



## ***THE KICKSTARTER!*** ***October, 2020***

### ***IT'S ABOUT BEING THANKFUL***



It's so easy to get caught up in our own everyday struggles and challenges. The problem is that we might forget how much power we still have. We all have the power to make a difference in someone else's life. Even when struggling to overcome our own worries, stresses, and challenges, we all have the ability to help others. While huge contributions of time or money are wonderful, small acts of kindness can go a long way, and in some cases, cause a ripple effect that reaches far beyond our intended goal. It's a well known fact that when we look beyond ourselves and our own lives by contributing what we have (time, talent, or money) to others, not only do we make others feel good and enrich their lives, we do the same for ourselves. In this month of Thanksgiving, let's all really make an effort to be thankful for the blessings in our life, and set our sights on where we can make a difference to others.

A global pandemic that's effected absolutely every living soul on this planet is a spectacular time to reach out. We were recently notified that Modern Martial Arts is the chosen recipient of one person's "Pay It Forward" goal. See below for our shout-out and thank you!



## **CELEBRATING BIRTHDAYS IN OCTOBER!**

***Ava Sao  
Susann Englert  
Zahra Muscedere  
Stephanie Shaw  
Piper Craig  
Armaan Walia  
Rieley Hamilton  
Chase Foster  
Jakob Muscedere  
David Givan***

***Octavio Charron  
Callum Stronach  
Elmin Mujakovic  
Jasmine Yanoshita  
Hunter Gareau  
Nathan Desrochers  
Dirk Coolman  
Amy Tran  
Caleb Sisco***

***HAPPY BIRTHDAY!***

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### ***SHOUT-OUT and THANK YOU!***

We are incredibly humbled and honoured to have received an unexpected donation from Amber Mihm-Andrew, Mortgages By Amber, a Mortgage Agent with Dominion Lending Centres here in London! With a goal to help spread a little positivity, Amber decided to choose a local small business to support with a donation, and selected Modern Martial Arts.

We were surprised and extremely grateful for this thoughtful gesture. In a bid to "pay it forward" we will be using the \$200 we received from Amber toward the purchase of a new Wave Master (pictured below) for the kids at our studio.



Wave Master

***Thank you Amber!***

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**CHILDREN'S GRADINGS**

**Saturday, October 10th and 24th, 2020 @ 3:00 pm**  
**Tiger/Dragon/Beginners/Intermediate/Adv I, II, III**

**ADULT GRADINGS**

**Wednesday, October 21st, 2020 @ 8:00 pm**

**SENSEI SAYS**

While it's important to stay focused on your own goals, it's equally important to look outward and see where you can make a difference for others. At Modern Martial Arts we've always strived to do just that. It's more than a business for us; it's a community connection that really matters to both Melanie and I. When we were told about the donation from Amber, it was a reminder that we're all capable of not just giving back, but more importantly, "paying it forward", to improve the lives of others we connect with on a daily basis. As always, we're grateful for the support of our staff, students, and parents. We'll continue to do our best to continue being worthy of that support. ***HAPPY THANKSGIVING!***



***Melanie Stewart***  
***Owner***



***Steve Stewart***  
***Owner***

grat·i·tude  
'gradə,t(y)ood/

The quality of being  
thankful; readiness to  
show appreciation for  
and to return kindness.

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#LEADSTRONG