

# JADE Buddha



1971 Queen St. E. #208, Toronto, ON

[www.cmacbeaches.com](http://www.cmacbeaches.com)

## Dragon Boat Races

*CMAC Family Day May 29 Kelso Park Milton  
Here is another opportunity to get in there and be  
part of something cool, don't miss out*



## CMAC Irondale Training Highlights

*Great Times had by all, just look at those chickens! The land,  
and being outside in the fresh air training was amazing!*



## Year of the Tiger



## \*Attention\*

*Dragon Boats  
May 29th*



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*By bringing shame to a person, how could one expect to make him a better man.*

## Beaches Newsletter

### Sensei's Note

The other day I was having a conversation with Sensei Bassels and he made an excellent point so I thought I should mention it so everyone gets it. To set things up for you we were talking about camps and trips etc. and we were saying that it is always the same people that come out to these things. Sensei Bassels goes on to point out that this is history and they are missing it.

We see pictures on the wall of past Masters like Sensei Yamaguchi, Sensei Kim, Sensei Urban and go wow what would it have be like to train with those Masters? Well I managed to be able to train with 2 out of the three mentioned and it was fantastic, time and energy well spent. Now they have passed on I won't be able to train with them again on this level of existance, so I'm glad there was an opportunity to do so. Life is short, be there when it's happening.

### Training Tip

Etiquette is an important part of your training that's why we have it. It is expected that kyu belts refer to Dans (Black Belts) as Mr. Miss or Mrs. both inside and outside of the dojo. Sensei should be call Sensei, then their last name if they are not your dojo Sensei, i.e. Sensei DeQuetteville is called Sensei in Ajax but Sensei DeQuetteville when he is in the Beaches. Senior belts (Black Belts) can address each other by first names and Sensei can refer to students however he wants.

Ranks and titles have a way of inflating the ego so when you find yourself at the senior position of the class try not to let it go to your head. If someone slips up try and explain to them in a manor that doesn't come off too strong.



Here's the plan for the Summer, send the kids to Big Wave Summer Camp July 5th - July 30th.

Big Wave Camp - Explore Play Discover

Mississauga Summer Day Camp for Children. At the Big Wave Camp their focus is on kids being kids. Activities are geared to motivate your child to use their imagination and creative side. There is something for everyone: martial arts - swimming - hiking - arts and crafts - sports - games - biking - drawing and art lessons - woods and environment training - fishing - canoeing - music - outdoors

[www.BigWaveCamp.ca](http://www.BigWaveCamp.ca)

## Beaches Grading Results

April 10 2010

### Karate Yellow Belt

Roarke Pitre  
Matt Tobin  
Dave Walters

### Orange Belt

Marcus Smith  
Abbey Martens  
Alexander Armstrong  
Kieran Tisdall  
Owne Sulter

### Blue Belt

Chris May

### Mudan

Max Jeffers

## Next Grading

May 30 2010



*If you don't stretch your limits, you set your limits.*

## BEACHES EVENTS

### May

- 1 Kyu Belt Grading  
24 May 24 weekend  
29 Dragon Boat Races

### July

West Camp BC  
Emeral Lake



## Water has consciousness

Until the groundbreaking work of a pioneer Japanese researcher (Dr. Emoto) whose astonishing discovery about water, documented photographically, changed most of what we didn't know...and led to a new consciousness of Earth's most precious resource. What has put Dr. Emoto at the forefront of the study of water is his proof that thoughts and feelings affect physical reality. By producing different focused intentions through written and spoken words and music and literally presenting it to the same water samples, the water appears to "change its expression".

Frozen water crystals that have been affected by music, words, and feelings.



Mozart symphony



You make me sick



Gratitude

## Victoria Day May 24 Weekend

Victoria Day (in French: Fête de la Reine), colloquially known as May Two-four, May Long, or May Run is a federal Canadian statutory holiday celebrated on the last Monday before or on 24 May, in honour of both Queen Victoria's birthday and the current reigning Canadian sovereign's official birthday, and is also considered an informal mark of the beginning of the summer season. It has been observed since before Canada was formed, originally falling on the sovereign's actual birthday, and continues to be celebrated in various fashions across the country on the fixed date of the first Monday on or before 24 May. However, since the Quiet Revolution in Quebec, the same day was unofficially known in the province as Fête de Dollard until 2003, when provincial legislation officially named the same date as Victoria Day the National Patriots' Day.

