



# Shohei Juku Aikido Canada

## Newsletter

June 2013 • #100

### **“What it is to Believe”**

In the blink of an eye, summer has arrived. June brought a lot of rain, and we have missed the shining sun!

Last week, I went to Victoria for one of my son's baseball tournaments. It was a two-night trip, the weather cooperated, and we managed to complete the four games without incident. The team did well, winning three of four, but my son has been in a long slump since last month, and didn't manage to get a hit. In the third game, fourth inning, the bases were loaded with two outs, and he was up to bat next. As he stood in the batter's box, I said a desperate prayer for him in my heart. "Please god! Give him a hit! I beg you, give him a hit!" The pitcher was getting ready to throw the last ball with two strikes and three balls, and my heart was full of tension. It was a called third strike, so he struck out. A rain of boo-ing came down from the stands. Even I, his mom, let out a yell, "What are you just standing there for?!" I was so angry. Then, with extra innings in the top of the 8th, his turn came around again. "Hit it this time!" But as he headed for the batter's box, the coach quickly called in a pinch hitter and subbed him out. With cheers for the pinch hitter rising from many of the fans, his shoulders slumped in discouragement and he turned back to the bench. Seeing this brought back memories of a similar bitter experience I had playing softball. That time, one of my close teammates and a very kind senior member stayed late to practice with me and keep me company. When I think about it now, these two believed in me.

In baseball, there is always a winner and a loser. Of course, if every player doesn't play well and produce results, the team will not win. And obviously, as the level of play rises, this gets more and more intense. My son is starting to experience this now. We, as parents, can also see that our children are starting to experience things at the next level. When Hideki Matsui retired from active play, he said that the reason he had been able to make it as far as he did in baseball was that his mother always believed in him. If a parent doesn't believe in his or her child, who will? We parents, who are closest to them, need to be their number one fans, and believe in them.

What is it to believe? To believe in your own potential. To believe in your child's power and courage. I think being able to believe in yourself comes from having passion to do the things you want to do.

This season, Munenori Kawasaki, from the Fukuoka Softbank Hawks, has been called up to play with the Toronto Blue Jays. He, along with Ichiro Suzuki, have become surprisingly popular. Why have these players attracted so many fans? I found the following in an article about them in a sports magazine:

"Kawasaki doesn't respond differently, even when fans call to him. He always keeps a bright demeanor and has a smile for everyone. It's the same on the field. He always puts in his full effort, and fans surround him in praise as he runs the bases. Kawasaki says, 'I want to do what I want to do. Anyway, I'm just doing what I can. Wherever I am, all I need to do is my job. Prepare steadily, and let it all out on the field every day. I just give it a good ki-ai: "Chesto!" (which means "Okay, here I go!" in Kagoshima dialect) and get to it!"

Everyone has low points in their lives. Not just once or twice, but maybe over and over in waves through life. But like Kawasaki-san, if we believe in ourselves and always stay forward looking, I believe we will always get through these lows, eventually.

I think that is exactly what my son needs right now.

