

MARCH 2024 MARS

a little haiku : rage

Seasonal newsletter for Haiku Canada's BC and Territories region

volume 6

Le Bulletin d'information saisonnier pour Haiku Canada
section des Territoires et de la Colombie-britannique



Editorial

Of course, rain boots are not part of any official *kigo* list, but they should be. As there is beauty and perfection in a single line of colorful rain boots.

Rain boots, wellies, galoshes, waders, pixie boots, rubber boots, gumboots, you name it, the sight of rain boots flourishing in our porches is bound to make us smile.

Whether found in a pile or neatly planted on some welcome mats, colorful rubber boots are a sure sign and smell of Spring. Did you know that once their ability to allow us to splash with joy in every puddle without getting our feet wet is over, they fade away, slowly disappearing into the wild to die? Still, a minority of them reincarnate into planters (only if they led a fulfilling life as gumboots), extending their ability to bring joy to our life.

From puddle to puddle, from island to island thank you for your patience, allowing me the necessary time to come up with - I hope - a nice line-up! How fun to see "regulars" participating in the "déjà vu" challenge (so appropriate) and also new fans from overseas joining in!

All my gratitude to Salt Spring Island's poet *Elehna de Sousa* who agreed to my invitation to answer the Proust-inspired questionnaire and share her travels and projects with us. She reminds us of the importance of connections through time and space. I also, couldn't offer you this newsletter without the invaluable help of Ruth Powell who protects your precious eyes from my regular typos. As always, it is a pleasure to offer you this edition:

Take your boots off and take your time reading it, as the next one will be in June!

This newsletter is an invitation to build literary friendships and foster collaboration within the haiku community of BC and the Territories... and beyond! Bonne lecture!

in the issue dans ce numéro

- interview / entrevue with Elehna de Sousa
- haiku challenge / défi haiku
- Let's celebrate!
- special projects/ projets spéciaux
- at your calendar / à votre calendrier
- present moment... and beyond
- coming up / à l'affiche

REMEMBER to click on any underlined text to directly access information as all underlined text is an active link!



Sandra St-Laurent
regional coordinator/coordonnatrice régionale

bc-territories@haikucanada.org

Freely adapted from the thirty-five questions Proust originally answered in 1890.



1. Favorite season (or kigo)?

Without a doubt, it's Spring. After a long chilly and grey winter, witnessing nature waking up and coming alive again is a wonderful thing. Hallelujah!

Elehna de Sousa

2. What is your idea of a perfect haiku?

I don't know if there's such a thing as a perfect haiku but my preference is for haiku that I resonate with on the first read, something I don't have to work too hard at to understand. This being said, sometimes a haiku intrigues me and I need to sit with it a little longer to unpack it's message and that's also O.K. I also admire haiku and senryu that have a bit of a raw edge to them – poems that are able to make strong social statements and address darker aspects of society and the psyche in just a few succinct words.

**in mother's room
behind the wardrobe
the skeleton of a sparrow**

elehna de sousa

Frogpond: XXIV: 2 (2001)

HC Anthology 2013: Horses Horses



3. Could you share how you discovered haiku?

I was drawn to poetry even as a very young child, in fact my first poem was published when I was six, in the Childrens' section of the South China Morning Post (Hong Kong). It was a limerick.

I remember scribing my poems with care, sealing them up in an envelope, sticking on the required stamp, walking to the big red post box on the corner, pulling open the metal door at the top and dropping in the envelope as fast as I could.

This last act took some courage as my older brother warned me about a monster who lived inside the mailbox.

I was a gullible child and it was a terrifying thought. *However,*

“*the drive to send my work out, even at that young age, overruled my fear and I continued to have poems published*”

until they began to take a dark turn when I reached my teen years, and stopped appearing in print. Poetry was the only avenue I had to express myself/my feelings when I was young and, in a sense, it was a life saver.

I discovered haiku many years later in a poetry class. In 1999, shortly after my return from Hawaii, I attended an afternoon haiku event at the Deer Park Library in Toronto. There were only a few people there and we took turns putting our haiku up to be workshopped.

I loved it and have never looked back.

