

**OCTOBER 2021**

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**Sensei Dave Manara, Kudan**  
(9<sup>th</sup> Degree Black Belt)

**VICE PRESIDENT:**

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(8<sup>th</sup> Degree Black Belt)

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**SENIOR DIRECTOR & ADVISOR:**

**Ray Kennedy, Shichidan**  
(7<sup>th</sup> Degree Black Belt)

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**FOCUS EDITOR:**

**Robb Dods, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

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**DIRECTOR:**

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(6<sup>th</sup> Degree Black Belt)

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(6<sup>th</sup> Degree Black Belt)

**AMBASSADORS:**

**Steve Borda, Hachidan**  
**Ray Kennedy, Shichidan**  
**Ron Sheyan, Shichidan**

**INTRODUCTION**

**Happy 50<sup>th</sup> Anniversary of the Ryerson Club and the birth of the Toronto Wado-Kai Karate Club Ltd.** Sensei **Ray Kennedy** was the first to remind me that 50 years ago this month was when the journey began for all of us, as a result of **Sensei Dave Manara's** vision of a new university karate club that started it all. (I thought this was going to be a 'light' issue this month, but it is sure full of memories).

Some dojos are only just getting going, and some may not have opened yet; however, as you will see, training has continued and rankings have taken place. We also include a tribute to a lost comrade, Sensei **Michael Boisvert**.

With the lifting of restrictions varying by our club regions, each club head sensei will be enforcing the 'group gathering' requirements according to local authority restrictions. For instance, the Thornhill dojo just opened and everyone must be vaccinated and able to show proof of such to get into the Thornhill Community Centre.

Even with vaccinations happening globally, we are likely to see and experience a new 'normal' that will affect us all, and everyone is likely to be more careful and attentive about attending events, group gatherings, and the workplace. As at Thornhill, the public locations we attend are likely to be controlling how and who can enter buildings, at least until some undefined future time.

I think everyone is saying, 'I can't believe it is October already!' I know I really enjoyed the summer; and Monica and I were able to have a few vacations away from home, which really felt good to be FREE AGAIN! We have had some good, hot weather over the summer, but after the drought in May and June in Southern Ontario, we had some good rain as well that has resulted in the farmers' fields staying green through August and September. As I began putting together this issue at the beginning of October, there were only some trees just starting to show a hint of colour change for Autumn in my area. Climate change is certainly shifting the seasons here.

Be Smart; Play Safe; Heed Instructions to Keep Others Safe! Remember that masks are to protect everyone from you, as much as for your own safety.

Enjoy your read! > **EDITOR ROBB DODS**

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## CELEBRATING THE 50<sup>th</sup> ANNIVERSARY OF TWKK

In 2013, we celebrated Sensei Dave Manara's 50<sup>th</sup> anniversary since he began training in karate. This month, we are celebrating 50 years from when the first Ryerson University beginners' karate class took place in October 1971; and so, began a legacy we have all been a part of since in the Toronto Wado-Kai Karate Club.



**Sensei Dave Manara** shared his thoughts about the early days and the growth of the organisation:

'In 1971, I was a young first-year engineering student. I was teaching karate classes at the University of Toronto's Mississauga campus when the Ryerson Athletic Director, Bob Fullerton, having found that U of T had a Karate program, contacted me for a meeting to discuss a program for Ryerson; and the rest is history. The program got its start with 104 students registered! We also had as students the Athletic director, two Deans, and one Ryerson Vice President, and several had their family members join as well. I was required to charge for the classes, so I had a nominal fee to begin with, of \$8 a month.

'Wow, what a start! Many beginners dropped out after the first month as they realised the easy fix to be a "master" was hard work. That was even before we were having the 'Half Time Entertainment' when, at break time, students volunteered (occasionally were voluntold) to spar with me, a privilege I know they all looked forward to.

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'I trained with my mentor Sensei Masaru Shintani over the years and he visited Ryerson numerous times to teach and hold clinics. My students visited open tournaments in Toronto back in the first few years, and I held my own at Ryerson. (Our students would attend the Shintani Federation tournaments as well). We have held approximately 100 tournaments of our own over the years, so far. The most memorable tournament, hosted by Sensei Shintani, that our club members attended in 1975, was one I officiated for CTV's televised Wide World of Sports, at which Ray Kennedy won 1<sup>st</sup> Place in Kata and 2<sup>nd</sup> Place in Kumite.



'The first Training Camp was held in 1975, at Musselman's Lake near Uxbridge, hosted at the cottage of the Port Perry instructor, Barry Knowles (Barry held classes for a couple of years before moving away). Following that successful beginning, we held annual Camps at the Ryerson Farm near Pontypool, the Ryerson Ski Lodge in Collingwood, the Mitchel's cottages at Rice Lake, and finally at Wasaga Beach, which became our Camp location for many years. (I would like to thank the Mitchel's who fed us steaks; but after a couple of years, I think they felt it was too much work; and they could only hold 60 of us). There have been 42 Training Camps in all, the largest being up to 130 in attendance.



@Ryerson Farm late 1970's



@Ryerson Ski Lodge 1983

'The Ryerson club began to grow and my black belt students wanted to branch out and start clubs. This was the impetus for the growth of the TWKK as an organisation. To ensure my teachings were being passed on correctly, and to ensure the TWKK values and code of conduct were being passed on, I began holding Yudansha classes for the instructors and black belts to attend. I introduced the ranking process for the black belts because, as the organisation grew and black belts were being trained away from Ryerson, I felt there needed to be a way of reviewing the consistency in the teaching.



Black Belt Clinic with Sensei Shintani

'I would like to thank and acknowledge the early year members of the club and those whose names you may remember, which included Gerry MacPherson (first Ryerson Black Belt), Ray Kennedy (Neil McNeil High School Club), Dominic Chow, Brenda (Ma) Parker, Eric Goddard, Wolfgang Franke (Thornhill Club), Bill Eguchi (Bob Rumball Canadian Ctr of Excellence for the Deaf Club), John Gallagher, Steve Borda (Seikikai Martial Arts), Robb Dods (Port Perry Club, Bloor St. Club), José-Carlos Garcia (Durham College Club, Oshawa YWCA Club), Freeman Thurston (Bahamas Club), Claire King and John Voros (Argonaut Club) to name a few.

