

JADE Buddha



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Happy Thanksgiving

Remember no classes on Long Weekends Oct 10-12



Here is a fire show Sensei put on at the teen camp in Norval



**CMAC BEACHES DOJO
IS NOW ON FACEBOOK**



**Ninja Night is Coming
October 24 7pm**

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Get the CMAC Book Series



Thought without action is a dream, action without thought a nightmare.

Beaches Newsletter

Sensei's Note

Just had an interesting conversation with a local professional instructor in the neighbourhood, and the theme was pertaining to people's support. It seems that people like you, and want you to provide a service, but don't want to pay you for it.

I had the same problem when I was in Pickering way back in the beginning, I had students with money, but they would always try and work me for a deal on this and that. It is exhausting! Some cultures enjoy working you over for a deal, but this is Canada and we say what mean over here, or we used to at least when I was young.

I have to admit that the Beachers are way cooler than most people in the GTA which is why I'm here, so this isn't an issue, but every once in while someone tries to take me for a ride (Like I'm not giving it away as it is). I don't like to negotiate, here's the price here's the service, take or leave it.

I always have to shake my head when someone works me for a membership then drops a pile on something that doesn't really matter. Or I cut someone a break and they give me a hard time at an event. If I try and help you out maybe watch your tone when you come at me at an event or you might notice a substantial increase in your membership fee.

In closing I would like to say, if you want someone to stay, you need to support them and not see how you can take advantage of their good nature or their situation.

Training Tip



Always remember Miyamoto's second rule: The Way is in the Training.

The way is not in sitting on the couch, or missing class because of this reason or that. Make a training schedule and stick to it!

I have a student (Mr. Chen) who has stuck to the same training schedule since he was a young teen and it has served him very well. When I was in my thirties I would go to class every Monday and Friday morning at 10 am and practise at the dojo till noon class, do the noon class, then practise what we worked on for an hour then head back to my dojo. Meditate on that.

Grading Results

September 26 2015

Orange Belt

Ethan Govindarajan
Oliver Trentman
Sakina Phelan
Dylan Pletsch

Green Belt

Scot Jarrett

Next Grading

November 7 2015



Spot the type O - feel the reverse punch. A Zen Riddle

BEACHES EVENTS

October

10-12 Thanksgiving
26 Ninja Night 8-11 yrs
27 Ninja 4-7 yrs
31 Halloween

November

7 Kyu Belt Grading

December

12 Kyu Belt Grading
19 Xmas Movie

Ms. Roberta Dance class for kids ages 4-5 happens here at the dojo every monday from 4-4:45pm. Support your local artists.



Little Ninjas!

The 4-7 year olds are getting some Ninja training October 27 from 2 till 4pm. It's going to be fun! They will be working hard though, ninja training is hard work (just don't tell them).

They'll need a few things; all black; pants, long sleeve shirt, black T shirt and sox, and some fruit and water. Cost \$30.

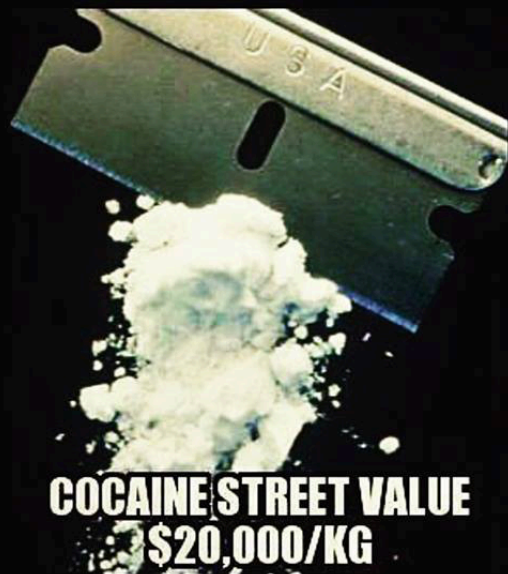


Miyamoto Musashi 9 Rules

Do not think dishonestly
The way is in the training
Become acquainted with every art
Know the way of all professions
Distinguish between gain & loss
Develop intuitive judgement
Perceive those things which cannot be seen
Pay attention even to trifles
Do nothing which is of no use



**IT'S NOT THAT THEY DON'T
WANT YOU DOING DRUGS, THEY
JUST DON'T WANT YOU DOING
ANY DRUGS OTHER THAN THEIRS
(BIG PHARMA IS JUST A BIG CARTEL)**



I think this says it pretty accurately.

