



# Tang Soo Do Mi Guk Kwan Association, Inc.

P.O. Box 26096 • West Haven, Connecticut 06516  
Telephone: 203 932-5335 • Fax: 203 933-4TSD (4873)  
www.tsdmgk.com

**President**  
Charles Ferraro

## **Technical Advisory Committee**

Richard Kopf • Joseph DeVita • Bill Lear • John McGuinness • Jeff Talavera • James Bergers • Brett Riley • Ricardo Longinotti

To: Region 1 Dans

From: Board of Directors, Tang Soo Do Mi Guk Kwan Association, Inc.

Re: Election of Region 1 board of Directors Representatives

I hope this letter finds you in good health and spirits. The following Dan members have been nominated for 2 soon-to-be open positions on the Board of Directors for the Tang Soo Do Mi Guk Kwan Association, Inc. to represent Region 1 for a 3 year term, beginning in January, 2019.

All Region 1 Association members holding Dan rank are eligible to vote for **TWO (2)** of the nominated Dan members, listed below.

**James Bergers**, 7<sup>th</sup> Dan, Valley Karate (owner and master instructor), member of the TAC

Sa Bom Nim Bergers has served on the TSDMGK Board of Directors for XX years. During his tenure he has served many terms as the Chairman, Vice-chairman and Secretary.

**Don Allen**, 6<sup>th</sup> Dan, trains at WHAK Headquarters

Sa Bom Nim Allen is a Patrol Sergeant for the police department in Trumbull, CT. He will bring the perspective of both a senior student and a parent who trains to the Board of Directors. He knows the origins of the TSDMGK and wants to help make sure we have a strong future.

**Sarah Heines**, 4<sup>th</sup> Dan, DeVita Karate/ Greenwich Martial Arts (co-owner and master instructor)

Sa Bom Nim Heines has a Masters of Business Administration from Marist College in Poughkeepsie, NY. She would like to serve on the board of directors because of her passion for Tang Soo Do. She has dedicated her life to sharing this passion. She has been teaching for 13 years and she competes at national and international levels; plus, she holds her own local events.

**Virginia Folger**, 2<sup>nd</sup> Dan, Middlebury Martial Arts Academy

In addition to having my Masters in Entertainment Business, she is the Assistant Director of Main Campus Admissions for Post University. In this position she assists with campus events, marketing, oversee the admissions representatives and analyze business intelligence to increase productivity and sales. She is also the Program Director at Middlebury Martial Arts Academy. She is responsible for marketing, events, public relations, sales, running the Lil Dragons program and report tracking.

She wants to be elected to the board of directors because since 1997 when she received her Cho Dan she has always been a part of the Mi Guk Kwan in some way even if she was unable to train. She believes our association is much more than just kicks and punches and that the members of the Mi Guk Kwan deserve people on the board of directors that will follow Kwan Jhang Nim vision and do what is in the best interest of the Mi Guk Kwan.

Mail your ballot to the Tang Soo Do Mi Guk Kwan Association headquarters:

Tang Soo Do Mi Guk Kwan Association                      **OR** Email to: [admin@tsdmgk.com](mailto:admin@tsdmgk.com)

P.O. Box 26096

West Haven, CT 06516

Please complete below with your name and Dan number, and return this letter to make your vote official. You may detach the portion below, and send it in no later than December 27, 2018.

Please note: This specific form does not need to be returned, however, the information on the ballot itself needs to be completed in full.

Warm Regards,

*Cathy Vergati*

---

Administrator, Tang Soo Do Mi Guk Kwan Association, Inc.

Vote for only **2** of the following nominees:

Name: \_\_\_\_\_ Dan Number: \_\_\_\_\_

I vote for the following candidates:

1. \_\_\_\_\_

2. \_\_\_\_\_