Several years later, a second generation of notable leaders included Joel Cohen, Ian Mador (Markham Club), Paul Bird (Unionville Club), Ron Sheyan (Brooklin Club), Margaret Sheyan (Clarington Club), Marg Michael and Jim Sullivan (Laurentian Club), Rob Stark and Peter Wiley (Newmarket Club), Larry O'Grady, Biller Ching, Tony Marziliano, Anthony Meaney, Ron Ruskay, Frank Murphy, Leaton Bernard, Tom Ware, Nelson Coish (Wado-Kai Academy), Michelle Mueller, Mike McCarthy, Eric and Julie Bergman (Ajax-Pickering Club), Heather Cant-Woodward and Anthony Woodward, Vanessa Connors and Weldon Zabizewski (Courtice Club), James Darker, Alex Nguyen, and Andy Basacchi. All of these folks started (clubs noted in brackets), were first to lead, or took over to lead TWKK clubs from others at various times.

'In the years following, I was proud to see the continued development and expansion of our organization; in Eastern Canada by Kim Duggan and Dan Duce (Beaubassin Club); in Western Canada by Randy James (Edmonton Club), André Beauregard (André's Budo Ctr), Ed and Denise Young, Steve Henrich (Calgary Club); and Bob Harlock (Comox Club) in BC, now retired. The Bahamas Club was developed by Freeman and Annamae Thurston, with Bradley Knowles.

'The Ryerson club continues today, led by Leaton Bernard. While Ryerson was the head club and Yudansha Hombu for many years until 2005, I then moved the Hombu (central dojo of an organization) to Thornhill to be more central and accessible to all the clubs.

'In 2020, when the world-wide COVID-19 pandemic hit, we were forced to close all our clubs. Here it is 2021, 50 years since the beginning, and we are all experiencing what feels like a new beginning. It is my hope that the strong leadership of our club instructors and the foundation we have built upon will continue to inspire students to develop and grow the TWKK community.'

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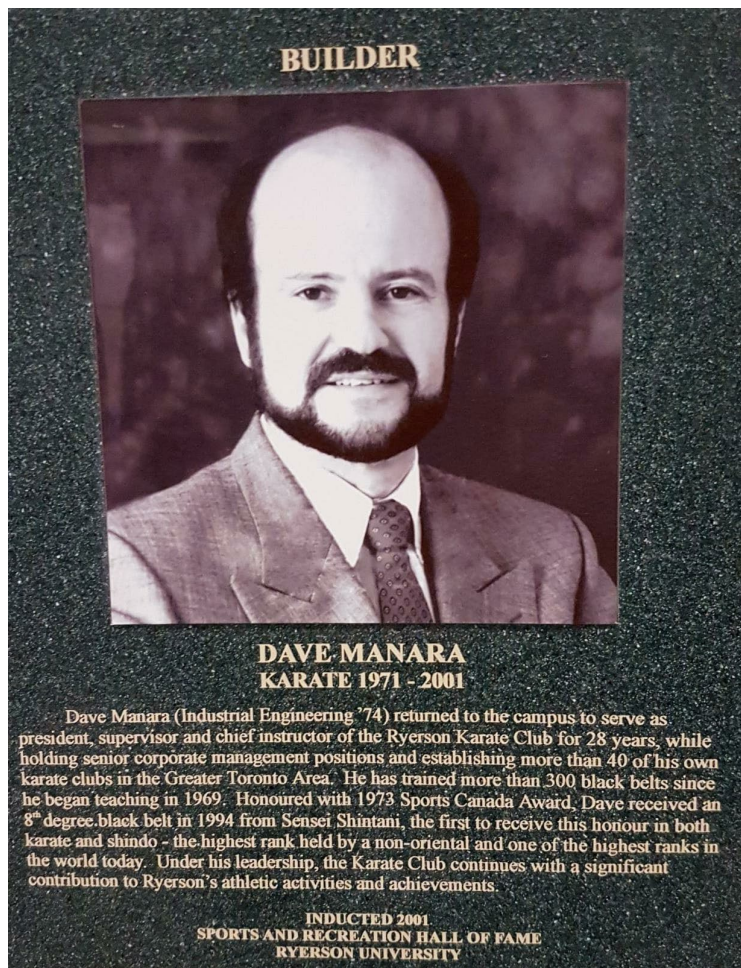




Here is a list of our current instructors and their instructors with whom their training began.

Current Club Instructors	>Their Instructor	>Their Instructor	>Their Instructor	>Their Instructor
Steve Borda	Dave Manara			
Biller Ching	Dave Manara			
José-Carlos Garcia	Dave Manara			
Steve Heinrich	Dave Manara			
Daina Als	José-Carlos Garcia	Dave Manara		
Leaton Bernard	Robb Dods	Dave Manara		
Dan Duce (& Kim Duggan retired)	Robb Dods	Dave Manara		
Randy James	Gord Fedrouck	Dave Manara		
André Beauregard	Randy James	Gord Fedrouck	Dave Manara	
Robin Singh	Marg Sheyan	José-Carlos Garcia	Dave Manara	
Mark Illy	Heather Cant-Woodward & Anthony Woodward	Ron Sheyan	José-Carlos Garcia	Dave Manara

**Memorabilia shared by Sensei Leaton Bernard**



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## Virtual Main Yudansha Classes Continue

The Main Yudansha classes are continuing, virtually. There have been classes for Senior ranks, as well as all Yudansha members. Many clubs have been represented. Some students have tuned in from the same location, but most are individual logins. There were no classes held in August, to give everyone a summer break. Due to the Time Zone differences, classes will be held at different times, so they may not always be at the same time. Watch for the announcements.

In September, 16 members participated from the clubs of Oshawa, Ajax-Pickering, Seikikai Martial Arts, Ryerson, Brooklyn, and Thornhill.

## CONGRATULATIONS TO THE NEW BLACK BELT RANKS

Congratulations to the following Yudansha members recently promoted.

Seikikai Martial Arts: **John Lobo** to Yodan, **David Zvekic** to Sandan, **Maariya Quavi** to Shodan-Ho  
André's Budo Centre: **Xavier Whiteside** to Shodan-ho; **Jaedon Catig** and **Tish Prouse** to Shodan

## CONGRATULATIONS TO SENSEI JOHN GALLAUGHER



John Gallagher and Eric Goddard>

Sensei John Gallagher was inducted into the Martial Arts Masters Hall of Fame last month. While he doesn't know who, someone from the North American Sport Karate Association nominated John in recognition of his many years of successful competition for kata in tournaments in Canada and the US. Well done, John, and congratulations!



