

SPRING & SUMMER 2010

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## LETTER FROM NORA

Hi Sensei,

I just wanted to let you know that I have earned a soccer scholarship to the University of Detroit Mercy for next year. It is for a full-ride, tuition, room, meals, books, and all of the soccer equipment I can think of. The school is NCAA Division 1, and the coach has told me I have a very high chance of coming into next season as a starting freshman goalie, something that does not happen often in the D1 world. The school is excellent academically and is highly rated. I have been accepted into the Pre-medical program so it will be a busy four years,

**I believe karate has helped me in many ways in getting this scholarship. The focus, determination, and responsibility, as well as the physical aspects of karate I learned at a young age certainly helped me in achieving this goal. Karate is still and always will be a part of my life, even if I can't make it to the Dojo regularly.**

Wishing all the best to you and Marg and all the Napanee Karate Club family .

Nora

*Nora, thanks for letting me print your great news for all our parents & students. Sensei B. Lowry*

## LEADERSHIP

Vince Lombardi:

**“Leaders aren’t born, they are made, and they are made just like anything else, through hard work.”**

Leadership is a quality many employers look for when interviewing people for a job. At the Napanee Karate Club, students have opportunities for skill development in leadership that will carry with them into school, work, and beyond. From helping out with younger students, to volunteering at seminars, we offer students the chance to grow their skills and potential.

Rosalynn Carter:

**“A leader takes people where they want to go. A great leader takes people where they ought to be.”**

## UPCOMING EVENTS!

**TV TURNOFF:** Each year we welcome visitors to this event, and usually get some new students. Please help welcome these people!

**BRING A FRIEND:** Anytime that you bring a friend to train between now and the next grading, your name goes into a draw for a great prize. The winners will be chosen during each grading week.

**KICK-A-THON:** Due to a very busy schedule, this event had to be postponed. It is a great advertisement for our club, as well as giving students a chance to win valuable prizes. We will re-schedule when time permits.

## Volunteers Appreciated!

Our club participated in three events this Spring to live up to our mission as leaders in the Greater Napanee Community.

During the March Break, we hosted two groups of students from Family & Children's Services 'Kool Camp'. Volunteering were **Dean, Andrew, Li, Calvin, Meagan, Shannon, April, Molly, Grant, Thomas, & Ashley**. Our pizza snack after class restored our energy!

**Grayson** 'volunteered' to be my 'Uke' at a Women's self-defence seminar held at Roblin Wesleyan Church; good job Grayson in showing that the techniques were practical. You are very brave!

A group of students and their teachers from Centreville School visited the club for a self-defence class. Volunteering that day were **Lynne, Dana, Kate, Meagan, and Shannon**. Once again, Pizza helped us regain our strength after the class!

**Thanks to all who attended, and helped in any way to make these events a success. You are valued and appreciated!**

## NOTES & CALENDAR

We are always thankful for our faithful Black Belt Instructors: **Ed Gastle, Jim Gounelas, Richard Welsman, Mijra Gulley, Barry Gulley, and Grant VanHeighten**. As I watched the last grading, I was so impressed by the collective strengths these people bring to our club. They know the value of training and growing in the Martial Arts. We have many other senior students and volunteers who donate their time and effort so that others may learn. Your help with our children's classes keep our club alive!

### **GASSHUKU: 'Training Together' May 1, and October 30, 2010**

All belts are invited to attend **Seminars** at any of our affiliated clubs. **EMAC** membership is included with your Napanee Karate Club membership, and gives you many training opportunities. **EMAC** holds two major events, or Gasshuku, each year. During the Gasshuku, National Gradings for Black Belt are held, as well as a variety of seminars and a tournament. Part of your development as a student in the Art of Karate involves taking part in the Gasshuku. Our brown belts are preparing for their Black Belt National Grading!

## FEES & HST

The Ontario Government's new Harmonized Sales Tax will combine GST and PST into one tax. This means an increase in your monthly fees of 8%, starting July 1, 2010. We have not increased the club fees, in spite of rising costs for heat, hydro, taxes, insurance, and maintenance.

Your payment agreement with PPS/Member Solutions cuts down on paperwork, and ensures that as Instructors, we spend our time teaching students on the dojo floor. For questions concerning your payments to PPS/Member Solutions, call them toll/free:

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