

# TECUMSEH TIMES

Volume 2, Issue 1  
June 2010

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## MESSAGE FROM THE PRESIDENT

As our thoughts turn to the summer, vacation plans, barbecues, and our all too short window to enjoy the great outdoors, we would like to update you on recent developments in your club, and our plans for the summer.

We will be adjusting our summer training schedule to match the reduced attendance typical in July and August. Also on the agenda are the Stampede Pre-Parade demonstration, FAST Defence Groundfighting, and our first full weekend camp at Camp Gardner in Bragg Creek.

The Instructors, black belts, and the club executive wishes you a safe and happy summer, and we hope to see all of you at our various events and outdoor training in the park.

Part of my day job involves investigating people, and the Internet is one of my primary tools in doing so. We have made the decision to omit the surnames of our members mentioned in this newsletter in order to safeguard your privacy when this newsletter is published on our website. In cases where there may be confusion, initials are used. Have a great summer

-Brad



*Sarah, Nikki,  
Laura and John  
show off their new  
colours*

It is better to die  
on your feet  
than to live on  
your knees.

Dolores Ibarruri  
("La Pasionaria")

## Testing and Promotions

The testing conducted on June 19th was a **BLOCKBUSTER**, with 14 successful promotions:

Mikayla, Yellow stripe  
 Christian, Yellow stripe  
 Mykahla, Yellow stripe  
 Maddison, Yellow stripe  
 Damien, Yellow belt  
 Natalie B, Yellow belt  
 Molly, Yellow belt  
 Nikki, Yellow belt  
 Reid, Green stripe  
 Sarah, Yellow stripe  
 Stefani, Yellow Belt



And last but far from least, David B. promoted from Black stripe to First Degree Black Belt.

## Summer hours

This summer we will be returning to train in Confederation Park on Saturday mornings. Class for both children and adults will commence at 09:30 and last until 11:00. The meeting place will be at the parking lot accessible at the corner of 30th Avenue and 7th Street NW. In case of rain or temperatures under 10 degrees Celsius, class will be held at the club during the same hours.

Make sure to bring water to drink, bug spray, sun screen, and shoes that you can kick and run up hills in.



## Club Executive

The Club Executive is the dedicated group of volunteers that manages the business of running your club.

The Executive consists of:

President: Responsible for the overall guidance and administration of the club. Incumbent: Brad

Vice President: Assists the President in the day to day management of the club and also strategic direction. Incumbent: Jay

Secretary: Responsible for keeping the corporate records of the Society, including minutes of our general meetings and club communications. Incumbent: Bonita

Treasurer: Responsible for club finances, paying the bills, and collecting dues in partnership with the Membership Coordinator. Incumbent: Derek

### Membership Coordinator:

This position has two responsibilities. 1 ) Keeping up to date records of club membership, and; 2 ) Developing strategies to promote the club and expand membership. Incumbent: Nicole K

### Member-at-large/Webmaster:

Responsible for maintaining and developing the club website. Incumbent: David

### Member-at-large/Community involvement officer:

Responsible for developing the



*Angelo Speranza at Camp Gardner 2009*

## Summer camp

This Summer's training camp will take place starting in the evening of Friday, 06 August, and running until the afternoon of Sunday, 08 August. The location is Scouts Canada Camp Gardner, located 20 minutes west of Calgary in Bragg Creek. On Friday you may meet your

fellow campers, pitch tent, and prepare yourself for a grueling weekend of training. Activities will include obstacle courses for adults and kids, traditional Tae Kwon-Do and Systema training, plus amenities such as a swimming pool, and volleyball courts. Do not worry, there will

even be a few surprises.

You can also look forward to sharing a meal around a campfire and nursing your sore muscles with your training partners at the end of the day.

## Family Safety (submitted by Bryan S.)

Long weekends often include outdoor summer fun and adventure for most Canadians and means camping, swimming, boating and fun in the sun. While all these activities create lasting summer memories, they all share the potential for injury. If you're heading out to camp or just relaxing at home consider these important safety tips.

### Camping:

- Always bring a basic first aid kit which includes treatment for food and insect allergies
- Keep sand or water near the campfire to put it out
- Never approach wild animals
- Pay attention to weather conditions, they can change very quickly
- Never hike alone and always take plenty of water, snacks, matches and a flashlight
- Protect yourself and your family from bug bites, use insect repellents that contain DEET.

