

# JADE Buddha



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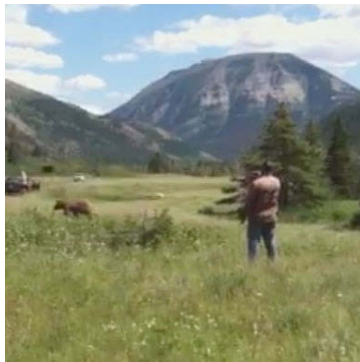
www.cmacbeaches.com

## CMAC West Camp

*Head West this summer for the CMAC West Camp  
Go to breath taking Waterton Internation Glacier Park  
August 24-26*



**2012  
Year of the Dragon**



## Spear and Stick Seminar at the Beach

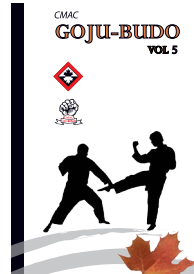
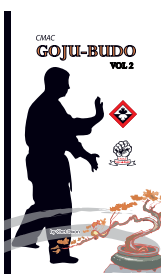
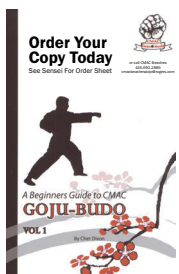
*July 15th at the Beach will be the spot for a 4 hour seminar of spear and stick by Sensei and Sensei Bassels. It going to be awesome.*

## Beaches Big Wave Kids Camp

*July 30th - August 3rd*

*Kids camp! We're gonna have a blast this summer with a wicked kids day camp, swimming, skate boarding, archery, volleyball, trips and so much more, so register now you won't want to miss this one.*

## Get the CMAC Book Series Book 6 now available



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*In Life you get what you give.*

## Beaches Newsletter

### Sensei's Note

Recently I had a talk with someone about travelling, I told her I'd be riding in the Rocky mountains this summer and she said "I'd never do that, what if you break down or something?" I said "I don't worry about things like that, if I worried about all the what if's and let them stop me, I'd never have any interesting adventures." I've had piles of adventures!

When something happens on your travels, you deal with them. How you deal with them is also something to study. You should always try and keep your cool, freaking out never helps, you just don't see things clearly. Sure easier said than done for sure. We are all under stress and sometimes that stress causes us to do and say things that we may regret. We tend to dump on those closest to us because we think we can. So a small problem turns into a bigger problem, because you now have the original problem and a new problem with that person you just lashed out at.

So when something happens on the road, take a breath and say "here we go." Deal with it in a cool, and composed manor, sure it's hard but over time and practice it will simply be the way you deal with stuff. Patience is what it is called. Practice patience at every opportunity and see how much easier things become.

A hard place to practice patience is while driving, because there are so many self obsorb drivers out there. A way a person drives often reveils a lot about their personality. Just try and relax, people will do stupid things - except it, don't waste your time giving them crap for something that almost happened, they won't get it any way, be happy you are in one piece.

### Training Tip

What is the correct responce when Sensei answers a question? Ous Sensei. Or Thank you. I don't really want to hear anything else. Actually hearing anything else really gets under my skin, it drives me crazy, if it wasn't for the patience that the training has taught me over the years I probably would have punched somebody in the head by now.

All kidding aside, keep your excuses to yourself.

I have a curse or a blessing and that is I can look at anyone for only a few seconds and see all their mistakes, so I try and relay that information on to you without being too hard on you, almost like I'm concerned about your feelings or something. Some of you my think its a personal attack, but it isn't, just try and take it professionally and not personally.

Tact is the art of making your point, and not making an enemy.

## Beaches Grading Results

June 16 2012

### Yellow Belt

Sage Clarke  
Nicholas Stevenson

### Orange Belt

Jacob Fromer  
Nolan Warfield  
Ryan Dynes  
Andrew Waslen  
Oliver Fernandez

### Green Belt

Dave Walters

### Blue Belt

Anne Vos  
Ricky Reidstra

## Next Grading

September 15 2012



*They blame you for whatever you do. It is only the wise who are blameless for they are unconcerned.*

## BEACHES EVENTS

### July

- 2 Summer Schedule begins
- 15 Stick and Spear seminar
- 30 Beaches Big Wave Kids Camp Begins

### August

- 18-31 Dojo close for summer break

### September

- 1-3 Labour day long weekend  
Dojo closed
- 4 Dojo open for the Full schedule
- 15 Kyu Belt Grading

## Summer Hours

Last Summer we tried the summer schedule and it was a huge success!

