



“Just when the caterpillar thought the world was ending, he turned into a butterfly.”

~ Proverb

“The distance between insanity and genius is measured only by success.”

~ Bruce Feirstein

“Do one thing every day that scares you.”

~ Anonymous

“If you want to achieve excellence, you can get there today. As of this second, quit doing less-than-excellent work.”

~ Thomas J. Watson

“It’s not what you look at that matters, it’s what you see.”

~ Anonymous

“Courage is resistance to fear, mastery of fear — not absence of fear.”

~ Mark Twain

“To be successful you must accept all challenges that come your way. You can’t just accept the ones you like.”

~ Mike Gafka



## Be Courteous

This month’s focus is on courtesy. One of the great attributes we develop as a martial artist is courtesy. One important way we show courtesy in martial arts is with our bow. We can bow on and off the mat to display courtesy to our school and instructors, and even bowing to our fellow martial artists.

Here are some reminders of simple ways to extend courtesy to those around you, on and off the mat.

- Greet everyone politely; not only students, but family, friends, teachers and even strangers.
- Welcome new students on their first day. They are probably nervous like the rest of us were on our first day of training, so make them feel part of the family.
- Saying “please” and “thank you”. These are simple words, but they mean so much.
- Raise your hand in class or follow class protocol when you have a question.
- Use good table manners.
- Smile. Don’t sneer, snicker, or smirk. If you smile, you may just make someone’s day. It’s contagious!
- Say “yes, Ma’am” and “yes, Sir”.
- Before you start your sparring match, you tap the mitt of your opponent in good sportsmanship.
- If you win a sparring match or a game, show courtesy and be gracious with your win.
- Do not litter. Always use a trash bin.
- Always apologize when you do something wrong, if you hurt someone, apologize even if it’s an accident.
- When someone is having a conversation, do not interrupt. If you must interrupt, make sure you are polite and say, “Excuse me, I’m sorry to interrupt ...”
- Don’t embarrass another person. It is not polite to embarrass someone. It is considered rude and mean, and it makes you look like a bully.
- Hold the door open for someone. Go out of your way to help someone out who needs it, especially your elders.



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## Holiday Sale

Saturday November 17, 2018 at 11:00—1:30  
BBM Only Sale Friday November 16 at 4:00—7:00pm  
Join us for some snacks & hot cider as well as some  
AMAZING HOLIDAY SPECIALS!

This one day sale will offer savings on memberships, equipment & supplies. Order from the Century catalogue and get 20% off & have your gifts before Christmas.

## Adopt-A-Family Program Information

*We have been assigned a local family this year and the information for making donations is posted on the bulletin board, gift are due by November 21st.*

*We have gift tags available for pick up at the front desk.*

*Take a gift tag & purchase the gift listed on the tag, please be sure to drop off your gift by November 21st.*

*The Children's Foundation is ALWAYS accepting gift cards, especially from grocery stores, Walmart or the Stone Road Mall & we are also collecting these items.*

*Thank you in advance for any help you can give.*

## October Shiai Results

Beginner Grand Champion  
Gage H

Intermediate Grand Champion  
Jessica W

Adult Grand Champion  
Denyse W

Advanced Grand Champion  
Cristin M

Congratulations also go out to  
division winners:

Thomas, Gage H (2), Hunter G (2),  
Marcus S, David C, Jaidyn L, Ella D  
(2), Claire C, Annie B, Kinsey A,  
Jessica W (2), Ethan A, Kendra N,  
Sadie M, Denyse W (4), Jessica &  
Olivia, Jennifer & Raquel, Matthew G,  
Cristin M, Jacob P (2), Matthew C,  
Keegan W, Adrianna O

# Student News & Regular Reminders

## *New Years Eve Party & Sleep Over*

*Party Only Dec 31st at 5 -9pm  
Cost \$20.00*

*Party & Sleep Over Dec. 31st at  
5 pm to Jan. 1/19 at 9 am  
Cost \$40. BBM, \$45. members,  
\$50. new campers*

*Make your New Years celebrations fun for Parents & kids.*

## P.A. Day Camp - Nov. 2 & 30

Join us for a day full of fun outdoor & indoor activities. No previous training needed to participate.

