



CANADA

176 • May 2020



今朝、神棚と仏壇に上げるお茶をみたら、  
カビがはえていました。  
形あるものは汚れがみえるからよさそうなものの、  
心は見えないから、ついついそうじをおろそかにしがちです。  
恐ろしい事です。

(菅沼守人先生：一日は一生の縮図なり、ページ54より抜粋)

## FRONT COVER TRANSLATED

This morning, when I saw tea on the Shinto and Buddhist altars, mould was growing.

Although something with a shape which we can see, if it is dirty.  
Like our heart which we are not able to see with eyes,  
so we tend to neglect the cleaning it.

It is horrible.

“One day is the epitome of life page 54 by Sensei Morito Suganuma”

## QUOTE OF THE MONTH

” 些細なことに真心を尽くしなさい。  
あなたの強さは些細なことの中にあるのですから。 “  
- マザーテレサ -

“  
Be faithful in small things.  
Because it is in them that your strength lies. ”  
- Mother Teresa -

## AIKI WORD OF THE MONTH

正しい技は 正しい力と正しい動きからでて  
正しい力と正しい動きは 正しい姿勢から  
正しい姿勢は 正しい心から生まれる

The right skill comes from the right force and the right movement.  
The right force and the right movement come from the right posture.  
The right posture comes from the right mind.

# message from Tamami Nakashimada

“Hello, everyone! “

The self-isolation has been ongoing since the middle of March, and it has eased gradually. However, the coronavirus is not entirely over yet. So please still keep your health care steady.

In the self-isolation life of more than two months, we have forced to live without the prospect of a solution. As we thought our ordinary lives would never stop, we are anxious that we have lost suddenly. We have been trying to get through this rough patch with patience and cooperativeness.

We have a place to sleep, have foods to eat, have water to drink, there is the sun brings us the light, shining stars, rain, moving clouds, little birds sing gently, children laugh, and we have someone to talk.

I appreciate all things in our lives.

Lastly, Hope to see you all soon!

Words for the month: I am with you...

Tamami Nakashimada

“ みなさん、三月半ばより続いておりました、緊急自粛制限も少しずつではありますが、緩和されてまいりました。まだ完全にこのコロナウイルス感染が、終息したというわけではありませんので、各自、健康管理・自粛は、しっかり続けていかれてください。

この二ヶ月以上の自粛制限の生活の中で、多くの方々が、解決の見通しの立たないままの生活を強いられてあります。今まで、当たり前であった事が、当たり前でなくなりました。現状に、私たちは戸惑いました。しかし、私たち人間が潜在的に持っております、忍耐力、そして、協調性を持って、この困難に打ち勝とうと努力を続けております。

眠るところがあり、食べるものがあり、飲む水があり、太陽の光があり、雨が降り、星が輝き、雲が流れ、小鳥にさえずり、子供達の笑い声が聞こえ、話す人がそばにいる。。。その全てに生かされていることに、あらためて感謝したいと思います。

このメッセージの最後になりましたが…みなさんに、早くまた会えることを、願っております。

中嶋田玉美

今月の言葉：あなたがいるから、私がいる。。。。



# MESSAGE BOARD



Hi Tama sensei,

We are doing ok - the kids are enjoying not having to wake up early and get ready for school. I have to remind them to try to stay active as it is easy to sit around. I am working from home and am thankful that I still have a job during this time.

I hope everyone else is managing ok.  
Don't forget to keep stretching!

Stay safe, stay healthy!  
Arnel

Hi Sensei,

Very similar to Arnel here. :) we are all healthy. Kids are having too much tv, but that is ok. Trying to stretch and do some physical activities.

Working from home. Crazy times for anyone working in non-profit. Many people have laid off and the ones that were not are working 10-12 hour per day trying to help the most vulnerable in our communities.

We feel so privileged. To have a home. To have a job, to have friends and family who support us and for being healthy!

Sending blessings to everyone, hoping to be in the mats sooner than later!

Gabriel Avelar

Hi, how's everyone?

I went back to Taiwan in February. Came back to Canada in mid March. I thought I was able to go practice before heading to Japan. All of a sudden, everything shuts down. Our lives have changed.

My exchange program to Japan was also affected. It is now postponed to October.

