

# SHOHEI JUKU

AIKIDO CANADA

220 • JANUARY 2024



笑門  
来福  
祥平  
寺人

かど  
笑う門に福来たる  
つら  
泣きつ面に蜂がさす

**“Good fortune and happiness will come to the home  
of those who smile. Misfortunes never come singly.”**

Excerpt from Morito Suganuma Sensei's calligraphy calendar



## WAYS TO MAINTAIN HEALTHY BODY AND MIND

- Keep Kishin (a sense of happiness) in mind all the time.
- Keep Kansha (a sense of appreciation) in mind all the time.
- Try Intoku (secret acts of charity) all the time.

## WORD TO LIVE

## 生きる力

あなたが虚しく過ごした今日という日は、  
昨日死んでいった者が、あれほど生きたいと願った明日。

**Today**

is the day you spent in vain,

**Tomorrow,**

those who died yesterday wanted to live so much.



# MESSAGE FROM TAMAMI NAKASHIMADA



” 新年明けましておめでとうございます。”

” 今年もまたよろしく願っています。”

今朝（元旦）起きると、外は青空が広がってありました。  
その青空を仰いでみて、私の今年はこれだ！と思った。  
自然が示してくれた私の新年のスタートです。

この青空のようにのびのびと元気に明るく広がっていき！と  
神様仏様から言われているのだ！そう強く感じた次第です。

そして、そう感じていたすぐ後に、日本からのニュースが耳に  
入ってきたのでした。それは石川県能登半島の悲惨な地震の知ら  
せでした。自然はとこも時間も構わず、何かを提示してきます。  
この能登半島付近では以前から地震が発生してありました。  
地震が起こる予想は示されていたけれど…

もうこれ以上被害が、死者の数が増えないよう、一日でも早く  
救助、復興が進むことを、ただただ祈り、願うばかりです。

世界中に悲惨な出来事が起こっている今、私たちはこうして  
” 命 ” が生かされ、毎日、普通に生きている。そのことにもっと  
” 感謝 ” しなければなりません。そして、どんな小さなことでも  
かまいません。何か人のためになることはないかを探し、それを  
口先だけではなく、実際に少しでもいいのです、行動で示して  
いくことが大事ではないかと思えます。

私たちはいつも何処かで助けを求めています。口で助けてと  
言わずとも、私たちの心がそう叫んでいる。それは、顔色や、  
目の輝き、態度、声色などがそう叫んでいる。  
人は、苦しみや、葛藤の経験が人を強くし、人を優しくし、  
そして、それが周りに真の思いやりと慈悲の心をもたらして  
くれるのではないのでしょうか？

ひとりでも多くの私たちが手と手を取り合い、大きな ” 輪 ” を  
作っていきましょう！

幸せで平和な世界が一日でも早く来ることを願って…

中嶋田玉美

今月の言葉： ” えいほ～、えいほ～！”

舟漕ぎ運動は、元気の源、最高です！

“Happy New Year!”

“Thank you for your continued support this year!”

When I woke up this morning (New Year's day), there was  
blue skies outside. I looked up at that blue sky and realized that  
this is what I want this year! This is the start of my New Year that  
nature has shown me. Spread freely, Cheerfully and Bright like  
this blue sky! That is what God and Buddha are telling me...! I feel  
so strongly.

Right after I felt that way, I heard news from Japan, that was  
the tragic news of the Noto peninsula earthquake in Ishikawa  
Prefecture. Nature presents us with something no matter where  
we are or what time it is. This area around the Noto Peninsula has  
been prone to earthquakes for sometime. There were indications  
that an earthquake would occur... I hope the damage and death  
toll will not increase any more, and that reconstructions will  
proceed as soon as possible. I just pray and hope.

Even though tragic events are happening all over the world,  
we are still living our daily lives as normal. We have to be more  
grateful for that. It doesn't matter if it is a small thing. I think it  
is important to keep looking for something you can do to help  
people, and to show it through your actions, not just only your  
words.

We are always looking for help somewhere. Even if we don't  
ask for help from our mouths, our hearts are crying out to us.  
Our complexion, the sparkle in our eyes, our attitude, and the  
tone of our voice all screamed that out. Doesn't a life of suffering  
and conflict make People stronger and kinder, and in turn bring  
compassion and compassion to those around them?

Let's join hands with as many of us as possible to form a big  
circle. I hope that a happy and peaceful world will come soon.....

**Tamami Nakashimada**



**Words of this month:**  
“Eiho~, Eiho!!”

**Rowing boat is a source of energy,  
It's the BEST!**



# DOJO REPORT



Dear Tama sensei,

We had a lovely class yesterday. But I just realized I don't have Agatha's email address. Could you pass this along to her please? Also, I think it's ok to share this photo.

