time to teach.



After multiple conversations with all involved, I think we have come to a resolution. The volunteer did agree to apologize by text, and we are still encouraging a face-to-face apology. The family does feel like our church loves them and wants them to attend. (A few people saw the incident or heard about it – and they all reached out to let them know they are loved.) The volunteer was not "fired," but clear expectations moving forward were given. There is a procedure for how to deal with kids who are having issues, and now this procedure is repeated to the volunteers each week (We have a rotation of volunteers each week, so we are repeating it to make sure that everyone knows.) Overall, I think we accomplished what we wanted to in those conversations. We didn't lose a volunteer, and we didn't lose the family coming to our church. The skills I have learned at CHL definitely helped me as I navigated this experience.

In the Spirit of Giving

Sensei Kenzie and Sensei Meghana

As the holiday season arrives, along with the end of this year, we wanted to encourage our wonderful CHL family to take part in the following volunteer opportunities.

Furthermore, for any students currently considering belt promotion, we encourage you to contribute to your community through volunteering. You can either volunteer to help with existing projects, or tackle a project yourself.

Here are some examples of volunteer/fundraising events myself and Sensei Meghana have coordinated both independently and together. We hope this inspires some ideas of your own! Feel free to reach out with any questions or ideas!



The CHL Clothing Drive: Current!
The CHL community donates new or gently used clothing items to those in need. By giving these items away for free, we benefit the people of Phoenix, while simultaneously qualifying for QCO.



5K Walk/Run for Peace: A CHL tradition, previously done annually, but most recently done on 10/2025.

Everyone came together for a wonderful morning full of fun, fitness, and frolicking in the park. This event raised money for CHL while also allowing our lovely members to spend quality time together, enjoying the beautiful weather.

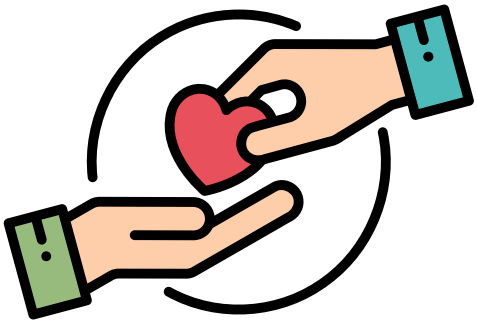


BUNCO: 04/2024
A game night filled with fun, chaos, and prizes! CHL members, friends, and family, joined together to play BUNCO, while also raising money for CHL. We sold raffle tickets and had over 20 prizes to choose from, all donated from the CHL community. This event raised money for CHL and provided an enjoyable activity for everyone to do together!

Feed My Starving Children: 05/2023
We coordinated with local community nonprofits to bring everyone together for a fun, community service event! We got to know your CHL family better while also promoting our organization!



We are here to support you in your volunteer endeavors. If anyone would like any more ideas, or would like to tackle any of these events, please reach out to us, we would be very glad to help you. Not only can you get your volunteer hours/ red belt/black belt project hours, you can help your friends get them as well!



Volunteer work is incredibly important to our school as it brings people together to help make a positive difference in the lives of others. It allows people to give back, support those in need, and make their community a better place to live. Volunteering also helps develop important skills, build friendships, and teach kindness, teamwork, and responsibility. Even small acts of volunteering can have a big impact and create a stronger, more caring community. Together, let's build up our community!

With much love and support,

Senseis Meghana and Mackenzie

Call for Articles!

Fall into Inspiration



As the leaves change color and the air turns crisp, it's the perfect time to gather fresh ideas and share your thoughts with the CHL community! We invite you to share your ideas, whether you're celebrating your CHL or personal milestone, sharing words of wisdom, or reflecting on your latest adventures.

Just as every leaf adds color to the autumn landscape, every contribution adds something special! Share what matters to you to inspire, empower, or enlighten our CHL community.

If you need any ideas, have any questions, or are ready to submit your articles, please don't hesitate to contact Katelyn & Natalie Su at **chlnewsletteraz@gmail.com**. Look out for our next Call for Articles for the deadline of our next submission, but feel free to submit any articles or photos anytime! Thank you!

EARN 2 VOLUNTEER HOURS PER ARTICLE/SUBMISSION



Thank you for reading!