

THE OKAMI KAI HOWLER



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December 2021

A Bad Day?

By Shihan Scott Campsall

“Write it on your heart that every day is the best day in the year.”

- Ralph Waldo Emerson

2021 is coming to an end and with it, so is my 49th year of life as my birthday is next month. I always feel an instinctual need to reflect on the past when ending a year, but while everyone is making New Year's Resolutions as to how to make the most out of 2022, I'm looking at this on a grander scale. Those who know me shouldn't be surprised. I'm an enthusiastic fan of the "go big or go home" idea. This is not just about the next 365 days, this is about the next year after that, and then the one after that, etc. Should it be though?

Should I just assume that I'm going to wake up tomorrow? It's crazy that I am willing to take something for granted because it always happens. I was diagnosed with colon cancer when I was 35 and told that if the cancer had gone to Stage 4, I wouldn't be around to see my 37th birthday. These extra years have been a bonus. Why am I spending them so frivolously? How is it possible that I have what I feel are 'bad days'? Isn't any day you are alive a 'good day'?

One of the things that sitting in an oncology ward teaches you is that there is always someone who has it worse. I told myself this a lot over the past 19 months while I have watched people become unemployed, get divorce. Some have lost loved ones to Covid or for other reasons and then have had to do virtual memorials instead of being close to family and friends.

Life is short and if you think you are having a bad day, it shouldn't take too long for you to start looking around to see that someone else is having a worse day than you. Bad things happen and more are going to happen. I'm going to do my best to make sure that when my head hits the pillow at night that I'm going to be grateful for what I have and that includes being happy that I had one more day that someone else may not have had.

December/Holiday Class Cancellations



**Please be
advised of the
following class
cancellations**

Sat. Dec.11 – No Aikido or 1:30pm Karate class due to the Black Belt grading

Sat. Dec.18 – No Classes except for Spin and Lil' Dragons due to the kyu (colour) belt testing happening at 10:15am

We will be closed from Dec.24 until Jan.3. We hope everyone has a safe and happy holiday season!

Wednesday Weapons Classes

December 1	kama, eku, sai
December 8	eku, sai, tonfa
December 15	sai, tonfa, nunchuku
December 22	tonfa, nunchuku, kama

All classes are at 7pm.
For Orange Belt and Higher Students
Talk to Shihan for details.



Ladies Only Friday Night Fight Fit!

Fri. Dec.17 at 7pm

**For ages 13 and older
Free for Okami Kai Martial Art and
Fitness members!
\$20 for non-members.**



Train hard!

The next kyu belt testing date is

Sat. Dec.18!

**All regular classes except Spin and
Lil Dragons will be canceled.
RTG forms must be in by Dec.4**

Wolf Pack Report

Red Pack Congratulations to Sheamus Jackson who was chosen as Ichiban for this month! Shemus attended 29 classes last month working hard in both Karate and Brazilian Jiu-Jitsu!

Welcome Zander Welsh!

3830 points

Yellow Pack Congratulations for being the Gold Medal winners at the Wolf Pack games last month!

3455 points

Green Pack Welcome to Noah, Naomi, Cassia, and Eden Hamer!

3097 points

Blue Pack Welcome to Ava Steele, Austin Ahier, David Weir, Sadie Heffern, Breccan and Walker Pollard, James Wray, Kabe and Sullivan Cogar, Mason Sutcliffe,

2731 points

FEBRUARY...



Did you know?

- We have an Okami Kai mobile app that is available for Apple and Android users?
- We offer classes in Brazilian Jiu-Jitsu for Youth and Adults on Mondays and Thursdays and Aikido for Adults on Saturdays! No membership or martial art experience is necessary to participate. Talk to Shihan for details!