Miss you very much, sorry I didn't get to see you. Take care, and happy holidays.

**Aaron**

I had a great time too Sensei!! Thank you for a great practise and a yummy lunch! 🍴🍷

**Claire**

It was another wonderful experience when I joined the last practice of the year 2023. Happy to see old and new members sweating it out. Despite of my limited physical mobility everybody patiently practiced with me. Thank you everybody for your patience, understandings and support.

Also a big Thank you to Tama Sensei, for the nice words of encouragement, guidance and teachings. You are the reason of being motivated. Because you are such an idol and inspiration to all of us.

HAPPY NEW YEAR 🎉🎊🎊

**Bobby**

SJAC 2023年、最後の稽古報告：

12月28日と30日に、今年最後の稽古を行いました。  
クリスマスの休暇も続いておりましたので、参加者数は少ないのではないかと考えておりましたが、両日共に予想以上の参加者があり、皆さんと一緒に一年の汚れも汗で洗い落とすことができました。  
来年もまた一緒に稽古頑張りましょう！

**SJAC 2023, last practice report:**

We held our last practice of the year on December 28th and 30th. As the Christmas holidays continued, I thought the number of participants would be small, but there were more participants than I expected, and we were able to have fun washing off the year's dirt with our fresh sweating.

Let's practice hard together next year again!

**SJAC Board**



# DOJO REPORT

Happy 2024! I won't forget to appreciate that everyone/thing around me is just there to enrich my life.

**Ai Li**



## **SJAC 2024, First practice report:**

This year, 2024 has finally begun. Of course, we have also started practicing! The first practice was held on January 4th.

Even though it was the first day, some new members joined, and everyone was able to practice with fresh feeling.

"Happiness is coming to the laughing dojo"! 🎶😊

**SJAC Board**

Dear Sensei!

Happy New Year 2024!

Wishing YOU all the best for the year 2024! Warm Regards,

**Vu Tran.**

Happy New Year 2024!!!

Thank you Sensei for a great practice of the last day in 2023! It sure was memorable 😊🙏.

Thank you for the lunch! It was great to see our members happy and cheerful!

Happy New Year!

**Siamak**

Happy 2024!

In this new year, we are going to explore, learn, and be better in Aikido practice and ourselves. Thank you to everyone who has helped make Aikido the most fun way to keep up with our health. Let's make this year better than yesteryear.

**Agatha**

## **SJAC 2024 初稽古報告 :**

いよいよ今年、2024年が始まりました。

もちろん、私たちも稽古がスタート!

初稽古は1月4日に行われ、稽古初日にもかかわらず新しく入られた方もありで、みんなで新鮮な気持ちで稽古ができました!

” 笑う道場に、福来たり!”! 🎶😊

中嶋田玉美

# SJAC

## BOARD REPORT

### SJAC PRESIDENT OF BOARD MESSAGE

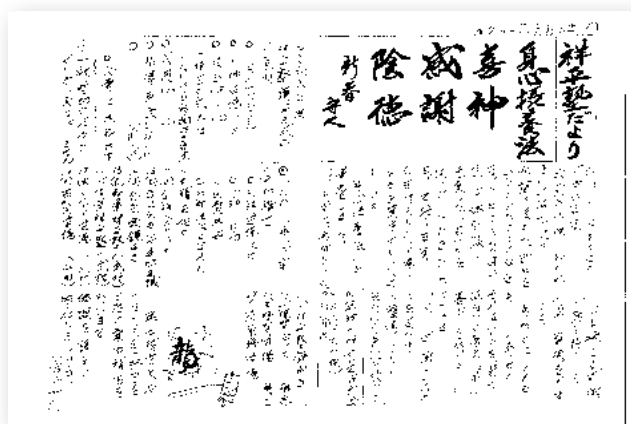
Enjoying the new year seems so simple on the outside..... coffee, food, gardening, learning, Aikido, friends, sleep. The challenge of any one of those is not so simple, we know! Focus, best effort, the joy of success – these can make the ordinary really shine.

Our community has been so solid, both during and after the pandemic. This has provided incredible support for Sensei, other senior teachers, and each other. I hope everyone can draw on this for their own growth and flowering in the coming year!

Onegaishimasu!

*Darcy*

## SHOHEI JUKU DAYORI



<https://en.shoheijuku.org/blog/2024/01/11/shoheijuku-newsletter-january-2024/>

January 2nd	Jojo Larosa
January 11th	Preet
January 17th	Shota
January 18th	Jasper (Rie's son! 😊)
January 26th	Ai

\*Happy Birthday New Year born members!

Jojo and Preet! We miss you and look forward seeing you soon.

Ai! Keep running and rolling! Jasper and Shota, keep growing okay!?! 😊

Cheers and Cheers!