4. When and where were you happiest?

My happiest times were the years I spent in Hawaii (1990's) where I experienced the awesome wonder of being surrounded by the strong elemental energies of that environment every single day. Wind, water, fire, air. I was also deeply involved with the culture and recorded many of my treasured experiences on video.

“

Hawaii opened up my heart in a big way and I discovered the real meaning of the word ALOHA. It was also during those years in Hawaii that my poetic muse, dormant since childhood, had the space to re-emerge.

”



aloha!

"Aloha" is more than a word of greeting or farewell or a salutation.

"Aloha" means mutual regard and affection and extends warmth in caring with no obligation in return.

"Aloha" is the essence of relationships in which each person is important to every other person for collective existence.

"Aloha" means to hear what is not said, to see what cannot be seen and to know the unknowable.

"Aloha Spirit" is the coordination of mind and heart within each person. It brings each person to the self. Each person must think and emote good feelings to others.

Source: [Hawai'i Law of The Aloha Spirit](#), Center for Labor Education & Research.
University of Hawai'i - West O'ahu.

Photo of gecko by Elehna de Sousa.

5. If you were to be an element of nature, what would it be?

I would be water, specifically warm ocean water. Even though I'm surrounded by ocean here (Salt Spring Island), and some hardy souls swim year round, I'm not one of them. I like to sea bathe in warm waters that are conducive to relaxation. However, I also love the activation of big waves – one of my favourite things to do in Hawaii was to dive head first right into them as well as riding them as in boogie board style – pure exhilaration!



6. You find a treasure while hiking. What is it?

I am on a beach walk, pick up a glass bottle that has been washed ashore. I open it up to find a haiku signed by the author with contact information. If the bottle came from a far away place it would be even more exciting.



homeward bound— the scent of the sea in my shoes

elehna de sousa

Tidepools: Haiku on Gabriola, Pacific Rim
Publishers 2011

6. Favorite bookmark?

I have a little collection of book marks and I like them all. I particularly like one made of very thin koa wood with a kukui nut dangling on a thread at one end. Koa is a wood that is endemic to Hawaii and the kukui nut is a seed from a tree that also grows there and first arrived from other parts of Polynesia.



7. What are the optimal conditions for your writing?

I write best in quietude. My poetic muse usually visits when I'm in a relaxed state where both my outer world and my inner world are still – the liminal spaces between waking and sleeping/resting are the best times for me. Poems also come to me when I'm alone and out in nature.

8. What is the quality you most like in a poet?

Simplicity and Depth.

9. The Royal Botanical Commission wants to name a flower after you. What would it be?

The plumeria flower comes to mind. It is a popular flower for leis, comes in white or pink with a yellow center, is delicate, fragrant, and most importantly for me, signifies the sharing of Aloha when given to another. It is the flower of choice for leis gifted upon arrival and departure.