When school ends the summer schedule starts, which means some of the classes will merge and there will be no weekend classes. Most of you like to hit the cottage on the weekend so your kids were missing a lot of training. In trying to accommodate you it freed up the weekends, how awesome.

4-9 year olds train on Tuesdays and Thursdays (days that start with "T" - T is for Training :) 10 and up are in Monday and Wednesday. 5-6pm.

Adults have same schedule but no weekends. Enjoy!

## Funinars June 16

The Funinars were not the usual madness this year, we focused more on training than crazy roughnecking as we have enjoyed in the past. But don't think that we didn't have fun, of course we had fun, or calling it a funinar would be misleading. We had a blast working the Five Fists and all the drills that go along with it, then the last half hour or so I let them choose what bit of craziness they would like to do. The little guys were

all about pit bull fights, pinn'em and chicken fights, while the older kids wanted Zen Ball which is like a wrestling/ Jujitsu drill with a twist, I never really paid much attention to it before, but by the end we were all cheering on the kids and it was pretty exciting, so way to go Noel for inventing the game, although he wasn't here to take part himself his creation lives on. Right on Noel!





*The three poisons of man are greed anger and ignorance.*

## Mouth of the Wave Seminar

The Mouth of the Wave Seminar in the Grey Highlands was a great CMAC event, with perfect weather and fantastic training. The Fire Horse dojo hosted the event and had a few students come out, Yume Dappo had a good size group of fun loving hard training students, the Beaches were represented by Sensei, Mike and Val (of course), and Jules also made it out, but new to the group was the Laughing Crane guys under Mr. Busbridge - Jacob and Lorne. Those guys were good, especially Jacob and his stories of grade two (you had to be there).

If you wanted to learn stick and knife that was the place to be, the students trained very hard on Saturday then had a fantastic review on Sunday. If you wanted to learn spear and broad sword you were out of luck on this one though, the Summer sun conditions made it too hot to do the last session on Sunday. No one seemed to mind though because Sensei Bassels worked them so hard with all the stick and knife.

Sensei taught 8 Gates, 5 Fists and Dragon Bagwa which the students seem to enjoy and pick up relatively well. Mike, Val and Jules were out in front to lead the way, so that was a big help, glad you made it out.

We broke for an amazing dinner that Sensei Bassels had catered, of lasagnia, greek salad, grilled veggies, potatoes, and chicken cutlets. Nothing like training hard and then sitting down to great meal. Once dinner was over we sat around the camp fire to tell stories and sing Koombiya, it was a blast, but there was another really cool thing happened, out on the field there was a million fire flies lighting up the field with the occasional flash of lightning, no rain though, so it was pretty unbelievable.

Sunday morning we reviewed the 8 gates, dragon bagwa, and 5 fists, had a wicked breakfast and then 2 hours of sick review. All in all I would have to say it was a huge success. Thank you Mr. Lagrasta for hosting the event.





*Integrity is doing the right thing, even when no one is watching.*

## Williamson Road Demo

Just a great Demonstration, thanks to everyone who made the effort to come and support your dojo. There was a good group of kids and adults on this job and since it was like our third demo in a month it went very smooth, like we had it down to a fine art or something.

The local schools have been talking about us and we have become a bit of an attraction, so be proud in the fact that what you are learning is something cool and interesting. I think some of you take it for granted just how awesome it is what you are learning. Watching the little guys doing their kung fu shuffle, and free style kumite is a hit for sure, Sasha and Michelle's futari no kata is always a crowd pleaser, senior kata and sparring by the Brown belts gives people something to think about, the weapons, tai chi, and silum chuan shu demo's are all great. So feel good about it and be ready for this time next year to be a lot busier.