Drugs are big business, legal or illegal. Both cause premature death, but one is prescribed by a professional.

I liked that old saying "just say no to drugs." Whatever happened to that? People are taking prescribed drugs that give them side effects that are worse than the original problem. Then the drugs end up in our water supply via sewage as crazy as that sounds, so we all get to have the side effects of those who are taking this and that.

We all vote with our dollars, don't support things that are wrong. My doctor tried to get me to take drugs to lower my cholesterol, so I looked into it. CLD's (Cholesterol Lowering Drugs) deplete the vital energy your heart needs to keep going (Coenzyme Q10) I think my heart pumping is more important. I haven't seen that doctor again.

A wise man once said ... nothing.

When asked what surprised him most about humanity the Dalai Lama answered,

Man sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.

We live in interesting times when people are chasing after things that they believe will enrich their lives. Here is a shiny new phone you must have it! Here is a ridiculously priced house, you gotta have it. Oh look at this new car, it will impress everyone, you need it!

Of course it's nice to have all these things and you can but you need to have balance.

Balance your ego, balance your work time, balance your friendships, get some perspective. If you are always working, your friends and family suffers. If you don't have enough money for bills and food everyone suffers.

Kids growing up want to play all the time and often miss opportunities because their perspective is way off. Their friends are so important to them that extra work for long term goals seems like a waste of time.

All work and no play is not good and the opposite is not ideal either, you must have balance.



New Diet

Sensei Titus has come up with a new diet to cut weight for the Worlds in October. It's a little prickly...well it just painful, when you try to eat it hurts, so you don't eat, then your stomach barks at you all day. It's horrible but the results are amazing.

I don't recommend this form of self torture, it's more of a Northern Fist thing. Diets are brutal anyway, I prefer to drink a lot of water and cut out meat, while upping my cardio.

We are wishing you all the best for the up coming world event Sensei Titus.

*People are all concerned about the planet we are leaving for our children.
How about being concerned with the children we are leaving the planet with?*

Ninja All Niter

OK kids it's Ninja All Niter time again! You all remember how much fun the last one was, this one promises to be even better. There will be special ninja training, and you will be tested.



Saturday October 24 7pm till Sunday at 9am. Parents be sure to pick up your kids at 9am not later! Bring a sleeping bag, pillow, water, fruit snack (no chips, pop or sugar) mascot, black T shirt, long sleeve black shirt, black pants and black sox, that's your ninja out fit.

We will go hard until it's time for pizza and movie, everyone usually passes out after pizza. In the morning we will have some breakfast around 8 pack up and out the door at 9am.

It all happens here at the Dojo and it's only \$60.

Before you speak to me about your religion, first show it to me in how you treat other people; before you tell me how much you love your God, show me in how much you love all His children; before you preach to me of your passion for your faith, teach me about it through your compassion for your neighbors. In the end, I'm not as interested in what you have to tell or sell as I am in how you choose to live and give.

The Dojo was a movie set on September 27. You Guys remember Jessy Palmer, he had a crew in here to do a shoot for a Tiff movie next year, it's called "I'm OK".

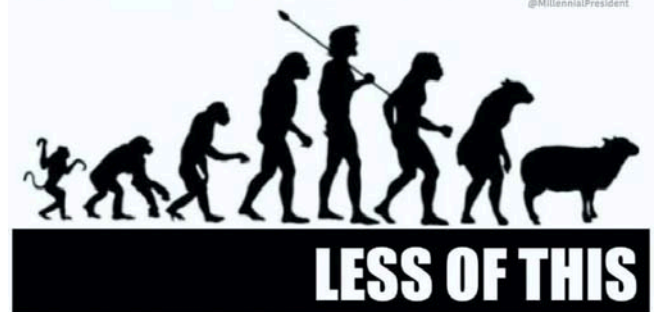
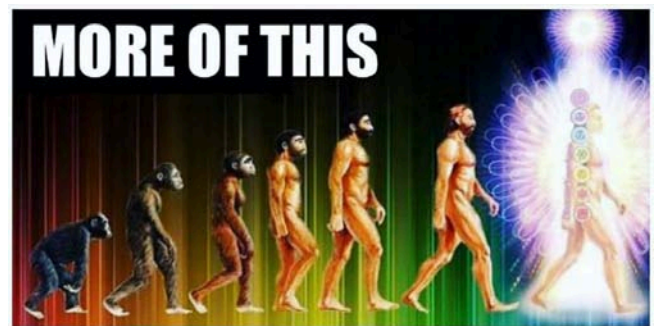
They were in and out in 5 hours which worked out perfect for me cause I was able to get the newsletter done for the most part, and I got paid in the process. They even invited me to the premier, I kinda miss the movie days.