## Peter Urban

August 14, 1934 - April 7, 2004 In Memory of O'Sensei Peter G. Urban, Father of American Goju Ryu Karate



O'Sensei Urban had 3 great teachers Sensei Yamaguchi, Sensei Richard Kim, and Sensei Mas Oyama, I know of no one else who can make that claim.



Sensei Urban trained in Japan as an American serviceman after the WWII, (think about that one).



CMAC structures its format around Sensei Kim and Sensei Urban's training ideas.

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





*A man who has once erred becomes wise, the man who has never erred is dangerous.*

## Medieval Times

Another Fantastic show at Medieval Times, Mr. Delaney showed very impressive horse riding and combat skills. The show has changed from the previous one, but the entertainment was just as great. The kids and adults all got right into it, and some of the first timers couldn't stop smiling. It really is awesome, takes you right back to your childhood, when all you wanted to do was ride horses, do battle and save the princess - although saving the princess wasn't exactly the story, it still looked like she needed saving, the prince was lame. We all cheered for the Green Knight (The bad guy, Mr. Delaney) he was really hardcore! Everyone had a Funtastic time, and if you missed it this time don't worry we'll do it again for sure!



Here is a pic of some students who stuck around after the show for a group shot with Mr. Delaney.

### *Name that Kata*



## CMAC West Camp

July 16 - 18, 2010 - CMAC West Emerald Lake with Hanshi Platt. Hosted by CMAC Oku Damashi. For more information contact Tammy Thankachen [cmac.okudamashi@yahoo.ca](mailto:cmac.okudamashi@yahoo.ca). Emerald Lake Lodge in Yoho National Park, British Columbia. Yoho National Park is located in the Canadian Rocky Mountains along the western slope of the Continental Divide in southeastern British Columbia. This park was declared a UNESCO World Heritage Site in 1984 for the mountain landscapes containing mountain peaks, glaciers, lakes, waterfalls, canyons and limestone caves as well as fossils found here. More information on Yoho National Park can be found on the Parks Canada website.



*Whenever there is doubt there is no doubt.*

## Buddhist Rosary

Buddhist prayer beads are a traditional tool used to count time while meditating using mantras. They are similar to other forms of prayer beads used in various world religions and to Christianity's Rosary; thus this tool has also been known as the Buddhist rosary.

A Japa mala' or mala (Sanskrit: meaning garland - a decorative wreath or cord) is a set of beads commonly used by Hindus and Buddhists, usually made from 108 beads, though other numbers, usually divisible by 9, are also used. Malas are used for keeping count while reciting, chanting, or mentally repeating a mantra or the name or names of a deity. This practice is known in Sanskrit as japa. Malas are typically made with 19, 21, 27, 54 or 108 beads.

There are numerous explanations why there are 108 beads, with the number 108 bearing special religious significance in a number of Hindu and Buddhist traditions.

Ananda Coomaraswamy holds that the numerology of the decimal numeric system was key to its inception. 108 is therefore founded in Dharmic metaphysical numerology. One for bindu; zero for shunyata and eight for ananta.

In traditional Buddhist thought, people are said to have 108 afflictions or klesas. There are six senses (sight, sound, smell, taste, touch, and consciousness) multiplied by three reactions (positive, negative, or indifference) making 18 "feelings." Each of these feelings can be either "attached to pleasure or detached from pleasure" making 36 "passions", each of which may be manifested in the past, present, or future. All the combinations of all these things makes a total of 108, which are represented by the beads in the ojuzu. This same number is also used in Japanese New Year services where a bell is rung 108 times.

In addition, practitioners of Vajrayana Buddhism, use the number 108 for a different purpose. After reciting 100 mantras, eight extra mantras are done to compensate for any errors.



Irondale Highlights! The weekend was Awesome, sunny warm days, cool comfortable nights, the training was great. There was a fantastic place to train and have a fire at the same time. Sensei Bassel cooked 11 chickens over an open fire for all the camp go'ers, all I can say is Wow!



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*Always remember that a man is not rewarded for having brains but for using them.*

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## Mennonites?

