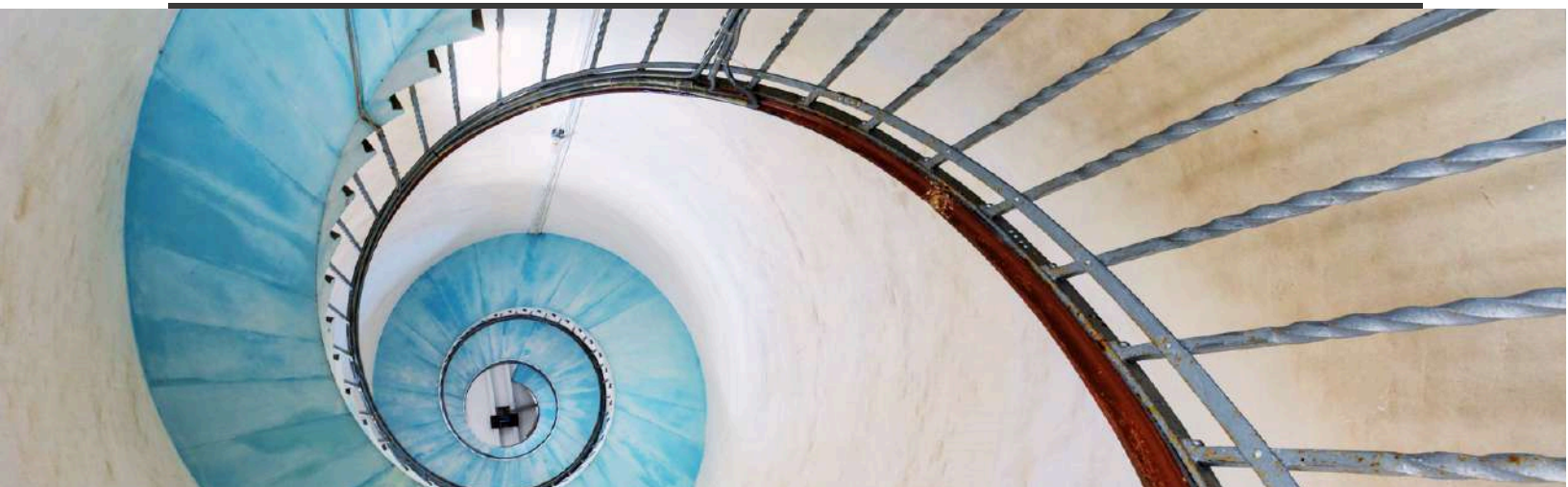


a little haiku : rage

volume 13

Seasonal newsletter for Haiku Canada's BC and Territories region

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



Editorial

Good day! Bonjour!

Spring Time came in late this year for us in the North. Some might have felt “the blues” while others kept their head tilted upward ready to fill their eyes with luminous blue skies or maybe strolled in a local park waiting to reconnect with the deep blues of a local pond, perhaps waiting for a frog or... the sound of water (Basho)? Why do we find peace in the color Blue? It is present everywhere around us: air, water, flowers, rocks, insects, mushrooms, birds’ eggs, toe nails... we even have a blue moon and blue snow! Raoul Dufy, French painter from the Fauvist movement once said that “Blue is the only color which maintains its own character in all its tones. It will always stay blue.” Maybe that is why Blue is so comforting: it is full of life, filled with hope.

Therefore, I am offering you a blue edition this Spring. To soothe your souls, inspire calmness and reflection, and help you find balance in your life and haiku practice. As the Italian actress Eleonora Duse once suggested,

“If the sight of the blue skies fills you with joy,
if a blade of grass springing up in the fields has power to move you,
if the simple things of nature have a message that you understand,
rejoice, for your soul is alive.”

Flip the pages to discover Isabella Mori’s poetry, our featured poet from Vancouver (BC), then why not spend some time at the *café* and flip through the Haiku Game on this theme or choose one of the numerous calls for submissions offered and submit, out of the blue! Keep us in the loop if you get published! We always like to shine a light on local poets! As always, thank you Ruth Powell, proofreader extraordinaire for your help. It is our pleasure to offer you this Spring edition. Life is blue-tiful... Enjoy!

