“Zanshin (Remaining Mind)”

Happy New year!

What are everyone's hopes for this year? You probably have already started with a lot of plans and goals. I hope you will achieve as many of them as possible.

My hope for this year is to have “Zanshin” in my daily life.

Zanshin is considered to be important in Aikido. Even after we throw an opponent, we can pause for a moment and remain calm and composed. I believe that a mind that cares for others also comes from Zanshin.

There are greetings we casually use everyday like Good morning, How are you? Good night, Thank you etc. If we remember to have Zanshin when greeting others in our daily lives, I feel our communications and relationships with others will be much better.

Zanshin – I would like to value a sense of awareness and calmness that comes from Zanshin so I can be more accepting of people I meet and be kind to them.

I look forward to another great year together with all of you.

Tamami Nakashimada
Happy New Year. How was everyone's New Year? Let's have another year of good health physically and emotionally through Aikido. This year I wrote and put up "Kishin" on every dojo. Dogen Zenji who opened Sotoshu (Soto School) described three minds in his book Tenzo Kyokun: Kishin (a mind to be happy and appreciative), Roshin (a mind to care for others), and Taishin (a mind to accept others). Tenzo simply refers to those who cook for the Buddhist trainee. Kishin is a mind to be happy and appreciative. It's like appreciating that fact that one is born and has a job of cooking for the Buddhist trainee. Needless to say "Kishin" is not only for thanking those that cook but it can also be applied to other parts of our lives. I wrote "Kishin" in the hope that when you engage in an activity you will remember to be happy and appreciative.

Morito Suganuma

Over 130 members participating in Hatsugeiko
Our customary Hatsugeiko was held on January 1st in Tenjin Dojo. We had a training session from 10:30 to 11:30 then had the New Year party. Members from various places gave their news and updates. At the end of the party we sung the song “Ichigatsu Ichijitsu (January 1st)".

Messages From Members

Dear Sensei,

I'm so happy to get your email:) Sorry for sending you back late, because I got some stomach problems and went to hospital. I'm fine now, don't worry about me :)

I'm able to see the newsletter on our dojo's website now. Thank you for your kindness. I feel so good when I can read news about our dojo. Thank you very much!.

There are some pictures for you. 2 stars and moon composed a smile face on the sky in Taiwan last month. It looks so cute! People said it will bring good luck. Hopefully, It will bring all good luck to you :) Wishing you have a great New Year!

Wendy

Happy New Year. It's finally the year of 2009 in Canada too. Erika and I already caught a cold at the very start of the year so I learned how important our health is. There will be Vancouver Olympics in one year. I hope to see you in Canada this summer. Please let me know when you come to Enbu-kai this April. I look forward seeing you again.

Naomi

明けましておめでとうございます。会員の皆さまにはどのような新年を迎えられたでしょうか。今年も合気道で健康な体と心を培っていきましょう。今年は"喜心"と書いて各道場に掲示しました。曹洞宗を開かれた道元禅師は典座（てんぞ）教訓の中で"喜心、老心、大心"の三心を示されました。典座とは簡単に言えば仏道修行者の為の食事係です。喜心とは、喜び感謝する心です。自分は人間として生まれたことなら何でも有難い、と。この"喜心"は食事を作ることだけでなくあるあることに通じる心である事は言うまでもありません。何かことに当たるとき、この"喜んで" "感謝して" 事に臨めたら、と思って揮毫させていただきました。

菅沼守人

初稽古も１３０名を越す。
一月一日、恒例の初稽古を天神道場にて実施。１０：３０ - １１：３０まで稽古をし、終了後、新年会、各地から参加した方々に現況や報告などを話し、最後に"一月一日"の歌を歌って散会。

明けましておめでとうございます。(*^o^*) カナダも２００９年になりましたね。正月そうそう私と笑利歌は風邪をひいてしまいました。(ρ_ ρ;) 健康がいかに大切か年明けそうそう実感致しました。１年後には VANCOUVER オリンピックですね。今年の夏にはカナダでお会い出来ると思います。等々もし、４月の演武会ともに予定があるのではご連絡下さいます。お会い出来るのを楽しみにしています。

(o^∀^o) Naomi
Hello everybody,

It is with great pleasure that I would like to announce the birth of our first child, Noemi Yoshikawa. Tomoe gave birth to her on December 11th, 2008 at 6:09PM JST in Tokyo at the International Medical Center not five minutes away from Hombu Dojo. The labour lasted about 8 hours.