Here's something I found to be interesting and wanted to put it out there for you guys to think about. Well it seems the Mennonites have a solution to our GMO food situation. You may recall an article in the JB from a couple months ago on GMO foods and the problems etc. well we have a connection inside the Mennonite community and as you may or may not know they still do things old school. This is good news because their food is all organic, free range and 100% real natural food. Anyways we are planning an event for the fall to preserve some fruits and vegetables provided by the Mennonites, this way you can be sure that what you are eating hasn't been altered by the hand of man.

I try and stay away from religion and politics in the dojo and stick to the ideas of the training (just keep it about the training) sure you see Buddhas at the dojo, we are not Buddhist, but I certainly appreciate their beliefs. I like the Buddha and it is a part of where the training came from so that's why we have them at the dojo. I don't know much about the Mennonites, but after a little research I have found that they The Mennonites are a group of Christian Anabaptist denominations named after the Frisian Menno Simons (1496–1561), who, through his writings, articulated and thereby formalized the teachings of earlier Swiss founders. The teachings of the Mennonites were founded on their belief in both the mission and ministry of Jesus Christ, which they held to with great conviction despite persecution by the various Roman Catholic and Protestant states. Rather than fight, the majority survived by fleeing to neighboring states where ruling families were tolerant of their radical belief in adult baptism. Over the years, Mennonites have become known as one of the historic peace churches because of their commitment to nonviolence.

There are about 1.5 million Mennonites worldwide as of 2006. Mennonite congregations worldwide embody the full scope of Mennonite practice from old fashioned 'plain' people to those who are indistinguishable in dress and appearance from the general population. The largest populations of Mennonites are in Canada, the Democratic Republic of the Congo and the United States, but Mennonites can also be found in tight-knit communities in at least 51 countries on six continents or scattered amongst the populace of those countries. There are also a significant number of Mennonites scattered throughout China. There are German Mennonite colonies in Argentina, Belize, Bolivia, Brazil, Mexico and Paraguay and there remains a small congregation in the Netherlands where Menno was born.

The Mennonite Disaster Service, based in North America, provides both immediate and long-term responses to hurricanes, floods, and other disasters. The Mennonite Central Committee provides disaster relief around the world alongside their long-term international development programs. Other programs offer a variety of relief efforts and services throughout the world. In the last few decades some Mennonite groups have also become more actively involved with peace and social justice issues, helping to found Christian Peacemaker Teams and Mennonite Conciliation Service.

They sound alright to me - how many wars have been fought over religion? Lots! Not from these guys though. Anyway to get back to the food, they have their own land their own seeds, banks, lawyers, and enough power to keep the corporations at bay.

In this weird world that has just gotten so regulated and monitored by government and law makers its nice to know there is something still pure out there. Did you know that there are actually chicken police, you are not allowed to have more than 12 chickens, anymore than that and you could be hit with a heavy fine. Who dreams up this stuff?



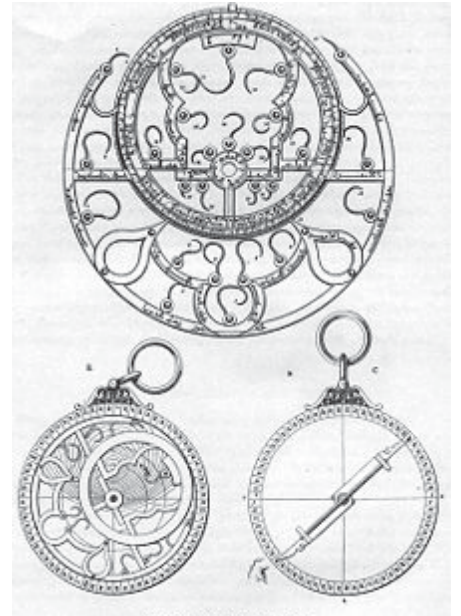
*Just because you have pains doesn't mean you have to be a pain.*

## Astrolabe

*Only the most important invention for over 1500 yrs. in the time before clocks and the compass.*

An astrolabe is an historical astronomical instrument used by classical astronomers, navigators, and astrologers. Its many uses include locating and predicting the positions of the Sun, Moon, planets, and stars; determining local time (given local latitude) and vice-versa; surveying; and triangulation. In the medieval Islamic world, they were introduced by Arabs and used primarily for astronomical studies, as well as in other areas as diverse as astrology, geography, navigation, Qibla, Salah prayers, surveying, and timekeeping. In the European nations, astrolabes were used to construct horoscopes, for astronomical studies, and for navigation.

