



# AIKI BUDO KIDS

Nov-Dec 2008

## Aiki Budo North Kids Class Times

**Monday**  
Advanced Kids  
Class by Invitation  
6:30pm - 7:15pm

**Tuesday**  
6:15pm - 7:00pm

**Saturday**  
9:15am - 10:00am

## Aiki Budo North Childrens Program Instructors

Jaimie Sheppard  
(Dojo-cho)

Stephen Chau  
(Tuesday)

Jon Oaker  
(Saturday)

Want the latest  
info on: Class  
Cancellations,  
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Go to the Web  
site at:  
[www.aikido.on.ca](http://www.aikido.on.ca)  
email:  
[aikidoonca@hotmail.com](mailto:aikidoonca@hotmail.com)

**Editors Note** (Cat Hall-Oaker) email questions or submissions to [cat.halloaker@sympatico.ca](mailto:cat.halloaker@sympatico.ca)

- ☺ **Annual Aiki Budo Holiday Blast Sat Dec 20<sup>th</sup> 9:30-12noon.**  
Did you know wrapping paper is not recyclable? With 100+ presents the party uses a lot of wrapping paper every year. This year **we are collecting colour comics for 'green' wrapping paper**, please drop your comics off to Sensei Jon or Cat.
- ☺ **Wash your feet!** The mats are cleaned regularly by hand. To help us keep them clean, please make sure your feet are washed & wipe them on the carpet before going on the mat.
- ☺ **Toes and Fingers** - please keep your finger and toe nails clipped short. You have the potential to scratch the person you are working with, so please check your nails regularly.
- ☺ **Wipe your feet** - There is a carpet placed at one corner of the mats. Please use this carpet to wipe your feet before stepping on the mats.
- ☺ **Start of the next class** - Respecting the next class is important! If you are still in the dojo after the kids class & the Adult class starts, please be respectful, stand quietly & bow with the Adults.
- ☺ **Attendance list** - Do you sign in on the attendance list? If not it could delay your next test! Attendance is a factor in deciding when you are ready to test, if you don't cross off your name, we don't know you are here & we won't test you!

## 合気道

### Dues are Due!

The current 3 month payment schedule for Nov/December/January (\$90) is due by the end of November. Please get your payment in promptly. We need these payments to book the rooms in CHOCC for classes

## Editors

Note (Cat  
Hall-Oaker)  
email questions  
or submissions

# 12<sup>th</sup> Annual Aiki Budo Holiday Blast Saturday Dec 20<sup>th</sup> 9:30-12noon

Folks, our yearly bash to celebrate another successful year of Aikido in London is coming up soon.

## **FOOD!**

The event is a pot luck breakfast affair, but if you think that means only muffins and orange juice, think again. This is a diverse dojo and we have had some wonderful dishes for breakfast over the years. Past favourites; Lasagna, Sushi rolls, Mexican, Curry and more! Bring your favourite dish to share. We can always use drinks, and yes, even the muffins are welcome.

## **PRESENTS!**

The dojo provides gifts to all kid members 12 & under, their siblings, & the children of Adult members. Please make sure your kids are signed up. See Cat or Sensei Jon to ensure we have them on the list. You must be a paid up member to attend. PUC members will need to pay for a carry over month to the next PUC session (\$30).

## **FUN STUFF!**

There is way more than just the visit from Aiki Santa. We'll have; Potatoe Heads, Animal Balloons, Face-painting, Bead craft table, & a new mystery game!

## **GOING GREEN!**

Parties of 200+ people usually generate a whole lot of waste. But at this years summer picnic (approx 100+ people), we produced only a ½ bag of trash.

For this years Holiday blast we will be continuing to lower the amount of garbage the party produces by: collecting food waste for compost, using paper plates & composting them, and using recyclable colour comics as wrapping paper.

## **WE NEED YOUR COLOUR COMICS**

Wrapping paper is not recyclable, so we are trying to collect as many colour comics as possible to use to wrap gifts. Please drop off your comics to Cat or Sensei Jon between now and Dec 17<sup>th</sup>. We wrap over 100 presents so we need a lot!

## **WANT TO HELP?**

Volunteers are always needed to help set up the room and clean up at the end. If you'd like to help, simply show up at 9am on the 20<sup>th</sup>. Talk to Cat for more details.

## **Do you drink Milk?**

Cat is collecting the outer plastic bag from multiple Litre milk bags. The bags are being used to crochet thick plastic sleeping mattresses for Adults & kids in third world countries. Most kids in the third world have nothing to sleep on but the earth. Please wash & fold the bag flat, and give to either Cat or Sensei Jon. Thanks for helping make our society's waste into a dry sleeping mat. See Cat for more details.