For those of you who are interested, I have put up some photos up on my flickr page.

http://www.flickr.com/photos/kisoku/

We miss all of you and wish you all a happy new year.

Mathieu Sauve-Frankel

Hi Tama-Sensei,

I want to focus on these for my new year's resolution:

To be a better dad to Gavin and Chayton
To be a better husband to Masako
To be a better leader at work
and
To be a better human being to others

but my most important one now is to get a hair cut.

See you in the dojo.

Didier

My wish for this year

The year of 2009 has begun full of snow. There is so much of it. My wish for this year is to start fresh, a lot more fresher than the whiteness of the snow! Also, health is number one! It's hard to predict what will happen these days but I want to be stable and keep my pace, but at the same time challenge myself to something new. I look forward having a better year in 2009 while I also fix my shoulder and work hard training!

Shinobu

今年の抱負は
2009年が明けました。しかし何と雪の多いことか・・・雪で覆われた年明けですが雪の白さに負けないくらいにフレッシュな気持ちで行きたいものです！
健康第一！この頃は何が起こるか予期できないですが、しっかりClientesと足を踏ん張って自分のベースをキープしながらも新しい事にもチャレンジしていきたいと思います。2009年はもっと良い年にそして肩を治して稽古がぱぱぱん出来ますように頑張ります！

偲

Shogatsu from Mike Boyle

Although Shogatsu means January, it is celebrated for the first 3 days or the first week of January. These days are considered the most important holidays for the Japanese. One could equate it with the celebration of Christmas in the west. During this time business and schools close for one to two weeks. It is also a time for people to return to their families which leads to the inevitable backlog of travelers. The Japanese decorate their houses, but before the decorations start to be put up a general house cleaning is done. The most common New Year's decoration is the hanging of New Year's cards which are called kadomatsu.
Messages From Members (cont'd)

Year’s decorations are pine and bamboo, sacred straw festoons, and oval shaped rice cakes. On New Year’s eve, bells (joya no kane) are rung at the local temples to speed out the old year. The New Year is welcomed in by the eating of year-crossing noodles (toshikoshi-soba). Casual western style clothing is replaced with kimono on New Year’s day as people go for their first temple or shrine visit of the New Year (hatsumoude). At the temples they pray for health and happiness in the coming year. The reading New Year’s cards (nengajou) and the giving of gifts (otoshidama) to young children are also apart of the New Year celebrations.

Food, of course, is also a big part of Japanese New Year’s celebrations. Osechi-ryori are special dishes eaten on the first three days of the New Year. Grilled and vinegary dishes are served in multi-layered lacquered boxes (juubako). The dishes are design to be pleasant to look at, and keep for days so that the mother is free from having to cook for three days. There are some regional differences but the osechi dishes are basically the same nationwide. Each of the food types in the boxes represents a wish for the future. Sea Bream (tai) is "auspicious" (medetai). Herring roe (kazunoko) is "the prosperity of one's descendants". Sea tangle roll (kobumaki) is "Happiness" (yorokobu).

Yup, that’s what’s going on here in Japan.

We’ve been visiting relatives and handing out rice cakes and pickled octopus like no tomorrow. If you want to see what things have been like, here is a blog:

http://blogs.fury.nexxus.net/blog4.php

People also clean off grave stones at the beginning of the year. I’m not to much into that, however there has been a university level marathon that span’s 2 days which has been pretty awesome to watch.

And there is no end to the comedy that is television in Japan during the holiday seasons. The best stuff is how masochistic producers can get with their talent. These people are locked into rooms with exploding fireworks broadcast across the nation, forced to jump into tubs of hot water and all manner of stupidity. Makes for great TV.

Happy New Year everybody.

Rich & Asuka
Chiba, Japan

Hey all, just wanted to say happy New Year to all of you! I miss practicing and seeing you loons -ha! Life in Montreal is good, nice to be around family and home friends but it takes time to get re-established. Work is going well, and will allow me to escape winter just as it gets tedious, although I’m still loving it now.

I have not been to Aikido since I came home (work, searching for apartments and commuting to my parents takes time!) something I plan to rectify this week- although I know it will not be the same without Tama-Sensei and the crazy group of you. If you are in town please give me a shout, let’s have a beer, I may even be able to offer you a place to stay.