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

Happy reading! Bonne lecture!

in the issue dans ce numéro

- interview / entrevue with Isabella Mori
- haiku challenge / défi haïku
- Let’s celebrate!
- special projects/ projets spéciaux
- at your calendar / à votre calendrier
- Let’s celebrate! On fête!
- 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!



Cliquez sur les sections de texte surligné car les liens sont activés! Ils vous mèneront directement aux sites internet.

HAIKU:RAGE what’s in a name?

As explained in the very first issue of my newsletter, that name comes from a play on words on the word “Courage” or Ku-rage (pronounced ku-rah-je in French) as this something that is deeply needed to choose haiku as a path, share it, or for anyone who would like to submit its poetry for publication which are all encouraged in this newsletter. It also refers to an English expression “It’s all the rage” as haiku is becoming more and more popular these days with more and more poets, aficionados, and also publishing opportunities in many languages around the globe. Altogether it celebrates both French and English haiku presence in our region.

Sandra St-Laurent
regional coordinator/coordonnatrice régionale

bc-territories@haikucanada.org

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

1. What is your idea of perfect haiku?

There are so many amazing haiku, and so much to learn from them, from Issa's

the man pulling radishes / pointed my way / with a radish

to Cor van der Heuvel's "tundra" (*)

to Aaron Berry's no cloud in sight / I let the telemarketer / go

Isabella

Mori



2. When did you start reading/writing haiku and why it appealed to you?

I first became aware of haiku at a very young age; my mother loved them in the German translation. I started writing haiku in the early 2000s, and when I joined *Twitter* in 2007, I was immediately taken by the then-brevity of tweets, and saw the similarity with haiku. I also enjoy the challenge to express myself within the restrictions of haiku.

3. What do you most value in writing?

I'm a very kinesthetic person and

💡 *really enjoy the physical act of writing.* 💡

I also love the blank page and seeing something emerge on it.



(*) a one word haiku the word "tundra" is written in the middle of the page, surrounded by vast amount of white. To see it, scan the QR code or click [HERE](#)

4. What is your connection with the seasons?

One of the great gifts haiku has given me is a keen awareness of the seasons, and I definitely write in all of them although I've noticed that I seem to be more inspired in fall and winter.

5. Spring is around the corner, what is your writing schedule or how does it work for you during the time of the year, writing-wise?

I am now retired, and as much as my chronic illness allows, I spend the majority of my time on writing projects. I write every day but don't have a favourite time of day to write. I'm pretty chaotic.



6. If you were to be an element of nature, what would it be?
Some liminal space. A delta, maybe.

7. What project are you currently working on?

I'm always working on multiple projects. One is a poetry book with fellow poet and haikuist Tariq Malik on the theme of water. Lots of haikai in there!

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

On a slow world cruise that would allow me to stop and reembark wherever I wish.





