

Shotokan Tigers Hold First Tournament

The Great Village Shotokan Tigers held the 1st Annual Great Village Karate Tournament on Nov. 30th at Great Village Elementary Gymnasium. (Harrington Photos)



Waiting for their turn were: Sierra McLellan, Brooklyn Robichaud, Maia Sloan, Danielle Donkin, Cassidy Verheul, Emma Donkin, Jessie Little, Jasmin Atkinson and Olivia Murphy.

By Linda Harrington

The Great Village Shotokan Tigers held the 1st Annual Great Village Karate Tournament on Nov. 30th at Great Village Elementary Gymnasium.

There were 26 participants ranging in age from 6 to 50 years young. The club hopes that this tournament is the first of many. A good time was had by all. Thank you is extended to the judges Chris Vincent, Jeff Maluske, Madison Forbes, Vicki McLean, Alison McLean, Daniel Faber, Scott Faber & Galen MacKay. Special thanks to Senseis Mark McNutt and Peter Steele.

Karate has been held for approximately 12 years in

Great Village. It started at Faith Baptist Church and about 4 years ago moved to its present location at the Great Village gymnasium. New members, age 5 and up, are always welcome. Meetings are held each Tuesday and Thursday from 7-8:15 PM.

The club is free to join. The only fees are for grading (\$10), which usually happens twice a year, once in December and once in June. Belts are also \$10. A karate uniform, called a gi, usually runs about \$30 to \$40, or they can be obtained second hand.

Please contact Ian Forbes (uncaian@hotmail.com or Facebook) for more information.



Ali Hakim and Kevin Johnson in a White Belt Kumite (Sparring).



Karen Boyd and Mike Patriquin performing Heian Shodan Kata.



Jackie Murphy and Luke Dillman performing Heian Nidan, with Judge Chris Vincent (seated).



Cassidy Verheul and Jasmin Atkinson in an Orange Belt Kumite (Sparring)

Rethinking Throwing out the Paper

By Christine Urquhart

As we get closer and closer to the big "opening of the gifts" maybe it is time to rethink our "throw out the paper" to "let's recycle the paper". I remember my grandmother ironing Christmas and birthday paper and storing it away in a large wooden trunk in our attic. Small boxes, tissue paper, ribbon and bows also went into this trunk and come time to wrap up a gift of any sort you could find all you needed to do so without the extra cost.

I still save my paper if at all possible and fold it carefully; mind you I don't iron it! I reuse it; most of it is so pretty

it seems a shame to just toss it out. I also keep the ribbons and bows! Gift bags are great to use and keep and all of this "saving" keeps that unrecyclable paper out of our landfills, to say nothing of how much money we can save by doing this.

A small plastic tote or a medium sized cardboard box will keep your used paper in good shape to be reused next year.

Let's start a new tradition by redoing an old tradition! Let's save our wrapping paper and our ribbons and bows and gift bags. Let's save money and our planet.

Hitting the Highway Not the Wildlife

By Christine Urquhart

Reduce the risk of hitting an animal with your vehicle. It can happen in an instant. You're driving along a scenic highway early in the evening, when suddenly a deer lurches out onto the road in front of your car. You slow down and the deer leaps across the road to safety, or, if you are one of the thousands of Canadians each year who are not so fortunate, you hit the animal with your vehicle.

Never believe that there is only one deer! Usually they travel in groups so if you see one deer, watch out for others! November is a high risk period for wildlife collisions. Slow down in areas with heavy brush or trees, keep an

eye on the ditch as well as the road, and always have your headlights on.

If you are unfortunate enough to hit a deer, stay in your car and call 911. You may be hurt, your car may be hurt and the deer may be only hurt. Believe it or not, a deer can do a lot of damage to a human being if it is injured and afraid. Often deer move around during the cold to keep warm, and during hunting season they are already spooked by the presence of hunters in the woods.

Never face down an angry deer; they have been known to severely injure a human being. They may look "cute" but remember they are wild animals.



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