Campai, love and kisses (well to some of you),
Andrew

PS- Yessss, you’ve got to love those TV shows
Richard- I remember them well!

“Thank you very much”
Shoheijuku Canada Dojo and I received many Christmas cards and New Year cards. We are receiving them more and more each year and I really appreciate your thoughtfulness. Thank you very much.

Tamami Nakashimada

“お礼を申し上げます”
祥平塾カナダ道場、ならびに私宛にクリスマスカー
ド、新年のカードをたくさんの方々からいただきました。一年一年、本当にこのグリーティングカードをいただく枚数も増え、みなさまからのあたたかい
お心使いに大変感謝致しております。ありがとうございました。これからも何卒率宜しくお願い申し上げます。
中嶋田玉美
Three Wishes of Young People

1. I want someone who will listen to my story.
2. I want to be the kind of person that is welcomed.
3. I want to be helpful and useful for somebody.

Shohei Juku Aikido Gibsons Dojo Report:

Training at Gibsons dojo continues to be wonderful. December and early January have seen the students and teachers really enjoy and value the opportunities for practise. On Friday, December 5th, I was fortunate to be able to attend a seminar at Allen Wynne's dojo with George Ledyard Sensei. George Sensei is a big, big man (330 lbs) but he has some of the lightest technique I've ever felt. I was asked to be uke for most of the class so I had many chances to "feel" how George Sensei was able to accomplish his very subtle technique. Most of the class were beginner level so we started working with our connection and grounding and took that feeling into creating technique. Timing and intention were also key points that were addressed. When class started we were moving from a static position and by the end of class we were flowing (ki no nagare) with a sumi otoshi technique. It is interesting to note that a young aikidoka (eleven or twelve yrs old) was performing the best ki no nagare technique of all of us. George Sensei's instruction was very clear and this young man simply followed his instructions and it worked for him. Perhaps it has something to do with not having to "unlearn" anything....? George Sensei will be visiting Gibsons again at the end of April (I think) so please come if you can. The later part of December saw the snow come. Wow! We have never seen anything like it on the Coast. Despite the weather we kept the dojo open (except for one day:-). We now know just how cold it can get in our dojo in the winter (and how hot in the summer). Good shugyo! We still have our regular members coming consistently and two new students will join soon. Slowly, slowly our dojo is building. As always, everyone is welcome to visit us!

Russ Qureshi

Excerpts from “Ima Koko o Iki Iki to Ikiru” (今ここをいきいきと生きる) by Morito Suganuma (page 96-97)

一怒一老
一笑一若
一回怒れば一つ年をとり、一回笑えば一つ若くなる、といった中国の諺。

六十歳をすぎても、合気道の植芝盛平先生のところに弟子入りをした二木謙三博士の自戒「延命十句」にはこう述べてあります。

一、少肉多菜  二、少塩多酢  三、少糖多果
四、小食多咀  五、少衣多浴  六、少車多歩
七、少煩多眠 八、少怒多笑  九、少言多行
十、少欲多施

この延命十句は「これをしてはいけない」ではなく「これを少くして」なんですね。二木先生は、自らこれを実行され、九十三歳まで長生きされ、八十八歳まで合気道を続けられたそうです。
Excerpts from “Ima Koko o Iki Iki to Ikiru” (今ここをいきいきと生きる) by Morito Suganuma (page 96-97)

One angry is to become a year older.
One laugh is to become a year younger.

This is a Chinese proverb that says if we get angry once we will become a year older but if we laugh once we will become a year old younger.

Dr. Kenzo Futaki who after the age of 60 became an uchideshi to Morihei Ueshiba Sensei wrote in his discipline “Enmei Jukku (Ten phrases of prolonging life)”:

1. Consume less meat and eat more vegetables. 2. Take less salt and take more vinegar. 3. Take less sugar and more fruit. 4. Eat less and chew more. 5. Wear less clothes and take more baths. 6. Drive less and walk more. 7. Worry less and sleep more. 8. Less anger but more laugh. 9. Less word but more action. 10. Suppress your desire but offer to do more.

These lessons are not about “Do not do this” but they are about “Do less of this”. Dr. Futaki lived by these and lived a long time till the age of 93. He also kept training in Aikido even when he passed the age of 80.