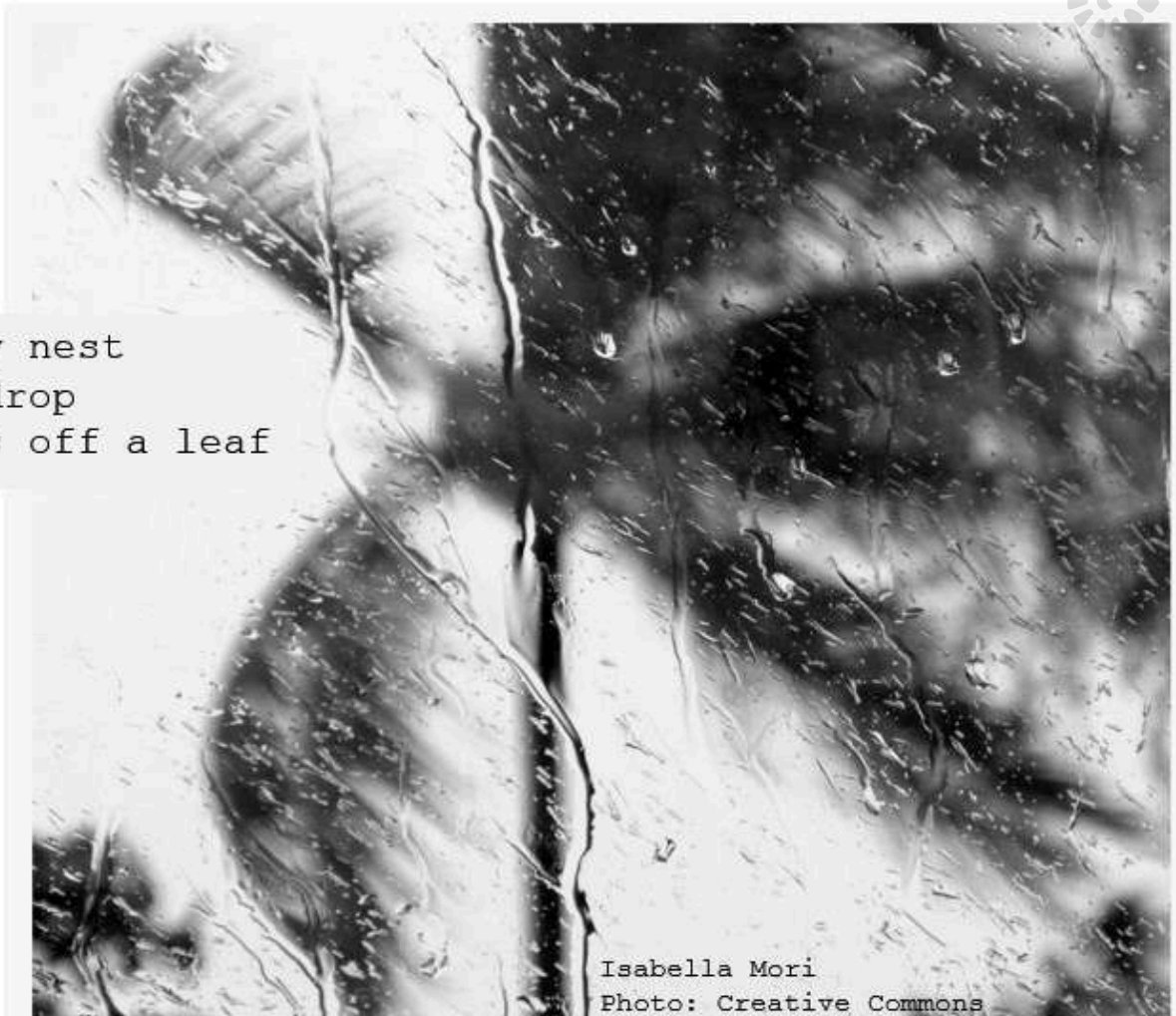
9. What is something that you would like to do again or regret not doing?

In 2017 I went on a 100-mile walk (I'm old and slow, so it took me a while). I would absolutely love to be healthy enough again to do that.



Of course I wrote lots of haiku on that walk, and a haibun travelogue.

empty nest
raindrop
rolls off a leaf

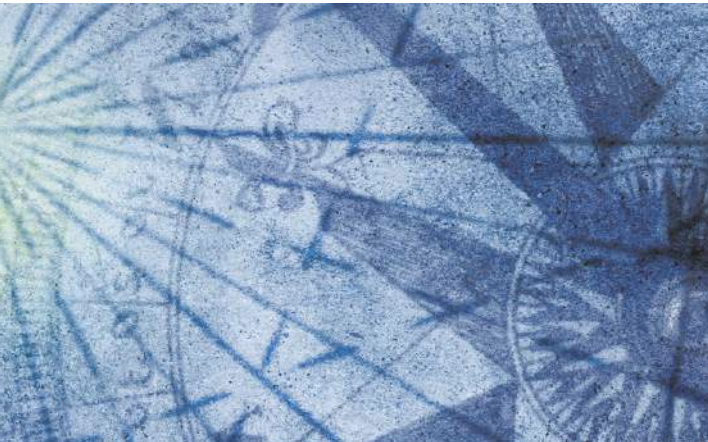


Isabella Mori
Photo: Creative Commons

10. Which words or phrases do you most overuse?

I love starting sentences with “and” way too much, and the words “just” and “really” are all over the place in my writing

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



You gotta submit, and a good portion of it will be rejected. I don't like the word rejection.

💡 No-one's rejecting me.
They just selected something else. 💡

12. What is the trait you most dislike in poets?

Preciousness, or showing off one's vocabulary without any obvious reason why.

13. Your friends want to surprise you with a perfect meal. What would it be?

It would probably involve oysters

14. Pearls of wisdom?



15. You are part of a volunteer group that reads to rescue dogs in your local animal shelter, what title(s) do you read to them? Is there a book of fairytale haibun? That's what I would read from. And be grateful to be part of that group of volunteers.



