



Kicking News



4464 – 97street, Edmonton, (780) 413 – 4009

www.elite-tkd.com

JULY 2006

Instructor's Corner

“Elite’s 8 weeks of Kindness’

During the summer we usually slow down, people take time off, go on vacation etc. This summer I challenge the students to try something new.

I am challenging you to try and perform a random act of kindness to a stranger, neighbor, anybody but your family (we should be performing acts of kindness daily to them anyhow.) I am calling this “Elite’s 8 weeks of kindness”.

How does this work??? Each week we will give each student, who would like to participate, 5 kindness cards. Each time you perform an act of kindness you give the person a card, if the person calls us to thank us for your effort you will get a checkmark on our checklist. If you get three checkmarks on your name in one week then you qualify to go on an outing with one of our Instructors.

Each Friday for the summer we will be planning events to reward those children who receive the three checkmarks. If you maintain three checkmarks every week for the whole summer you win a Professional embroidered uniform. Easy as that.

It takes 21 days to form a good habit, imagine if all our students could keep this up for the summer. Wow!! Performing acts of kindness as a habit!! If any of the adult class wishes to participate you are more than welcome too.

Good luck and keep training.

Master Steve Bartley

Break-a-thon News

Our new Start board members kicked off their new term by organizing a hugely successful break-a-thon raising \$10,000 for the Cross Cancer Institute.

The future of S.T.A.R.T has never looked brighter. Congratulations to everybody for a job well done.

And to the anonymous donor who enabled us to raise enough money to shave my head, Thanks!!!!



UPCOMING EVENTS

July 2006

July 3rd – Classes Cancelled, Have a good Canada Day Long weekend!

July 10-14 - Summer camp (FULL)

July 24-28 - Summer camp (Filling up fast)

July 28 – Elite Taekwondo Edmonton Promotion Test

July 29 – Grappling Seminar with Josh Russell of the Gracie Barra School

August 2006

August 7 – Classes Cancelled – Civic Holiday

August – Black Belt class TBA

August – Waterpark workout TBA

Grappling Seminar

Head Instructor Josh Russell received his training at the world famous Gracie Barra Academy in Rio de Janeiro, Brazil.

This Seminar will be on July 29th from 10:00am to 2:00pm at Elite Taekwondo Edmonton. He will be training Basic and Advanced ground fighting.

Only 30 people will be allowed to participate, cost is \$50/person.

Please see the office to register.

START NEWS

There will be a START Meeting on July 6th, 5.30pm at the gym. We will be brainstorming about summer fundraising ideas and hopefully appointing a new treasurer.

Thanks again for everyone's hard effort in making the break-a-thon a great success.

ELITE TAEKWONDO SUMMER CAMPS WHAT'S IT ALL ABOUT?

- Who?** Ages 6 to 11yrs old
- What?** **Two field trips** – swimming, Movies, Bowling, Laser tag **PLUS games, fun and Taekwondo**
- Why?** **Excellent** opportunity for your child to improve in all aspects of their training
- How?** Full day and half day summer camps available
- \$99/week – 8:30am – 4:30pm
 - \$60/week – 8:30am-12:00pm **OR** 12:00pm-4:30pm
 - \$25 non-refundable deposit required to hold spot
 - Minimum of 10 children needed to run a camp
- When?** July 10th to July 14th (FULL)
July 24th to July 28th (Filling up fast – Get your registration in to guarantee you spot)
- What to Bring???**
- Uniform
 - Appropriate clothing for the day's activities
 - **Nut free!** Nutritious snacks for morning and afternoon
 - Lunch + Drinks (Don't forget water!)
 - Great Attitude!!

THE BEST WAY TO SPEND LONG SUMMER DAYS

SPARRING TEAM UPDATE

In case you have not seen the poster up in the gym, you will be pleased to know that Elite Taekwondo Edmonton was well represented in the Junior Nationals and Kees Canada Cup. Our sparring team members traveled to Saskatoon, Saskatchewan at the beginning of June.

Please join us in congratulating the following members for their hard work and determination.

Congratulations to Azra Tufek for her Gold Medal placing for Poomse and Bronze Medal placing for Sparring in the 2006 Junior Nationals held in Saskatoon, Saskatchewan June 3-4.

Also representing Elite Taekwondo Edmonton in Junior Nationals was Sam Morris, Jessica Wiles and Michael Myers.

Our children's sparring team competed in the Kees Canada Cup on June 2 also held in Saskatoon, Saskatchewan. Congratulations to the following for their Sparring placements:

Gold Medal: Kyle Klutke, Amani Jomha

Silver Medal: Janan Jomha, Kaitlyn Molo

Bronze Medal: Ashley Bates, Alana Bates and Mitchell Wiles

**To all of our Sparring Team Members,
Congratulations and hope to see you
in the Fall !!**



(Above – Azra Gold Medal in Poomse)



(Above – Azra Bronze Medal in Sparring)



(Above – Children’s Team with their trophies)

Subject: Preventive Maintenance on Identity Theft

ATTORNEY'S ADVICE-----NO CHARGE

A corporate attorney sent the following out to the employees in his company.

1. The next time you order checks have only your initials (instead of first name) and last name put on them. If someone takes your checkbook, they will not know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.
2. Do not sign the back of your credit cards. Instead, put "PHOTO ID REQUIRED."
3. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check-processing channels will not have access to it.
4. Put your work phone # on your checks instead of your home phone. If you have a PO Box, use that instead of your home address. If you do not have a PO Box, use your work address. Never have your SIN# printed on your checks, (DUH!). You can add it if it is necessary. However, if you have it printed, anyone can get it.
5. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. Also carry a photocopy of your passport when traveling either here or abroad. We have all heard horror stories about fraud that is committed on us in stealing a name, address, Social Insurance number, credit cards.
6. When you check out of a hotel that uses cards for! Keys (and they all seem to do that now), do not turn the "keys" in. Take them with you and destroy them. Those little cards have on them all

of the information you gave the hotel, including address and credit card numbers and expiration dates. Someone with a card reader, or employee of the hotel, can access all that information with no problem whatsoever. Unfortunately, as an attorney, I have first hand knowledge because my wallet was stolen last month. Within a week, the thief(s) ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer and received a PIN number from DMV to change my driving record information online. Here is some critical information to limit the damage in case this happens to you or someone you know:

1. We have been told we should cancel our credit cards immediately. The key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
2. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one). However, here is what perhaps most is! Important of all (I never even thought to do this.)
3. Call the three national credit reporting organizations immediately to place a fraud alert on your name and Social Insurance number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit. By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them dead in their tracks.

