



Shohei Juku Aikido Canada

Monthly Newsletter
December, 2006. Number 24

We are already approaching the end of the year 2006. This year went by so fast....too fast.

My resolution for this year was to keep a daily record of household expenses but once again I couldn't stick to it for too long. So what really did I do this year? It seems like I was running around everyday. I run to go shopping, to the bank, to my son's school and to the dojo...I am very thankful for my two strong legs. Having a healthy body is so important after all.

I would also like to thank everyone from our dojo for your thoughtfulness. Thank you. When I am often running around being so busy, Siamak always tells me "Sensei! Don't worry. We can manage. Don't worry". I then realize "Right...I can count on them. They can help each other and take care of it for me". Everyone from Shohei Juku Aikido Canada, thank you very much for all the thoughtfulness and kindness you have given to me throughout the year.

"Merry Christmas".

Tamami Nakashimada

今年も残り少なくなってきました。早かった、、、本当に早かった2006年。

今年の私の抱負は、毎日きちんと家計簿をつけることだったのに、やっぱり今年も三日坊主になってしまいました。こんな私、今年は何をしたんだろう？ けっこう毎日走りまわっていた感じがします。買物へ走り、銀行へ走り、息子の学校へ走り、道場へ走り、、、この二本の丈夫な足に感謝、感謝。やっぱり健康な体が大切なんですね。

また、道場のみなさんから、たくさんの「思いやり」をいただきました。ありがとう。Siamak（シアマック）さんが、あわただしく動いている私をみていつも言ってくれる言葉：「先生！心配しないで、ぼくたちがすべてうまくやるから、、、」"Sensei! Don't worry. We can manage. Don't worry". ああそうか、みんなにまかせておけるんだ。みんなが協力してやってくれるんだ、、、そう思いなおすこと、しばしばありました。祥平塾合気道カナダの会員のみなさん、今年もたくさんの優しい思いやりをありがとう。

"Merry Christmas".

中嶋田玉美



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 46-47)

盛年重ねて来たらず
一日再び晨なり難し

陶淵明

「人は若くて元気さかんな時は、時間を惜しむことを知らない。たとえ知っていても、そう大して惜しむには至らない。

四十歳を過ぎてはじめて時間を惜しむことを知る。しかし、すでにその頃になると力がだんだん衰えて来る。

であるから、学問、修行するには若い時に志をたてて、大いに勉め励まなければならない。そうでないと、後になってどんなに後悔しても無益である。」

と佐藤一斉は「言志録」で述べております。

“Youthful time comes only once just as the morning comes only once a day.”

By Touenmei

“When people are young and full of energy, they don't know how precious their time is. And even if they knew that, they just don't seem to place great value on their time.

Only after they pass the age of forty then do they, for the first time in their lifetime, realize how precious their time is. However around this time their physical strength gradually starts to decline.

Therefore the best is to decide their path for education or training and work really hard while they are still young. No matter how much people regret that later on in their lives, it's pointless.” said Issai Saitou in “Genshiroku”.



Messages From Members

If I can sum up the year 2006, it has been the year of happiness, sadness, indecision, triumph, and goal setting. After coming back from visiting my Mother in Iran on February of this year, I was confused about what I wanted to do in life. That question has been hunting me since last year. Feeling of not being fulfilled with my career has been a big issue in 2006. After 8 months of job hunting, knocking doors and networking finally I found a great job with Overwaita group in Langley. I just started my first night shift this week and it seems very exciting.

One thing about Aikido that I can testify is that it has kept me sane during the tough time. Focusing on practicing Aikido for the 1.5 hour duration has helped me immensely to put my problems aside and purely focusing on Aikido. I would like to take this opportunity to thank the following members for their great advice, understanding, friendship, and help:

Tama Sensei, Claire, Ron, Mike, Charles, Wayne, and Dameyn. You have helped me and kept me focus on the task at hand and for that I grateful.

Thanks.

From Siamak

Review of the Year

The year is 2006. It is funny how time seems to fly so fast. I remember the year of my grandmother's death, 1969, like it was yesterday and the jump from 1969 to 1970 seemed such an unbelievable happening to me back then. Now here we are all the way into 2006! As I open my day planner to see what has happened in 2006, I am struck by how full it is. There are courses taught and courses taken, lots of teaching and training dotting the pages. Many trips were taken and visitors visited. Two weeks of holidays in Hawaii (March last year) where we suffered a record rainfall on the Island of Kauai. Sadly, 7 people lost their lives in a flash flood on the Island during our stay there. Also in 2006, a dear friend of 30 years was diagnosed with Alzheimer's disease – a tragic illness. As I continue to scan the day planner, I settle back in my chair reliving some of the other events noted in my day planner. I remember training with April during Suganuma Sensei's visit in April and the wonderful exchange we had. I remember the fun our family had blueberry picking this year with Mason hiding in the

Messages From Members (cont'd)

forest of bushes and playing an imaginary game. I remember my knee injury and how my husband supported and encouraged me to be patient with the healing. I remember the smiles on the faces of the children in kid's classes. They smile in Aikido class and they smile in karate class. It strikes me that our time spent in the company of others is precious time. The events that happen in our lives are opportunities for us to make memories that will last – memories for us and memories for the ones that we touch. Every opportunity we have to be allowed to enter into someone's heart, someone's eyes, and someone's smile is an opportunity for us to make an imprint, to leave tracks after our passing. Helping someone carry their groceries, opening doors, pouring someone's coffee at Tim's, sending a thank you note and other small kindnesses. As I look back in 2006, there are some tracks that I wish I could erase but there are also a lot of tracks that I am glad I made. Best Wishes to you all for 2007!

From Donna Gardecki

Upcoming Events

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|----------------------------|---|
| Dec 9 (Sat) | Shoheijuku Annual Christmas Party and Congratulation Party! |
| Dec 18 (Mon) | Instructors Meeting |
| Jan 2 (Tue) | Hatsugeiko |
| Jan 20 (Sat) | Dojo New Year Party |
| Feb 23 – 25 (Fri – Sun) | Godo Geiko (Uchideshi Seminar) |

Dojo Holiday Schedule

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|----------------------------|---|
| Dec 25 (Mon) – Jan 1 (Mon) | No Classes |
| Jan 2 (Tue) | Hatsugeiko (New Year's First Practice) Everyone is welcome to train (No Woman's Class) |
| Jan 3 (Wed) | Regular Dojo Schedule Starts |

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.

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 to do this especially during cold weather days.
3. If you are planning to miss classes for a long period of time due to the 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:

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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 (\$50/yr) to either Mike Boyle or myself. Thank you.