Gender Neutral

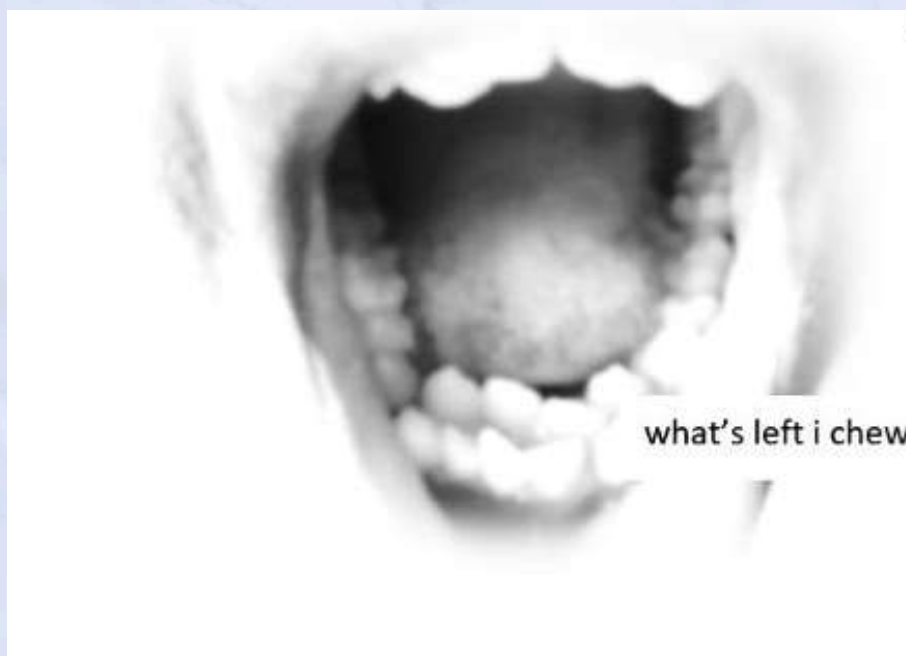
16. What do you consider your greatest achievement?

It may seem small – but when I was still working in psychiatry, I was part of designing a new psychiatric hospital, and I successfully advocated for gender-neutral washrooms there.

17. Is there any topics or causes that are important to you and are reflected in your poetry?

I'm a bleeding heart peacenik pretty-far-left old hippie so – of course.

For example, Jerome Berglund, John Greene, kj munro, Michele Rule, and I wrote a renku on Gaza.



what's left i chew on the root of all evil

Haiku: Isabella Mori

Image: Creative Commons by [100Camomille](#)

**18. When not writing you are... (fill in)?**

Playing way too many games on my phone and computer.

19. What is your relation to music when you are writing?

I'm not the kind of person who makes playlists for writing. There is a shamanic drumming video that I listen to when I feel I need help with concentration.

20. Funniest/strangest time when you were mistaken for another person? ?

There is another poet by the name of Isabella Mori. Her full name is Isabella Legosi Mori. We get confused all the time (among other things, we've both lived in South America).

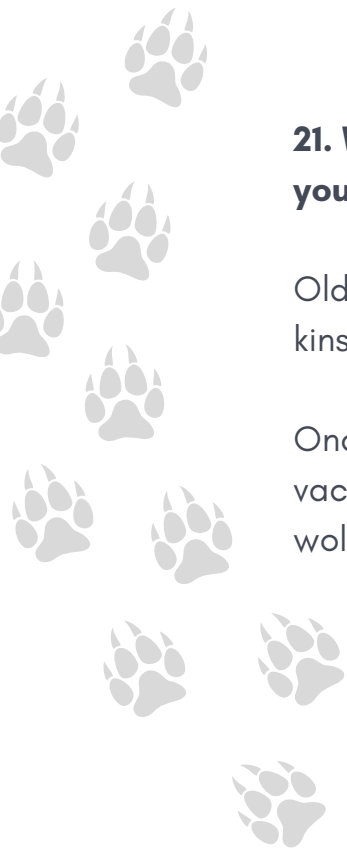
For a while she even lived in my neighbourhood, and they confused me at the bank and the library. We used to get emails for her.

She lived in a tiny home for a while and people wanted to interview me - at a time when I lived in a huge house where a tiny home, complete with garden, could have fitted on my porch. I've never met her because she seems to be quite the recluse.