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## NEWS FROM CLUBS

### THORNHILL Karate Club, Thornhill ON

**Sensei Dave Manara**  
**Kudan**  
(9<sup>th</sup> Degree Black Belt)

**Sensei Biller Ching**  
**Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**C.O. Marion Dimand**  
Sandan  
(3<sup>rd</sup> Degree Black Belt)

THORNHILL COMMUNITY  
CENTRE

The Thornhill (Hombu) Club reopened on September 28, 2021.

Until further notice, it is necessary to keep a "Thornhill bubble" by restricting attendance to Thornhill members only; (i.e.; no guest students, please, as you will be turned away).

For returning Thornhill students, there is a screening process upon entering the Thornhill Community Centre. Please allow a little extra time to get to the dojo.

There will be no in-dojō Main Yudansha classes until further notice. Virtual Yudansha classes will continue, supervised by Sensei Steve Borda, supported by Sensei José-Carlos Garcia. Note: This is the only virtual Yudansha class accredited for ranking purposes.

Also note that Tournaments will not restart until it is deemed safe to do so.

### ANDRÉ'S BUDO CENTRE, Edmonton AB

**Sensei André Beauregard**  
**Rokudan**  
(6<sup>th</sup> Degree Black Belt)

ANDRÉ'S BUDO CENTRE INC.  
TUESDAYS & THURSDAYS:  
7:00 – 9:00PM

Congratulations to:

**Clayton McDonald** on achieving his brown belt



**Xavier Whiteside** for his Shodan-ho



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André's Budo Ctr,  
Edmonton, AB

**Jaedon Catig and Tish Prouse** for their achieving their Shodan level



**EDMONTON Karate Club, Edmonton AB**

**Sensei Randy James, Shichidan**  
(7<sup>th</sup> Degree Black Belt)

ST. PATRICK SCHOOL and  
NORTH POINTE COMMUNITY CHURCH

Our club at the Northpointe Community church location is up and running although we have had to modify our location in the church.

Our club at "One World, One Centre" won't be running until the later part of October for various reasons with the school.

Zoom classes resumed this Tuesday, September 14<sup>th</sup>, and will be running until at least the opening of "One World, One Centre". I plan on experimenting with continuing zoom for those who can't attend in-person classes on Thursday nights at Northpointe while teaching the in-person classes; we'll see how that goes.

**BROOKLIN Family Karate Club, Brooklin, ON**

**Sensei Mark Illy, Shodan**  
(1<sup>st</sup> Degree Black Belt)

MONDAY AND THURSDAY:  
7:00 – 8:30PM

September has been an exciting time at Brooklin Wado-Kai Karate since we reopened for training on September 9<sup>th</sup>. Our dojo has the space to have a total of 23 karate-ka in attendance for training with all the necessary physical distancing and mask usage protocols in effect.

We have been very fortunate to have had numerous of our previous sensei and karate-ka return to training and we are thrilled to announce that we have added some new students, as well. Under the very talented and watchful eye of Sensei **Fiona**, we have started our children's class with some new young students who have joined our club.

With a few adjustments, we have begun to get back into our routine of training again; things like more frequent breaks to allow for water intake and catching our breath, has allowed us to start getting back to reviewing all of our techniques and kata.

I know that everyone at the Brooklin Club is eagerly looking forward to continuing the reopening of the Club to the point when we can even have more students, and when we can get back to some two-person drills, sparring, etc.

I would be remiss if I did not thank Sensei **Dave Manara** and Sensei **Ron Sheyan** for their support and encouragement through the process of getting the Brooklin Club back up and running. Your guidance and support have been instrumental in our successful reopening and I cannot thank you both enough.

With September under our belts, we look to the next few months with excitement as we continue to work on our basics and hone our skills. I, for one, am very eager to get back to a time when we can all get together, train and participate in tournaments again.

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**SEIKIKAI Martial Arts, Etobicoke ON**

**Sensei Steve Borda,  
Hachidan**  
(8<sup>th</sup> Degree Black Belt)

**OLYMPIUM:**

Monday, Wednesday,  
Sunday:  
7:00-8:30pm

**Back To In-Person Classes**

We had been running outdoor classes over the summer. This went well, aside from the odd day when the weather just was not cooperating and we had to temporarily revert to a Zoom class when it looked like too much rain. It was nice to be out in the fresh air and sunshine, even if we were wearing masks and social distancing.

We were fortunate to start back to in-person indoor classes at the Olympium on July 28<sup>th</sup>. Having reviewed the information sent to us by the Ontario Karate Federation (who received direction from the Ministry of Health), we decided that masking during the class and social distancing was the appropriate direction. With the advent of proof of vaccination for entry into the facilities, we have now begun limited partner drills (i.e.; no social distancing) and kumite while wearing masks. For basic and kata, we are still social distancing and masking. Hopefully, as the vaccine rollout progresses ahead, we may be able to relax some of these restrictions as well. We will have to see.



Our core group of students stuck with us on Zoom during the lockdowns and we are welcoming a new group this fall. Everyone is energetic and committed to their training and, as a club head, I'm glad to see this. Hopefully, we can all get all our programs back to the state we had prior to the pandemic.

Along with Sensei **Lawrence Xavier**, I have begun a karate program run through the Town of Caledon Parks and Recreation Department at Southfield Community Centre (pictured below). Although it's composed of mostly beginners, we are off to a good start. We are using the same COVID-19 protocols that we have at the Etobicoke Olympium. We

ran a program for the month of August and are now into the fall session with the program. It's taken me almost three years to get this program running, but the time and effort have been definitely worth it.

While we are still operating Zoom classes, they are sparsely attended. There is no comparison to in-person classes, though. In the Zoom classes, you tend to miss out on the energy generated by the class and, unless you are doing them with a partner, you miss out on the kihon kumite and sparring aspects. Let's hope the lockdowns are now behind us.