**Tamami Nakashimada**

## ”信じるという事”

あっという間に夏がやってきました。雨の多い6月。ぎらぎら輝くお日様がとっても恋しい！

先週は、息子の野球の試合で、ヴィクトリア市に行って来ました。2泊3日の遠征でしたが、お天気の方も何とか協力してくれて、無事に4試合終えることが出来ました。チームは、3勝1敗の良い成績でしたが、先月から長いスランプに入っている彼は、なかなか打てずじまいでした。3試合目の4回の表、ベースは満塁、2アウト、次のバッターは彼でした。バッターボックスに立った息子に、私は心の中で、必死に祈りました。。。”。。。神様！どうか打てますように！お願いします、どうかヒットがでますように！”2ストライク3ボール、最後のボールが投げられようとした瞬間、私の胸は緊張で一杯でした。結果は見逃しの3振。つまりストライクアウト。観客席からは、息子に向けられたブーイングの連続。母親の私の口からも、息子に向けた野次が出てしまいました。”なんで何も振らなかったのか！”私は、怒りで一杯でした。そして、延長戦になった8回の表、又彼の番が回って来ました。”今度は打って！”。。。彼がバッターボックスに行こうとしているときに、コーチは、息子の代打の男の子を呼び、急遽、彼と交代。又、大勢の観客から、交代に対する歓声が飛び交う中で、肩をがっくり落とし、ベンチに戻っていく彼の姿を目の前にしたとき、私も彼と同じ体験をした、ソフトボールの苦い思い出が蘇って来てしまいました。そのとき、とても親しかった同輩、そして可愛がってくださった先輩の一人が、いつも居残り練習をしている私に付き合ってくれました。この二人は私を信じていてくれたのだろうと、今思います。

野球は勝ち負けのあるスポーツです。勿論、選手一人一人が良いプレーをし、結果を出さなければ、チームは負けてしまいます。レベルが高くなるにしたがい、それもとてと厳しくなっていくのは当たり前。それを、彼は体験し始めたのだろうと思います。そして親である私たちも、次の段階の体験を始めたばかりではないかと思いました。現役から引退された、松井秀樹選手が言っていました、彼の母親は、いつも自分を信じていてくれた、そのおかげで、自分はこれまで野球をやってこれたと。親が子供を信じてあげなかったら、誰が信じてくれるでしょうか？一番身近にいる、私たち親が、子供の一番のファンになって、信じてあげなければ。。。。

”信じるという事” 自分自身の可能性を信じる。子供の力、勇気を信じる。

自分自身を信じる、そこには、やりたいことをやる情熱があつてこそ、信じられるものだと思います。

カナダ、トロントの野球チームに、今シーズン、福岡ソフトバンクから、川崎宗則遊撃手が入り、活躍中です。彼はイチローも大変驚くほどの人気。なぜ彼は多くのファンに好感をもたれているのでしょうか？

こちらのスポーツ紙に書かれていた、彼の記事から：－

“川崎は、ファンに声をかけられても、対応は変わらない。いつも明るく振舞う姿に、誰もが笑顔になってしまふ。それはグラウンドでも同じ。常に全力プレイでグラウンドを走り回る姿に、多くのファンは好感を抱くのだ。川崎は語る、”僕がやりたいことにこだわりたい。兎に角自分のやれることをやるだけ。何処でやろうが自分の仕事をやるだけ。しっかり準備して、毎日グラウンドで大いに発散するだけ。チェスト！[鹿児島の方言で、さー、行くぞ！]と、気合を入れなおした。”

人生、誰にでも低迷する時が来ます。それは一回や二回ではなく、波のように、生きている間、何度も押し寄せてくるかも知れません。でも、この川崎選手のように、自分を信じて、いつも前向きにやっていけば、いつかその低迷のときから開放されるものであると、信じます。

今、息子が必要としているものは、それではないかと思えます。

中嶋田玉美

## =Health Tips=

**Diet confusion?** Just follow these steps to healthy eating

We are all bombarded daily with dietary information that can be confusing: 76 per cent of you say ever-changing nutritional info makes it hard to know what to believe; and 52 per cent say it's easier to do taxes than shop smart.

We agree. So we're gonna streamline that info for you, right now.

1. Don't eat foods with added sugars or added syrups and , when possible, avoid artificial sweeteners. They lie to your appetite-control system and can lead to weight GAIN.

2. Choose 100 per-cent whole grains. Your guts, immune system and heart will thank you.

3. Eat slowly so you can tell when you're full. Then stop.

4. Eat often (four or six times a day) to prevent hunger. Hunger=overeating. It's bad for the heart and certain to trigger weight gain.