coasting down Haleakala—
ten thousand feet
of sunrise

elehna de sousa

**Anecdote-**

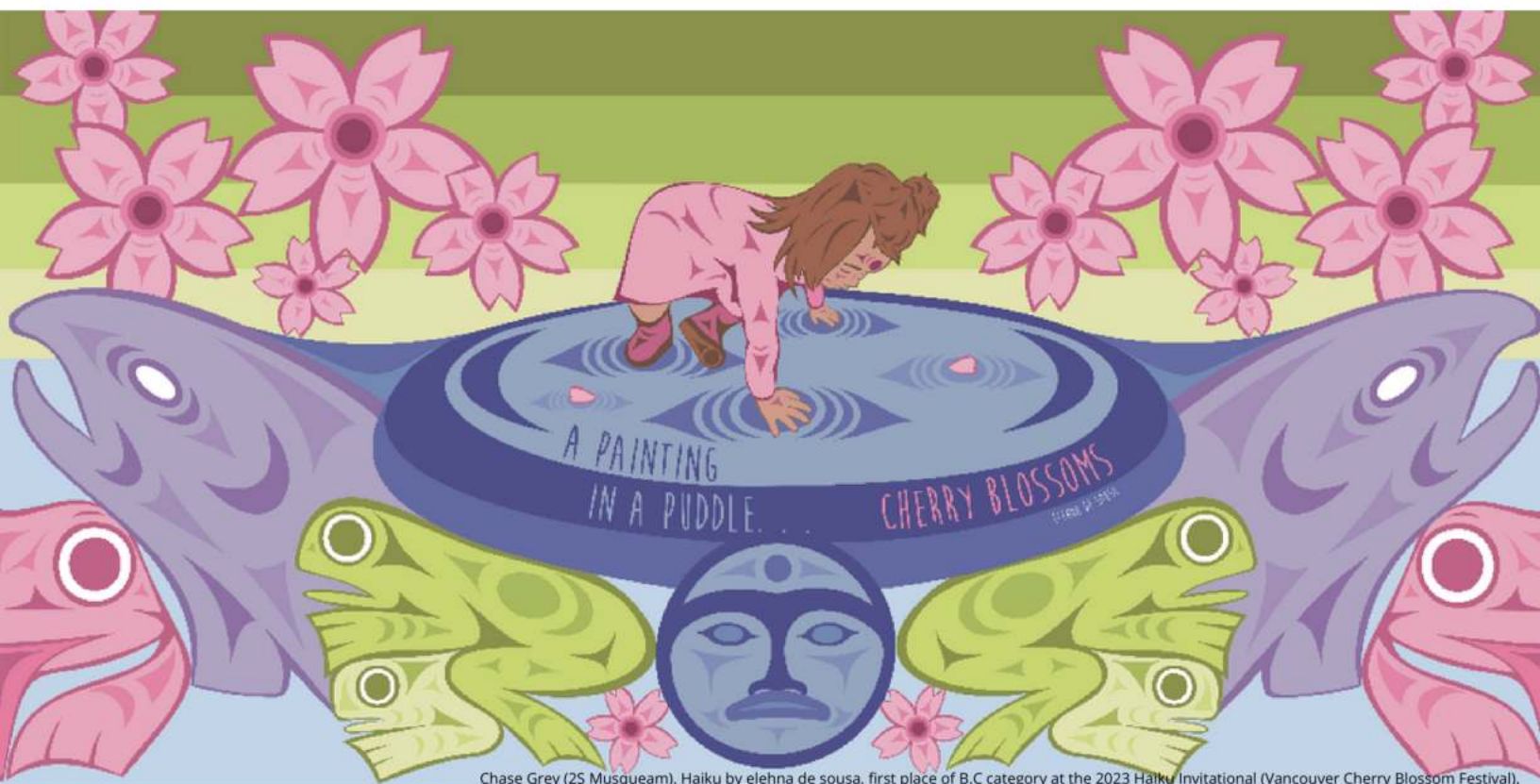
This was my first haiku – it went on to receive an award and has been published in several places. I gained a lot of confidence through this. I also have to give credit to my haiku friends at the first kukai I attended in Toronto and the input I received on fine tuning the poem.

10. When it comes to writing, how do you deal with selection/rejection?

Selection/rejection is not a big issue for me because my submissions are few and far between. These days I mostly submit to the Haiku Canada annual anthology, the Betty Drevnoik contest, the Vancouver Cherry Blossom Contest and to GUSTS, contemporary tanka journal. I have submitted to a few more publications and contests in the past, and still do on occasion if the call arrives in my inbox and catches my fancy.

11. What do you consider your greatest achievement?

As far as writing goes, placing first in the Vancouver Cherry Blossom contest in 2023 has been the "feather in my cap". I've entered every year since its inception in 2006 and have usually placed for a Sakura Award and/or Hon mention, but this was the first time I made it to the very top. Even though I know that judging is entirely subjective, it's been a great morale booster!



Chase Grey (25 Musqueam). Haiku by elehna de sousa, first place of B.C category at the 2023 Haiku Invitational (Vancouver Cherry Blossom Festival).

Pearls of wisdom

- Keep exposing yourself to the form(s) you like, read and learn from the great masters and other poets, make note of the poems you like and why, stay inspired and write from that place of inspiration, take workshops, join groups, get feedback from others.
- Read Eric Amann's Worldess Poem (available on the Haiku Foundation's website).

Unfortunately I don't have haiku colleagues on Salt Spring Island and travelling to conferences is more than I want to undertake these days, so I'm very grateful for the internet and what Zoom has provided in terms of being able to connect with other haiku poets during the last few years. Also, I get a lot out of workshoping in small groups and feel that my writing has improved immensely through these interactive events.