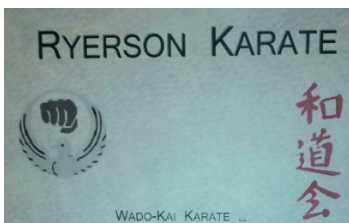
SEIKIKAI Martial Arts,  
Etobicoke ON

### Etobicoke Yudansha Grading

Congratulations to our newly ranked Yudansha, Sensei **John Lobo** graded to 4<sup>th</sup> Dan (left picture with Sensei Steve and Sensei Larry O’Grady) and Sensei **David Zvekic** graded to 3<sup>rd</sup> dan. It was great to get back to in-person classes at Etobicoke so we could test our black belts. We tested with a full repertoire of basics, kata, kihon kumite and kumite. All with proper masking, of course.



### REMEMBERING RYERSON – THE EARLY YEARS



## Ryerson Karate Club

*Discover your true potential !*

### OPEN HOUSE & Demo



We reached out to the membership to gather some thoughts of their earliest days training in karate. The following are shared memories from past and present students and leaders of the original Ryerson Club and the TWKK organisation. Most of the pictures are from our archives.

#### Gerry MacPherson



When the posters first went up all around the Ryerson Campus 50 years ago, I was hooked. At the time I was considering joining a club in Scarborough. Very glad that I didn't. What I discovered through Sensei Manara was a world of people dedicated to a common goal, self-improvement through hard work and discipline of mind and body. That environment breeds friendships and good times. Although time and circumstances have taken me away from some of the best years of my life, I often reminisce on all those who have so meaningfully touched my life.

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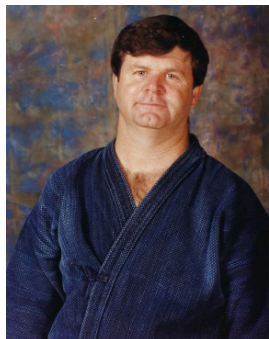
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### Ray Kennedy



I was in the Ryerson residence and my roommate saw the ad for the club, so he and I joined up. That was a year after the club started. The fee of \$8 a month was about all a poor student like me could afford. In the beginning, the classes were in the upper gym. There were about 60 students in the advanced class. There were also about 60 students in the beginner's class as well. In those days every beginner's class seemed to be about 60 students. We moved to the lower gym shortly after I started. Sometimes we had to move to the 2<sup>nd</sup> floor of Jorgenson Hall or the dance studio.

One night when Sensei Dave was absent for some reason, the class was unusually small, until break time, when we discovered that half the class was in the lower gym and the other half was in Jorgenson, also wondering where everyone was! If my memory is correct, classes were Monday and Wednesday. Saturday classes started a short time later. Sensei Dave led all the classes with the occasional assistance of his friend Wally Rudnicki. You always had a good workout and the half-time entertainment was fun if you were watching, and nerve racking (and a bit painful if ) you got "volunteered" !!!

I remember some of the senior students ahead of me. There was Dominic Chow, John MacDonald and Gerry MacPherson, who, I believe was the first student in the club to get his Black Belt. Shortly after I joined the club, Sensei Dave held a large open tournament in the upper gym. It was my first big tournament and we were all very excited to see so many participants from so many different styles.

### Robb Dods



My first year of college (Ryerson), I saw posters advertising the karate club, but it wasn't until second semester, in 1974, that I decided I needed to try it. Beginners' classes were large in size back in those days, so I felt inconspicuous amongst all the other nervous neophytes. What I remember is coming away from the first night having learned a stance, a punch and a low block, and thinking, after all the years of believing karate was some mystical secret steeped in ancient rites or something (having watched the Kung Fu television series and Bruce Lee movies), this was actually doable, I could learn this; and I was really excited!

What seemed the biggest challenge was that the colour belt class followed the white belt class, running from 8:30 to 10pm. Coming home tired from school classes, having dinner, waiting a while and falling asleep or being totally relaxed, it was really difficult to get going to class at 8:30 at night; then, coming home before 11 pm, all pumped up and wide awake, unable to sleep.

By the time I was a green belt, I was usually going early to the white belt classes to help Sensei and the more senior belts with the White Belt classes, so it was a full night of karate. I got a lot of training in instructing in those early days by helping white belts with techniques and kata, and I found I really learned more when teaching. When we were green belts, Wally Lytasz and I used to meet Sensei after school on a semi-regular basis, when Sensei first worked at Motorola, and we would travel up to Port Perry. While Sensei went over kata and techniques with Barry Knowles (instructor for the very first Port Perry classes in 1974), Wally and I would teach the classes. All this extra teaching gave me the teaching bug and to want to start a club (or two) of my own.

I remember our classes were usually in the Ryerson lower gym of Kerr Hall (the Quadrangle), but we also used the upper gym, sometimes the dance studio or wrestling room and, when it got really tight during exam times, we were in the cafeteria in Jorgenson Hall or other meetings rooms, and even just in a wide hallway (boy did our feet get black from the floors in Jorgenson then). One time we were doing a demonstration in the cafeteria (it must have been close to Christmas exam time). There was a potential student, a young lady I was chatting up in the audience about taking the beginner classes. I got carried away talking about the classes being safe, but began to talk of the rare occasion an injury might happen (such as my broken finger). Sensei overheard me, pulled me aside, and suggested that I was not being helpful in recruiting (oops).





I remember one night when we were in the wrestling room, Sensei decided we would create a kata, by each student adding a move to create a series. By vote, we named it Rye-Hi-Dai. In our own mock tournaments in class, some students would occasionally perform it, trying to keep it alive; but I seem to remember once that someone was so bold (maybe it was John Gallagher) as to perform it at a Shintani tournament.

I was at the first Training Camp in 1975, as an orange belt; Gerry MacPherson and I decided to sleep in our cars, some pitched tents on the property, and others slept on the floor in the single cottage. I think Sensei actually had a room and bed. I later missed the Camps at the Ryerson farm, but I've been at almost every one since they were moved to the Ryerson Ski Chalet in Collingwood, then Rice Lake, and finally at the Sand'n'Surf in Wasaga Beach. (We should all thank Paul Bird for suggesting the location to Sensei).

Peter Wiles thought I should include this: *"I hope you will include the time you went underwater with a dislocated knee at Wasaga beach Karate Camp - we all thought you were done when they hauled you off to the hospital, only to return later with a tensor bandage and a smile [and crutches], just in time for beverages around the campfire as though nothing had happened. That's a memorable one for sure! What a trooper you were (and, of course, still are by keeping the FOCUS going).*

Well, thanks Petey for remembering that one. It was the last time Sensei had us doing exercises and kata in the water just off the beach (it was my fault, sorry everyone). [A few moves into Pinan Shodan, and I buried my foot in the sand just before turning, dislocating my patella. Thank you, Rob Stark, for picking me up out of the water!]

