

Timaru Highlights

February 2017

Photos: Senpia George.

Set out: Church Street Copy & Photo

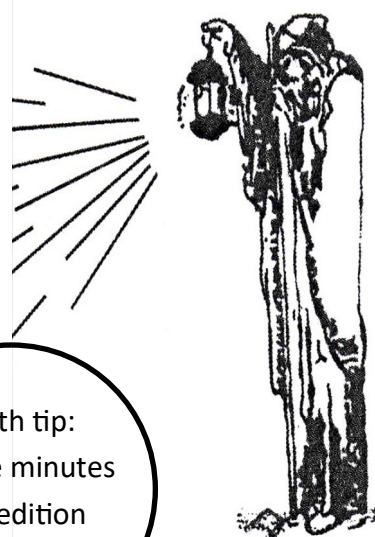
Articles: S/Shihan Michael and others

Birthdays

Senpia Anthea	November 9 th
Kyoshi Dave	January 6 th
Kyoshi David	February 8 th
Shihan Lance	February 12 th
Kaicho	February 22 nd

We are the
imagination of
ourselves

Heath tip:
Try five minutes
of meditation
each day



When you decide ahead of time that your inner state of being is going to be peaceful and loving, understanding and compassionate, sharing and forgiving no matter what any outer moment brings, Then the outer world loses its power over you.

Dangers of Plastic Bottles Exposed Yet Again in New Study

Plastic bottles contain hormone-disrupting chemicals that can cause cancer, diabetes, ADHD and autism, scientists confirmed in a new report released last October.

Endocrine-disrupting chemicals (EDCs) interfere with the body's hormonal system, affecting development and leaving the body open to a staggering range of diseases.

The chemicals are also found in thousands of everyday products, ranging from plastic and metal food containers, to detergents, flame retardants, toys and cosmetics.

The most common EDC-related illness is neurological – including ADHD, autism and loss of IQ.

"Intention is your most powerful tool."

- Intend for everything to work out as it should, then let go and allow opportunities and openings to come your way. The outcome you are trying so hard to force may not be as good for you as the one that comes naturally.
- Believe in a world of infinite possibilities and let the universe handle all the details. Between point A and point B, there are many ways to achieving your goals.
- Focus on your unique talent and how you can use it to serve others. Expressing your talents to fulfil needs creates unlimited wealth and abundance.



Nicholas Carr, author of *The Shallows: What the Internet is Doing to Our Brains*, makes a good case backed up with plenty of facts to suggest that technology is inducing an intellectual decay in our brains.

When you read a book, he points out, you take a thimble of information from your working memory and fill your bathtub of long term memory. However, when reading on the internet, we transfer "a jumble of drops from different faucets, not a continuous, coherent stream from one source." Our minds don't assimilate the information in a rich and meaningful way, creating fewer connections between our other memories. Carr puts it bluntly: "We become mindless consumers of data."

Camp 2016

The camp started on Friday night at 8 o'clock with basics, followed by about 2pm with a 1000 punches with a difference, no Kaias!

Complaints from last year... not quite the same. Saturday morning saw many going for a run, followed by line work & games. Katas followed Dinner with wonderful meals once again by dot, many students were also doing Aikido Teqs by the Local Aikido Club. That night was marsh mellows round the bonfire. Midnight was taken up with mostly partner stuff. Sunday morning was taken with Andrew Bennett doing Gi Gong and green belt & above sparing. Other grades were doing Tameshiwari many for the first time taking their prized boards with them. Lunch followed by meditation lying down at the end Hanshi announced those that went for Sensei 10 all together, with Sensei Chris from Timaru as one of them. Two went for Godan Kyoshi Levi formally from Timaru and Kyoshi Gerard McCarthy from Te Awamutu. All together approximately 160 attended the camp.

"OSU"



End of year Breakup

The end of year breakup saw 13 from timaru and 8 from Geraldine. The class / Grading demo started at 11am and went for many hours finishing with demos from Black belts. A lunch was provided by students finished the day well.

“OSU”



Monday Night after Camp. Black Belt Dinner



2017

On one of the hottest days of the year 40 students started 2017

