

JAPANESE CANADIAN
CULTURAL CENTRE



日系文化会館

Suizenji Kiyoko Concert: Tickets on Sale Now
September Movie: When Marnie Was There

水前寺清子ショー チケット好評発売中
9月映画：思い出のマーニー

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Calendar of Events

September

Sat	5	Karaoke Club
Mon	7	JCCC closed –Labour Day
Sun	13	JCCC Family Golf Tournament
Mon	14	Fall Cultural Classes begins
Sat	19	Karaoke Club
Thurs	24	Movie Night - When Marnie was There
Sun	27	Kimono Exhibit (through to Sept 27)
Sun	27	Senior Supper Club

October

Sat	3	Karaoke Club
Sun	4	Issei Day
Sat	10	Karaoke Club
Mon	12	JCCC closed –Thanksgiving Day
Sat	24	Karaoke Club
Thu	29	Movie Night - 3 Sisters

November

Sat	7	Suizenji Kiyoko Concert
Sun	8	Heritage Conference
Thu	12	Reel Asian Special Screening
Sat	14	Karaoke Club
Sat	21	Karaoke Club

SUBMISSION DEADLINE

Deadline for the October issue is Thursday September 10, 2015.
10月号の締め切りは2015年9月10日(木)です。

Your news is welcome! Please contact:
newsletter@jccc.on.ca **tel 416-441-2345 ext.226**

The Japanese Canadian Cultural Centre Newsletter

Editors: James Heron, Kathy Tazumi, Sandy Chan

Japanese Section: Haruko Ishihara, Maki Klotz, Sandy Chan, Yoko Reynolds

Cover Image: Suizenji Kiyoko

JCCC UPCOMING EVENTS

Enka Legend Kiyoko Suizenji in Concert Saturday November 7

Tickets are now on sale

Kiyoko Suizenji is one of the leading Enka singers in Japan. Her career spans over 50 years and her joyful songs cheer everybody's hearts and minds. "The March of 365 steps" is one of her most popular songs and many people have been encouraged by it. Among her hit songs, "One Plus One" has been danced to at many festivals and is particularly famous among Japanese Canadians.

Suizenji-san's concert will be held at the JCCC Kobayashi Hall on **Saturday November 7**.

This concert celebrates the 50th anniversary of the beginning of the post-war Nikkei immigration and is also a charity concert for the Japanese Canadian Cultural Centre and Japanese Social Services. Money raised through ticket sales and food/goods sale will go to support the work of these two organizations, and their tireless efforts in serving the Nikkei community tirelessly.

Date: Saturday November 7, 2015

Time: 2:00pm / 6:00pm

Tickets: \$50.00 (including HST) floor seats and stadium rows A-G

\$40.00 (including HST) stadium rows H-R

Reserved seating only. For tickets, please call the JCCC reception 416-441-2345, Doyama 416-291-7002 or Omori 416-531-2749.



JCCC Family & Friends Golf Tournament

The JCCC is hosting the 19th Annual Family & Friends Golf Tournament on **Sunday September 13, 2015** at Rolling Hills Golf Club. This is a chance for families and friends to share a fun day of golf – all skill levels welcome and there are lots of prizes to be won! After a great day of golfing, there will be presentations and dinner back at the JCCC. We encourage everyone to join with grandparents, aunts, uncles, brothers, sisters, moms and dads, or just a group of friends.

*NEW this year are complimentary shared golf carts and we will continue with the shotgun start (10:00am) and an all Scramble format. Thank you all for your feedback as we looked for ways to make it an enjoyable tournament for all.

Application forms are available at the JCCC reception area. We also welcome hole sponsors – corporate or family – some sponsor levels include your green fees and contributes to our Heritage programming at the JCCC. Our biggest sponsor, HollisWealth (Marty Kobayashi), is also generously providing refreshments while out on the course! For more information, please contact the JCCC at 416-441-2345 or contact Sharon Marubashi (co-chair) at 647-291-4751 /email marubashi@rogers.com and Dawna Kobayashi co-chair) at dawna.kobayashi@sympatico.ca

JCCC Fall Classes

Looking to try something new this fall? The JCCC offers a wide range of courses and workshops which are sure to suit your interests. Our fall classes start in mid-September, so be sure to pick up a class brochure, or visit our website at www.jccc.on.ca to learn more.

Registration has started. Please contact us in person, or call 416-441-2345 to sign up.



Haiku Corner

梨の花 月に書よむ 女あり 蕪村
Nashi no hana tsuki ni fumi yomu onna ari Buson

A pear-tree in bloom;
In the moonlight,
A woman writing a letter.

この雨の 降るのにどっちへ でいろかな 一茶
Kono ame no furunoni docchi e deiro kana Issa

Where can he be going
In the rain,
This snail?

New JCCC Martial Arts Program: Jodo 杖道 – The Way of the Staff



In November, the JCCC will be introducing an exciting new martial arts program. Jodo – the Way of the Staff.

Jodo is practiced worldwide, and has been a part of the All Japan Kendo Federation curriculum since 1968 with demonstrations held throughout Japan. Jodo activities in Canada are overseen by the Canadian Kendo Federation that also supports Kendo and laido activities.

The Jo is a four foot cylindrical staff. Jodo techniques are designed to defend against the sword. Its spirit is not to injure the opponent but utilize the techniques that demonstrate the true versatility of the weapon. These techniques include: striking, thrusting, blocking, parrying, pinning, and sweeping. Through Jodo, one learns the dexterity of the movement and the development of the mind, body, and spirit.

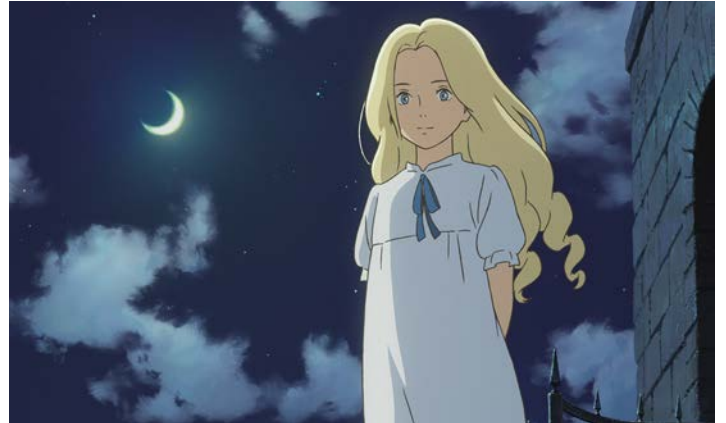
In this program, participants will learn Jodo in a non-competitive environment using kata-based partner training. The art is suitable for adults and youth. It is also an excellent cross-training opportunity for other martial arts practitioners. Some non-weapons based practitioners often find Jodo as a good entry point to weapons arts.