Look at the bright side, I can spend more time with my family, have more time to plan ahead.

What I learned during this time:  
Carpe diem, Cherish friendship, Tell my family I love them.  
Be optimistic!

Windy

Hi everyone!

Rob and I are doing very well - happy to be healthy and have a place to call home that is very beautiful! We are working in the dirt, trying to grow more of our own veggies this year, and some extra for the food bank.

Darcy

Good morning Sensei,

Hopefully this is all going to end soon - it feels like BC has been doing a pretty good job at flattening the curve, so hopefully we will get back to normal at some point in the next few months. I think we are all missing the Dojo, eh? I know I miss everybody, and I am not sure I will remember how to roll when we get back on the mats!! I hope I remember how to put on my Hakama - haha!! Stay safe and kind - thanks for doing your part!

Love,  
Claire



Things are going well for us here on the Sunshine Coast. Our whole family has been keeping in shape and staying active, but I am missing training with all my aikido family! We just celebrated birthdays in our home, April Ria is 50 now, and Sasha just turned 18!!!!!! I remember when he was three months old, bouncing in his chair at the edge of the mat while his parents trained. It's a good life sensei and, despite the pandemic, it just keeps getting better. Love to all and see you soon!

Russ



We are doing Aikido stretch at home everyday, involving my husband who never really focused on stretch as an exercise before. We often go out for trail walks and some easy walks along the ocean and parks.

Ai





# Aikido outdoor



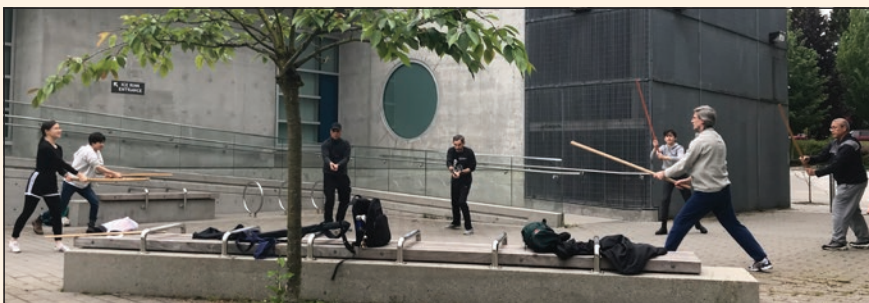
Hi all,

It was very nice to see you all with a big smile on your face at our first outside practice on May 21st (Thursday). There were about 21 members showed up, and honestly, I got shocked to see you all there! It was more than I expected to see the numbers of our attendance! And I realized how much I missed you all.

Thank you to Mike, Claire and Siamak to brought up this idea. I appreciated it very much!

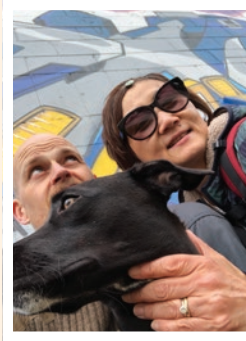
You are all looking very healthy and energetic! It was nice to be outside with fresh air at the same time. Very enjoyable time. Thank you for your continuing support. Please keep yourselves healthy.

Tamami Nakashimada.





# MESSAGE BOARD



玉先生

すでに5月です。3月の半ばから始まったコロナに対する影響を防ぐための自宅謹慎…どうなることかと思っていましたが気がつけばもうすでに1ヵ月以上です。肩の故障で稽古はしばらく休んでいましたが、まさかこんなことになるとは?とてもポジティブに考えてこの間に肩を治して合気道の稽古が再開されるときには、元気いっぱいに行きたいと思います。この時間にパンを焼くことを習ったりもつと料理を幅を広げたり、と言いながらも時間を持て余します。ですが昨年からのレスキューの犬を引き取り毎日散歩が私の仕事になっています、名前はニュート女の子です。生き物を飼うと言う事はとても責任があるんだなあ…とよくわかりました。でも彼女のおかげで外に出てよく歩きます、私のためにもとっても助かっています♥この状況しばらく続きそうですが皆様も健康に気をつけて頑張りましょう!私たちは絶対に大丈夫です!健康第一。

でも早くAikidoの家族に会いたい。なあ…

偲

Dear Tama Sensei,

It's already May. We've isolated ourselves from all social contacts for prevention of coronavirus since the middle of March, I worried about the outcome, but I got used to the new lifestyle. Though I'm absent from the lessons because I injured my shoulder, I'll get better on this occasion. And when the coronavirus ends, I hope to take part in Aikido lessons again!