Winter 2009 Aikido Program

At Trout Lake Community Centre:

Kids (5 – 7 yrs)
Tuesday
4:00-4:45pm (Beginners)
5:00-5:45pm (Colored belt)
Jan 13 - Mar 17
$60/10 sessions

Kids (8 - 12 yrs)
Thursday, 4:30-5:15pm (Beginners)
Jan 15 – Mar19
$60/10 sessions

Kids Coloured Belt (8+ yrs)
Saturday, 10:00-11:00am
Jan 10 – Mar14
$70/10 sessions

Parents & Kids (5 – 12 yrs)
Saturday, 09:15-10:00am
Jan 10 - Mar 14
$60/10 sessions

Women's only class
Tuesday, 6:00 - 7:00pm (Beginners welcome)
Jan 13 - Mar 17
$70/10 sessions

Adult Regular class (13+ yrs) is on going program.
Mon, Wed, Thu and Fri 6:00 – 7:30pm
Sat 11:00-12:30pm
Adult $63/month
Student $42/month
Drop-ins $10/class

At Brentwood Park Elementary School in North Burnaby:

Parents & Kids ( 7 +yrs)
Wednesday, 6:30-7:30pm
Jan 14 - Mar 18
$63/9 sessions

Coal Harbour Aikido Classes are canceled for this season.
**Upcoming Events**

Jan 12 (Mon)  Instructors meeting
Jan 24 (Sat)  Dojo New Year Party
Feb 22 (Sun)  Second Annual Godo Geiko with Gibsons dojo at Trout Lake Dojo
Mar 27 - 29  Uchideshi Seminar with Mr. N. Nakamura- Shidouin, Fukuoka, Japan. at Nikkei Heritage Centre Hosted by Shomonkai Dojo
Apr 29 (Wed)  Shoheijuku Enbutaikai in Fukuoka, Japan

**Adult Class Teaching Schedule**

Mon:  Tamami Nakashimada
Tue:  Tamami Nakashimada
Wed:  Jojo Larosa
Thu:  Tamami Nakashimada
Fri:  Siamak Riazi
Sat:  Tamami Nakashimada & Mike Boyle

**2009 Seminar Update**

Mar 27 – 29  Uchideshi Seminar at Nikkei Heritage in South Burnaby Instructor: Mr. Nobuaki Nakamura – Shidoin, Fukuoka, Japan

Sep 25 – 27  Seminar with Morito Suganuma Shihan, Fukuoka, Japan

**Notice to Drop-In Members Regarding The Drop-In Fee**

Please pay the drop-in fee at the front desk downstairs before the class starts. Lately more members pay the drop-in fee after the class is over and in some cases forget to pay the fee. Please make sure to pay before the class starts. I would also like to ask drop-in members to write your name on the back of the receipt you receive from the front desk and to present it to the class instructor.

The drop-in fees are as follows:
Adult class $10/class
Coloured Belt Kids Class $7/class

Thank you for your attention in this matter.

Tamami Nakashimada

**Shohei Juku Aikido Canada Goods For Sale!**

- **Face Towel** with Suganuma Shihan “合気道” Aikido Calligraphy and Dojo Logo: $6.00
- **T-Shirts** are also available: $18 and $15

Please ask Tama if you are interested.

**Notice**

1. Please pay the monthly fee in the first week of the month at the front desk of the Trout Lake Centre. If you are going to drop-in, please show your receipt to the instructor each time you drop-in before the class begins.

2. If you arrive late to the class please do the stretching exercises before starting keiko. Please make sure you do this, especially during cold weather days.

3. If you are planning to miss classes for a long period of time due to sickness, trip, moving, transfer etc., please let us know in advance.

4. We are always looking for various articles. The topics can be anything including Aikido, friends, work, and hobbies. Our dojo newsletter welcomes everyone's input.

**Contact Information:**

E-mail: sjacanada@gmail.com

**Annual Membership Fee**

The Annual Membership Fee is required to be paid by all members who practice in our dojo. This fee covers the expenses for operating the dojo as well as insurance expenses. Paid members will also be permitted to take a test twice a year. They will also have the benefit of receiving a discount for the seminars. Please make the payment ($60/yr) to either Mike Boyle or myself. Thank you.