### Swimming:

*For people between the ages of 5 – 24, drowning is the second leading cause of accidental death!*

- Buddy up always swim with a partner, every time, whether in the backyard or at the lake.
- Know your limits, especially when friends are challenging you
- Swim in safe areas only, swimming in an open body of water is different than in a pool
- Supervise your children, adult supervision is their best protection when swimming.

### Boating:

- Lifejackets, always wear a lifejacket or personal flotation device
- Boat sober, it's the water smart choice, water and alcohol don't mix
- Drive your powerboat or PWC (Personal Water Craft) responsibly
- Never stand up in a small water craft and don't overload.

*For people between the ages of 5—24, drowning is the second leading cause of accidental death!*

### Driving:

- Keep your hands on the wheel and your mind on the road
- Stay alert and take regular breaks
- If your going to drink, don't drive
- Buckle-up, ensure everyone is buckled up in an age-appropriate restraint.

## Fun in the Sun:

*Many people will be spending time outdoors basking in the sun. While seeming harmless, too much time spent in direct sunlight is not healthy.*

- Dress in light, loose clothing and wear a hat
- Wear sunglasses and apply an SPF 30+ sunscreen to exposed skin
- Avoid being outdoors in the hottest part of the day
- Drink plenty of cool fluids, but avoid caffeine and alcohol
- Don't leave children or animals unattended in the car, even for a few minutes.

Enjoy weekends and use common sense when participating in your outdoor activities, always be prepared for the unexpected, don't take unnecessary chances and **THINK** before you act.

## Safety Links:

- <http://www.smart-camping-guide.com/index.html>
- <http://www.lifesaving.org/index.php>
- <http://boatsafe.com/nauticalknowhow/safetips.htm>
- [http://www.saferoads.com/safety/community\\_audio.html](http://www.saferoads.com/safety/community_audio.html)

We would like to welcome the following new members to Tecumseh:

Sarah and Nikki, Stefani, Paul V., Mikayla and Damien W, Natalie B. (returning after an extended absence), Molly, Mykahla T., Christian, Dan, Paula, Simon, and Xavier, and Kevin, Rebecca and Dawson

*Excellence is not an act...It's a  
Habit*

*-Aristotle*

## July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <i>FAST ground fighting</i>
4	5	6	7	8	9 <i>Stampede Parade</i>	10 <i>Training in Park begins</i>
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## August 2010