Please check our October newsletter for more information about the Jodo program, and registration details.



Photos courtesy of David Lee.

September Movie Night: When Marnie Was There



Studio Ghibli's Final Masterpiece will Engage both Adults and Children

"There is a quality of enchantment that can't be faked — Studio Ghibli has once again created a world where magic and imagination don't just rule but are transformative." – The Washington Post

"Yonebayashi's picture is about the magic of female friendship at its purest" – Village Voice

This newest feature from Japan's famed Studio Ghibli is a sweeping story of friendship, mystery and discovery that delivers stirring emotions and breathtaking animation as only Ghibli can.

When shy, artistic Anna moves to the seaside to live with her aunt and uncle, she stumbles upon an old mansion surrounded by marshes, and the mysterious young girl, Marnie, who lives there. The two girls instantly form a unique connection. As the days go by, Anna begins to piece together the truth surrounding her strange new friend. Based on the young adult novel by Joan G. Robinson and directed by Hiromasa Yonebayashi (*The Secret World of Arrietty*), *Marnie* is filled with moonlit seascapes, a glowing orchestral score, and powerful dramatic portrayals that build to a stormy climax.

Date: Thursday September 24, 2015

Time: 7:00pm

Tickets: \$8 (JCCC Members); \$10 (General)

"Fuyu Matsuri" - Winter Festival 2015

Winter Family Committee



Quickly becoming one of the most popular events of the year, the Winter Family Festival is coming back with a brand new name, "Fuyu Matsuri" – Winter Festival, on **Sunday December 13, 2015!** Following the success of the past four years, our energetic and enthusiastic committee is very excited to exceed expectations yet again.

We will feature many of the same great activities as past years, such as the photo with Santa, Christmas ornament making, gingerbread cookie decorating, interactive games, etegami (picture letter) and storytelling. New activities for moms and dads are being planned and as always, we will have some delicious food! The Craft Market will also have a whole new look, changing its name to the "Market Place (Shotengai)" as an ultimate Christmas shopping destination!

Mark the date in your calendars and keep an eye out for more details in the October and November issues of the newsletter.

Date: Sunday December 13, 2015

Time: 11:00 am – 4:00 pm

Volunteers are also needed for this event. You can sign up through the JCCC website at <http://www.jccc.on.ca/en/volunteer/>. Deadline is Thursday November 26, 2015.

We are currently looking for vendors for our Food Corner and Craft Market – please contact Yuki Hipsh at yukih@jccc.on.ca for further information.

Vendor Application Deadlines

[Food Vendor] Thursday, October 15, 2015.

[Craft Vendor] Thursday, November 12, 2015.

Photos courtesy of Byron Chan.

Seniors' Supper Club

Seniors' Supper Club Committee

Seniors' Supper Club – next date is **Sunday September 27, 2015!**

What's a roux? Ask any of the participants who joined in the fun of making macaroni and cheese, baked chicken, and tomato and cucumber salad on Monday July 27, 2015. Learning new techniques, terms, and food preparations is all part of the fun in cooking together at the Seniors' Supper Club.

A roux is the base for making a sauce. Just melt some fat – in our case butter – add the equivalent amount of flour, mix well over a medium-low heat and voilà, you've made a roux. Participants mastered this technique and made a creamy macaroni and cheese that far surpassed anything out of a box and was almost as easy to make.

On **Sunday September 27** participants will be making chicken donburi, daikon nimono and daikon and carrot salad with demonstration chef Marion Smith.

Registration deadline for this session is the Wednesday September 23, 2015.

Please note that we are unable to accommodate food allergies, so please check the menu before registering.

The session is from 3:00pm - 7:00pm and is limited to twelve (12) participants. Participants should bring their own apron and head covering (hat/scarf). Cost is \$20.00 per session and includes the demo lesson, ingredients for the meal, cooking, leftovers, and lots of laughter!

To register, please drop by or call JCCC registration at 416-441-2345. Look for future news about the Seniors' Supper Club in the next JCCC newsletter.



Photo courtesy of Jan Nobuto

Issei Day – A tribute to the Seniors of our Community

Issei Day Committee

The Board of Directors of the Japanese Canadian Cultural Centre extends an invitation to Issei Day on **Sunday October 4, 2015** and would like to welcome all who are 70 years of age and older.



Photo courtesy of Kristin Kobayashi.

This year will be the 53rd year of celebrating Issei Day. Last year, just over 400 Issei, Nisei, Sansei and Ijusha gathered in the Kobayashi Hall to celebrate this annual event.

The day is full of activities, with entertainment of songs, odori and sing-alongs. Please come out and enjoy this special day! As usual there will be a wonderful and tasty bento served during the intermission.

The program begins at 2:00pm and concludes around 5:00pm. With our growing numbers, and due to our space limitations – we require that everyone pre-register at 416-441-2345 or in person at JCCC reception by Friday September 25. Registration is important in helping us ensure that everyone is able to sit, relax and enjoy the afternoon. We will have an overflow area available if required.

We look forward to seeing you.

Arigato Day

The JCCC held its annual Arigato Day on Sunday July 19, 2015, with more than 300 volunteers in attendance. The continuing high numbers are a great testament to the fact that volunteers are the pillars of the JCCC. Not only can we rely on the continuing support of the seasoned veterans, but we also have so many new volunteers who have come out to support some of our newer programs. Chef Kunio Ishii of Torii Ichii Catering prepared a delicious spread of food in a fabulous buffet.

To end the evening, there were two awards presentations. Min Yatabe and Frank Moritsugu presented the Nisei Veterans Award to Megan Marubashi of the Ayame Kai Odori group and Christine Delong from the Sakura Kai Odori group. Then the JCCC presented certificates to the 19 recipients of the Ontario Volunteer Service Awards for 2015.

The Ontario Volunteer Service Award program is administered by the Ministry of Citizenship, Immigration and International Trade. To qualify for an award, an adult recipient will have volunteered for a minimum of 5 years continuously. A youth recipient will have volunteered for a minimum of 2 years. Each year, the JCCC has 6

the opportunity to nominate 18 adult recipients and up to 3 youth recipients. In addition to our own event, these recipients were recognized by the province of Ontario at an awards ceremony held in June.

The JCCC appreciates the many talents and skills of their volunteers. Their energy and enthusiasm are a part of the JCCC's programs, events and just about every other aspect of the operation of the Centre. Arigato Day is just a small measure of our gratitude. Arigato Gozaimasu!!!!