Black Belt Gradings 2015

February 22 (Ko)Shanta Nathwani, (T)Sean Delany, (T)Sava Drayton, (T)Vojka Miladinovic, (Ka)Joe Shoichet, (Ka)Joel Gingras, (Ka)Fuad Moussa, Glenn Barns.

June 21 (KARATE) Ms. Nathwani, Ms Crawley, Mr Delany.

Oct 18 Geoffery Busbridge (Ko) David Walters (Ka)



If your anger goes forth withhold your fist. If your fist goes forth withhold your anger.

Teens Camp Over

Sensei, Shanta and Justin had a great time camping out

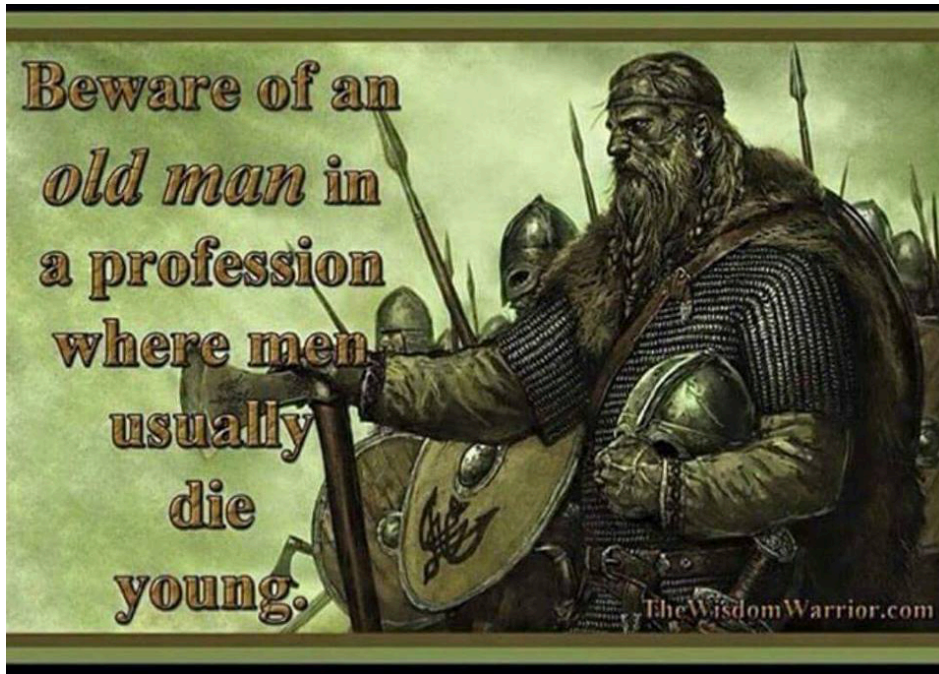


I know these pictures look more like scenes from "Apocalypses Now" but that's how we roll. Non of the Beaches teens could make the event which was unfortunate. Miss Nathwani and Justin made it out to lend a hand which was really appreciated, so things went smoothly. Sensei Bassels asked me to come out and give the kids a class on fire, so I couldn't refuse. Fires included an upside down fire, a Dakota fire hole, a Quarter Log Stove, and a log that has been cut almost through 6 times from top to bottom, add gas in the center and light.

The kids went for a tire tub lazy river cruise, made stools, cooked chicken over an open fire, played man hunt, did archery and camped out. It was another fantastic event, looking forward to the next one.