“ This kukai style is still my favourite way to learn and to hone the craft. ”

12. What is currently your favorite short form, and why?

I am very drawn to tanka because it lends itself to lyricism and emotional expression. I also love haiga and want to create more work in this form so that I can merge my art/photography and poetry together into one piece. Senryu, monoku, concrete haiku are also interesting to me and the form of more traditional haiku is also good. Haibun is also a favourite. I like them all.



**this tiny shell
tumbled by tides
and bleached by the sun . . .
the way some people
glow even more as they age**

elehna de sousa

Moon Bathing: issue 8, Spring/Summer 2013
"this tiny shell": Haiku Arbutus Anthology 2017

13. What do you particularly like about your region?

I feel blessed to living on an island surrounded by the Salish Sea.

It is a wonderful thing to have nature right at my doorstep; I don't have to go far to see eagles, herons, the occasional otter, or to be in the rain forest where I often hear ravens shrieking loudly. Such a fabulous primal sound! There was a very vocal owl last night hooting for hours very close by my house – this isn't a daily occurrence and it's always a special thrill.

I like knowing that whales are in the ocean around me even though it's very rare to actually see them from land here.

Even on this relatively small island, almost everything I need is available. Good local organic food in season and no big hassles or traffic congestion to go shopping. It's easy to get around by car, there are no traffic lights and the first and only 4 way stop sign was installed only a few years ago. Another big plus is the fact that I don't have to be as cautious about safety in the way I would be in a city– I don't worry about my premises being locked up tightly at night.

I enjoy the quiet simplicity of a somewhat solitary island lifestyle, but when I emerge from my nest and venture into town about once or twice a week, I see familiar faces and often come across someone I know which gives me a feeling of connection to community. This is also important to me.

14. When not writing, you are. . .

I am engaged in a multitude of programs, projects and activities that inspire me and through which I can learn, specifically in the arts and healing.

All in all, the days go by too quickly and I never feel that I have enough hours to accomplish everything on my agenda.

Perhaps this is also one of the features of aging, am I moving slower or is time speeding up? I'm not quite sure. And at least

“ I'M NEVER BORED ”



15. Perfect meal?

My favourite meal would begin with an assortment of very yummy Dim Sum, followed by an Asian style hot pot cooked at the table – finely sliced meat and seafood along with veggies and raw eggs that are cracked whole into baskets then cooked in simmering broth, a variety of dipping sauces, and plain white rice on the side. All if it organic and with no MSG of course. This style of eating was my *absolute favourite* when I was a child growing up in Hong Kong. It didn't happen often in my family, it was usually a special event we went out for, and it's something I miss.

I'm currently taking classes in Chinese Landscape Painting. I particularly enjoy painting waterfalls, rocks, mountains and clouds.

On the photographic front, my two "traditional" cameras have taken a back seat to the iphone. It doesn't have the Zoom capacity that I would like but I'm amazed at the quality of the images and it's easy to carry around.

Although I am no longer working in the healing arts (specifically body-mind psychotherapy), I still have a passion for this field and spend a great deal of time tuning into webinars on various healing modalities.

Currently I'm delving into intergenerational/ancestral trauma and exploring more esoteric paradigms of healing through the quantum world of sound and light frequencies, all of it fascinating to me.

In the past few years I've also taken a more in-depth interest in astrology to help me get a greater understanding and perspective of what's happening, not only in my personal world, but on a global scale. A greater understanding of how the microcosm and macrocosm are linked has been intriguing and very helpful.

To stay grounded and keep my body supple, I have a daily routine of energy practices which include Qi Qong. I especially enjoy the more meditative and flowing forms.

16. Which talent would you most like to have?

I would absolutely love to be able to be a soul singer belting it out with raw emotion and total abandonment – this would be so freeing. I’ve had a huge hang up about singing after something a teacher said when I was about six (a not uncommon sad story for so many people). I’m still reserved about singing with others, but I’m working to overcome that and am currently enjoying an online program on vocal toning and light language. Having learned about the benefits of simply humming, I also hum alot during the day (and am actually humming as I type this).