2015 Ontario Volunteer Service Award Recipients

Art and Culture:

Collin Brown	Teruko Davis	Taiko Feldkamp
Hannah Ikeda-Suen	Alma Ona	Mark Uyeda

Special Events and Operations:

Isoko Amemori	Shirley Eto	Mariko Kato
Shoko Kobayashi	June Lee	Steve McFarlane
Yuki Newbold	Keiko Ono	Cary Rothbart
Reiko Schlichtig	Toke Suyama	Fumi Yoshida

Youth Recipient

Arfana Mulla

Congratulations to all our recipients, and thank you for your commitment to the JCCC.



Photos courtesy of Yosh Inouye.

Step into Fall

Heritage Corner



Photo courtesy of John Ota.

Some refreshing news and updates from Heritage as cooler weather marches in!

A reminder: on now in the JCCC Gallery is “KIMONO: over 50 years of textiles at the Japanese Canadian Cultural Centre”. The exhibit is on now until late October – stop by and take a look before it’s over!

The Arts Committee has a number of reminders and updates! First, a big thank you to all artists and community members who contributed to this year’s successful Artsu Matsuri, including our artist Walk and Talk on July 16. It was a golden opportunity for Artsu Matsuri artists to introduce themselves and their artworks to one another and the community. The event provided insight into the artists’ backgrounds, and how and why they make their art.

On Saturday April 2, 2016, the JCCC will host a one-day Japanese Canadian Art Symposium to discuss the current state of Japanese Canadian art and artists, their roles in the community, and to explore ways to develop interaction, networks, and collaborations. The event is being organized by the JCCC Arts Committee, with support from the NAJC Toronto Chapter, and financial assistance from the Canada Council for the Arts. Stay tuned to the JCCC newsletter and social media in the coming months for further information.

Do you have a tattoo? The Arts Committee is looking for Nikkei who would be willing to be photographed with their tattoos by professional photographer and professor, Yosh Inouye, for a 2016 exhibition in the JCCC Gallery. The series intends to be a revealing Japanese Canadian counterpart to a collection of watercolour paintings of tattooed Japanese individuals produced by the late Canadian artist, Aba Bayefsky. For further information, including making an appointment with our photographer, please contact Elizabeth Fujita-Kwan at the email address and phone number below.

The Heritage Committee has identified some key focus points moving forward:

- The Arts Committee is looking forward to another year of exciting exhibits and displays – keep an eye out in the coming months for a new calendar of upcoming events.
- The Archive and Collections Committee will be working hard on maximizing storage efficiency and capacity for the JCCC’s collection, which will aid in accessibility for community researchers.
- The Moriyama Nikkei Heritage Centre will be focused on the updating and maintenance of software and digital accessibility within our exhibit space.

As well, Heritage will be taking steps to increase our digital presence – stay tuned to the JCCC’s Facebook page and Twitter as new updates and content makes an appearance.

Finally, the Archive and Collections Committee would like to take this opportunity to thank Canada Summer Jobs and Young Canada Works for once again supporting us with the hiring of two summer students. Both Cassandra Nakamura and Amanda Windsor were an invaluable help to the Archives this summer, working on database entry, the Kimono exhibit, photographing artefacts and working with our regular volunteers. We are very lucky to have had two fantastic young people spend the summer with us.

For all Heritage related inquiries and info, please contact Elizabeth Fujita-Kwan, Manager of Heritage and the Sedai Project at heritage@jccc.on.ca, or 416-441-2345 ext 303.

Natsu Matsuri

Obon & Tanabata Festival - Fun in the Sun!

Saturday August 8 was a beautiful summer day. It was a perfect day for the record crowds that turned up for this fun festival. This year saw many families and other visitors at the JCCC dressed in their yukata and enjoying a wonderful day of traditional Japanese festival activities.

During the afternoon there were games and activities for the children, including fishing and yoyo balloons. The omikoshi also made its rounds of the festival. As always, there were many food vendors with choices including a somen bar, shaved ice, chicken karaage, takoyaki and ice cream. The second year of the beer garden was a success with many people dropping in for a quick drink. As the sun began to set, the dancers circled the centre of the JCCC's parking lot, marking the beginning of Bon Odori. We finished off the night with popsicles for everyone.

This festival is always a special one because of the tremendous co-operative effort by many community organizations. Very special thanks go out to Mr. Ishii, our wonderful vendors, the Toronto Buddhist Temple, Sakura Mai, the Consulate General of Japan, all our wonderful volunteers and to Constantin (our dedicated AV technician extraordinaire).

We hope to see everyone next year!



Photos courtesy of Yosh Inouye (left, centre); Sakuramai (right).

Kamp Kodomo 2015

It was another wonderful summer with the Kamp Kodomo. Throughout the weeks all of the children were involved in many different activities that kept them active, energized and engrossed in Japanese culture.

This summer featured many of our favourite workshops, like judo, iaido, and ikebana, and also made trips to Toronto Zoo and the Ontario Science Centre, and even tried out bowling at Thorncliffe Bowlerama and visited our local fire station, Fire Station #123.

The success of Kamp Kodomo Summer 2015 could not have been possible without the dedication, enthusiasm and patience of the staff and many volunteers who helped at the camp. Without their help, Kamp Kodomo would not have been as much fun, nor would it have run as smoothly as it did! A special thank you to Karlee: our returning head instructor and to Jaclyn; assistant instructor. Another thank you to our volunteers: Arfana, Bryanna, Erica, Erika, Erin, Luna and Rachel. Together you helped to make the campers experience memorable. As well, many thanks to the dedicated instructors who rearranged their busy schedules or took time off of work to come and teach the campers. Your support of Kamp Kodomo and the JCCC is an inspiration. Thanks to: JCCC Judo Kai, JCCC Iaido, JCCC Naginata, Ikenobo Ikebana, Discover Japan, Shito Ryu Itosu Kai and Nao Uda, who was our artist-in-residence.

We hope that everyone will join us for Kamp Kodomo March Break 2016!



Join the JCCC Summer Storytelling Time

Thursday, September 3, 2015

@11:00 am - toddler/preschool
 @11:30 am - kindergarten-7 yrs old

Location: JCCC Library
 Free, call JCCC 416-441-2345 to register



Momiji Caregiver Information Sessions

Momiji Seniors Centre



Momiji would like to invite all caregivers for the Information Sessions. The sessions will be conducted in English and Japanese translation is available.

Workshops:

Healthy Eating For Seniors
 Tuesday September.29, 2015 / 1:30pm-3:00pm
 Facilitator : Lynda Audia (Toronto Public Health)

CCAC(Community Care Access Center) Information session:
 Tuesday October 27, 2015 / 2:00pm-4:00pm
 Speaker: Maureen McGowan (CCAC)

Power of Attorney and Will
 Nov.24(Tuesday) 2:00pm-4:00pm
 Speaker: Julie Sagara(Lawyer)

For further information and registration, please contact Keiko Hoshi at 416-261-6683, ext.249.
 Momiji Centre: 3555 Kingston Rd. (at Markham Rd.), Scarborough.