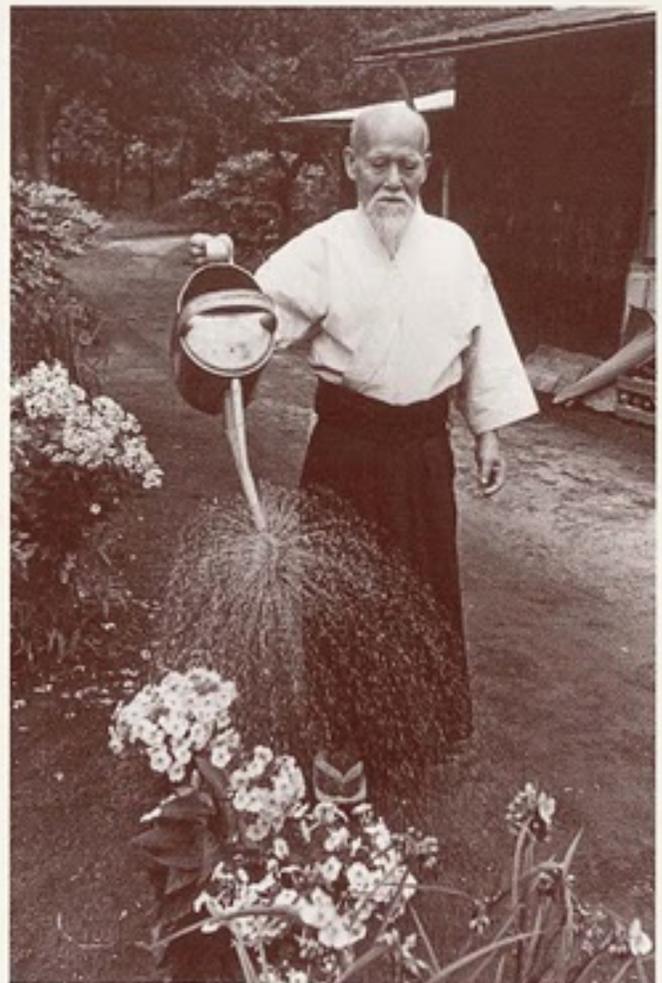
5. Get nine servings of fruits and veggies a day. Think of it as nine fistfuls of goodness.

6. Opt for lean protein: chicken (no skin), fish, beans and whole grains. Spare your heart and brain the damage too much saturated fat causes.

7. Get a blood test to check your levels of D and B-12. Take supplements IF you're deficient.

Follow these steps and, no matter what, you'll be healthier and wiser!

From Province Newspaper Health Tip from YOU DOC from Province Newspaper.



合気道開祖 植芝盛平 Aikido Founder Morihei Ueshiba

Aikido Founder Morihei Ueshiba watering his Summer garden.

= Chinese character for forbearance: **Ren 忍** =

Placing a “knife” over the “heart”

The Chinese character 忍(ren) is a pictophonetic one formed by combining a component that indicates the meaning with a component that indicates the sound.

忍 means to forbear, endure, or tolerate. It also contains the connotation of self-restraint and self-control. It is composed of the character for “heart”, 心(x i n), on the bottom, which carries the meaning, and the character 刀(ren) on top, which provides the pronunciation.

刀, referring to the blade of a knife or the edge of a blade, also contributes to the meaning of the character 忍.

That is, 忍, meaning forbearance, is formed by placing a “knife” over the “heart”, as if implying that this quality is not easily achieved by ordinary people but requires a higher level of cultivation, discipline, and will.

Why should one forbear? What are the positive outcomes of forbearing?

The ancient Chinese “Words of Admonition Concerning Forbearance(Author Anonymous)” states: “if the wealthy can forbear, they will preserve their family and ancestry. If the poor can forbear, they will be free from humiliation and disgrace.

“If father and son can forbear, they will treat one another with filial piety and parental kindness. If brothers can forbear, they will treat each other with righteousness and sincerity.

“If friends can forbear , their friendship will be long-lasting. If husband and wife can forbear, their relationship will be harmonious.