<picture of me on the beach?>

I would really like to thank my mentors from those formative years: Sensei Dave Manara, Sensei Gerry MacPherson and Sensei Ray Kennedy. It was your guidance and patience that was my inspiration!

### **Steve Borda**



When I think back over the years, there are two things that really come to mind. The first is the Yudansha classes that we used to hold in the lower gym of Kerr Hall at Ryerson Polytechnical Institute. I remember in the '80's there was a large expansion when some of the instructors had gone out and formed their own clubs. We had some Yudansha classes where we were lined up five or six people across and all the way back to the back wall of the gymnasium. Quite often we would have classes of 50 to 60 black belts. We were all young (relatively) and energetic. When we would kiai, we would rattle the windows on the second floor. The energy in to room was amazing. We also had numerous people to partner up with, so you got to practice and fight with a large variety of individuals. I think this was a great benefit to all who practiced there. You had to learn to adapt to different skill levels, fighting techniques and strategies. There was also a great deal of camaraderie among the black belts from the various clubs as we all joined together to train in the monthly Yudansha classes at Ryerson. I've formed lifelong friendships with many, although there are quite a number who no longer train. For the ones who still train, I enjoy getting together and exchanging ideas on various techniques and bunkai. We are still learning from each other after all these years. I even met my wife through a "karate friend".

The second thing I think of was the "Half Time Entertainment" that occurred at the Ryerson Dojo. Sensei Manara loved to spar. Halfway through the class we would be excused for a water break. Quite often Sensei would ask one of the senior students to spar. It was probably a good way to keep his training current as during most of the class he was occupied with teaching. It was always enjoyable to watch them fight at a higher level than what we normally saw in class. After watching this for a number of years, Sensei asked me one time if I wanted to spar during the break. What an opportunity. I've always felt that by pushing myself to the limit, I would benefit both physically and mentally from the experience. And, it was quite an experience. No matter how hard I tried to score on Sensei, it seemed impossible. It stayed that way over the years, but I never stopped trying. I think that's one of the reasons that Sensei chose me to spar with often. No matter how many times I failed in scoring, I never gave up. Each fight I went in with the attitude that this time I would score. I may not have scored, but the training greatly improved my own abilities.

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### Eric Goddard



When I joined the club, the club leaders, along with Dave, were Jerry, Ray and Ma. It was amazing to see such accomplished Karateka. They set the standard for everyone coming into the club each season. How could they be so humble, yet so deadly. In those days, half time entertainment was a feature us coloured belts all enjoyed. Some poor guy (Craig Riley), would volunteer to get pummeled by Dave. Lots of fun!

It was unique because, being a school club, we were all about the same age. Making friends was easy and I introduced many of my, already friends, to the club. Including my wife to be. Also including my then roommate John Gallagher, who went on to be a great Kata and Weapons Champion!

Another feature of the club was the Karate camp. The first film I made after leaving Ryerson was called Karate Spirit. It is on YouTube now (<https://www.youtube.com/watch?v=3RRzyQQdORc>). My understanding is that the tradition continues to this day. I am grateful to Dave Manara for supporting that effort. It is dated now, though the spirit lives on.

All the Best for the next 50 years!

### Rob Stark



Ryerson Polytechnical Institute (a.k.a. Rye Hi), Circa 1978

Having my locker across from the lower gym, after a late class I used to see the hall and gym full of people in white suits. I watched a bit (you were allowed to observe classes going on at this club) and I soon joined the Toronto Wado-Kai Karate Club. Run by Sensei David Manara, it was tremendous hard work and lots of fun! Three classes per week; Monday, Wednesday and Saturday. I seem to remember the dues were about \$80 per year (big money back then, but most of us lower ranks were poor students anyway). Under the guidance of senior students like Ray Kennedy, Gerry MacPherson, Wally Rudnicki, Brenda Parker, Freeman Thurston, Bill Eguchi and a host of others, I pretty quickly figured out my left from right and how to punch and kick.

Craig Riley gave me my first sparring 'lesson' as a white belt. The class was divided into two parts. The first was a warmup and basic strength building and drills. After a short break, the second half was a lesson on various things. Sometimes in the lesson, the focus was on kata (forms) and other times it was aimed at kumite(sparring). Just to keep us on our toes there were also things like chain pushups, Sensei running across our stomachs while lying down in a row, line attack, walking while carrying someone on your back and sometimes sparring with Sensei Manara during the break. The latter was quite entertaining until you got chosen as the partner...er, victim. Sensei Manara was not often without his trusty shinai (bamboo sword) while teaching and it was a good motivational tool.

When the lower gym was being used for things like exams, we would train in the upper gym or even the wrestling room (mat room). It was here one night that we made up the infamous kata 'Rye Hi Dai'. We even, once in a while, had to train in the teacher's lounge in Jorgenson Hall. This was also the location of the annual Toronto Wado-Kai Christmas Party, featuring Karate Claus (Eric Goddard) and his able elf (John Gallagher). This was a joyous event filled with good hearted fun, poked at everyone. As well, the final class of each year was cut short and Sensei Manara would take all who wished to go out to a local watering hole for some seasonal cheer.

Testing for new ranks was done on a regular basis and it was always fun to help the newly ranked students twist their belt to soften it up before wearing it, so the ends didn't stick out too much.

Club tournaments were hosted each year with great participation from all branches of Toronto Wado-Kai. The upper gym would be filled with competitors and spectators and medal presentations were always nice to watch. As some of us progressed through the ranks and went on to start our own affiliated clubs, it was always nice to see our students compete well at these tournaments.

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In later years, Toronto Wado-Kai was fortunate to be instructed in the art of Shin Do. A system of short stick fighting developed by Sensei Masaru Shintani, we were fortunate to have him show us this art in a clinic. Many students went on to study this and became highly proficient and ranked under Sensei Manara.

The annual Toronto Wado-Kai training camp was an event not to be missed. Held in June, it began humbly at the Ryerson Farm, where the documentary Karate Spirit was filmed. This was where the infamous green scrambled eggs were made and Eric Goddard won the tournament kumite with only one contact lens in. The camp then then moved to Rice Lake and we trained beside cows. On to the Ryerson Ski Lodge at Blue Mountain, where we had to remove a rattlesnake from the training area, and then on to a long run at Wasaga Beach. Go karts, battling cages, hot tubs and talent shows were noted attractions at this location over the years. Really great memories and good friends were made throughout the years at the training camp.