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# SJAC

## SCHEDULES WINTER CLASS

### TLCC DOJO:

#### Adult Class: Age 17+

Monday 5:55 pm - 7:25 pm  
Tuesday & Thursday 6:00 pm - 7:30 pm  
Saturday 11:00 am - 12:30 pm  
\$80/month, \$12/Drop-in

#### Beginners Aikido 13+

Thursday 5:00 pm - 5:50 pm  
January 11 - March 14,  
\$100/10 classes, Drop-ins \$12/class

#### Kids class:

##### 5-7 yrs old class

Monday 4:45 pm - 5:45 pm  
Total 9 classes. \$90 Jan 8 - Mar 11,  
Drop ins \$12/class, space permitting

##### 8-12 yrs old class

Tuesday 4:45 pm - 5:45 pm  
Total 10 classes. \$100 Jan 9 - Mar 12,  
Drop ins \$12/class, space permitting

No class on Feb 19

#### Parent & Kid (4+yrs) Aikido class. \*This class is for one parent per child.

Saturday 10:00 pm - 10:45 pm - January 13 - March 9  
\$117/9 sessions, Drop-in \$15/class, space permitting

### SURREY DOJO:

at North Surrey Secondary School. Wednesday Age 13+ 6:00 pm - 7:30 pm

### SUNSHINE : COAST DOJO

Wednesday & Friday Age 13+ 5:30 pm - 6:30 pm, \$75/month or \$15/Drop-in

If you have any questions, please contact us [info@shoheijuku.ca](mailto:info@shoheijuku.ca) or call 778-835-2476 anytime.  
Thank you for your support and cooperation.

#### Note:

Please visit <https://troutlakecc.com/programs/> or check out Winter 2024 Trout Lake Recreation Guide at the front desk.



## *Looking for Children's class volunteers!*

Aikido Children's classes and parent & kid classes have started this Fall. With the increase in classes, we are looking for volunteers to help with these Children's classes.

*From SJAC Board and Tamami Nakashimada.*

# SHARE YOUR



MEMORIES WITH US

[info@shoheijuku.ca](mailto:info@shoheijuku.ca)



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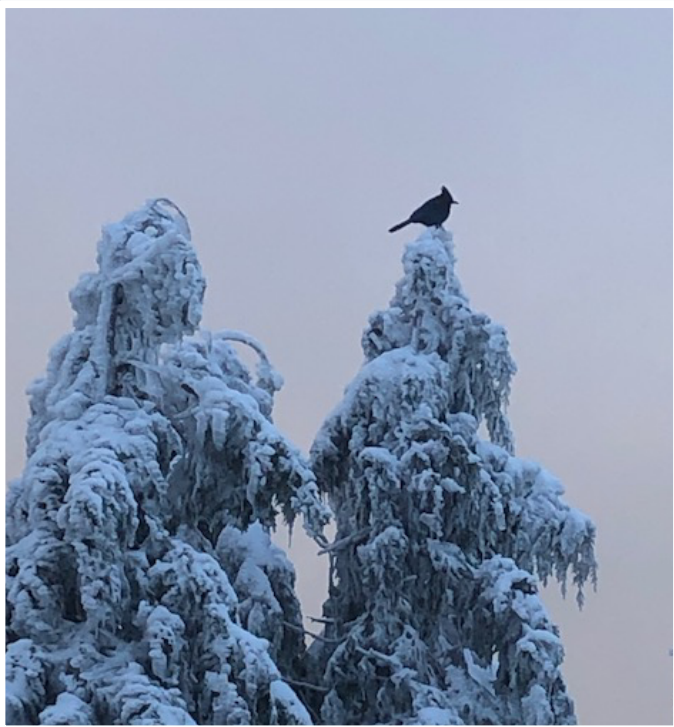
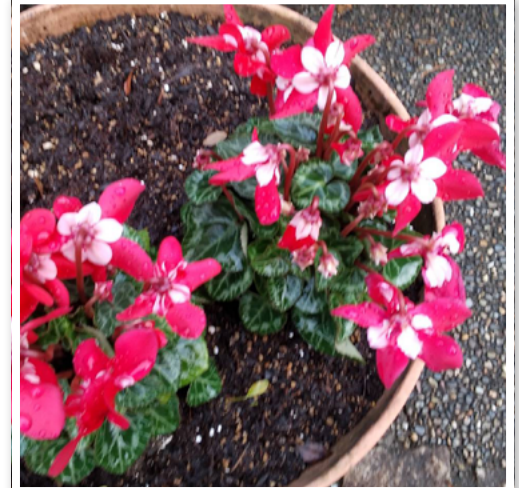
# SHARE YOUR MEMORIES WITH US



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