Back2feet Captures JC 3-Pitch League Regular Season Title

by Bob Doi

A big surge in the 2nd half of the season pushed Back2feet to the top of the standings. With some timely hitting and slick fielding, Back2feet led by Paul Takasaki captured the regular season title, narrowly edging Hoult-Hellewell Trophies captained by Glen Kawaguchi by one game. Defending champs Wietzes Toyota captained by Jon Nagamatsu finished in the middle of the pack while HollisWealth (Tod Nagamatsu) and The CruiseShipCenters finished 4th and 5th respectively. For more information on the JC 3-Pitch league, please check out the JC 3-Pitch website.

www.jc3pitch.com

Final Standings as of Sunday August 9, 2015:

	W	L	Sponsor
Back2feet	7	1	Ms. Yim Lok
Hoult-Hellewell Trophies	6	2	Mr. Darryl Hayashi
Wietzes Toyota	4	4	Mr. Gary Brownlie
HollisWealth	2	6	Mr. Marty Kobayashi
The CruiseShipCenters	1	7	Tina & Rob Takimoto



Photo courtesy of Bob Doi. Players enjoying a post-game BBQ.
 Left to Right – Steve Yano, David Wesseling, Neil Abe and Sharyn Reilly.

Bayview United Church Food and Craft Bazaar

The Bayview United Church Food and Craft Bazaar will be held on Saturday October 17, 2015. The doors will open from 12:30pm to 3:00pm for Udon, Gazpacho, Baked Goods, Pickles, Chow Mein, Boutique, and of course, a Silent Auction! We are located at 2609 Bayview Avenue in Toronto. Come out and join the amalgamated congregations of Centennial Japanese United Church and Oriole-York Mills United Church for some fun, food and friendship.

Office Space for Rent at JCCC

Office space of 672 sq.ft. is available on the 2nd floor of the JCCC.

If interested, please contact Nao Seko at (416) 444-9900 x227.

8th Annual
**Japanese
Calligraphy
Competition**
in Canada

日本書道公募展

Award Presentation | Nov. 15, 2015, 2pm
Exhibition | November 14 to 28, 2015
at the Japanese Canadian Cultural Centre
daily and weekends: 11:00am - 4:30pm
free admission

Check out our website re-launch!

<http://shodocanada.com>

Follow   

Competition organized by
SHODO CANADA

DONATIONS TO THE JCCC

As of August 9, 2015

The JCCC gratefully acknowledges the following donations:

Mrs. Yasuko H. Shimoda	30
Mr. Teiichi Takata	20
Mr. and Mrs. Abie Takeuchi	20
Mr. Yoni Wolpin	20
Wynford Seniors' Club	50
Ms. Yumi Yamashita	25
In memory of Yosh Okura	
Eiko, Ron and Joanne Aida	100

Supporting Members

Partner

Dr. and Mrs. Tatsuo Hori	150
Mrs. Frances Nakamura	150
Mr. Robert Takagi	127
Ms. Yasuko Yamaga	150
Mr. Stanley & Mrs. Aileen Yokota	110

Correction

August 2015 Newsletter Donation List:
Mrs. Lily Shigetomi donation should be:
In memory of Jack Shigetomi 200
Friends of the Moriyama
Nikkei Heritage Centre 500
Ms Bonnie Maikawa donation should be:
Ms Bonnie Maikawa &
Ms JoAnne Maikawa 2,000
We apologize for the errors



Fourth Annual Estate Planning Seminar Review

On Wednesday July 15, 60 individuals attended the JCCC's Fourth Annual Estate Planning Seminar, proudly presented by TD. The Seminar was hosted by Doris Chan, CFA, Vice-President and Senior Portfolio Manager, Private Investment Counsel at TD, and featured a panel discussion with experts in the fields of estate planning, tax, and law. Expert panelists were Dale Durand, CPA, CA, CFP, Business Succession Advisor, Wealth Advisory Services at TD, Janet Reid, Estate and Trust Advisor at TD, and Nozomi (Zoe) Smith, J.D., LL.M., Estate Lawyer at Dermody Law.

The number of individuals attending the JCCC's Estate Planning Seminars is steadily increasing annually. Estate planning is a growing concern for individuals of all ages and their families since 60% of Canadians do not have a current will.

Questions from the audience ranged in topics from establishing trusts benefiting disabled persons, the importance of a having a current will, what makes up good estate planning, to ways to reduce taxes, and how to leave a legacy for one's family and community.

The JCCC is already planning its next Estate Planning Seminar to benefit the JCCC's members and non-members. Keep checking this section for future events!

For more information about estate matters that are important to you, please contact your accountant, financial advisor, or lawyer. You can also speak with James Heron, Executive Director, or William Petruck on the JCCC Legacy Committee.

James Heron can be reached at 416-441-2345 ext. 224 or jamesh@jccc.on.ca; William Petruck can be reached at 416-249-0788 or wpetruck@fundingmatters.com



Photos courtesy of Sarah Burd.

Friends of the Moriyama Nikkei Heritage Centre Inscriptions

You can purchase a Friends of the Moriyama Nikkei Heritage Centre inscription for yourself, a friend, or a loved one, for a donation of \$500. Corporate and Group inscriptions are also available at the \$2,000 giving level.

To make your dedication, call the JCCC or visit us online at www.jccc.on.ca. Proceeds will support the Moriyama Nikkei Heritage Centre's ongoing operation and programming.