To sum up, I wish a very happy 50<sup>th</sup> anniversary to the Toronto Wado-Kai at Ryerson. It is the ground zero and alma mater for too many students to count. I'm sure anyone who has trained there has special memories of this place and all of the instructors, led by Sensei David Manara.

### **Peter Wiles**

Congratulations to Sensei Dave Manara and the entire Toronto Wado-Kai organization for achieving a remarkable 50<sup>th</sup> anniversary year. Through the teachings and experiences of the club and its members, many people's lives and families have been enlightened, encouraged, and enriched, not just in martial arts but through a wholesome sense of community and values.

Through a friend (John Voros) I met while attending Ryerson in the mid-1970's, I joined the club in the fall of 1980. After only a few weeks of training, then a sky diving injury, I promised Sensei Dave I would return when my knee-sprain had healed, to which he replied, "Don't promise me, promise yourself." Six months later, I was back at it with a determination I had not expected, and continued active training for the next 15 years.

Throughout those years of training, repetition of technique, katas, kumite, (not to mention thousands of push-ups) and relationships with fellow students, a positive change came over me. At a certain point I suddenly realized I had no fear - not of fighting an opponent - but no fear to participate, communicate, lend a helping hand, stand up for myself in an executive board room, or step in to assist a blind person in a bar room. Learning to fight (so you didn't actually need to) was only one aspect of what Toronto Wado-Kai was to teach me and other students, some of whom would become lifetime friends.

Of course, all of this positivity was put to the test in the early '90's when Sensei Manara asked me if I would help start a club with Rob Stark at the Glenway Golf & Country Club in Newmarket. I knew that I couldn't say no, but tried to explain I didn't have the experience to teach at club level, to which he replied "yes, you do". Needless to say, this opportunity became not only a great experience, but helped me grow and mature as well.

Teaching those classes at Glenway became an important part of life for me and Rob Stark, as we got to know the students and parents that made it all succeed. We had many 'guest' appearances from karate-ka and sensei within the TWKK to inspire all. In the beginning, however, the challenges presented themselves, particularly in the youth class that preceded the adults. I thought I was there to teach Karate, but soon discovered there was much more to teach and learn than anticipated.

For example, during one of the first kids' classes, I soon realized many of the students didn't actually know their left from their right! We corrected that situation by giving them a task to bring in a piece of white ribbon or cloth the following week. Those that completed the assignment would be instructed to wear the "white for right" arm band until they could demonstrate they knew their left hands and feet from the their right. The 'slackers' would wear their identifying ribbons until they also could show their command of left vs right. Apparently, peer pressure worked well and in two weeks we had class uniformity, and a proud little group of young karate-ka.

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The next challenge to arise came as a complete surprise. We were working on our zenkutsu dachi stances during class, and after I provided guidelines - knee over leading toe, straight back leg, feet shoulder-width apart and leading foot about 4 inches ahead of the toes of the trailing foot, all hell broke loose and a loud discussion ensued. Asking what was the matter, an eager young Julia appointed herself spokesperson, stepped forward and firmly declared "Sensei, we don't know what inches are."

So, here I sit in my 65<sup>th</sup> year and still laugh about it as well as reminisce upon the many experiences that influenced and changed my life, all as a result of joining a little club called Toronto Wado-Kai.

P.S. Another consequence of the club were the demonstrations. Having our own club demo was a little nerve racking, especially when friend and partner, Sensei Rob Stark announced that I would break a few boards (which I had never done before and certainly not in front of a crowd). As I prepared mentally, Rob picked two 1" boards; then to my growing anxiety, grabs two more, gives me a wink and says "Hey, you can do it." At the same time, one of our avid young students, Aaron, had brought along his dad, a talented amateur photographer who had just set up his gear. A moment and a heartbeat later, it was all over and captured in this picture.



**John Gallaugh**



I remember joining the Ryerson Club in the mid-70's - Eric Goddard and I were roommates at that time. Bob Hanrahan, better known as The Hamburger, used to come over to our unit quite often after Karate classes and I'd listen to them telling stories about what they were learning and doing - they were both green belts at that time. Mark Critoph also used to come over to our place, and he always had a different point of view as to what he was learning at the Karate Club; Mark was an extremely interesting character and developed into an excellent Black Belt.

So, I listened to the stories these guys would tell about learning Karate, and the people, and the Club for a few months and got to know them. Then Eric mentioned to me there was a big Tournament at Ryerson and I should come over and see it. And that was it for me... after seeing the competition I was hooked; I knew Karate was for me. I joined the next day and have never looked back.

From my memories, our early gang included Robb Dods, Rob Stark, Claire King, Johnny Voros, Cheryl McMartin, Bill Eguchi, Rhonda Monsees, Gerry Mototsune, and quite a number of others who never lasted. The three classes a week were always really well attended and our "gang" turned into a group of life-long friends.

Does anybody else remember some old street rubby, who may have enjoyed a few too many "pops" some evenings, standing near the back door of the gym and sort of growling as we were doing our punching and kicking drills?

Or, how about when the Ryerson exams were on and we had to move over to the Main building with the hard tiled floors? Yikes, you didn't want to get "taken down" there!

I recall one Saturday morning when we had a class up there, and we had to leave all our gym bags and personal items in a pile against the wall near the hallway; some thoughtless moron walking by, helped himself to one of the girl's bags and she saw him and started yelling at him, right in the middle of a Karate Class!!! So, this "brain surgeon" decides to try and run away with her bag, from a Karate Club!!! Hahahaha! So, the ENTIRE club starts chasing after this guy down the stairs, out onto Gerrard St. and then down Yonge St., on a busy Saturday morning! A whole Karate Club in our white Gi's



screaming and chasing some poor unsuspecting idiot down the street! It was quite a scene; we cornered him in a laneway and he just threw the bag at us. (We let him live, unharmed). But that story got funnier and funnier the more times we told it.

Each year, Sensei Manara would have a Christmas party for us, and we always seemed to have a great night as he would hand out some club awards. One particular year "KARATE CLAUS" and "The UNKNOWN ELF" showed up with some hilarious Christmas gifts for everyone! Now that was memorable!