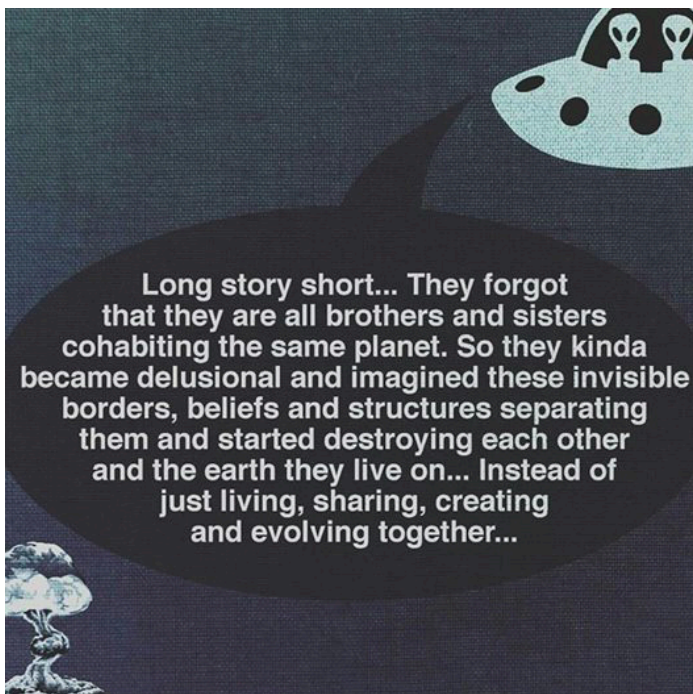
What is the purpose of life? Living it.

**Beware of an
old man in
a profession
where men
usually
die
young.**



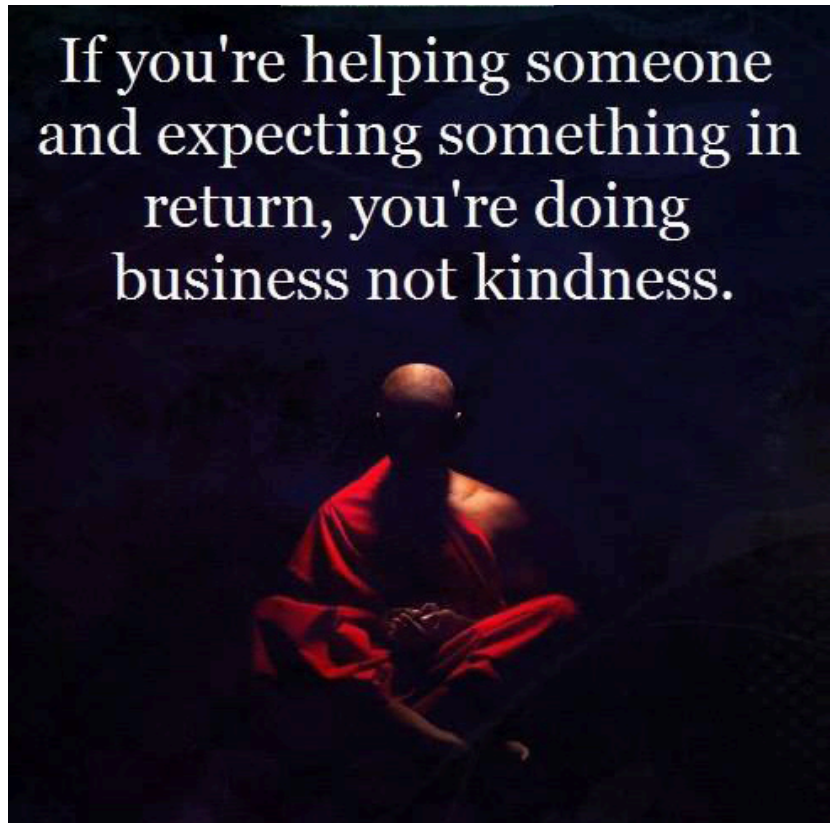
The Old Boy

The other day I was You Tubing Bullies getting what's coming to them, it's a subject I rather enjoy. I found this one with a young 20 something year old threatening everyone and an older fellow comes to cool him down. The bully wasn't cooling down and started to threaten the old boy. He remained calm and cool headed, this seemed to bother the bully even more, then the bully threw a sloppy hook punch. Mistake! Our hero blocked and countered with a smoker to the button knocking out the jerk for several minutes. I mean out cold, a limp noodle, everyone laughed at him. It looked good on him.



Money, religion and politics have separated us over years of evolution. People have lost sight of what is important. What's important you ask? Balance is important. When people are balanced they have less issues. The planet is out of balance due to greed anger and ignorance. Be the light that draws others out of the darkness.

**If you're helping someone
and expecting something in
return, you're doing
business not kindness.**



The thing about karma is that it must come from the heart. If you are doing good things to stay out of hell, but your heart isn't in it, you are lying. Good karma from true intent.

Focus is like the sun and magnifying glass.

Kyu Belt Grading September 2015

Good work you guys