I like to spend time cooking and learning how to bake bread, but I still have too much time on my hands.

After I adopted a rescue dog last year, I take her for a walk every day. Her name is Newt. I realized I am responsible for raising her. I can stay healthy thanks to her! We don't know if this situation will end but let's do our best together! We'll be ok for sure! Health comes first! I would like to see the Aikido family as soon as possible!

Shinobu Preston



“Soul Mate”

## Memorable Song that touch our heart

\* 心の友 \*

あなたから苦しみを奪えたその時  
私にも生きてゆく勇気がわいてくる  
あなたと出会うまでは 孤独なさすらい人

その手のぬくもりを感じさせて

愛はいつもララバイ 旅に疲れた時  
ただ心の友 と私を呼んで

信じあう心さえどこかに忘れて  
人は何故 過ぎた日の幸せを追いかける  
静かにまぶた閉じて 心のドアを開き  
私をつかんだら 涙ふいて

愛はいつもララバイ あなたが弱い時  
ただ心の友 と私を呼んで

シンガー: 五輪真弓

At the moment when I took away your suffering,  
I also got the courage to live.  
Before I met you, I always got lost, and I was a lonely surrender.  
I want to touch you and feel the warmth of your hand.

Love is always a lullaby; Even if you get lost, I'm always here for you.

Even the heart of believing, forget it somewhere,  
Why do we chase the happiness of the past days,  
Gently close your eyes and open the door to your heart,  
If you feel me, please stop crying.

Love is always a lullaby, even if you are worn out, I'm always here for you.

By Mayumi Itsuwa



## message from Tamami Nakashimada

Message to all SJAC members:

May is the season for fresh greenery.  
The days of self-restraint regulations have not yet to be lifted.  
Are you in good health?

The other day Trout Lake Community Centre informed that it is still unclear when the centre would open. However, even we are still in such situations, I received a message from the community centre that they are making the efforts to prepare to start anytime. I hope that day will come when we can all meet.

Unfortunately, the Powell Street Japanese Summer Festival Organizing Committee announced that the annual Japanese Summer Festival in August is cancelled, except for some related matters. This report from the committee is I received for now.

This situation is still going on, but let's keep praying that it will end as soon as possible while adhering to our self-restrained regulations.

“Step by step is our dojo.” (Hobo Kore Dojo.)  
Our dojo is all around us. Everything around us is a place to practice.

Take care of yourselves.

Best regards,  
Tamami Nakashimada  
May 1st, 2020.

みなさまへ、  
五月、新緑の季節となりました。  
自粛規制が解除されない日々が続いておりますが、  
みなさん、変わりなく元気にお過ごしですか？  
先日、トラウトレイクコミュニティーセンターより、  
いまだに、いつセンターがオープンされるかは、明確ではないという  
連絡が入りました。しかし、このような状況の中で、センターでは  
いつでも開始出来るようにと、準備を調える努力はされてあるとの  
報告とともに、私たちに会える日が、一日でも早く来ることを願って  
おります、というメッセージをいただきました。

また、日系パウエル夏祭り組織委員会からも、残念ながら、  
八月恒例のこの夏祭りは、関係一部を除き、全て取りやめになった  
ことの  
知らせがありました。

以上が、現時点での報告です。  
まだこの状況は続いておりますが、私たちはそれぞれ自粛規制を  
守りながら  
一日でも早く、このコロナ感染が終息することを、祈り続けましょう。

“歩々是道場”

私たちの道場は、私たちの周り全てが道場。  
周り全てが、私たちの稽古場。

お体くれぐれも大切にされて下さいませ。

中嶋田玉美  
01.05.2020.



Photo by Tamami Nakashimada



Photo by Yukiko Kotake



by Tamami Nakashimada



There is "Tsutsuji" blooming now in Japan so beautiful.  
Photo by Yukiko Kotake

*Send us your photo to*  
[info@shoheijuku.ca](mailto:info@shoheijuku.ca)





日之初



合和二年新春

子人

