

THE OKAMI KAI HOWLER



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Special Saturday!!!

The secret is out! Last month we told you about a special event happening on **Nov.17**, but we weren't going to tell you what because we wanted it to be a surprise. Well, we can't keep the secret any longer!

All Karate, Aikido, and Jiu-Jitsu students are encouraged to join us for a special morning of classes on **Sat. Nov.17 from 9am-12:30pm**.

We have 3 amazing special guests coming to teach and it's **FREE FOR ALL OKAMI KAI STUDENTS!** 9am Shihan Campsall will lead a warm up and small class, but then our visitors take over!

9:30-10:30am – Sensei Joe Maadi

10:30am – 11:30am – Shihan Brian Aylward

11:30am – 12:30pm – Hanshi John Therien

We know that not everyone can stay for the entire morning (eg: the Santa Claus Parade is the same day), so we are asking that you respect the instructor of each class and any training partner that you might be working with enough to leave in between teachers if necessary and please do not leave in the middle of a class.

We are sure this is going to be a special and memorable day.



GET ON YOUR BIKES AND RIDE!

**COME IN FOR
OUR NEW
SPIN CLASS
ON TUESDAYS
AT 6:45PM!**



Don't Store Summer Clothes! Donate Them!



We're once again collecting gently used clothing for the Kidney Foundation. They sell our items to second hand stores in return for funds which can be used to help victims of various kidney diseases.

They will also give a portion of funds to our students travelling to martial art training events like Capital Conquest which is happening Nov.3-4.

The last day to drop off your clothing is Nov.12 so please raid your closets now!

Mark Your Calendar!

For more information visit www.okamikai.com!

Nov.3-4 – Capital Conquest

Fri. Nov.9 @ 7pm – Brown and Black Belt Class

Sat. Nov.17 9am-12:30pm – Special Saturday!

Nov. 12 – Last Day for Kidney Clothing Collection

Fri. Dec.7 @ 7pm – Brown and Black Belt Class

Sat. Dec.22 @9:30am – Karate Kyu Belt Test

Sat. Dec.22 (after the test) – Christmas Potluck Lunch

Wolf Pack Report

There's still time to boost your Wolf Pack Points! Bring in your bags of clothing for the Kidney Foundation! Each garbage bag size donation will give your Wolf Pack 100 points! This is a great way to raise your Pack's score.

Red Pack Congratulations to Autumn Neveu-Cook who was chosen as our Ichiban student for this month. Autumn attended 10 classes last month, is a big help with the Thursday Future Stars class for 5-7 year olds. She is also part of the demonstration team performing at Capital Conquest in Ottawa on Nov.3

1247 points

Green Pack

924 points

Blue Pack

707 points

Yellow Pack

692 points

Have you got our new mobile app yet?

Now available for Android and Apple users.

Note: Please make sure you have your notifications enabled so you can have up to date information on special club events!



Look for Shihan's and Senpai Jennifer's columns in the Uxbridge Cosmos newspaper!

The Weight of the Glass

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."