The "Demonstration & Registration" nights were also very interesting, especially when it came time for us to demonstrate our various abilities to break boards in front of the potential "recruits". Some were more successful than others.

A number of "spin-off" groups were formed outside of the Club. There was the "Darts Team" and the "Donkey Kong" gang at Oakham House, the "Wind Surfers" who enjoyed countless travels for many years in pursuit of the best winds... and then there were the "Sand Banks" campers, with FAR too many stories to mention here. Actually, that group may have also been a "spin-off" from our annual Ryerson Summer Training Camp weekends, which were also incredible experiences and, to this day, we still have endless stories.

There were some great lessons learned at Ryerson and a "community" of friends certainly developed. As today, back then Sensei Manara did have a very orderly and well-run organization set up, and he provided strong leadership; and the club grew; and we all grew and learned together.

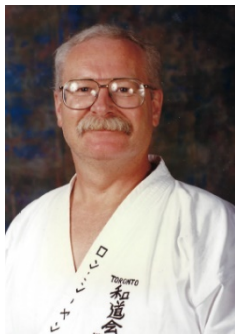
For myself, I enjoyed a life-changing experience, thanks to Eric Goddard who introduced me to the Ryerson Club in the first place. After seeing that first Karate Tournament I knew this type of learning experience was for me. I remember meeting Sensei Shintani for the first time at a Karate Tournament. He changed my life, and I was able to spend many years training directly with him, as well. As a lot of folks know, the larger and very highly competitive tournaments took me far and wide over many decades to "test" myself on a weekly basis. I became determined to demonstrate how effective and how pure the style of Wado-Kai Karate could be. The things we learned in our Ryerson classes, along with some of the extra training I was doing, assisted a great deal in developing determination, better skills, a higher level of physical and emotional strength, and in achieving very rewarding success. To this day, I am still somewhat involved in Karate Tournaments and I have never forgotten that first one.

I have worn my Ryerson Toronto Wado-Kai crest at the countless events I was lucky enough to compete at, and I got use to some stranger coming up to me and saying, "Hey, Ryerson Wado-Kai ... do you know Dave Manara?"

So, ya, the Ryerson Wado-Kai Karate Club meant a lot to me and, thanks to the Club, to this day I have friends who are like my family and I have my "better half" who actually does make my life a better place.

Now then, a deep bow – take a breath and SHIKO DACHI – YOI ! Punching to the mid section ... Ich, Ni, San, Shi, Go, Roku – Keep training!

### **Ron Sheyan**



On behalf of myself and all members of Brooklin Wado-Kai Karate, CONGRATULATIONS Sensei Dave on the establishment of Toronto Wado-Kai Karate 50 years ago at Ryerson Polytechnical Institute. The longevity of TWKK and its growth outside of Toronto, and Ontario, and Canada is something to be very proud of. I am very grateful that I had the opportunity to be a part of the monthly Yudansha classes in Ryerson's lower gym when it was filled wall to wall with aspiring Black Belts and all those who had achieved that goal. Many long-lasting friendships were formed at those classes during those (my formative) years. Best wishes to the Ryerson TWKK dojo for many more years of success!

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### Randy James



My first, and perhaps fondest, memory is Sensei's first trip to Edmonton for a seminar. Sensei visited us in late fall, back in the '90's. We held our seminar in a school Sensei André had his club in. It was an evening seminar, and late when we finished. The plan was for me to drive Sensei back to his hotel and he would leave the next day. It had snowed while we were training, and I had a Hyundai that was somewhat unreliable. We no sooner had left the parking lot when the car decided to die on a busy street. Sensei got out to push while I steered; visualize this: Sensei was not dressed for our Alberta climate, he had dress shoes and a light coat, with no gloves or hat. I had to contact my wife, Arlene, to come and rescue us. This incident left a strong impression on Sensei as it did on me. I know this because Sensei doesn't hesitate to bring the incident up whenever he visits... but he keeps coming back. I think he gets a rush of adrenaline, anticipating what adventure might come his way the next time he visits us. Congratulations Sensei, on 50 years; looking forward to many more adventures!

### Leaton Bernard



In my short 30 years in the Toronto Wado-Kai Karate community, the Ryerson dojo served as my staple in the organization. Memories of training in the lower Kerr Hall, under the fearless and auspicious tutelage of Ryerson-inducted Hall of Fame-er, Sensei David Manara. During my time, Sensei's regular class delegates included Sensei Ian Mador and Sensei Joel Cohen, Sensei Hans Lamers; and Sensei Andrew Marshall for Saturday morning classes. They led some of the sessions that entrenched the Ryerson legacy into my training. And then, there were those treasured enlightenments with Sensei Shintani in the Upper Kerr Hall. Thank you, Sensei!

As the decades slid by, I was privileged to lead this already established Ryerson club in the footsteps of esteemed senior leadership. Thank you. Ryerson President Sheldon Levy joined us in celebrating 40 years of Ryerson karate with Sensei Manara.

Karate has not changed at Ryerson over the decades. We still hold true to the traditional, effective, and powerful art of Karate-do... we will not fade away to dabbling and quick-learns of passing fads. Thanks to those who established and maintained THE Tradition and purity of the Ryerson dojo.

If these Ryerson halls could talk, they would recant the halftime sparring entertainment with Sensei Manara and his senior students. I was not present. Those tales are better told by the respected seniors who paved the Ryerson way.

Thank you, Sensei Manara, and your trusted and true Senior sensei. A well-sparred 50 years. The legacy continues...

## More Memories are Welcome!

If any more karate-ka would like to share more memories of your early days with the Ryerson Club, or with any of the clubs from their beginnings, please forward to our email address. We will endeavour to include your thoughts, pictures and stories in future issues of FOCUS. Our readers always enjoy reading about the history of the organisation, about its roots and people you remember.





