

INSIGHT

Shaolin Kung Fu Studios Medford Kwoon Newsletter

Vol 4 Issue 1

May 2007

Looking Inward

By Shih Fu Mike Evans

When people ask me what this martial arts stuff is really all about, very often the answer that comes up is, "Perfection of character." What exactly do we mean by this? Well, in a nutshell, we are asking the students to stop looking outward, and start looking inward; looking for both their strengths and weaknesses in order to reinforce the former while bolstering or eliminating the latter. This concept works on a group level as well as a personal one. As each individual makes his or her own progress, the egreore of the student body also develops its own set of strengths and weaknesses. One of the ways we build a stronger school is by taking advantage of the abilities of the members who have dedicated themselves to its well being.

INSIGHT has been a project of mine that has gone through various incarnations in an attempt to bring a source of learning and information to those searching for something more. In the past, this effort has met with varying levels of success and failure, and each time I have learned from my mistakes. I believe that our school is now at one of its

strongest points since I inherited it from my Teacher in 1999. We have strong students with open minds, we have a great group of parents who are willing to help, and I have been blessed with a staff who goes above and beyond with their time and dedication.



Having considered all of this in my meditations, I have realized that this is perhaps a good time to breathe new life into an old project. Thus, I have (hopefully permanently) abandoned the prepackaged Martial Arts messenger which was provided to us by Member Solutions (our billing company) in favor resurrecting INSIGHT in its fourth volume. In order to make this attempt successful, we will have to draw upon the egreore we have created. "What the heck are you talking about?" you might be asking... well, I'm glad you asked!

Each of us has something to share, something that no one else has. Each of us also has something we'd like to learn, that has not yet been covered in class. So, here is my request to each of you: participate. In order for INSIGHT to succeed, it needs compelling articles. Do you have some-

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Leading By Example

By Ron & Rebecca King

Aren't children amazing? How often have we sat and observed our children at play, or during any other social interaction, then made comment when we heard or saw them do something familiar with, "Now where do you suppose that comes from?" We see in our children very often ourselves. Which springs forth the often-heard quote, "The apple doesn't fall far from the tree." And when we see or hear a behavior that may strike us as bizarre, funny, odd, or just plain WHAT!?! , then that's when the finger pointing begins with, "That's from your side of the family." Or, "Did you use to do that when you were a kid?" Yes, children are amazing; in the way they grow, learn, and absorb influences from their surroundings. Their sponge-like brains soak-up virtually everything they see and hear. This is where the most challenging part of parenting comes into play.

By definition a parent is: a guardian a source or cause, one who nurtures. We are creatures of habit and learning. We grow and learn to interact in society as our needs and upbringing dictate. Our children, (frightening as it may seem) will also grow and learn as we did. The very first role models our children have in life are us. As parents we are

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When Tradition Meets Technology

In these modern times, society prizes knowledge and information above all else... except perhaps the convenience with which one can access that information. Until recently, our website has functioned merely as a corporate outlet, allowing prospective members to do a little research on our organization before they joined. However, the

*Shaolin
Kung Fu Studios
Online:
www.NotKarate.com*

following thought occurred to us: "Why should someone who has not yet joined our family have greater access to us than those already here?" The simple truth is: they shouldn't.

So, with the help of Paul Destefano, we have begun a revamp of our online presence in order to provide students with greater access to the knowledge base within our system. While Paul is working behind the scenes on new and innovative design concepts, we have also been adding new content to our existing site. In the past months we have added a library section, includ-

ing texts, videos, articles, and much more, as well as updating our Members Only section with links to the various online resources available to our student body. In the near future, our goal is to add a password protected Members Only section to replace the one currently available, which will then allow us to upload things such as online streaming video mini-lessons.

One feature that is fully functional is the NotKarate email. Any student or family member may sign up for an email address with the Not Karate domain:

yourname@NotKarate.com

This email address can either be set up to simply forward to your existing mailbox, or you can have a complete webmail account created which you can check from any internet capable computer. If you would like to have a NotKarate email address set up, please see us in the office.

Make sure you check the site often to take advantage of all of the new content, and if you have any suggestions or ideas, please feel free to let us know!

Looking Inward...cont.

thing you'd like to share? Write an article about it. It doesn't have to be long, just enough to get people thinking. Do you have something you'd like to learn about? Suggest the topic and we'll do the work. Do you have an inspirational story to tell? You'll never know who is on the beginning of the path you've already traveled unless you share! Do you have a business to promote? I would much rather keep the money within my extended family!

To this end, I have created a new email address to which you can send your stories, ideas, and comments: Insight@NotKarate.com. Feel free to make suggestions, leave feedback, or send items for publication. I look forward to hearing from all of you as we begin this journey together. By sharing, we gain insight into what our strengths and weaknesses truly are, and what exactly we may do about it.

~ Ping An

Leading cont.

given the incredible privilege of being the child's first teachers, and we are charged with influencing them in a way that will shape their lives forever.

Whether or not we are aware of it at any given time, our children are watching us. Every day as we go forth in our daily tasks of shopping, going to the park, a ball game, a social gathering at the school, or after school activities, wherever we bring them along, as we interact with others, we, as parents, are being observed

by our children. Our children are not born knowing how to interact with others, this they learn from us. As parents *we* are the teachers, *we* are the social directors for their lives, *we* are the influences that will shape how they act and react to the social interactions that they will face today and in their futures.