21. What would have been your "camp name"?

Old Wolf. I feel a deep kinship with wolves.

Once I planned a whole vacation around visiting a wolf sanctuary.





22. You find a treasure while walking. What is it?

An interesting looking rock/gem/fossil or interestingly shaped piece of wood.

Or maybe a bone?

23. Favorite ginkgo walk?

I go for a lot of walks, and it is rare that I don't write a haiku on a walk. I still remember my first ginkgo walk, which was in Richmond, South of Vancouver, at the old cannery.

Many Japanese lived there (and were displaced during WWII.) That whole area is now a heritage site, and it was wonderful to soak in the history.

24. Which writer (dead or alive) would you like to invite for a ginkgo walk?

I'm really interested in Indigenous voices. Robin Wall-Kimmerer, the author of *Braiding Sweetgrass*, would be very interesting. I'm sort of playing with the idea of writing haiku inspired by that book.

25. Where can we learn more about you or about your projects?

Some of my work is on Goodreads

https://www.goodreads.com/author/show/17017498.Isabella_Mori

Special project and an invitation...

When I was in Mexico in early 2025, I came across a fascinating series of articles on haiku written in Indigenous Mexican languages.

I summarized and translated them and they appeared in the latest *Haiku Canada Review*.

Of course this made me curious about haiku written by Indigenous people in Canada.

I would love to hear about/from you/them and write an article about that as well, hopefully together with an Indigenous author.

For more information: moritherapy@gmail.com

haiku o haïku

outdoor café-
the morning news
sprinkled with cherry blossoms

elehna de sousa
Salt Spring Island (BC)



flower-filled terrace
petals on the plate
service included

Jean-Hughes Chevy
France



Next haiku challenge

Theme: roadtrip (bike, car, van, etc)
Send your haiku/tanka before July 1st

bc-territories@haikucanada.org
or scan the QR code
or click [HERE](#)

seaside cafe
the seagull and I eating
at the same table

*Jan Stretch
Victoria (BC)*



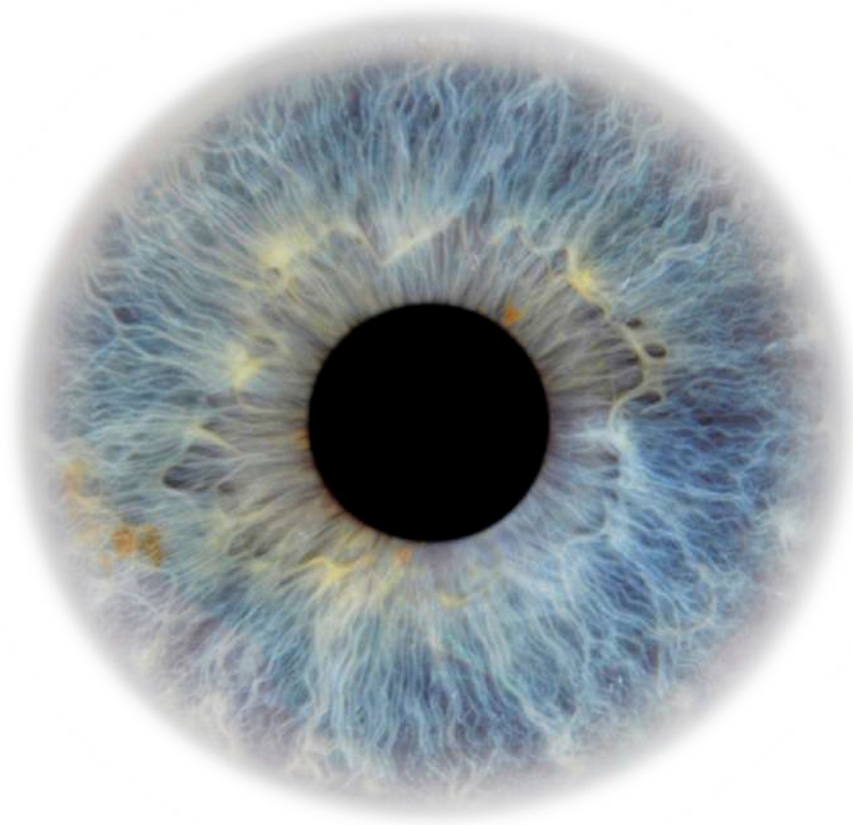
under cafe tables
small starlings wait
for breakfast

