



# THE PEACEFUL DRAGON

## Newsletter

NOVEMBER 2004



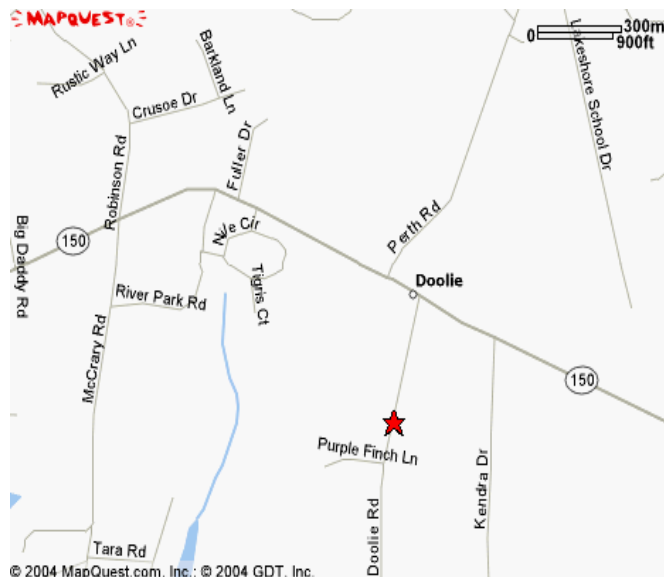
### Workshops and Events

#### 9<sup>th</sup> ANNUAL FALL CLASSICS KUNG FU TOURNAMENT A WORTHWHILE EXPERIENCE



Sifu Panico's Hung Gar Kung Fu Academy of Mooresville, with the support of CACMA, once again will host this regional event that has annually helped to fund Structured Athletics for Challenged Children. The

competition will be at Lake Norman High School at 182 Doolie Road in Mooresville on **Saturday, November 13, 2004**. The \$50 fee covers unlimited competition. CACMA member discounts apply. The fee for spectators is \$5 adults, \$3 students, free to children under six. Opening ceremonies begin at 10am. Check the website under "Events" for more information, <http://hgkfa.tripod.com/hgkfa.htm>.



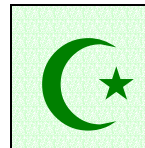
### EAT DESSERT FIRST



A fine dessert is one of the signature enjoyments of our cultured life. It has been famously said that one should eat dessert first, a recommendation that has become a metaphor for living. If you are a vegetarian, finding a meal today is not quite the

challenge it used to be, but the dessert cart is usually a disaster. In this workshop, **Chef Geoff will show you how to make Vegan sweets**. You've tried his desserts, so you already know they are unparalleled. Find out how he does it...and how you can too! **Sunday, November 2, 1 – 5pm, \$30**. Register early to ensure your place at the table.

### INTERNATIONAL DINNER SERIES CONTINUES IN THE MIDDLE EAST



Much of what we cherish in our Western sciences and arts actually developed in the Middle East, the acknowledged *Cradle of Civilization*.

Our last dinner in the series this year therefore focuses lovingly on this diverse and complex are of the world. The trading center of the world for centuries, the Middle East adopted ingredients from the corners of the world and from an environment that many picture only as dry and hostile, produced a cuisine that is rich and sensuous. As with many cultures in the world, vegetarian choices developed among the economically deprived; we are fortunate for the opportunity to enjoy this flourishing cuisine.

**Wednesday, November 30, 7pm, \$30 per person excluding tax, gratuity and beverage; reservations required.**



## Why SET GOALS if WE LIVE IN THE MOMENT?

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Indeed why? This month Sifu asks another of those questions so relevant today. Whether you are an aspiring martial artist or a stock market maven the answers matter. Sifu will provoke you with his insights. Come to the talk, enjoy food and drink, and share your thoughts as well. 8pm, Wednesday November 3 following Tai Chi.

## What's Up?

## Why TEA

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Did you know that the organic loose-leaf teas sold at *THE PEACEFUL DRAGON* are from the fine tea plantations of the world? Why is preparation important to the enjoyment of high quality tea? What are the health and medicinal benefits of tea now corroborated by scientists? How do the right accessories enhance the presentation and enjoyment of tea? Come to the FREE tea tasting and lecture Saturday, December 4 at 7pm. Peaceful Dragon staff will answer these questions as you sample green, oolong, white and black teas. For everyone who attends this lecture, all of our teas, tea pots and accessories will be on sale at 20% off the regular price. With the holidays around the corner, here's a chance to learn about the benefits of tea *and* get those early gifts!

## OPEN FORUM

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Wednesday, December 1 at 8pm is our annual open forum. Sifu will chair the discussion but leaves the floor open for students to discuss any and all topics relevant to the arts we practice at *THE PEACEFUL DRAGON*. As we approach year end, this is a good opportunity to look back, to reflect, and to look forward as well. Begin thinking now about what you might like to discuss. Past discussions have included lineage and the future of the school.

## Holiday Sale

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Students only, Saturday, December 4, all gift items except books and CDs will be available at 20% off. Shop early, benefit yourself and your school.

## Dragon Classified Ads

### Simplify

Unclutter your life and spaces

Barbara Johnson  
704/552-7583  
704/577-1364 (c)

## NOW brand Vitamins, Herbs & Food Supplements a Bargain!

Save 20% off retail for these top quality products. Carefully researched and chosen by Debra and Sifu, these products are an exceptional benefit for students and invaluable to combat stress and enhance overall health. Orders are placed the first of each month and are generally ready for pickup in a week or so.

## Save on Quality Martial Arts Supplies and Weapons

Get 10% off retail for high quality martial arts supplies direct from Martial Arts Mart and waive the shipping and handling fees. Many items are on display for you to try sizes and styles, and any item can be ordered from their extensive catalog.

Fill out one of the Order Forms at the display area near the restroom and give it to our staff along with a 50% deposit at our front service counter. Orders will be placed the first of each month and merchandise will usually arrive within one week and be ready for you to pick up.

## On the Dragon Path

As we pass through life, all of us accumulate experience, opinions, knowledge, beliefs, and of course memories, all freighted with emotion, all in constant motion, the ever-changing continuously growing baggage that defines our individuality, yet out of which we recognize and share our commonality. From this whirl of life, with fortune and work we also begin to gain wisdom. All students are

invited to share their experience and knowledge related to the arts we practice. A few of the pieces that have appeared in these pages have also sparkled with wisdom...and so may yours. Send your article to [maibu@carolina.rr.com](mailto:maibu@carolina.rr.com).

## Pathways



In this scene from the famous series 100 Aspects of the Moon, we see the dilemma of the person at the end of their rope. The demon looms, yet even poised at the point of demise there is hesitation. Is this just one person to pity and ignore or is there a larger meaning? Who sits here? In spite of personal misfortune is there not still the possibility of resolution, of fortunate passage to a better time? As reports of failure and disaster on a large scale skew us from sadness to bewilderment to anger may we not still hold out that the world is beautiful and full of the possibilities of compassion? This bears thought; this is worthy of pursuit. What world do we perceive? What life do we live? What choices are we making?

Ed., Bo Mian Kang