



# The East Valley Kicker

“Man and society are interdependent, hence the quality of man’s behavior as an individual and as a participant in his society is inseparable.” – Dalai Lama

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## MARCH 2017

### T-SHIRTS

After Spring Camp training, and as of March 4th, we anticipate having a limited number of extra dojo t-shirts available in all sizes. They are \$20 each including tax, and will be sold on a first-come, first-served basis.

### POTLUCK SAT. 3/4 7:00 PM

ALL dojo families are invited to join us for a potluck dinner at the dojo. Bring the whole family and a dish to share, for a relaxing time with your dojo family. Sign up on the bulletin board.



*The East Valley Kicker* is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:

Kirk Gauger,

Renshi, 5th Dan &

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Renshi, 5th Dan

## NO PERSON IS AN ISLAND

by Jenifer Tull-Gauger

Have you ever had a message, the same message, that keeps coming to you from various sources? Occasionally I will have that experience, where the same subject or point is made to me from different people or things, over a few weeks. When that happens, it’s time to take notice, and see if you can apply the message to your life.

I have recently had this experience. One way I heard this message was on a podcast interview with Peter Bane who said, “By taking care of our larger ‘selves’—our families, our neighborhoods, our communities, the ecosystems around us—we take care of ourselves, of our personal needs: we ensure that they’ll be met over the long cycle.”

Another way this came to me with a good analogy was on a Youtube video. I don’t remember the fine details, but I remember the gist of it. The point was, when you are a part of a group, you must put aside your own personal good in order to contribute to the

good of the group as a whole.

Imagine a young children’s soccer team. They are expending a lot of energy, and have busy families. So for the good of the group, the parents/coach decide that each family will take turns supplying snacks for the whole team. Imagine you are one of these parents and it’s your turn to bring a snack. You will have to invest some of your own money and time to purchase and prepare the snack.

It’s been a long, arduous day. You just want to go home and relax. But you still need to slice the oranges. And you open the door only to find that the dog has made a mess of the house while you were gone. (Imagine whatever mess you want. [It should be stinky.]) But you are a busy parent, and you only have enough time to either clean up the mess (let’s just say there’s trash strewn about [it doesn’t have to be grosser than that]) or to prepare oranges. Your kid is finishing his/her homework and getting dressed

out. Nobody else is there to help. You notice some bills that you need to pay are ripped/chewed and mixed with the trash! You have to put aside your own needs at that time, so that you can prepare and supply the snack, for the good of the group. They are relying on you to do so.

You don’t have to permanently put all your time, efforts and money into the team. But it does take commitment and sacrifice to be a part of a group. The more members who recognize this, and who commit and sacrifice, and follow through when their people are counting on them (despite their own wants and needs at the time), the stronger the group will be. The stronger an organization is, the more it is able to be a benefit to each and every member and their family.

Our dojo is such a group. As it has become smaller, we rely more on each and every member to commit, contribute and support the whole.

FEB. WEAPON: *kama, tan bo*

(Apr.: bo, jo)

FOCUS: *Respect*



# March 2017

RENSHIS' CELL: (480) 330-8886

**NEW Bo or Jo**

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Certificate Ceremony &amp; Testing</b> takes place the last Saturday of the month, except holidays. Every Saturday, class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.</p>			1	2	3 Spring Camp 6:30-8:30 pm. Regular classes cancelled.	4 Spring Camp 9 am, Potluck Dinner 7 pm. Regular classes cancelled.
5 Spring Camp Black Belt Training time T.B.D..	6	7	8	9	10 BBC 7:30 (No 7:30 Adults today)	11 Black Belt Instructors Meeting 10:10 am.
12	13	14	15	16	17 No classes, dojo closed today for a Spring Break. <i>Gauger Renshi's B-day</i> <i>St. Patrick's Day</i>	18
19	20	21	22	23	24	25 Certificate Ceremony & Test* 10:10am.
26	27	28	29	30	31	

\* = Wear full formal gi / uniform. + = Takes place at other location.