

News & Views

The official publication of the Baie d'Urfé Citizens' Association

Entre Nous

La publication officielle de l'Association des Résidents de Baie d'Urfé

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Festival d'Hiver de Baie d'Urfé!

Présenté par l'Association des
Résidents de Baie d'Urfé
Samedi, le 13 février, 2010
Calendrier des activités a l'intérieur

Baie d'Urfé Winterfest!

A Baie d'Urfé Citizens' Association Event
Saturday, February 13, 2010
See centrefold for Schedule of Events

As of February 2010, the Town of Baie-D'Urfé will be distributing its municipal newsletter by means of the News and Views.

En date de février 2010, la Ville de Baie-D'Urfé distribuera son bulletin municipal par l'entremise de la revue Entre-Nous.



Dazzling performance by the Red Barn Karate and Grappling club

Eighteen (18) members of the Baie d'Urfé Karate and Grappling club participated in the 'Kentokukan Koshiki Karate Fall Classic' organized by the Dawson College Karate club. There were close to one hundred and twenty five competitors from Ontario and Quebec competing in forms (Kata) and fighting (safety contact Karate using protective body and head gear). Competitors came from as far away as Toronto, London, Ottawa, Mirabel, St. Sophie and of course Baie d'Urfé and Montreal.

Our Red Barn team was composed of 7 children (under 10 years old), 8 teens (11+) and 3 adults. They managed to bring back 22 medals (5 Gold, 8 Silver and 9 Bronze) plus 7 fourth place finishes. **Seventeen out of our eighteen students reached the winner's podium either in forms or in fighting.** Two of our students won gold in the forms category (teens yellow belt and under and children's white belt). Three captured gold in the fighting division, winning the children's yellow belt and under, the teen brown belt and under and finally the most prestigious trophy of all, the teen black and brown belt fighting division – the toughest and most competitive division in the tournament circuit

Our outstanding athletes trained very hard for this provincial event under the watchful eye of their coach and head instructor Sensei George Manoli, who set the rigorous program and training method for our Red Barn competitors.

In 2010, we will be setting our sights towards the 'Toronto Open' and the 'Pan American Championships,' which are planned for March and May respectively. Along the way, our club plans to host our annual winter Karate camp as well as our in-house team tournament and family ball hockey game.

Children, teens or adults interested in empowering themselves with simulation oriented self-defense training or getting in shape by trying our Karate and grappling club can get more information by visiting our web site at www.manoli.ca or by calling Sensei George Manoli at (514) 328-4683.

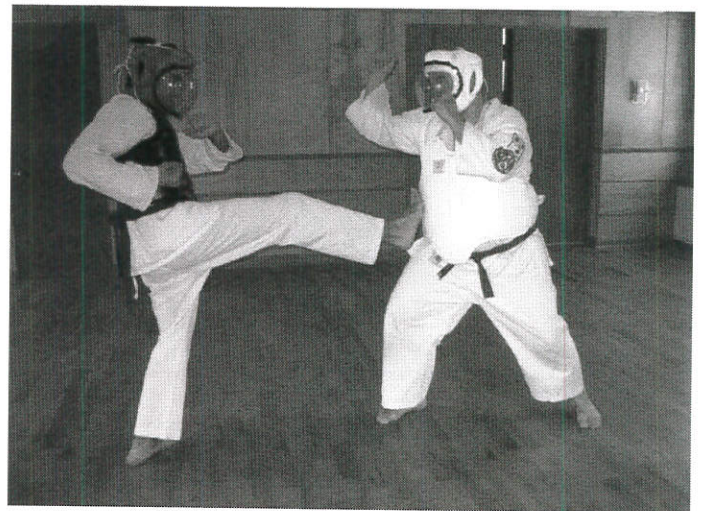
Children's street-proofing & women's self-defense workshops

Fourteen children between the ages of 6 to 12 gathered on the morning of November 29th at the Red Barn to participate in a **scenario-based, street-proofing workshop** with George Manoli and his assistant Robert Lyne. They covered such safety topics as: home alone, followed on the street, safety on public transportation, dealing with strangers and tricky people, calling 9-1-1, Internet safety, what to do if abducted, screaming,

getting help, and much, much more.

Following their discussion on prevention and personal safety, they concluded the morning with abduction simulations, putting into application the idea of making safe decisions and being Street Smart. Parents had the privilege of watching their children in action and kids had the chance to see what realistically works in a worst case abduction scenario.

After the children's workshop, fifteen women and teens participated in a dynamic, hands-on, no holds barred, **assault prevention workshop**. They learned practical, effective ways of asserting themselves and when confronted, to confidently stop the aggression or fight back using full force disabling responses against a fully padded George Manoli and Robert Lyne. They practiced clear verbal boundary setting and through these hands-on attacks, they developed the necessary mind set to deal with the fear, confusion and panic that regularly occurs during a violent confrontation. Our simulations covered scenarios dealing with home invasions, verbal harassment, victim brought to the ground, blindfolded/surprise attacks and much more.



Mr. Manoli is a police officer and has been teaching no-nonsense, women's self defense and Street Smart Kids for over 30 years. He is one of Montreal's leading authorities on personal safety issues and conducts small group classes and lectures as well as one-on-one assertiveness training and date rape prevention workshops in such schools as Villa Maria, Marie Clarac, Collège Laval and ECS.

A six hour hands-on women/teens self defense mini-course is scheduled at the Beaconsfield recreation centre on Thursday evenings from 8h 30 to 9h 30 pm starting February 4th.