



# NWSE News

June 5, 2005 Vol. 1 No. 1



## Memorial Day Weekend Workshop

Back row Ian Boote, Marti Bartlett, Lizz Roberts, workshop facilitator John Seaman, John Farquhar  
Front row Grace Marshall, Paula Kerby, Isabel Farquhar, Aerin Adrian  
Behind the camera Lee Seaman  
Not pictured Susan Hass, Greg Beatty

## Upcoming events

- Exam weekend with Jim Sterling-sensei July 15-17
- Visit by Ito-sensei and Nicole Aug. 22-26
- Kenko taiso workshop with Ito-sensei in Langley WA Aug. 27-28,

## Thanks ...

... to everyone who made the Memorial Day workshop such a success. It was exciting to be a part of so much collaborative keiko! And you made our jobs easy, so we actually got to practice along with everyone (not always the case for gasshuku managers).

With appreciation,

**Lee and Ian**

Co-managers

## Upcoming events

We'll be holding **SoA exams on July 16** this year, with Jim Sterling-sensei from the Bay Area as our guest examiner.

Jim-sensei has been practicing Shintaido since 1975. He was one of the founding members of the San Francisco group that studied with Ito-sensei when he first came to the US, and he has experienced keiko at all levels. Ask him to tell you about the early years of Shintaido in this country!

## Gasshuku reports

The first submissions to the Gasshuku Report are available now, with reflections from John, Lee, and Isabel. Looking forward to more feedback!



photos by Grace

Paula Kerby is organizing a **Kenko Taiso workshop in Langley Aug 27-28 with Ito-sensei**. This workshop is designed for people of all levels of fitness (last year one woman participated from her wheelchair). **Highly recommended!** Details coming soon on price and accommodations.

## NWSE financial update:

**May donations \$175**  
**In the bank ≈ \$2400**

**"Our life is an opportunity to discover the true meaning of existence."**

**H.F. Ito**

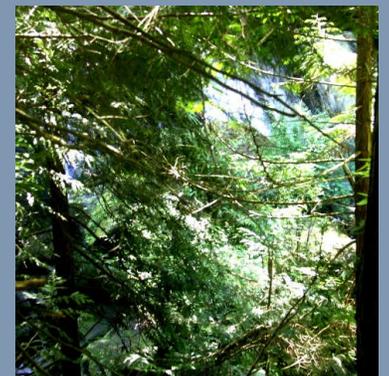


Photo by Grace