*Cheryl Ashley
Nanaimo(BC)*



evening downpour
mâitre d' seats us
beside the washroom

*Margaret Anderson
Vancouver (BC)*



sangria
and sidelong glances—
sidewalk café

*Charlotte Hrenchuck
Whitehorse (Yukon)*

*brewing a haiku
guzzle coffee
gain momentum*

*Barbara Grueger
Whitehorse (YT)*

restau italien
sur la pizza un filet
de Bel Canto

Jean-Hughes Chevy
France



café poetry
screech of cappuccino machine
drowns out poet

Kim Goldberg
Nanaimo (BC)



poetry club
meets at noisy café
listening hard

Louise Carson
Saint-Lazare (QC)

our table beside
the fish tank bigger
without you

*Kim Goldberg
Nanaimo (BC)*

small town café
all the days since you've been gone
blue plate special

*Karin Hedetniemi
Victoria (BC)*



seniors' lunch
at Lanterne de Chine
shining a light
on absent ones

*Louise Carson
Saint-Lazare (QC)*

"I'll have
what she's having"
Cat Café

*Manon Tessier
Québec(QC)*



chitter chatter chai
at the cafe
furry feather friends gather

*Lillian Nakamura Maguire
Whitehorse (Yukon)*



un habitué
d'un seul regard
la commande est passée

*Manon Tessier
Québec(QC)*



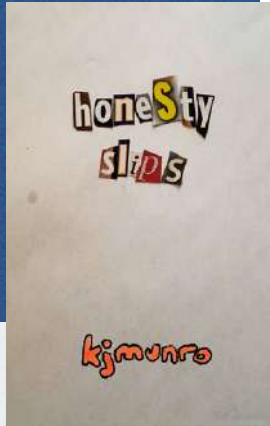
spruce trees sway
during winter respite
mango juice in the Sun Room

*Lillian Nakamura Maguire
Whitehorse (Yukon)*

New books/Sorties littéraires Hall of fame/mur de la renommée

Congratulations to all poets from our region for their achievements!
Félicitations à toutes les poètes de notre région pour leur accomplissements!

Book launch- May 30 2026 *honesty slips* by kjmunro



- kjmunro has a new chapbook called "honesty slips" (Turret House Press, Montreal) - a combination of haiku & longer poems. The official launch by Turret House will be in August 2026 in Montreal. A local launch will take place in Whitehorse on Saturday May 30, from 2-4 pm. Readings will start at 2:30pm with special guest Nicole Bauberger at DECORA, 7 Roundel Road, Hillcrest (YT).
- For kjmunro's website, click [HERE](#) & The Turret House Press, click [HERE](#)

Golden Triangle Haiku Contest 2026

- Congratulations to C. Jean Downer (White Rock, BC) and Antoinette Cheung (Vancouver, BC) whose poems are posted in public space from March to May, in Washington, DC (USA).
- This year was record-breaking year, receiving nearly 5,000 haiku worldwide from all 50 states, plus DC, Puerto Rico, and the US Virgin Islands—as well as 90+ countries worldwide. Outside of the US, countries with the most submitters were India, Mexico, Canada, UK, and Nigeria. Winning and selected haiku are displayed on colorful signs throughout the Golden Triangle from March through May. To see see all the posters with winning haiku click [HERE](#)

Hexapod Haiku Challenge

- Presented by PennState College of Agricultural Science
- Antoinette Cheung (BC) is judging this year!
- Submit before Jun 15, 2026 [HERE](#)

Haiku/Haibun Workshop-

21st Annual NorthWords NWT Writers Festival 2026

- From May 28-31 2026 at the Explorer Hotel, Yellowknife
- The Northern Haiku Project will be presenting a haiku workshop on May 28
- To see the full program click [HERE](#)

calls for submissions & contests appels de textes & concours

May-July
Mai-Juillet
2026



REMINDER- Click on any underlined text for details
RAPPEL-Cliquez le texte surligné pour les détails

For Haiku Canada Review (Haiku Canada)