INDIVIDUALS / COUPLES

Yasuhiko & Kyoko Abe	Dr Noble and Amy Hori - In memory	Kazuo and Chiyono Kobayashi - In memory
Harry and Pat Adachi	Dr Tatsuo Hori and Penny Abernethy Hori	Kevin Kobayashi
Terry and Koto Adachi	Shari Hosaki and Darren Gani	Koby Kobayashi
Rose (Kato) Aihoshi - In Gratitude	Wayne and Cheryl Hosaki	Kristin Kobayashi
Scottie and Iso Amemori	In memory of George and Kay Hosaki	Miki and Shoko Kobayashi
Dr. Arnold Tsuneo and Sadako Arai	Henry and Dianne Hotta	KOBO Isao
Thomas and Betty Lou Arai	Yasumasa and Keiko Ichida	Hisako Kondo
John Armstrong	Yoshi and Takako Ichida	Katsu and Kanekichi Kosaka - In memory
Bryan and Maiko Asa	Hisae & Seichi Willie Ichiyen - In memory	Kensuke Kosaka Volunteer
Roy and Yukie Asa	Terry (Toru) and Evie Idenouye	Yoshie Kosaka
Ann and David Ashley	Elsie and Katsu Iguchi	Kiyoshi and Aiko Koyanagi - In memory
Edmund and Sylvia Chong	Masuko and Hideyo Iguchi In memory	Masayuki Kumabe - In memory
Donna (Sakaguchi) and Bob Davis	Arthur & Mariko Ikeda	Morio and Fumiko Kumagawa
Eiji and Sharon Doi	Sid and Marie Ikeda	Taeko Kumamoto - In memory
Manabu and Tsuyuko Doi	Teruko Ikeda	Fumio and Kimiye Kuramoto
Dennis and Lorraine Ebata	Junji and Toshiko Ikeno	Noreen Kuroyama & Nao Seko
Tsuneo Eguchi	Glenn R Inamoto - In loving memory	Fred and Pat Kusano
Masatomo (Mike) & Aiko Endo - In memory	Sanaye Inouye	Ken and Rose Kutsukake - In memory
Mitsuo Endo - In Memory	Kiyo and Sylvia Ise	Ken and Barbara Kuwahara - In memory
Yasuko Endo	Arthur Asao and Tomo Ishii	Mariko Lilliefeldt
Yasuteru Endo	Hiro and Shozo Ishikawa	Toshio Harry and Umeno Doreen Machida
Benjamin and Shirley Eto	Shirley S Isojima	George Hiroshi and Mary Tsuruko Maeda
Gerald Fowle - In memory	Arthur Shinji Ito	Tom and Judy Maikawa
Masanori and Yukie Fuchigami	Chusaburo and Lily Ito - In memory	Bob & Kay Marubashi
Reverend Tomofumi and Naoko Fujii	Denjiro Ito - In memory	Paul and Sharon Marubashi
Yosh and Doris Fujioka	James & Eiko Ito	Mike and Eleanor Maruno
Gengo Tom and Sumi Fujita	Jukichi and Suga Ito - In memory	Bruce and Ruth Matsuda
Alan and Patricia Fujiwara	Kinue Ito - In memory	Mary and Roy Matsui
Ozzie and Kay Fujiwara – In gratitude	Mark and Miyo Ito	Tom and Shizuye Matsui
Fukunaga Family	Mitsuyoshi Ito	Arthur Asa Matsumoto
Kazumi and Ken Fukushima	Dr Richard Ito	Carmen and Martha Matsunaga
Koji and Tosh Goto	Shigemi Ito - In memory	Shizuo & Sawaye Matsunaga - In Memory
Uncle Dave Tsutomu Hanada花田 - In memory	Yoshimi Ito - In memory	Naomi Matsushita and Scott Dobson
Tats & Eileen Harada - In memory	Ken & Elaine Iwai	Tom and Sachie Matsushita
Ted and Michiko Harada	George and Barbara Iwata	Kay and Bob McBride
Tom and Shay (Iwasaki) Hashimoto	Tak Iwata	Adam and Nicole Michelakos
Masanori & Natsuno Hayakawa - In memory	Roy James	Koei and May Mitsui
Shirley Fumiye Hayakawa - In memory	Shizuko Kadoguchi	Osamu Sam and Michiko Mizoguchi Shimizu
Andrew Hayden	Shoichi & Yoshiko Kaneko - In gratitude	Carolynne Mori and Greig Nishio
In memory of Gerald Hayden	Yoichi and Miyo (Hirota) Kato	Toshiko (Hosaki) Mori
In memory of Senator Salter Hayden	Gary Kawaguchi and Gayle Taguchi	Koji and Kay Morishita
Eddy Hendra	Goro and Takako Kawaguchi	Hirokichi and Fujino Morita - In memory
James and Masayo Heron	Hiro and Terrie Kawaguchi	Jim Morita - In memory
Lawrence and Dorothy Heron	Dr. and Mrs. John Kawaguchi	Frank and Elisabeth (Betty) Moritsugu
Irene "Auntie Rene" Whiteside - In memory	Kameo and Mariko Kawaguchi	Aiko S Morton nee Nakamura
Kunio and Susan Hidaka	Iwaichi & Ryu Kawashiri - In memory	Kevin and Brenda Murai
Kimi Hiraishi - In memory	Masajiro and Katsuko Kimura	Kinsuke and Kaworu Muranaka
Mary and Tomi Hiraishi	Mr. & Mrs. Kinoshita Spencer	Kikue and Harry T Muraoka - In memory
Teru and Jimmy Hiraishi - In meory	Frank Masaki and Dianne Kitazaki	Min and Lil Nagahara
Stan Hiraki and Dr. A. Marjorie Wani	Don & Eiko Kiyonaga	Yoichi and Asano Nagai - In memory
Toyoshi and Kazuko Hiramatsu - In memory	古林Art & Misako Kobayashi nee Fukatsu深津	Roy and Chiyoko Nagamatsu
Masajiro and Ume Honkawa	Coby and Yone Kobayashi - In memory	Tokiko and Yoshikatsu Nagami - In memory
	Hajime and Kyoko Kobayashi	K. Nagao

Friends of the Moriyama Nikkei Heritage Centre Inscriptions (Cont.)

Yoshimatsu and Hanako Nagao - In memory
Lorene Nagata and Steven Turnbull
Shichitaro and Naka Nagata - In memory
In memory of Stoney Nagata
Tony and Eva Nagata
Bill and Phyllis Nakagawa
Ichiro and Setsuko Nakagawa
Kazuo "Curly" and Kyoko "Kay" Nakagawa
George and Terry Nakamura
Joe.D.Ichizo and Miyo Nakamura
Mikio and Yukiko Nakamura
Shigeru Bill & Frances Yaeki Nakamura
Sumiko Jane and Tadashi Ronald Nakamura
Takeo Ujo and Yukie Nakano - In memory
Linda and Mas Nakao
Akira Namba - In memoriam
Molly Nishikawa - In Memory
Rick Nishikawa - In memory of Gramps
Denise Yae Nishimura
Jutaro and Shige Nishimura - In memory
Tomi and Nana Nishimura
Tak Pollie Dawna Nishino
In memory of Joyce and Ian Nishio
Joyce Nishio - In memory
Kaz and Sachi Nishio
Eijiro Thomas and Kogiku Margaret Nishioka
Shizuhiko and Lorraine Nishisato
Jack M Nishiyama - In memory
Sam Hisao Nishiyama & Sumiko Nishiyama
Shozo and Kei Nishiyama - In memory
Yoshiko A. and Senyo J. Nonoyama
Frank and Kazue Kaye Oda
Yukio and Faye (Sugimoto) Ode
Joe and Fumi Ohori
Frank & Miyoko Kadoguchi Ohtake -In memory
Haruo Oikawa
Naka and Kimiye Oikawa - In memory
Stephen and Linda Oikawa
Tetsuo Oikawa - In memory
Toshi and Nobuko Oikawa
Yoemon and Yoshiye Oikawa - In memory
Tsuyoshi and Masae Okamoto
Christine Okawara
Harvey and Kathy Okawara
Louise Okawara
Koichiro and Hisa Okihiro
Fred Yutaka and Gerald Noboru Okimura
Mr and Mrs Fusanosuke Okubo - In memory
Tosh & Grace Omoto
Sadano Ono
Eiji and Kikuko Otani - In memory
George and Rose Oyagi
Tad and Jenny Oyagi
Tom and Doreen Oyagi
Dr. Joseph and Jean Kobayashi Peasah
William and Lorraine Petruck
George&Florence Hanako Saito nee Naruse