“In the middle of a tribulation, one who forbears may be ridiculed and laughed at by others. However, once the tribulation has been overcome, those who ridiculed and laughed will be ashamed and humbled.”

In traditional Chinese culture, numerous inspiring words and stories concerning forbearance have been recorded in history books and chronicles over thousands of years.

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The ancient virtuous sages took great pains to teach people to be tolerant, patient, and forgiving(忍讓寬怒、ren rang kuan shu) and to be able to endure humiliation and forbear great responsibilities(忍辱負重、ren ru fu zhong), thus creating a rich and precious”culture of forbearance”(忍文化、ren wen hua).

From Asian Newspaper.



## =Surrey Dojo Summer schedule, 2013=

We have moved to North Surrey Recreation Centre from this month.

Here is our new schedule for this Summer!

Wednesday & Friday from 6:45PM-8:00PM

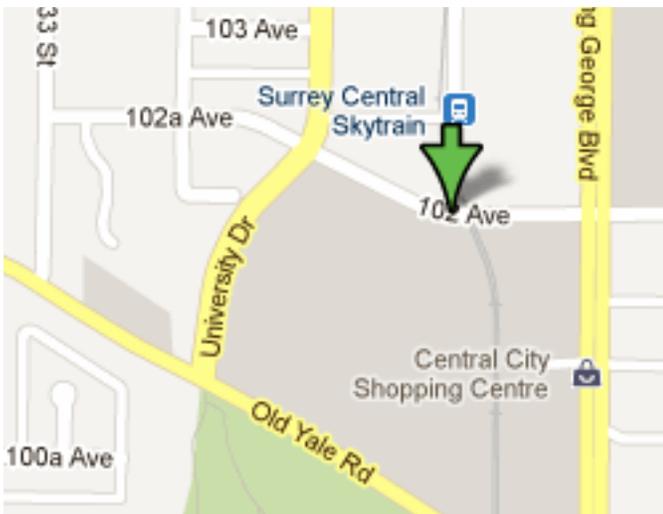
Adult \$55/month Student \$40/month Drop ins \$10/class

We have nice mats from Trout Lake Dojo now.  
We welcome you to join our dojo any time.  
Hope to see you in our class!

From Surrey Dojo

### Address:

North Surrey Recreation Center  
10275 City Parkway  
Surrey, BC V3T 4C3



Patience / Perseverance  
Chinese/Japanese/Korean Wall Scroll



Surrey Dojo members below, including **Nathan** (centre) who translates Tama Senseis Newsletter from Japanese to English every month - Thanks



## Art Corner



**Pink Roses**  
**Vincent van Gogh** 1853 – 1890

Van Gogh on Facing a Blank Canvas:

“Just slap anything on when you see a blank canvas staring you in the face like some imbecile. You don’t know how paralyzing that is, that stare of a blank canvas is, which says to the painter, ‘You can’t do a thing’. The canvas has an idiotic stare and mesmerizes some painters so much that they turn into idiots themselves. Many painters are afraid in front of the blank canvas, but the blank canvas is afraid of the real, passionate painter who dares and who has broken the spell of ‘you can’t’ once and for all.”

(Letter to Theo van Gogh, October 1884)

## Editors Note:

Summer is finally here, It was nearly 30° last week, wow thats hot!

I have been spending lots of time in my studio getting beyond the blank canvas, its hard work making something from nothing. Vincent van Gogh has some sound advice here.

This month I made a commitment to draw what I see instead of taking photographs, for an artist this is a good “seeing” practice and has meant spending more than 30 seconds looking at any subject.

On a visit to VanDusen Gardens this week, I settled down to draw an interesting plant. Shortly after I started - along came one of the garden guides and cut the very section of the plant for their seasonal display case. Shame - but I had already “slapped something down” an abstract drawing and a new way of seeing.

Enjoy the delights of Summer

**Katharine**

***Please send in your letters, ideas, photographs and make a contribution to the next Newsletter - forward to myself or Tama Sensei.***