*Your body is a temple, keep it clean - mind, body and spirit.*

## Vitamin B

Vitamin B12 also called cobalamin, is a water-soluble vitamin with a key role in the normal functioning of the brain and nervous system, and for the formation of blood. It is one of the eight B vitamins. It is normally involved in the metabolism of every cell of the human body, especially affecting DNA synthesis and regulation, but also fatty acid synthesis and energy production. It is the largest and most structurally complicated vitamin and can be produced industrially only through bacterial fermentation-synthesis.

Vitamin B12 consists of a class of chemically related compounds (vitamers), all of which have vitamin activity. It contains the biochemically rare element cobalt. Biosynthesis of the basic structure of the vitamin is only accomplished by bacteria, but conversion between different forms of the vitamin can be accomplished in the human body. A common synthetic form of the vitamin, cyanocobalamin, does not occur in nature, but is used in many pharmaceuticals and supplements, and as a food additive, because of its stability and lower cost. In the body it is converted to the physiological forms, methylcobalamin and adenosylcobalamin, leaving behind the cyanide, albeit in minimal concentration. More recently, hydroxocobalamin, methylcobalamin, and adenosylcobalamin can also be found in more expensive pharmacological products and food supplements. The extra utility of these is currently debated.

Vitamin B12 was discovered from its relationship to the disease pernicious anemia, which is an autoimmune disease in which parietal cells of the stomach responsible for secreting intrinsic factor are destroyed. Intrinsic factor is crucial for the normal absorption of B12, so a lack of intrinsic factor, as seen in pernicious anemia, causes a vitamin B12 deficiency. Many other subtler kinds of vitamin B12 deficiency and their biochemical effects have since been elucidated.

## CMAC Grading

The CMAC weekend was just great! The two Sensei Platt seminars on Saturday were fantastic, we reviewed Hama Higa no Sai and an old sword form that we haven't seen since 2003, for the weapons. Review is good, everyone really liked that.

For the Karate session Sensei pulled out Chinto AKA Stork on a rock. I always referred to it as the "White Unicorn" cuz it's been on the kata list for almost 30 years and I never seen it before. Well we all thought it was a great kata and totally worth waiting till 2012.

Sunday morning was the tai chi seminar and Black Belt Grading both events totally worth making the trip out for.

From the Beaches grading for 3rd Dan Karate we had Jaqueline Kortright, Peter-Jones, for 3rd Level Tai Chi Geoffery Busbridge, 2nd Dan Karate Sean Delany, 1st Dan Karate Joe Shoichet, and Joel Gingras.

The grading went smoothly and The Beaches represented as to be expected. Congratulations to all who made the effort to be part of our CMAC history, present and future.

## Vemma - All Natural Energy Drink - at the Dojo



How would you like to have all the vitamins and minerals from all these fruits and vegetables in just one two ounce shot of Vemma or Verve. One Vemma a day, you won't believe how much power you'll have.



*Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.*

## Beaches Big Wave Kids Camp

**This Summer is Gonna Be Fun! July 30 - August 3.**

CMAC Beaches has Teamed up with the Big Wave Kids Camp this summer and it's going to be a blast!

There will be trips to the Beach, Medieval Times, Albion Hills, Heart Lake But mostly lots of Beach time.

We are going to skate board, beach volley ball, archery, swim, roller blade, mountain bike, ninja training grounds, rock climbing, etc. etc.

This is the first year for the camp in the Beaches so we will do one week July 30th to August 3rd. It will be pretty action packed so come be part of all the fun.