English- no theme: August 31

Français- thème: les vieilles maisons, 31 août

Journals and other publications

submissions in English unless indicated otherwise below

- Akitsu Quarterly, opens May 1
- Cattails Journals, from July 1-31
- Cicada's Cry, from May 1-15
- Cold moon Journal, from April 1-May 15
- Drifting Sands Haibun, until July 1-15
- Frogpond Journal, until July 31
- Heron's Nest, until June 15
- L'écho du haibun V.5, (français)- thème: le carnet, 1er juin
- Mayfly, until May 15
- Modern Haiku, until July 15
- Pippa Editions (Paris)
anthologie thème: la marche (français): 1er juin
- Presence Haiku, from May 1-30
- Prune Juice Haiku Journal, from June 1-30
- Sense and Sensibility Haiku Journal, 1-15 of each month
- The Hedgerow, from May 6-20
- The Solitary Daisy, each 2 weeks
- Tsuri-doro haiku and haiga, from July 1-10
- Wales Haiku Journal, from May 1-15

Contest and others / concours et autres

- CBC Poetry contest/Radio Canada Prix de la poésie (Canada) EN/FR, April 1-June 1
- Hexapod Haiku Contest, until June 15
- Japan Fair Haiku Contest, until May 24
- Peggy Willis Lyles Haiku Award, June 1 2026
- Sonic Boom- visual poetry contest (VISPO), from June 1-15
- Vancouver Haiku Invitational 2026 (Canada) Theme: sakura blossoms March 1-June 1
- Unbridled- 9th Chinese Zodiac Series: Year of the Horse send haiku/tanka on horse to Corine Timmer.

1.
my job jar
stuffed with wit—
can't feel annoyed
2.
birthday haiku
under my pillow
low-budget but priceless
3.
needing to know
the meaning of a word
she wakes me
4.
LISTEN
YOU NEED TO HEAR THIS—
it's never a hockey score
5.
mid-argument
she asks me
what would Ovid do?
6.
caesurae
in our intimate relations—
pondering rhymes
7.
growing old together
leaning more and more
on shared meter

Life with a Poet

a haiku cycle by Greg Skala



The process

Two things inspired me to compose this haiku cycle. One was the interview that you made (1) with my wife Beth Skala and me, based on a Proust questionnaire. Among other things, we were asked about our interactions as a couple who are both writers. The other catalyst for me was observing how Beth makes chapbooks of her own haiku, each of which has a title and a theme. By the way, my haiku cycle does not truly represent my relationship with Beth. I just “ran with” the idea!

(1) Sandra St-Laurent for the Haiku Canada BC-Territories' Newsletter- Winter 2024

Ginko: Walk, Write, Repeat

with Peter H. Fischer



Ginko: Walk, Write, Repeat is a new YouTube channel by Peter H. Fischer bringing together his two beloved practices:

- walking
- and writing haiku (and related forms).

The first series of episodes is inspired by the 17 poets featured in the Red Moon Press anthology *A New Resonance 14* (including three from B.C.: Antoinette Cheung, Dan Curtis, and P.H. Fischer). Each walk is guided by a single poem, an invitation to reflection, and the sharing of new writing inspired by the featured poem and the path taken.

For *Resonance 14* Anthology click [HERE](#).

You can watch the episodes on YouTube (www.youtube.com/@GinkoWalks), and you are warmly invited to walk along, wherever you are, and share your own poems and reflections.

For the Ginko YouTube channel: [HERE](#)

For more information contact: ginkowalks@gmail.com.
Follow on Instagram [@ginkowalks](https://www.instagram.com/ginkowalks)





British Columbia haiku and tanka poet

Susan Willows Constable

passed away on March 18, 2026, at the age of 83

amber light
the time it takes
a leaf to fall

Susan Constable

The Heron's Nest - 10:1, 2008

Parksville, BC - Susan Willows Constable passed peacefully at Stanford Seniors Village in Parksville, British Columbia the evening of 18 Mar 2026. Susan Willows Jones was born in Calgary, Alberta 18 Jan 1943, the youngest daughter of Glyndwr Thomas Jones and Mary Amelia 'Millie' Jones (née Willows).

Susan is lovingly remembered by her devoted husband of 60 years David Constable, her son Sean Constable of Burnaby, her daughter Cheryl Constable (Heather) of Parksville, and her grand-daughter Julia Tindale (Shania) of Edmonton, Alberta. She also leaves behind her sister Marilyn (the late Howard) Turpin of Victoria, and her brother Glyndwr (Cheryl) Jones of West Vancouver, and several nieces, nephews and friends. Susan was pre-deceased by her beloved younger son, Darcy Jerome Constable (1995).