There is often confusion between the astrolabe and the mariner's astrolabe. While the astrolabe could be useful for determining latitude on land, it was an awkward instrument for use on the heaving deck of a ship or in wind. The mariner's astrolabe was developed to address these issues.



A Perisan astrolabe from 1208



Computer generated planispheric astrolabe

An astrolabe consists of a fragile disk, called the mater (mother), which is deep enough to hold one or more flat plates called tympan, or climates. A tympan is made for a specific latitude and is engraved with a stereographic projection of circular lines of equal azimuth and altitude representing the portion of the celestial sphere which is above the local horizon. The rim of the mater is typically graduated into hours of time, or degrees of arc, or both. Above the mater and tympan, the rete, a framework bearing a projection of the ecliptic plane and several pointers indicating the positions of the brightest stars, is free to rotate. Some astrolabes have a narrow rule or label which rotates over the rete, and may be marked with a scale of declinations.

The rete, representing the sky, has the function of a star chart. When it is rotated, the stars and the ecliptic move over the projection of the coordinates on the tympan. A complete rotation represents the passage of one day. The astrolabe is therefore a predecessor of the modern planisphere.

On the back of the mater there will often be engraved a number of scales which are useful in the astrolabe's various applications; these will vary from designer to designer, but might include curves for time conversions, a calendar for converting the day of the month to the sun's position on the ecliptic, trigonometric scales, and a graduation of 360 degrees around the back edge. The alidade is attached to the back face. When the astrolabe is held vertically, the alidade can be rotated and a star sighted along its length, so that the star's altitude in degrees can be read ("taken") from the graduated edge of the astrolabe; hence the word's Greek roots: "astron" = star + "lab-" = to take.

Stay tuned next month for, who and when discovered the compass, and even how to make your own if you ever need to.



Astrolabe quadrant, England, 1388.

*You are only one person in the world, But you maybe the world to one person.*

## Cherry Blossoms

A cherry blossom is the name for the flower of cherry trees known as Sakura in Japanese. In English, the word "sakura" is equivalent to the Japanese flowering cherry. Cherry fruit (known in Japanese as sakuranbo) comes from another species of tree.

During the Heian Period (794–1191), Japanese sought to emulate many practices from China, including the social phenomenon of flower viewing (hanami), where the imperial households, poets, singers and other aristocrats would gather and celebrate under the blossoms. In Japan, cherry trees were planted and cultivated for their beauty, for the adornment of the grounds of the nobility of Kyoto, at least as early as 794. In China, the ume "plum" tree (actually a species of apricot) was held in highest regard, but by the middle of the ninth century, the cherry blossom had replaced the plum as the favored species in Japan.



Japanese pay close attention to these forecasts and turn out in large numbers at parks, shrines, and temples with family and friends to hold flower-viewing parties. Hanami festivals celebrate the beauty of the cherry blossom and for many are a chance to relax and enjoy the beautiful view. The custom of hanami dates back many centuries in Japan: the eighth-century chronicle Nihon Shoki records hanami festivals being held as early as the third century.

Most Japanese schools and public buildings have cherry blossom trees outside of them. Since the fiscal and school year both begin in April, in many parts of Honshu, the first day of work or school coincides with the cherry blossom season.

Cherry blossom is an omen of good fortune and is also an emblem of love, affection and represents spring. Cherry blossoms are an enduring metaphor for the fleeting nature of life, and as such are frequently depicted in art.

At Himeji Castle Japan During World War II, the cherry blossom was used to motivate the Japanese people, to stoke nationalism and militarism among the populace. Japanese pilots would paint them on the sides of their planes before embarking on a suicide mission, or even take branches of the trees with them on their missions. A cherry blossom painted on the side of the bomber symbolized the intensity and ephemerality of life; in this way, the aesthetic association was altered such that falling cherry petals came to represent the sacrifice of youth in suicide missions to honor the emperor. The government even encouraged the people to believe that the souls of downed warriors were reincarnated in the blossoms.

These amazing photos were taken in Hypark.

