

Spirit Roundhouse Report - March 2008

Here's a question for you:

Would you attempt a cross-country drive without a single gallon of gas in your car's tank?

At the risk of stating the obvious, nobody in their right mind would try to take a trip in a vehicle that lacks fuel!

Then, why, OH WHY, do so many of us attempt one of the world's most difficult endeavours without any fuel???

Perhaps rocket scientists or brain surgeons may argue that their job is harder, but I beg to differ: Parenting children in this day and age has got to be the most challenging (and, hopefully, rewarding!) job in the world.

Just like the minivan without gas, or the Everest-climber missing his equipment, or my son's remote-controlled car without batteries - we parents cannot accomplish much when we are running on empty.

Have you snapped at your child lately or otherwise demonstrated an undisciplined lack of patience? (Yup, me too...)

The vast majority of the times that we 'slipped' we were tired, hungry, angry, or otherwise disturbed.

That's a reason, not an excuse!

Now, that doesn't mean that we have free reign to yell at our kids just because we're stressed out!

What it does mean is that we MUST take responsibility for our irritability and impatience.

How can a harried, exhausted mom expect to serve dinner with the same serenity as a relaxed, content dad?

Now that we have established that parents must be 'fuelled-up' in order to raise their small souls, what type of 'gasoline' ought to be used?

Well, there's a choice at the pump: 87, 89, or 93!

Fuel 87) Physical exercise

Paradoxically as it may seem, exercise actually gives you more energy. Endorphins, the 'feel-good' hormones, are released for sixteen hours after your work out. Think of exercise as the natural alternative to Prozac- it just makes you happier and calmer!

Be a better parent- an extraordinarily, fabulously more effective parent this year- and add 30-NON-

NEGOTIABLE minutes of exercise to your day, every day!

If you absolutely don't have time, make the time! Turn it into an activity that involves your children. Try a dance or aerobics DVD with your child - my kids love to jump and laugh along with me! All youngsters love stability balls, light dumbbells, and steppers!

Fuel 89) Friendship

As a busy parent, you are quite concerned about your child's social life, birthday parties, and never-ending play-dates.

However, when was the last time you scheduled a grown-up play-date?

Having frequent contact with good friends will improve your physical and emotional health, and breathe a fresh ray of sunshine into your daily life.

MEET A FRIEND this week, and watch out for that extra bounce in your step!

Fuel 93) Get a Hobby

Before you skip this section because you think you do not have any hobbies, you can replace the title with "stuff I like".

There's a good chance that you spend an enormous amount of time, money, and energy providing things that your child likes, while you forget about what YOU like!

When was the last time you played your favourite sport, created a beloved craft project, or read a good book? Try to recall the activities that gave you a 'high' before you were a parent, and then schedule them back into your life; it will transform you into a new-and-improved parent.

So, there you have it - all the 'gas' that a mom or dad needs, just to turn the ignition and begin the journey.

Just as nobody experiences guilt when they gas up their car for a trip, there ought not be any feelings of guilt when you take the time to fulfill your own needs!

Ellen Braun (Raising small souls)

I found this article and thought it would be a good one to share with all you TKD parents out there.

See you in Class!!

Master Thai N. Le

Upcoming Events

March

9th – Daylight Savings Time Begins – Remember spring forward and hour

14th – Registration deadline for Jr. Nationals – this means you – Bill, Lucas, Nathaniel, Paul and Steven – Train hard and good luck

21st – 24th – Easter Extra Long Weekend – No classes

27th – Registration deadline to register for promotion test

28th – Promotion Test @ 6 pm – Doors open @ 5:30 for self-practice

29th – S.T.A.R. Pub night and Silent Auction at Finnegan's Pub

April

4th – Kee's Canada Cup – Good Luck Color Belts

5th – Junior Nationals Division B & C – Good Luck Lucas, Nathaniel and Paul

6th – Junior Team Trials Division A – Good Luck Bill and Steven

S.T.A.R. NEWS

Have you been hearing and/or reading a lot about S.T.A.R. but don't know who we are??

S.T.A.R. (Spirit Taekwondo Athletic Rewards Foundation) is a non-profit, provincial charitable organization. Founded in 2000, S.T.A.R.'s mandate is to assist Taekwondo students in their continuing development within the sport; whether it is to participate in tournaments, attend courses, purchase new equipment or help in attaining black belt status S.T.A.R., is there to support its members.

How do you become a member of S.T.A.R.?

Every member enrolled at Spirit Taekwondo along with parents, automatically becomes a S.T.A.R. member. There are no membership costs or annual fees associated with joining S.T.A.R. As a member, however, you are expected to assist in our fundraising efforts. Much of our resources are a direct result of our fundraisers. We also occasionally receive government grants to support our non-profit organization.

Every member is entitled to funding. Time and effort spent in helping S.T.A.R., whether it is through purchasing raffle tickets, participating in Events, Break-a-thons or donating your time to S.T.A.R. activities, is what ultimately determines your eligibility in receiving funding.

Application forms for funding are available at the office. Because of our limited resources, funding is usually restricted to 50% of the actual costs up to a maximum of \$250. Applications are also limited to 2 per year/member.

Become involved TODAY!! We are YOUR non-profit organization

Pub Night and Silent Auction

There are a number of things that you can help out with still to make this a successful event. This is one of our biggest fundraisers for the year and we need you to make it a great success. Please see a S.T.A.R. rep for more details.

- We still need donations for the auction. We have lots of great items so far, but the more we can get the better.
- We still need you to help sell tickets. We have 300 tickets to sell and all the profits from the tickets stay with us.
- We still need volunteers to help out though out the evening.
- We need you to come out and have a good time with us!