Naotoshi and Fumiko Ruth(Tateishi) Saito
Shizue Saito
Yasushi Saito - In memory
Ruth Hiroye Sakamoto nee Nakamura
Ihei & Misao (Kodama) Sasaguchi
Mitsuru and Grace Sasaki
Naka and Fred Sasaki
Joy Sato
Mickey and Satoko Sato - In memory
Takashi and Yoshiko Sawa
Hajime and Setsuko Sawada
Kenzo and Evelyn Sekiya
Sam and Masako (Kosaka) Seto
Keo and Eiko Shibatani
Kaz and Ruby Shikaze
Yoko Shimanuki
Hide Hyodo Shimizu In memory
Kaide Barbara Joy Gail Shimizu
Ron Shimizu & Edy Goto
Jack and Lily Shigetomi - In memory
Clara and Joe Shimoda
Henry Masakazu and Helen Yasuko Shimoda
Brenda Shin
Masashi and Rose Emiko Shin
Michael Shin - In memory
Roy and Kay Shin - In memory
David and Emiko Shiozaki - In memory
Patrick and Hanna Suen
Miyeko & Kenichi Sugamori - In memory
Connie Sugiyama and Kate Fish
Dr. Henry and Joanne Sugiyama
Mits and Gloria Sumiya
Walter and Yoshiko Sunahara
Kunio and Yoshiye Suyama
Shig and Marge Suyama
Tokusaburo & Yoshio Taira - In memory
Toyoko Taira - In memory
Shirley & Robert Takagi
Hideo & Fumiko Ruth (Miyazaki) Takahashi
Hideo and Naomi Takasaki
Tom and Sumie Takashima
Ray & Mizue Takeuchi
Ronald Takeshi Tamaki - In memory
Kiyoshi and Chii Tamane - In memory
Masaru and Tomoko Tanaka
Elizabeth 綾加 Tazumi
Ted and Ikuko Teshima
James and Setsuko Thurlow
Tony and Mary Tonegawa
Kazuharu and Mieko Tsuchida
Teresa Tsuji and David Lamb
Akiko Tsujimoto
Morito and Yae Tsumura
George & Ayako Tsushima
Grace Tucker & Peggy Foster - In memory
Callum Turnbull
Cora Turnbull

Dr Irene Uchida
Dr. and Mrs. Paul & Susan Uchikata
Carl and Christine Fumi Uchikura
Dr. Koji Victor & Mutsuko Ujimoto
Jim and Betty Ura
Frank and Toshiko Usami
Etsusaburo Mitsuye George Toshiko Uyeyama
Dale and Joe Vaillancourt
Alan and Paul Wakayama
Peter and Ethel Wakayama
Frank Yamada - In memory
Hugo and Sumi Yamamoto - In Loving Memory
Kameichi and Umeko Yamane In memory
George Kaoru Kikue Kay Yamashita
Hiroki and Himari Yamashita
Kumiko Kay Yamamoto Yamashita
Kumiko and Masuo Yamashita
Toshiko and Takato Yamashita
Tsutomu Tom and Masae Muraki Yamashita
Min and Lydia Yatabe
Rev. Stan and Aileen Yokota
Patricia and Harold Yoneyama
Charles Masato Yoshida in memory
Shige and Sue Yoshida
Tak and Fumi Yoshida
Tetsuya and Takako Yoshimoto
Dr John M and Josie Yoshioka

GROUPS

Asahi Baseball Ichigun
Ayame-Kai Odori Group
Chado Urasenke Tankokai Toronto Association
DundeeWealth Inc. - Marty Kobayashi
Endow Dental Arts Studio Inc
Ghost Town Teachers Historical Society
学校法人山口市学園 global.ecc.ac.jp ECC JAPAN
華やぎエッセイグループ Hanayagi Essay Group
Ikenobo Ikebana Society of Toronto
Japanese Cdn Citizens Assoc Toronto Chapter
JCCC Judo Kai
JCCC Kendo
Nelson Arthur Hyland Foundation
New Japanese Canadian Association
Ontario Tottori Ken Jin Kai
Salden Foundation
SHODO CANADA
The Frank H. Hori Charitable Foundation
Toronto Japanese Garden Club
Toronto Kohaku Utagassen
Wynford Seniors Club

今後の行事予定

9月		
5	(土)	カラオケクラブ会合
7	(月)	JCCC休館日- Labour Day
13	(日)	JCCCファミリーゴルフトーナメント
14	(月)	秋季クラス開講
19	(土)	カラオケクラブ会合
24	(木)	映画鑑賞会-思い出のマーニー
10月		
3	(土)	カラオケクラブ会合
4	(日)	一世の日
10	(土)	カラオケクラブ会合
12	(月)	JCCC休館日- Thanksgiving Day
24	(土)	カラオケクラブ会合
29	(木)	映画鑑賞会
11月		
7	(土)	水前寺清子コンサート
12	(木)	Reel Asian 一特別映画鑑賞会
14	(土)	カラオケクラブ会合
21	(土)	カラオケクラブ会合
26	(木)	映画鑑賞会

水前寺清子ショー チケット好評発売中

「365歩のマーチ」や「いっぽんどっこの歌」など、数々ある大ヒット曲をお持ちの演歌歌手、チータこと水前寺清子さんのチャリティコンサートがJCCC小林ホールで行われます。

収益金がJSSとJCCCに寄付されることになっており、戦後の日系移民の50周年を記念した水前寺さんの人生の応援歌のショーです。

心に響く歌、さわやかな水前寺さんの歌声をお楽しみください。コンサート後には力が湧いてくること間違いなしです。



2015年11月7日(土)

午後の部:2時 夜の部:午後6時

チケット(全席指定):

フロア一席&階段席 A~G \$ 50.00 (HST含む)

階段席 H~R \$ 40.00 (HST含む)

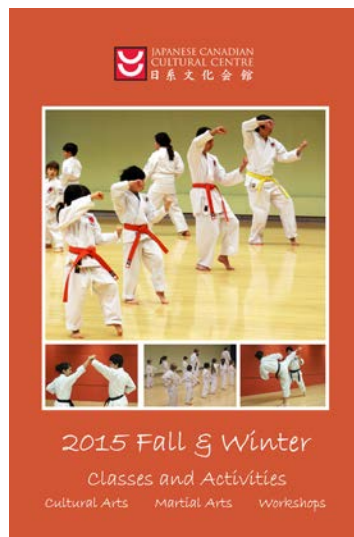
チケットのお求めは、JCCC受付、416-441-2345、土山416-291-7002、又は大森416-531-2749まで

JCCC秋のクラス

この秋、何か新しいことを始めてみませんか?