**17. What project are you currently working on?**

I’ve had the idea of doing a second book for awhile now but the years have flown by and I haven’t yet accomplished that even though I’ve thought about it for a long time and even have a working title. I have the content but need a graphic/book designer to help me put it together. I’m hoping that this year the right person for this project will cross my path (if anyone wants to step up or point me in the right direction, let me know!). I am envisioning a limited edition chapbook of haiku, tanka and photography, something unique and artistic.

My first and only book thus far, “A Shower of Blossoms” (2005) came together quickly and easily and contained poems and images inspired by my early life on the (Salt Spring) island. I was fairly new to haiku then and was very fortunate to have Michael Dylan Welch assist me with the fine tuning/editing of this collection. In fact, I am more than grateful to Michael for his mentorship over the years. His guidance has been invaluable.

18. A fantastic grant allows you to choose your next writing retreat destination, where would you go?

I think I'd like to spend some time in St. Miguel Allende (Mexico). It's a place I've never been to but from all that I hear, it's safe, culturally rich and has a good climate (not too hot). Sounds as if it might be a good fit for the writer and artist in me.



photo by Elehna de Sousa

**snow geese
wave after wave . . .
sunlit**

elehna de sousa

Haiku Canada Broadsheet: Hawaii and Back
2005

Carpe Diem: Borealis Press 2009

19. Where can we find your work?

I have a bio on the Haiku Canada site and some of my photographic images still come up if you Google my name, as I discovered while preparing this interview.

You can reach me at elehna@saltspring.com

Elehna de Sousa lives on the island of Salt Spring Island, B.C.-unceded Coast Salish territories, including those of the Hul'qumi'num and SENĆOŦEN speaking peoples. One of Elehna's poem about her region can be found on "Reclaiming the landscape" video featured on the [Haiku Canada's YouTube channel](#).

Interview with Elehna

Winner of the 2022 [Haiku Invitational \(Vancouver\)](#) / BC category





As Spring is just around the corner we will experience the awakening of life again and a certain concept of déjà vu. "Déjà Vu" is a French term meaning "already seen". This term was first used by Émile Boirac, French philosopher, in 1876.

Comme le printemps est à nos portes et que la vie s'éveille, nous aurons peut-être cette impression cyclique, de déjà vu. Voici donc quelques poèmes que vous nous avez envoyés, inspirés de ce terme développé, en 1876, par le philosophe français Émile Boirac.

Déjà vu

deja-vu...
the nameless thing
my heart longs for
Sally Quon

WHAT IS A DÉJÀ VU?

Déjà vu has been presented as a reminiscence of memories, "These experiments have led scientists to suspect that déjà vu is a memory phenomenon.

We encounter a situation that is similar to an actual memory but we can't fully recall that memory".

Source: Wikipedia

gentle warm breezes
exstinguish tears
her Mona Lisa smile remains

Karen-Ann Jazik

twilight blue
a scent of your pipe
in an empty room

Karin Hedetniemi



retrouvée!
je l'avais aimée déjà
dans une vie antérieure

Jean-Hughes Chevy
(France)



early morning shadows
dew encrusted grass
Spring knocks

Kamal Parmar



aeons of life
in layers of bog
frogs croak their story

Mary L. Leopkey

echoes
of the past-
scent of cedar

Sally Quon



purple hills
highland battlefield
a name rings a bell

Mary L. Leopkey



Du bout de ses doigts
le fil blanc devient dentelle
que m'a-t-elle appris ?
ses broderies et mes vers
me ramènent à ma mère

*Anne Dealbert
(France)*

nouvelle maison
comme s'il m'avait déjà vu
le piaf ouvre son bec

*Jean-Hughes Chevy
(France)*



HALL OF FAME / MUR DE LA RENOMMÉE

Congratulations to these distinguished poets who live in the BC and the Territories region!
Félicitations aux poètes de notre région qui se sont illustrés.es récemment!

Karin Hedetniemi

She has every reason to be proud after receiving her first ever Touchstone Award nomination. It was from Poetry Pea, for a haiku they originally selected as Editor's Choice in Podcast S6E26 (Aug 2023) and subsequently published in their journal 2.23 (Dec 2023).

Ruth Powell

Her haibun, "No Plan B" was published in the Young Buddhist Editorial's Clouds in Paper event last December 2023.

Kamal Parmar

Will be taking part in a public poetry reading in Nanaimo (BC), at the local library on May 18th.

