

JADE Buddha



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CMAC West Camp Highlights



The CMAC West Campers



Miss Warren and Sensei Cosano



Training a new form called Jin



Mr. O'Niel and Ms. Johnson



Sensei Platt demoing Sensei Kenney

The West camp weekend was excellent

Alberta has the richest dinosaur finds in the world, and their museum is unbelievable!



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When it feels like you are going through hell, just keep going.

SENSEI'S NOTE

Another adventure with Sensei Platt has come and gone. We trekked out to Waterton Alberta on our motor cycles and braved the nasty weather conditions. Five days of hard riding out in the rain and cold to arrive in Waterton on Thursday a day before the camp. The sun came out and we had beautiful weather for the whole time we did the camp, but as soon as the camp was over the bad weather came back. We stayed till Tuesday and left in the rain. First stop, Langton Alberta to see Sensei Thankachen's Dojo, **Nice!** The rain stopped and off we went to the Badlands of Alberta and the "Last Chance Saloon". In the early 1900 it was a miners bar/hotel, it was full of history and bullet holes; some spirits have never left, the 3rd floor of the hotel is haunted. Next day we went to the dinosaur museum. Wow! The world sure was a weird place 100 million years ago. Most of those creatures were taken out by a drastic change in the weather. Speaking of weather changing, I have never seen a July this cold, so I guess this global warming thing is just a myth (sarcasm). We rode home between two storm fronts that were moving across the prairies, our timing was perfect. We would often stop and wait for an opening in the clouds to make a break for it.



That was the storm that got him.

birds. Wow! Where does this dark side come from? But that isn't even the amazing part. The teachers didn't do anything about it, there was no consequences, absolutely no repercussions. How are these kids supposed to know that just isn't the way civilized people should behave. What ever happened to "Thou shalt not kill"?

Troublesome

Sensei Platt had a disturbing story to tell at the last CMAC Black Belt grading about some kids in the school yard. One of his students had come across a fallen nest of birds. He went to get the teacher to help the baby birds get back into the tree and when they came back there were children stomping on the nest and killing the

Grading Results

June 26

Kobudo

Yellow Belt

Colin Goodman
Charlie Borenstien

Karate

Yellow Belt

Sava Drayton

Orange Belt

Ryan Wheler
Chris May
Albert Ko

1st Degree

Julia Merlini

2nd Degree

Adrian Whiteman
Jeff Hendriks
Shanta Nathwani
Sue Warren
Geoffery Busbridge
Peter Jones

Next Grading

August 28

Congratulations to all those who participated in the last CMAC Black Belt Grading. Well done!



It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.

EVENTS CALENDAR

August

- 2,3 Closed
- 9,16,23 Family classes
- 28 Kyu Belt Grading
- 29-31 Last summer break
Dojo Closed

Sept

- 1-8 Last Dojo Break of
Summer



People and Creatures

Here's another quick story about the extreme ignorance of some people. I had just arrived in Waterton International Glacier Park for the CMAC West camp weekend and was relaxing in the lounge of our hotel when I see a 20 something year old kid chasing a little fawn away from its mother. So I left the lounge and went to talk to him about it. As I approached him I said "Do you have any idea how amazing it is to be able to get this close to these animals?" He looked at me and said "Yeah - It's just Peachy" I just shook my head and walked away, thinking that the only way to get through to this guy would be a right hook. Maybe he will figure it out at some point, he was still very young and had no understanding of spirituality.

Later that day I went down to the lake and did Tai Chi, I had a deer on my left and one on my right just hanging out and grazing, they were so close I could reach out and touch them if I wanted to. People were walking by and watching what was happening and they were surprised that they got so close to me.

Often when I do Tai Chi outside animals will come closer than they normally do, I believe this is because of the vibration is peaceful and nonthreatening, they can sense my intention is harmony. The opposite is the case with Karate so I tend not practice Karate outside anymore, unless I do it at Tai Chi speed.

Oakville Demo

Every summer the Oakville dojo is part of the festivities at the Oakville Midnight Madness, well this year Miss Nathwani, Miss Warren, Miss Merlini and Seamus all went down to do their part and represent the Beach by performing a demo or two. Thank you for stepping up, your efforts will come back to you.



CMAC Guide to Goju 1, 2, 3, 4 and the CMAC manual are all excellent sources of training information. Get yours Today!

Web Site Action

Lately Mr. Jones has been putting in some time developing our cmacbeaches.com web site. There is a complete reading list, and merchandise supplier that you can order on line and some google ads, so make sure to use the site to get what you need. All the CMAC Goju Budo books are still sold here at the dojo, book 5 should be ready by the January 2010 Black Belt grading.

Get your own merchandise online

Its quick, easy and you get a 10% discount every-time you order. www.dojobuy.ca and shop. The user id # 4166902885.



When we are unable to find tranquility within ourselves, it is useless to seek it elsewhere.

The Hair Cut

The Haircut..One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, "I cannot accept money from you, I'm doing community service this week." The florist was pleased and left the shop. When the barber went to open his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door. Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, "I cannot accept money from you, I'm doing community service this

week." The cop was happy and left the shop. The next morning when the barber went to open up, there was a 'thank you' card and a dozen donuts waiting for him at his door. Then a Member of Parliament came in for a haircut, and when he went to pay his bill, the barber again replied, "I can not accept money from you. I'm doing community service this week. "The M.P. was very happy and left the shop. The next morning, when the barber went to open up, there were a dozen M.P.s lined up waiting for a free haircut. And that, my friends, illustrates the fundamental difference between the citizens of our country and the politicians who run it.

Big Wave Camp Review by Sammy Joo



The Big Wave camp was lots of fun! We went to the Jedi training place to learn balance while trying to knock people off balance. We went fishing and no one caught a fish but it was still fun. They went rafting but I didn't have my helmet or bathing suit, so I got to run in the rain instead. I found a buck, made some new friends, but no girl friends. Miss Nathwani came up and did a fan kata and we all made our own fans, I had two and broke them some how.



The Polish Road Warrior

Here's a few of shots of a fella we met on our travels. We met him at Lake Manitou in Saskatchewan, he was on his way to Alaska on his motorcycle it was really quite a sight. He had made all kinds of special modifications and had all the gadgets to keep warm and on track (electric hand warmers and GPS etc.).

The shirt he is holding up says - I'm Polish, but don't taser me, Please! and the next pic is a cop car rounding the corner where we all sitting, the timing was classic.