**Holiday Camp:** Dec. 27, 28, Jan. 2, 3 & 4, 2019 Bring a friend to make camp more fun!  
Call to reserve your spot  
519-821-5425

## Happy Birthday:

Bennett Fleming  
Bibi Ali  
Claire Charlton  
Ella Bitton  
Emily Macrae  
Jamie Newton  
Jennifer Charlton  
Lexie DeZwaan  
MacKenzie Gibbings  
Malcolm Buchanan  
Maya Parol  
Mitchell Mavronicolas  
Remi Nakaza  
Ronan Ptok-Byard  
Ryan Figliuzzi  
Selena Breese  
Tim Plunkett  
Zachery White

## **October Hardest Workers:**

Matthew McDermott, Olwyn Powers, Maya Parol, Jesse Andruskievicz  
And Monthly Winner Zane Al-Nadawi Congrats to all!

## Welcome New Students

Please join us in welcoming:

Hunter Topo  
Riley Gervais  
Hunter Gervais  
Zain Alhaddad

## **Christmas Closures:**

We will be closed Dec. 23 -26, 31 & Jan. 1/19. Open for regular classes January 2nd. Check the schedule for extra daytime classes over the holiday's.

# Be Well Rested

Everyone knows sleeping is essential, however it is among the first things we take off our to-do checklist. You will have to reconsider making sleep a priority, especially when you consider the effect sleep has on different aspects of your life. Additionally, you want to lead by example for your children. Getting the right amount of rest is an essential component of every child's healthy development.

A recent UCLA study found that a continued lack of sleep could result in weight gain. Scientists found that not getting enough sleep affects the amount of ghrelin, a hormone that helps with appetite control. So if you don't get enough sleep, you have lower levels of ghrelin, which means you will be hungrier the very next day.

As adults, we want all the brain power we are able to get and making sure you are getting the right amount of sleep does just that. When you don't get enough sleep, proteins increase in your head, which is why you get that fuzzy feeling.

So, how does lack of sleep affect your children? Well, much like you, your youngsters are more inclined to have weight issues when they do not get enough sleep. A Harvard medical study found that toddlers who slept below 12 hours each day were two times as likely to end up overweight by age three.

Children who receive the ideal amount of rest are generally happier and have sharper minds. Kids who do not get enough sleep usually have a more difficult time focusing, making it harder for them to learn. Allowing your children to sleep in on the weekends won't make up for a lack of sleep during the week, but it can disrupt their sleep cycles.

Kids will be kids; there is no getting around that. Every child will certainly have their share of bumps and bruises, but you can minimize these occurrences by making sure your child gets enough rest. Well-rested children are able to think more clearly and remain more alert throughout the day, which can help them steer clear of making careless mistakes.

So, for both children and adults, it is essential that we get enough sleep every single night. Begin tonight; make sure everyone in your family gets the rest they need.



# Hot Spiced Cherry Cider

Few scents mark the beginning of fall more than cinnamon and apple — both of which are key ingredients in this satisfying cider.

You'll need:

- About 3 1/2 quarts of apple cider
- 2 cinnamon sticks
- 6 ounces of cherry flavored gelatin

Directions:

1. Set your slow cooker to high and pour in the cider.
2. Place the cinnamon sticks in the pot and allow the beverage to cook for about three hours.
3. Add the gelatin, then allow it to dissolve for the next hour.
4. Be sure to serve this cider warm.



## November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 P.A. Day Camp	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 Holiday Sale
18	19	20	21	22	23	24
25	26	27 Free Self defense class	28	29	30 P.A. Day Camp Free MMA class	