



40<sup>th</sup> year

May 2015

## Birthdays



Kyoshi Sandra

April 21st

40 years.....  
Looking back  
moving forward



## Grading 29th March

About 25 students were put through their paces the highest going was Rob Dunn for Brown belt and Taylor Scott Jaden and Dylan Glasien for Second Green. The whole Grading lasting approx. 2½ hours starting at 8.30 to 11 as each Grade finished the rest Carried on, Starting from very basic technique to more senior Katas ect. All preformed very well with quite a few from Geraldine Club.

“OSU”



## Dojo Makeover

Each Saturday 10 o'clock and on students and laymen have come to spruce up the Dojo for the 40<sup>th</sup>. Each student being the dojo and the energy makes this "special place."

Special thanks to our vinyl layer (Tim) and to those who were there every Saturday you are not forgotten

"OSU"

Oral pathogens are the reason for well over 90% of heart attacks, and probably fewer than 5% of cardiologists and other physicians even know to look for this causative factor.

A heart attack patient is NOT just unlucky.

Rather, the heart attack patient has an overwhelming likelihood of having a steady supply of oral pathogens and toxins coming from root canal-treated teeth and/or chronically infected gums.

## HEALTH

### **Microwave ovens:**

Microwaving is the worst way to cook foods because microwaves excite the water molecules inside whatever you're cooking, causing heat to be formed from the inside out. This results in a cell-by-cell destruction of the food (such as broccoli, carrots ect.), causing a near-total molecular decomposition of the vitamins and phytonutrients that promote disease.

Microwaved food is not merely "dead" food at every level, it is food that has been molecularly deconstructed, leaving nothing but empty calories, fibre and minerals. Virtually the entire vitamin and phytonutrient content has been destroyed.

Anybody who says microwaving food is a healthy way to cook is wildly ignorant of nutrition and cooking methods. While steaming vegetables is, indeed, a good method for some veggies to help make certain nutrients more bioavailable, microwaving destroys veggies from the inside out at a cellular level.

February 4, 2015

By John Vibes, True Activist

After spending over a year in Iceland's National Museum, the last McDonalds meal sold in the country will now be going on display at the Bus Hostel in Reykjavik. The world-famous fast food chain shut down its Iceland locations in 2009, and even after all this time the last meal sold in the country has still not become rotten or moldy.

After the economic collapse, McDonalds failed to keep customers coming back in Iceland, and the company was forced to close their doors in the country. The final day that McDonalds was open in Iceland was October 31, 2009, and on that day a man named Hjortur Smarason purchased a meal as a souvenir. Smarason had no intention on actually eating it but wanted to hang onto it out of curiosity, and because he saw it as a piece of history.

At its new home at the Bus Hotel in Reykjavik, the burger and fries sit on display in front of a webcam, where people all over the world can watch its extremely slow decomposition

### **Morning Elixir: Turmeric and lukewarm Lemon Water**

This lukewarm lemon water with turmeric will aid detoxification of your body and will help you to lose weight, also it has antimicrobial properties, prevents cough and cold, strengthens the immune system, boosts your body with energy, improves the food digestion, treats chronic constipation and ect...

# News Letter

## 70<sup>th</sup> Birthday

Sei Shihan Peters 70th Birthday was held at 10 Omen Ave Christchurch. Along with many Karate Students, Family, Vintage car club and work mates. Shihan Peter gave a preview of his life so far, special guest was Hanshi Andy who came down for the occasion. Along with Hanshi Renzie going back when Shihan was 14. There was approx. 90 people, Shihan Danny gave a special approach to Shihan (from Mary). Shihan Neil spoke about boat building books at a special meeting in 1975 when they were all stiff & sore.

Thanks to Mary and all who helped	"OSU" Michael
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40<sup>th</sup>

Well the day finally came after all the work that went into the Dojo spruce up and preparations for the 40th

weekend. Senpia Dick, Founder of the Timaru branch, stayed at Sei Shihans place, along with Shihan Kevin and his friend Andrew. The morning kicked off with the bow in followed by a time to catch up and get to know everyone. Next came 40 punches each punch symbolic of one year with a pause after each 10 to reflect on those years gone by. Next was a surprise a small token of sake for the Dojo cheers! A speech by Senpai Dick about the old days and the start of Karate in Timaru. Then we all made a circle and Sei Shihan took us through a small meditation type prayer giving out thoughts to both the Hanshis'. Next was basics sharing the energy that was all around us. Sei Shihan said some words and thanked his wife for all her support, his daughter (a Shodan) gave them some flowers that added to some flowers that Kyoshi Tony had presented.

That night about 80-90 or so turned up at the yacht club Marine Parade Noth mole over looking the bay, (what a sight) for the evening reception consisting of an on going supper (more than enough for everybody to eat). Approx. 9 o'clock more speeches with both Hanshi Renzie and Hanshi Andy from Nelson being present. Hanshi Andy presented Sei Shihan with a work done by himself of a Japanese character "Heart".

Hanshi Renzie presented Sei Shihan with a clock in keeping with time gone by. Sei Shihan thanked everybody for coming especially Senpia Deret Tutton (the chef) for the marvelous spread. During the evening DVDs of previous demonstrations taken over many years were played. A shuttle took most of us to and from the yacht club and we were glad to get a ride. Everybody really enjoyed the day and night marking 40 years of the Timaru Dojo. Which was given a day or two. **May the 9th 1975**

“OSU”