JCCCでは幅広いジャンルの文化クラス、ワークショップを多彩にラインアップしております。

秋期JCCC各クラスは9月中旬より始まります。各クラスの詳細はJCCC受付エリアにございますクラス冊子、またはJCCCウェブサイトをご覧ください。クラスへのお申し込みはJCCC受付窓口、またはお電話(416-441-2345)でも受け付けております。



一世の日

JCCC恒例の一世の日は10月4日(日)午後2時より開催されます。毎年70歳以上の日系人の方たちを対象に歌・踊りなどのエンターテイメントをお楽しみいただいています。去年は400人以上の一世・二世・三世そして新日系の方々が小林ホールに集い楽しいひと時を過ごされました。参加をご希望の方は、必ず9月25日(金)までにJCCC受付416-441-2345にてお名前をご登録ください。



JCCC武道クラス：杖道

今年11月より新しい武道クラス“杖道”が始まります。

杖道とは、4尺2寸1分の木製の棒(杖)を使用し、日本刀を持つ相手を杖で制して自分の身を守る技を鍛錬する形武道です。稽古を通して身体の鍛錬は無論のこと精神修行、人間形成に役立てることを目的としています。クラスでは二人一組で行われ、様々な形を修練します。この武道クラスは大人・ユース向けです。

杖道クラスの詳細はJCCCニュースレター10月号をご覧ください。

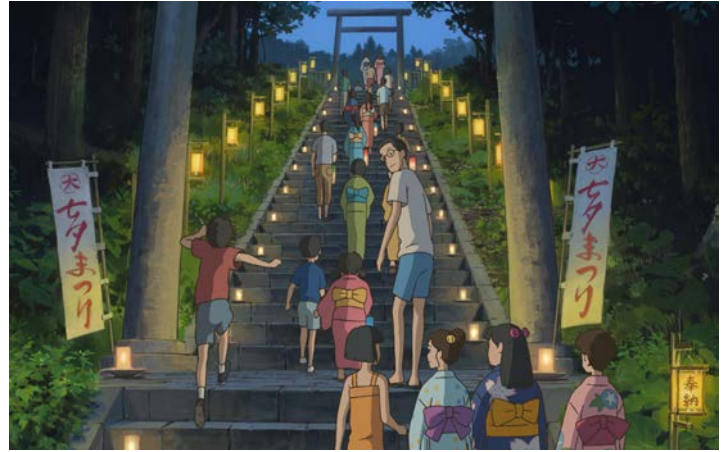


写真提供:David Lee

9月映画鑑賞会：思い出のマーニー

日時:9月24日(木)午後7時

チケット: \$ 8(JCCC会員); \$ 10(一般)



ありがとうデー

7月19日(日)に行われました「ありがとうデー」では日頃からJCCCでボランティア活動に貢献されている300人以上の人々が集いました。ご存知の通り、JCCCは長年に渡りJCCCの活動を支えてこられたベテランボランティアの皆様、近年加えられたプログラム等をサポートして下さっている新しいボランティアの皆様の献身的なご尽力により支えられています。この日ご参加頂いた皆様は、Toriiichiケータリングの石井邦夫シェフによる素晴らしいbuffet料理の御馳走に舌鼓を打ち、親睦を深めました。

ありがとうデーの締めとして、Min Yatabe氏、Frank Moritsugu氏より、今年はやめ会のMegan Marubashiさん、そしてさくら会のChristine Delongさんへ「Nisei Veterans Award」が授与されました。またオンタリオボランティアサービスアワードの2015年度受賞者19名の授与式が行われました。

このオンタリオボランティアサービスアワードプログラムはthe Ministry of Citizenship, Immigration and International Tradeによる制度です。推薦条件としては最低ボランティア年数5年以上の成人、最低ボランティア年数2年以上のユースが対象となっています。JCCCでは毎年18名の成人、ユース3人まで表彰しています。これらの受賞者の方々は、JCCCでの表彰式のほか、6月開催のオンタリオ州による授与式でも表彰されます。

皆様からの多大なご支持に感謝申し上げます。ありがとうございます!!



写真提供Yosh Inouye

冬まつり・ウィンターフェスティバル2015

今年でよいよ第5回目を迎えるJCCC冬季恒例イベント「ウィンターファミリーフェスティバル」がタイトルを『冬まつり・ウィンターフェスティバル』に改称し、ビッグになって、12月13日(日)に開催されます!

毎年子供たちに大人気のサンタとの記念撮影をはじめ、クリスマスオーナメント作りやジンジャーブレッド・クッキー・デコレーション、ゲーム、絵てがみ、読み聞かせコーナー等、盛り沢山のプログラムはそのまま続行し、ご家族以外でいらっしゃるカップルやお友達同士、お一人でも、誰もが楽しめるようなお祭りに大変身します!

皆で一緒に楽しい一日を過ごしながらか、心に残る冬の暖かい思い出を作りましょう。沢山のご参加をお待ちしております!更なる詳細はJCCCニュースレター10月号をご覧ください。

『クラフトマーケット』も『商店街(マーケットプレイス)』と改称し、更に充実させ、本格的なクリスマスショッピングをお楽しみ頂けるようにしたいと思います。只今、クラフトやフードなどの出店大募集中!お申し込みについての詳細はヒプシュ由希宛にyukih@jccc.on.caまでご連絡下さい。

フードベンダー申込み締め切り日:10月15日(木)、クラフトベンダー申込み締め切り日:11月12日(木)

このイベントのためのボランティアも10月から募集を始めます。興味のある方はJCCCウェブサイトのボランティアページよりお申し込み下さい。締め切りは11月26日(木)です。(http://www.jccc.on.ca/en/volunteer/)

日時: 2015年12月13日(日) 午前11時 - 午後4時

場所: 日系文化会館

※詳細は次号(10月号)にて。



写真提供: Byron Chan

JCCCライブラリー夏の読み聞かせ会 第二弾: 9月3日(木) 日本語、英語

8月に大好評だったライブラリーの子供向け読み聞かせ会の第二弾です。

第一部は、午前11時より「ヘンゼルとグレーテル」、バムケロやノンたんのお話などで、主に幼児向け。休憩をはさみ第二部は午前11時半より「カラスのパン屋さん」「三匹のくま」など幼稚園児から小学低学年生向け。

グリム童話の「ヘンゼルとグレーテル」は今回の読み聞かせ用に、読み手が特別に絵本を描いたもので、内容もやさしい子供向けです。

読み聞かせは、第一部は日本語のみ、第二部は日本語、英語で行われます。

夏休みの最後に、お子様を連れて是非JCCCライブラリーの読み聞かせにご参加ください。

参加費無料、予約はJCCC受付416-441-2345まで



写真提供: Haruko Ishihara

JCCCライブラリーシッターお薦めの一冊 「置かれた場所で咲きなさい」 著、渡辺和子

挫折の無い人生って考えられます?

