

Two Pots

An elderly Chinese woman had two large pots, each hung on the ends of a pole, which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfections, and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years, I have been able to pick beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaw, but it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them. Have a great day and remember to smell the flowers and NEVER HAVE REGRETS!!!

Reminders

★The Saturday morning 9am Cardio Kicks class is available to students and their parents. Please come and enjoy a high energy workout!

★Buddy Days will now be every Saturday, be sure to pick up a permission sheet if you have a friend who would like to join you in a class

★Congratulations to all students who received their new belts on April 2nd. Awesome work!

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VIP Program
(4 weeks of classes plus uniform)

Martial Arts Trail Program Curriculum:

1. Respect for teachers and parents
2. Guidance on setting and achieving goals
3. Training to say 'NO!' to unhealthy peer pressure
4. Three exciting self defense techniques
5. Introduction to child emergency situations
6. Advice on 'How To Defeat The Bully Without Fighting'

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Collingwood Martial Arts Centre Fastbreaks Newsletter

www.collingwoodmartialarts.com

April 2005

Workplace Bully Busting

Remember your first paycheck and how it made you feel? The boost of confidence it gave you made you feel the sky was the limit; nothing could hold you back. Your self-esteem was high, you were excited to go to work each day and the people you worked with were like a second family. It was a win-win situation for everyone. Allowing a bully in the workplace could change all of that. We know about the effects of childhood bullying, but bullying in the workplace is now making the news and should be a concern addressed by all companies.

Sexual harassment is a form of bullying that has been addressed by most companies, but there are other forms of harassment that are just as damaging to employees' self-esteem and ultimately a company's bottom line. Adult bullies tend to have poor or non-existent social skills, and find satisfaction in their ability to attack and diminish the capable people around them. Many times a person being harassed is unsure of how to report bullying, because it seems so childish. However, if incidents are not reported, supervisors will not be able to show just cause and address the situation.

In addition to harassing workers, bullies poison the work environment with low morale,
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Quotes to Ponder

Every new adjustment is a crisis in self-esteem.
— Eric Hoffer

If you put a small value on yourself, rest assured that the world will not raise your price.
— Unknown

Let every man be respected as an individual and no man idolized.
— Albert Einstein

Nothing builds self-esteem and self-confidence like accomplishment.
— Thomas Carlyle

It's not the belt that makes a person, but the person that makes the belt.
— Unknown

Too many people over-value what they are not and undervalue what they are.
— Forbes, Malcolm S.

A child's conduct will reflect the ways of his parents.
— Arnold Lobel

Workplace Bully Busting

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fear, anger and depression. The employer pays for this in lost efficiency, absenteeism, stress-induced illness, high staff turnover and possible law suits. Unfortunately, as the nightly news often reports, it can also result in shootings or other severely violent behavior. The best precaution is to address the problem before it occurs. Talk to your human resources department and ask to have a committee draw up plans for reporting bullying behavior. Your company's employee handbook should identify bullying as unacceptable behavior, and have a confidential system in place for seriously investigating, recording and dealing with conflict as it occurs. Bullying is unprofessional and has no business in a workplace.

There are benefits for companies incorporating anti-bullying policies. Studies show by having a system in place for dealing with bullies, a company lowers its risk of law suits, has a more peaceful and productive workplace, influences better decisions to be made, employees have a higher self-esteem, less sick leave is used, there is higher staff retention and less administrative paperwork.

Everyone likes working in a safe environment with people that have a high self-esteem and are considerate of others. It is up to all of us to make that place a reality.

Congratulations to our four members who joined the Collingwood Martial Arts Black Belt family on April 2nd. Kathy Thompson, Jordan Usher, Garry Wiggins and Malcolm Manchester have made an awesome commitment to their training and were awarded their Black Belts at the special ceremony on Saturday. Well Done!!

April 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Cardio Kicks 9am Belt Ceremony
3	4	5	6	7	8	9 Cardio Kicks 9am
10	11	12 Weapons Class BBC Nunchaku MC Bo	13	12 14Weapons Class BBC Nunchaku MC Bo	15	16 Cardio Kicks 9am Demo Dream Team
17	18	19	20	21	22	23 Cardio Kicks 9am Demo Dream Team
24	25	26	27	28	29	30 Cardio Kicks 9am Demo Dream Team