Fun Friends Adventure

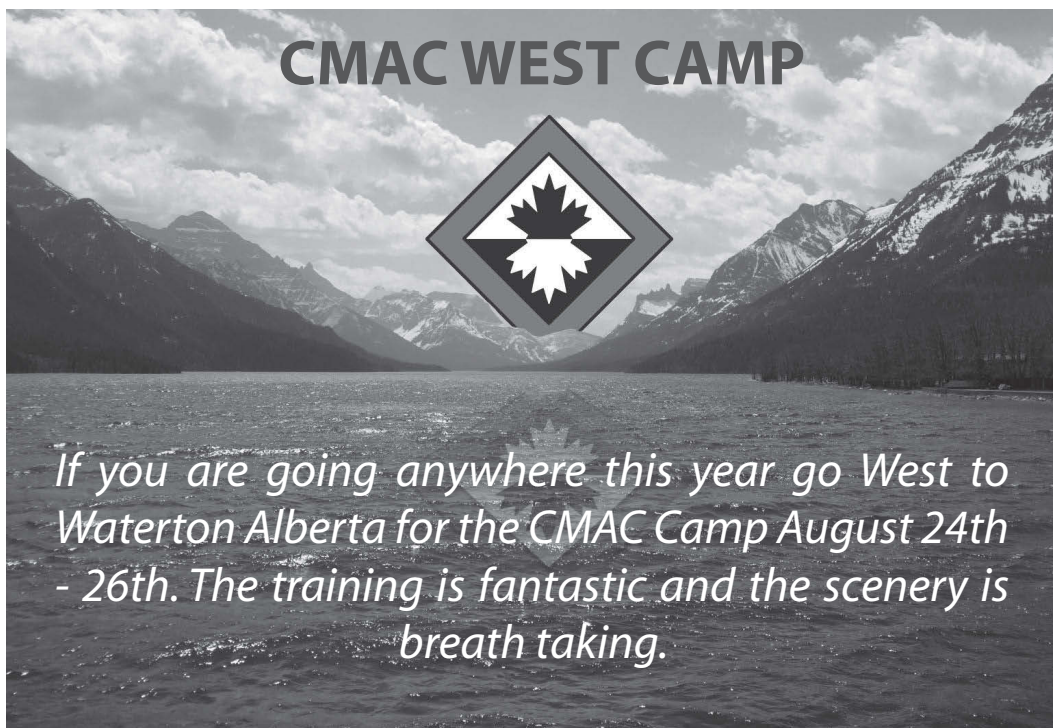
Have the Best Summer Ever at Big Wave Camp.

Get out there and do things that will make this the most memorable summer ever.

905 301 4760      info@bigwavecamp.ca      bigwavecamp.ca



**BigWave  
CAMP**



### Go West!!!

Summer in Waterton is the Best, look at those mountains and glacier lakes, they are even better in person.

Not only is the scenery amazing but so is the training. This time out we will be working 5 Fists, 8 Gates, Dragon Bagwa, Spear and Sabre, as well as a pile of Goju.

Sensei Suky's and Sensei Thankachen will be there with their students, who are all really good people and always ready to train and live in the moment.

*Confidence and encouragement will increase the numbers of any cause.*

## No OHIP for Sea Gulls

It was just another beautiful day at the Beach, and little Johnny is whipping rocks at sea gulls. We see it all the time, people kicking at pigeons, or Vincent the black cat that lives around the corner, throwing rocks at geese or sea gulls, its like a sport or something.

When I was a kid my dog used to chase squirrels till one day she caught one by the tail and a big piece of tail came off. I think she felt bad about it because she never chased squirrels after that day.

One day I was at the Beach and little family was by the shore and a flock of geese came swimming over to hang out with them, so the little boy starts to throw rocks at the birds while mom watched. So I had to say why are you letting him do that? These birds came to hang out with you and this is how you treat them. The mother was a little confused at first but then realized that her boy probably shouldn't do that.

We are so lucky to have all these rules and laws to protect us from the violence and stupidity of others, but who's looking out for the nature that lives around the city?

Personally I don't like to police the world, I don't care if you don't want to wear a helmet, or your seat belt, those are your choices to make, Fines and points for such things are hwy robbery as far as I'm concerned, but when it comes to hurting innocent creatures that don't see it coming is cowardly, ignorant, and just plain sick. Like a terrorist act.

Imagine if we couldn't relax at all because some idiot out there was going to hit you with a rock for no reason.



### ***Stop the bullying***

While on the road the other day I found myself at Forks of the Credit, I stopped at the coffee house and noticed on the wall there was a T shirt that was the "Anti Bullying Club". So I asked about it.

A local kid had started it up to draw awareness to this huge problem that kids are faced with. I bought a shirt. the web site is [www.antibullyingclub.net](http://www.antibullyingclub.net)