**An historic picture of veterans from the early days (circa 1975)**

Front row: Wally Lytasz (2<sup>nd</sup> from left), Gerry MacPherson (3<sup>rd</sup> from left), Sensei Manara (centre),  
 Brenda (Ma) Parker (2<sup>nd</sup> from right)  
 Second row: Wolfgang Franke (2<sup>nd</sup> from left), Craig Riley (4<sup>th</sup> from right), Robb Dods (2<sup>nd</sup> from right)  
 Third row: Steve Borda (2<sup>nd</sup> from left)      Back row: Mark Critoph (3<sup>rd</sup> from left)  
 Wally and Robb traveled with Sensei to Port Perry; Wolfgang was the first FOCUS newsletter editor;  
 Craig Riley supported the newsletter for many years with advertising for his car dealership



**Remembering Sensei Freeman Thurston and Sensei Michael Boisvert**

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### REMEMBERING SENSEI MICHAEL BOISVERT

The Ryerson Dojo and larger TWKK community was shocked to learn of the sudden passing of Sensei **Michael Boisvert** Shodan, who died this past February. According to a post his brother made on Michael's Facebook page, he fell and broke his arm, then went into cardiac arrest while in the hospital.

On Saturday, October 2<sup>nd</sup>, karate-ka and friends joined together at Sensei **Michael McCarthy**'s home for a Memorial for Michael B. The following is a few words shared by **Matthew Ellis**, Blue belt.

“Michael was a central figure in the Ryerson Karate community and, together with Sensei Michael McCarthy, helped lead the Dojo for almost a decade.

A Montrealer by birth, Michael built a career in public service, spending more than 20 years at Ontario's Workplace Safety and Insurance Board (WSIB).

The intensity and focus that Michael brought to his training never came at the expense of helping others - he was a support and guide to so many as they advanced on their journey in Karate. Michael will be deeply missed.”





## HELP FUNDRAISER EVENT MOVED TO NOVEMBER 18, 2022

As a result of the uncertainty with the ongoing pandemic, we have decided to postpone the HELP fundraiser event to November 18, 2022. We will update you as we approach the date. The pandemic has been challenging for us all, and especially those who need help. Individuals affected by eating disorders have been challenged by additional stress and a reduction in programs available. Through your generosity, **Sarah's Place** is, and will continue, to provide as much assistance in providing free programs (which most individuals who participate would not be able to afford or able to attend due to travel restrictions). Programs are offered online and come to the individual, in their home setting or wherever they are most at ease.

Also, a friend of mine is involved with the **Barbra Schlifer Commemorative Clinic**, an organization which helps women who are exposed to spousal abuse and violence against women. Having spoken to professionals in the field, they advise that women with eating disorders are more susceptible to be exposed to spousal abuse (both mental and physical), and violence.

I have attached a link to **Body Brave** <https://bodybrave.ca/> and a poster (at the end of this issue) for the Barbra Schlifer Commemorative Clinic. Please read both, and donate if you can, to either one or both, as I have. Your generosity is always appreciated, as we Help those in need. < Sensei Tony Marziliano

### TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS/SENSEI

AJAX-PICKERING – Daina Als	EDMONTON – Randy James
André's Budo Centre (Edmonton) – André Beauregard	OSHAWA-WHITBY – José-Carlos Garcia
BAHAMAS/CARIBBEAN AIKIWA	RYERSON (Toronto) – Leaton Bernard
BEAUBASSIN (Halifax) – Dan Duce	SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
BROOKLIN-WHITBY – Mark Illy	THORNHILL – Biller Ching & Dave Manara
CALGARY – Steve Henrich	
CLARINGTON – Robin Singh	YUDANSHA HOMBU (Thornhill) – Dave Manara

### TORONTO WADO-KAI SENIOR DAN COUNCIL

<b>Kudan</b> (9 <sup>th</sup> Degree Black Belt)	Dave Manara
<b>Hachidan</b> (8 <sup>th</sup> Degree Black Belt)	Steve Borda, José-Carlos Garcia
<b>Shichidan</b> (7 <sup>th</sup> Degree Black Belt)	Randy James, Ray Kennedy, Larry O'Grady, Ron Sheyan
<b>Rokudan</b> (6 <sup>th</sup> Degree Black Belt)	André Beauregard, Leaton Bernard, Biller Ching, Robb Dods, Steve Henrich, Tony Marziliano, Michael McCarthy, Ed Young
<b>Godan</b> (5 <sup>th</sup> Degree Black Belt)	Eric Bergman, Ken Buck, Heather Cant-Woodward, James Darker, Margaret Michael, Frank Murphy, Ron Ruskay, Jim Sullivan, Anthony Woodward
<b>Yodan</b> (4 <sup>th</sup> Degree Black Belt)	Andy Basacchi, Dan Duce, Kim Duggan, Alex Nguyen, Annamae Thurston

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### *About Us*

For more than 35 years, the Barbra Schlifer Commemorative Clinic has been a valued resource for survivors. At the Clinic, we provide women (self-identified), intersex, non-binary, and Two Spirit people with the wrap-around services they need to escape violence.

We offer free innovative trauma-informed counselling services, legal advice and representation in criminal, immigration and family law, and interpretation in more than 170 languages. Equally, we are the go-to for community mobilization, public legal education and information, and a proven resource for funders and policymakers. Named after a promising young lawyer with a passion for social justice who lost her life to shocking sexual violence, the Clinic's mission is to increase access to justice, safety, and equality for those experiencing violence every day.

*In our last fiscal year, we served 12,102 individual clients – a 38% increase over the previous year.*

As we continue to modify and improve upon access to our legal, counselling and interpretation services, support from donors like you is crucial to our success in meeting the growing and complex needs of survivors. For this important reason, we raised our fundraising goal for the 2021 Spirit of Schlifer Campaign to \$180,000. **With your support, we know we can achieve this goal for our community.**

### *Ways You Can Support the 2021 Spirit of Schlifer Campaign*

#### *Sponsorship & Digital Program Advertisements*

A new addition to this year's Campaign, our digital program will include information about the Clinic as well as sponsorship opportunities in the form of ad space. We also have 1 opportunity available for a business to publicly align with our work as our Donor Wall Sponsor. To learn more about advertising space and sponsorship opportunities, click [here](#).

#### *Donate*

This year's Campaign features new ways to recognize donors like you, including a virtual donor wall and a digital program – **when you donate between \$250 and \$499, we invite you to include a message for our virtual donor wall (just add it in the message field)! Click [here](#) to learn more about our other levels of donor recognition.**

***Donate Now***

*Any gift – big or small – makes a difference in the lives of those experiencing violence*

#### *Spread the word!*

Follow us on social media @SchliferClinic ([Twitter](#), [Instagram](#), [Facebook](#), [LinkedIn](#)) to stay up to date with the Campaign and share posts with your network!