



# Board of Commissioners of Cook County

118 North Clark Street  
Chicago, IL

## Legislation Text

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**File #:** 15-5874, **Version:** 1

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### **PROPOSED RESOLUTION**

#### **HONORING THOUSAND WAVES MARTIAL ARTS AND SELF DEFENSE CENTER, NFP ON THEIR 30TH YEAR ANNIVERSARY**

**WHEREAS**, Thousand Waves' co-directors Nancy Lanoue and Sarah Ludden have continued to build an organization and community dedicated to fostering fitness, healing, empowerment and peacemaking by promoting healthy minds and bodies through violence prevention, self-defense and traditional martial arts programs for adults and children of all ages; and

**WHEREAS**, Thousand Waves is the realization of founders, Nancy Lanoue & Jeannette Pappas', dreams to create a safe and beautiful place and to set waves of self-empowerment and violence prevention in motion; and

**WHEREAS**, since its foundation in 1985, a martial arts school made up of 50 women has evolved into a vital and vibrant institution in Cook County made up of more than 450 active members; and

**WHEREAS**, the founders' efforts have resulted in the expansion of anti-violence and empowerment programs that reach throughout the greater Chicago area; and

**WHEREAS**, Thousand Waves continues to foster diversity and equal access through scholarships to anyone in need, and welcoming members regardless of racial or ethnic background, religion, age, sexual orientation, gender identity, or fitness level; and

**WHEREAS**, through partnerships with schools, community based organizations, businesses and government agencies, Thousand Waves provides the tools of violence prevention and personal empowerment to diverse communities.

**NOW, THEREFORE, BE IT RESOLVED**, that the Cook County Board of Commissioners does hereby honors Thousand Waves Martial Arts and Self Defense Center on its 30th year anniversary and recognizes the hard work and dedication of co-directors Nancy Lanoue and Sarah Ludden to Thousand Waves; and

**BE IT FURTHER RESOLVED**, that this text be spread upon the official proceedings of this Honorable body and a suitable copy be presented to Thousand Waves Martial Arts and Self Defense Center.