

# THE OKAMI KAI HOWLER



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## Assessing the Damage

By Shihan Scott Campsall

“Choose not to be harmed—and you won’t feel harmed. Don’t feel harmed—and you haven’t been.”

— Marcus Aurelius

*We have experienced what many would consider to be suffering in the form of loss from the pandemic. Now, as restrictions are starting to lift and we are seeing something closer to what we recall as normal, many of us are assessing the damage so to speak. There are those who have seen a reduction in their bank accounts. There are those who are still experiencing anxiety issues and depression. As we emerge from lockdowns and quarantines there is a feeling of relief but there are also questions as to how we reason with a return to what we once knew as our regular life. Some may also be asking themselves whether they want to fully go back to that life as well.*

*We have lost a lot. Celebrations with friends and family could not take place. Travel was dangerous both for contracting and spreading the virus. Look at what we have gained though. Most people had not even heard of virtual meetings before the pandemic. Now, we have learned how to implement technology to save time and money. We have also learned how to keep ourselves safer from viruses whether it be Covid-19 or the common cold. Sure, we knew it was good to wash our hands but how many of us took it as seriously as we have over the past 16 months? The thing that gets me most excited about our future though is that we have started to learn to appreciate what we had before the pandemic and will be able to savour it even more. Passion is being infused in our lives whether it be resulting from going to a movie to sitting in a restaurant, or best of all getting a hug from a friend. How great is that?!?*

*We have been hurt and restricted by a huge obstacle in our lives. Let’s do our best to learn from it, accept that we are not hurt anymore and turn that obstacle into something that we can overcome to make us better. Restrictions are lifting. It’s time to hustle harder.*

## Wolf Pack Report

This is the last month you can earn points for your Pack before we declare the Wolf Pack winner for this year. Every point counts so get to class!

**Green Pack** Congratulations to Amelia Clark who was chosen as Ichiban for April! Due to us being in lockdown and her only being able to have the title for only some of the July, we have decided to keep her as the Ichiban for the month of August as well.

**3566 points**

**Yellow Pack** Welcome Gemma McCormick!

**3142 points**

**Blue Pack**

**2330 points**

**Red Pack** Welcome Kloe and Jaxon Bowen, Noelle and Sofia Trifiletti, Chloe Menzies, Isaac Welsh, Mason and Braedon Ramsay, and Ty Coughlin.

**1538 points**

**Train hard! The next kyu belt testing date is Sat. Aug. 28!**

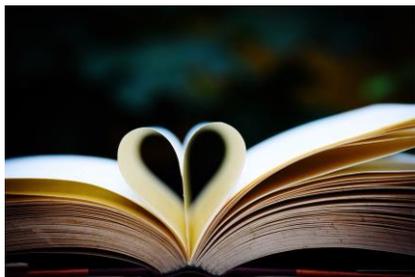
### Tuesday Night Weapons Classes

August 3	kama, sai
August 10	sai, tonfa
August 17	tonfa, nunchuku
August 24	nunchuku, kama
August 31	kama, eku

All classes are at 7pm.  
Only Orange or higher belt students can participate.  
Talk to Shihan for details.

## Check Out Our Resource Centre!

We are adding more books and DVDs to our dojo library. These are available for all of our students to sign out and use at their leisure. Ask our office staff for a tour next time you're in for class!



## Class Schedule Changes

We are constantly striving to serve our students better and therefore are reviewing our class schedule on a regular basis. Please be aware that the Monday night Brown and Black Belt class at 7pm and the Wednesday night Adult All levels Karate class at 8pm will now be a full hour in length and that Zoom simulcasts will no longer be available for those classes. Zoom simulcasts of the Saturday afternoon Karate class at 1:30pm will also no longer be available due to lack of interest.

"A LITTLE  
PROGRESS  
EACH DAY  
ADDS UP  
TO BIG RESULTS"

## Aikido

Don't just learn techniques.

Learn the art!

For ages 12 and older.

Saturdays from 12:15pm-1:15pm

No charge for martial art students.



## Do you have the Okami Kai mobile app?

Get up to date notifications on important information and so much more!  
Now available for Apple and Android users!



## Okami Kai T-shirts!

Limited sizes are still available!  
Contact our office to get yours today!



## Did you know?

- Many of our classes have Zoom simulcasts. This does not mean that we are teaching online classes as our main focus will be on the students training in person unless a student training online cannot train on site due to health concerns or their location. One of our Lil' Dragons lives in Newfoundland!
- Sparring gloves are mandatory for all Karate students and should be brought to every class. People who need to purchase gloves should contact our office for information.