

THE OKAMI KAI HOWLER



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Ladies Night

Monday February 28 is Ladies Night. Sensei will be teaching a class designed specifically for women 19 and older that focuses on physical fitness as well as self defense tactics. Start time for the class is **7:30pm** and all participants are invited to go out for some socializing with Senpai Darcie afterward. The price for the class is a minimum donation of \$5 per person that will be donated to the Multiple Sclerosis Society. Okami Kai members are also strongly urged to show up and take part. There is no need for advance registrations. Just arrive in comfortable clothing if you do not already own a gi and plan on having an enjoyable time.



Still Time For Valentines...For Now



This year's Valentine's Dinner will take place at the **Maples of Ballantrae restaurant on Sat. Feb. 12. at 7:30pm.** The original 14 reserved spots have been filled and reservations must now be placed by Sensei as they come in and be accepted by the Maples. Don't hesitate to let Sensei know that you wish to attend in order to ensure you have a seat for what looks to be a great dinner. A copy of the menu is on the student's bulletin board outside of the changerooms.

This event is for adults only but is not just for couples. Singles are also more than welcome.



Get Your Walking Papers

We will be entering our fifth team for the MS Society's supercities walk-a-thon on **Sunday April 17** and are currently looking for recruits as well as pledges.

You can join us by visiting the walk-a-thon's official website at www.supercitieswalk.com and click on 'Register Now'. Make sure you get on the Okami Kai team after you register. You can also ask Sensei to register you and he would be happy to do it for you.

Please contact us also if you would like to sponsor our team and arrangements will be made. You can sponsor Sensei online at the MS website.

As an incentive for Wolf Pack members, Sensei will be awarding 100 points for every member who commits to walking. He will also award 50 bonus points for every Wolf Pack member that convinces someone else to join our team. Full pledge sheets should also be shown to him as 1 point per pledge dollar will be awarded to each walker. Adults can donate their points to any wolf pack for each dollar that they raise also but the 100 point and 50 point bonuses will only be awarded to actual Wolf Pack members.

Calling All Action Stars!

Okami Kai will be developing a small video commercial that will be used okamikai.com as well as other places. We will be using video footage from classes as well as seminars. Please inform Sensei if you do not want your image to be used in the commercial.

We will be having a special session for anyone interested at the dojo on **Saturday March 5 at 2pm.** Anyone who wants to show their martial arts talent on film is welcome to attend.

Wolf Pack Report

Blue Pack 1025 points **Green Pack** 722 points **Red Pack** 590 points **Yellow Pack** 297 points