An accomplished poet, she was an intelligent, creative, observant, loving, fair, sensitive, perceptive, disciplined and structured woman, who thought about many things in a metaphorical way. Susan was an educator, a writer, and small business owner, where her strong organizational skills and discipline contributed greatly to their success. Soon after retirement, and while grieving and processing the loss of Darcy, she found a new passion in poetry. After a lifetime of dabbling in various forms of writing, she began with long-form poetry and expanded into many forms including haiku, tanka, haibun, and haiga. Susan became an accomplished and widely published poet, showcasing her insights, observations and humour. Giving back to the community that welcomed her, she was a founding member and global moderator of the online poetry forum Inkstone and worked tirelessly as an editor and judge, as well. Most of all, she was a friend and mentor to many in the poetry community.

She had a notable sense of humour and was a much-loved mother, wife, sibling, family member and friend...and is missed, tremendously.

To read her interview as BC Winner of the 2021 Haiku Invitational click [HERE](#) or scan code



Source: Times Colonist, Dignity Memorial, The Living Haiku Anthology.

local meetings

Haiku Arbutus

Victoria, BC, since 2014;
meets quarterly;
facilitated by Terry Ann Carter.
Contact terryanncarter3@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



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)

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

Haiku: rage –Regional Newsletter for Haiku Canada BC and Territories Spring/PriNTEmps 2026 no.13

Design and Publishing: Sandra St-Laurent
Revision: Ruth Powell

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p.1 Spiral staircase inside a lighthouse [eyewave](#), p.2 Photo submitted by poet, Starry night by [Umkreisel](#), p.2,3 Delta by [MaslennikovUppsala](#), p.4 Dynamic Water Splash [de Roman Amanov](#), p.4 scenic mountain path [de Gabor Gelencser](#), trail shoes footprints icons and treasure dotted path bny canva pro, haiga by [Isabella Mori](#), p.5 Compas and an old map [de DNY52](#), pearls [fotalinchen](#), p.6 Gender neutral [marrio31](#), haiga by [Isabella Mori](#), p.7 Drum or tambourine on the background of the sky at sunset [desaart](#), Wolf on Winter forest [de rick734's Images](#), wolf tracks [Ivanka Nikitovic](#), p.8 Aged white bone [Brett Sayles](#), Overlays texture [Tili Lee](#), Ammonite Fossil [vaeenma](#), p.9 French Terrace outdoors [de J.Wierink-van Wetten](#), Blue wood background with natural pattern [maxlashchevski](#), White camella flowers and petals [de mauiagusti](#), p.10 flying seagull [pixaroma](#), sans titre [de Judam](#), p.11 cute round eye [de socialprespectives](#), empty scrap paper [nenovbrothers](#) (p.11,13,18,21), p.12 Blue checked table cloth [de Ivan Negru's Images](#), sound waves [de Epitomi](#), p.13 Chinese Porcelain [de BrantleyHighline](#), p.14 Grey cat at home [sandrobolo](#), Cat tail on a white wall [de luana rigalli](#), cat paws, p.15 Close up shot of a blue sunglasses [de Ruslan Khmelevsky](#), p.16 White wood plank background texture [TrueCreatives](#), book cover submitted by [kjmunro](#), p. 16 Blue alarm Clock [de Latino Life](#), p. 17 Blue abstract watercolour [de Lana Veter](#), p.18 Abstract white sand dunes [de TrueCreatives](#), photo submitted by P.H Fischer, Barefoot Women in denim jeans [de Karola G](#), p.20 swirling wind and falling leaves [de Nue](#), photo from Susan MacRury from dignitymemorial.com, p.21 Blue hydrangea [de GNEPPHOTO](#), Haiku Canada Weekend 2026 poster by Sandra St-Laurent.

Haiku Canada Corner



MAY
15-17
MAI
2026

Haiku Canada
Week end 2026

La rencontre annuelle
d'Haiku Canada



Program/ programme
Registrations/Inscriptions

Next Issue *SUMMER 2026* Prochain numéro *ÉTÉ 2026*

The next issue will cover the months of July–September 2026
La prochaine édition couvrira les mois de juillet–septembre 2026

Sandra St-Laurent
regional coordinator
coordonnatrice régionale

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