*And if you would like to learn more about our Haiku Canada poet friends from France who submitted to our haiku challenge, you can discover more of their more recent books below.
Si vous désirez en apprendre davantage sur la poésie de nos poètes-collaborateurs de la France qui ont participé au dernier défi haïku, voici leurs plus récents livres ci-dessous:*

Anne Dealbert (France)

Croisée des chemins- Recueil de haïkus

Éditions Le Lys Bleu
En français
Sur Amazon



Jean-Hughes Chevy (France)

The shadow of Ulysses, haïkus,

JDH Editions, France
In English and French
On Amazon





some calls for submissions and contests



REMINDER- Links are now active:
click on any underlined section to
access websites! visit the official
websites as information may change.

RAPPEL- Les liens sont activés.
Cliquez sur les sections
surlignées pour accéder aux
sites! Consulter les sites internet
officiels car l'information pourrait
changer.

● March ● Mars

Journals and other publications

- **Wales haiku Journal**, March 1-31.
- **Poetry Pea** (haibun), March 16-31.
- **Frogpond**, March 1-31.
- **Haiku Invitational (Vancouver Cherry Blossom Festival)**, March 1-June 1
- **Sakura haiku challenge Japan Consulate** (Toronto), before March 31. .

● April ● Avril

Journals and other publications

- **Presence haiku** April 15-May 30
- **Bottle rocket**, April 1-May 15.
- **l'ours dansant** no.41, thème Les tous
petits, avant le 10 avril.
- **Concours de haïku** de la ville de
Beauchamp, France (international), date
limite 26 avril.
- **Kaji Aso Studio** Haiku Contest,
before April 15.

● May ● Mai

Journals and other publications

- **Whiptail Journal** (Hybrid), May 1-7.
- **Mayfly Journal**, before May 15.
- **Akitsu quarterly**, opens May 1.
- **San Francisco Haibun Contest**, before May 1
- **Concours un haïku pour le climat**, avant le 3 mai..

Haiku Canada Conference 2024
K.C. Irving Centre,
32 University Avenue Acadia
University, Wolfville,
Nova Scotia
May 17-19

local meetings

Haiku Arbutus

Victoria, BC, since 2014;
meets quarterly;
facilitated by Terry Ann Carter.
Contact Dan Curtis at dancurtis8@gmail.com

Vancouver Haiku Group

Vancouver, BC, since 2010;
meets monthly.
Visit the Vancouver Haiku Group Facebook page or
vancouverhaikugroup@gmail.com

Solstice Haiku

Whitehorse, YT, since 2014;
meets monthly to share and discuss haiku; facilitated by
Katherine Munro (kjmunro).
Contact kjm.1560@gmail.com

- **Next Issue *Summer 2024***
- ***prochain numéro été 2024***

The next issue will cover the months of
June, July and August 2024



Building the Haiku Canada Collection

archives@haikucanada.org

Publishing a haiku-related book?
Donate one copy to the Haiku Canada Collection as part
of your distribution plan. Downsizing? Preparing for end of
life? You can help build the Haiku Canada Collection . . .

The Haiku Canada Collection, established in 2017,
is located in British Columbia at the University of Victoria
Library, within Special Collections and University Archives.

Already donated, or intending to donate, your haiku
materials to another archive? Let us know, so that site and
your resources can be incorporated into the information
base of the Haiku Canada archives.

Archives Committee members:
Katherine Munro (Yukon)
Vicki McCullough (BC)

Call for Submission for the next regional newsletter

*No theme!!!
(surprise us)*

Send up to 3 haikus or tankas
Envoyez jusqu'à 3 haïkus ou tankas
Before May 15 / Avant le 15 mai

bc-territories@haikucanada.org



Sandra St-Laurent
regional coordinator
coordonnatrice régionale

bc-territories@haikucanada.org

We would like to acknowledge that Haiku:rage was designed within the
Traditional Territory of the Kwanlin Dün First Nation and Ta'an Kwäch'an
Council (Yukon Territory). Nous reconnaissons que Haiku:rage a été
réalisée sur le territoire ancestral des Premières Nations de Kwanlin Dün
et du Conseil de bande Ta'an Kwäch'an (Yukon).
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