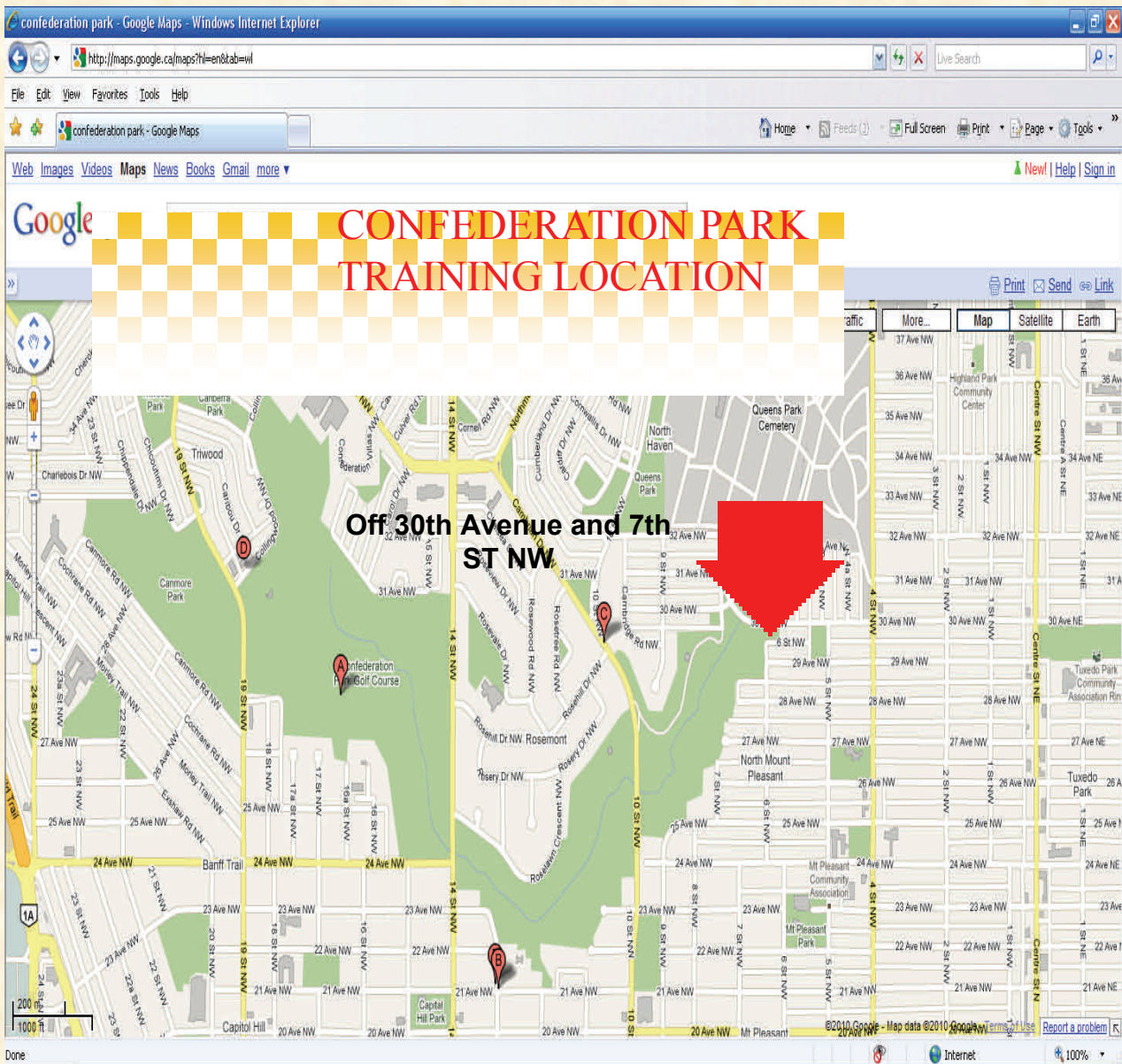
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Holiday, no class</i>	3	4	5	6 <i>Camp Gardner</i>	7 <i>Camp Gardner</i>
8 <i>Camp Gardner</i>	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# TOURNAMENT CONGRATULATIONS

CONGRATULATIONS TO PAUL K, NICOLE K, LAURA , JASON , NATALIE S, SARAH AND NIKKI K FOR PARTICIPATING. YOU DID THE CLUB PROUD. WE CAME HOME WITH:

- 3 GOLDL MEDALS
- 3 SILVER MEDALS
- 3 BRONZE MEDALS

**And a lot of good memories**



## COMMUNITY ACTIVITES

One of Tecumseh's recent initiatives has been our increased involvement in the community. Our most popular so far has been our ongoing commitment to undertake a Saturday lunch service at the Calgary Drop-In Centre.

In addition to allowing us to "give back," it is an excellent opportunity to expose our younger members to the other side of life in Calgary, one from which they are thankfully sheltered. These events also give members and their families and friends the opportunity to work as a team and get to know each other outside of the hierarchical environment of the do-jang.

We also assisted in putting together toy boxes for the Salvation Army Christmas Toy Drive last year.

Our thanks go out to Kerry D-M for pioneering our community involvement program. She has since relinquished her Member-at-large/Community Involvement Officer position with the executive, and we are searching for a replacement, to be selected at the next club meeting. Whoever takes over this position will have a tough act to follow.



*Image courtesy of [themsmarterwallet.com](http://themsmarterwallet.com)*

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*Courtesy*

*Integrity*

*Perseverance*

*Self Control*

*Indomitable Spirit*

*The Tecumseh Tae Kwon-Do Society is a non-profit society in the province of Alberta incorporated in 1984. We are committed to providing quality instruction in traditional Tae Kwon-Do, and effective self defense for children and adults no matter what the origin.*

#### STUDENT OATH

I shall observe the tenets of Tae Kwon-do

I shall respect my instructors and seniors

I shall never misuse Tae Kwon-Do

I shall be a champion of freedom and justice

I shall build a more peaceful world