As the tree nourishes and shapes the fruit, so we to shape our children's lives. When you show respect they learn respect, when you show disdain they learn disdain, patience teaches patience,

tolerance and so it goes throughout their young parental influences lives. The positive qualities that are needed, (but often time found lacking) in today's society can be- ing with our children. We, as parents, have that ability within ourselves to demonstrate positive character-building qualities in our daily social interactions, even when at home in how we interact within our family lives. As with any normal, loving, caring, concerned parent, the one thing we do not want, is to bear sour fruit.

Health Kick

One Fish, Two Fish

By Jennifer G. Galea MS RD

You probably already know the numerous health benefits of incorporating fish into your diet. The benefits to the cardiovascular system (heart and circulation) have been widely touted. And now there is mounting evidence supporting the role of omega 3 fatty acids (such as those found in fish) in preserving cognitive function in older adults, improving mood, and even relieving inflammatory conditions.

While all these benefits are compelling reasons to consume fish (not fried) the recommended two times per week, recently the media has been filled with warnings of potential contaminants, such as mercury and dioxins. Two new reports have been published that put these warnings in perspective; a report from the federal Institute of Medicine and another from the Harvard Medical School. Both conclude that the health benefits of fish far outweigh any potential risk. The most important rule you can follow in minimizing risk is to eat a variety of fish each month. For example, if you eat tuna as your first weekly fish meal, select cod for your second fish meal of the week. The recommendation is to eat fish no more than three times per week (two is better), and to consume a four- to six-ounce portion at each of those meals.

Although the writers of these reports didn't want to create "good fish" lists and "bad fish" lists, preferring to emphasize the importance of variety, there are other groups, such as www.oceansalive.org, that provide more detailed information about contamination, and groups such as EcoFish (www.EcoFish.com) and Seafood Safe (www.seafoodsafesafe.com) that identify sustainable fisheries that do not contain unsafe levels of contaminants.

Following are some basic guidelines that will help point you in the right direction:

Eat only six ounces of tuna per week, and make sure canned tuna is light, not white albacore. Avoid fish that is known to be high in mercury, such as swordfish, tilefish, shark and king mackerel. Choose wild salmon if available. Check the country of origin of farmed salmon: the safest farmed salmon comes from Chile (and other South American countries), Canada and the US. Canned salmon (made from wild chum, Coho, and sockeye salmon) is an option, as most of it is wild and inexpensive.



Women who are pregnant or may become pregnant, and young children, should eat farmed salmon no more than once per month. Fatty fish lower in the food chain, such as sardines, herring, and anchovies, are good choices. Some other good fish choices, that are both low in contaminants and high in heart healthy omega-3 fatty acids, are mackerel, striped bass (farmed), and sablefish (also called black cod).

You can prepare fish in a way that decreases the amount of PCB's (polychlorinated biphenyls, a common contaminant) that you consume. Remove the skin and the fat beneath the skin (where the pollutants are more concentrated) prior to cooking. Broil, bake or grill the fish on a rack. Don't use batter or breading, which traps the fat. Note that none of these cooking techniques affect the amount of mercury contamination.

Around the Wu Guan

In coming issues, the last page of the newsletter will be reserved for events and announcements of interest to the extended family of the Shaolin Kung Fu Studios. These will include important dates, event info, classifieds, etc. If you have a business that you'd like to promote, please let us know and we'll list it free of charge in the classified section. Enjoy!

Classifieds

Massage Therapy — Tao of Massage (Laoshih Mark) 631-294-5261

Acupuncture — Therapeutic Alternatives (Don Carey-Shaw) 631-654-3438

Flute and Bassoon Lessons — (Sijie Andrea) Sijie@NotKarate.com

Web Design — (Paul D) GeosphereMusic@Aol.com

Fine Dining — Trio at the Holbrook Country Club (Kevin Stahl) www.TrioFineFood.com

New on NotKarate.com:

The new website is up! Check out www.NotKarate.com to see what Paul has been working on for us. While there is still plenty more to come, here are some of the features that have already been added:

Cafepress - [In the Members Only section] Shaolin Kung Fu Studios clothing and gifts. Everything from aprons to mugs to t-shirts!

Reading List - [In the Members Only section] Recommended reading for students of all ages. In the near future, some of these titles will be assigned as required reading for various sash levels... get a head start now!

Get Your NotKarate Email Address - [In the Members Only section] Get a custom email address with the NotKarate domain (For example: youname@NotKarate.com). There are two types available: a full web-based email account, or an auto-forwarding address which will forward all incoming mail to your existing email address. See Shihfu for further details.

SKFS Web Forum - [In the Mebers Only section] Chat, post , and meet members from all four schools in our new online forum. While the old Yahoo group will still remain active, this new venue provides for greater ease of use and better features. Remember, the more you participate, the more there is for everyone to enjoy.

Digital Insight - [In the Library] Along with all of the other content that is being posted in this area, you can find both the latest issue of INSIGHT, as well as back issues of INSIGHT and the retired Martial Arts messenger.

Sash Testing

As always, stripe testing for the kids classes will be held every first and third Monday of each month. Starting the week of May 14th, we will be holding testing for all eligible candidates, both children and adults, to be concluded by May22nd. Once all candidates have had a chance to complete their tests, a sash ceremony will be scheduled at which those who pass will be awarded their new sash.