病気、就活、子育て、加齢、人との関わり、実に様々な事で躓いてしまう私達。その一点に心囚われてへこんでしまう。ノートルダム清心学園理事長の肩書きを持つ著者は、決して上から目線では無く自らの体験を通して、読者に自我を捨て、観点を変えると、再び、明るい道に出られることを示します。

各テーマが2ページ弱と短いので、「細切れ読書派」のあなたも楽々完読。英語社会で健気に、「より良く生きたい」と考えているあなたにピッタリの、元気になる一冊です。



瀬上幸江

JCCCライブラリースケジュール

火・木・金: 10am - 2pm (閲覧のみ)

水・土: 1pm - 5pm (貸出し)

日・月: 休館

休館予定日 9月5日(土)

閲覧日に通常スケジュールとおリオープン

JCCC夏祭り お盆・七夕

7月11日に開催されたJCCC恒例夏まつり・お盆フェスティバルは青空広がる晴天に恵まれ、色とりどりの浴衣に身を身を包んだ人々、そして大勢の家族連れで賑わいました。会場内では魚釣りゲームやヨーヨー釣りなどのゲームやアクティビティを楽しむキッズコーナー、そうめんバー、かき氷、から揚げ、たこ焼きそしてアイスクリームなど色々な屋台が出店され、お祭りの雰囲気一色でした。そして夏といえばビール。今年で2年目のJCCCビアガーデンも大盛況でした。夕方になり日が沈み始めると、踊り手たちがJCCCの駐車場に輪になりながら集まり盆踊りが始まり、汗だくになりながら踊った盆踊りの最後には全員にアイスキャンディが配られました。

このJCCC恒例夏祭りは多くのコミュニティ団体、そして個人の皆様からの多大なご支援ご協力を賜り、毎年大勢の来場者をお迎えし大成功をおさめてまいりました。これもひとえに皆様のご協力によるものです。ご来場いただいた皆様そしてToriichiケータリングの石井氏、トロント仏教会、桜舞、トロント日本総領事館、大勢のボランティアの皆様、そしてJCCC・AVテクニシャンのコンスタンティンに心より感謝申し上げます。

また、来年も夏祭りでお会いしましょう！



写真提供:Yosh Inouye (上、左、中);桜舞(右)

JCCC夏祭り おもちゃ販売とゲームコーナー

NJCC新日系コミティー

今年はなかなか夏らしく暑くならない気候でひそかに心配していたのですが、さすが夏祭には晴れ上がり、上々のお天気での開催となりました。

当日は3時半から開催ということでしたが、会館では準備のため前日も遅くまで、当日も早い時間からボランティアの方たちが忙しく立ち働いていました。それでも3時ごろには屋外には舞台、食品販売、ゲーム等々テントの数々、屋内にはおいしいそうめん販売等も用意されとても素敵な飾り付けがされた館内は気持ちよくゆっくりできる空間として準備万端でした。

私達NJCCも例年のように屋外にて日本玩具販売、子供向けのゲーム4種を行いました。どのゲームも子供たちに大人気で、金魚すくいや、水風船ヨーヨー釣りは十分用意をしていたつもりでしたが、7時に始まる盆踊りの1時間前にはなくなってしまい、その他のゲームも盆踊りが始まってはまだゲームをしたい子供たちに囲まれなかなか店じまいをすることができないくらいでした。ゲームボランティアの方たちは炎天下のなか手を休める暇もなく忙しかったけれど、楽しそうに爽やかな笑顔で頑張ってくれていました。

このJCCC夏祭りに来られた方々が「日本の懐かしい夏祭りのよう楽しく参加できた。」と楽しんでおられたのを見るにつけ、沢山のボランティアの方々と一緒に作り上げていく日系コミュニティの大切さを思います。また、この場があることの幸せを周りの人達とも共有したいと思います。



写真提供:Yosh Inouye

澤原こずえ

秋を思う時

秋の季節で思い出すのが赤とんぼの群れである。自然に囲まれた旧実家では秋になると庭に赤とんぼが真っ赤に流れるように秋の夕暮れを彩っていた。今は、病に倒れた亡き父のために町に家を構えたが、時々懐かしい自然の中に佇む家に帰ることもあった。秋には、辺りには稲が黄金に色づき、柿や栗や梨がいっぱい実をつけた。私達子供達は、色づく柿が甘くなるのが楽しみだった。その頃から、柿は好物である。祖母は、渋い柿をむいては軒下に下げて干し柿を作ってくれた。子供心に甘くなるのを「まだかなあ・・・まだかなあ・・・」と待っていたものだ。午後のお茶の時間になると甘くなった干し柿を軒下から持ってくる祖母や母の姿が思い浮かぶ。健康的な自然から生まれたおやつは最高だった。

秋は運動会。朝6時に学校で放つ花火の音が合図だった。母達は、朝早くからセッセッセとお弁当を作る。その姿が子供心にも嬉しくて、今思えば幸せという、まだ子供心では表せない言葉だったように思うが、幸せな時でもあった。母流の海苔巻きは寿司屋では味わえない母の味として残っている。母流のお稲荷さんはお口をいっぱい開けた具だくさんの寿司飯が詰まっていた。高く澄み渡った空の下で笑顔いっぱい大きなお稲荷さんをほうばっている自分の姿が目浮かぶ。色とりどりの旗がはためく青空の中、親も子も一緒になって楽しんだ運動会が懐かしく、秋の思い出の一コマになっている。そして故郷がある幸せを思う。



中山あつ子



健やかな老後をめざして・その1 健康とわたし（あなた）

JCCC会員の皆さま、はじめまして!皆さまの中には小林ホールの舞台上に立つ歌手・マーナ英子、あるいは舞踊家・花柳さわ英華として私を覚えてくださっている方もいらっしゃるかもしれません。実は、この4月までトロント新移住者協会理事として「NJCAにゆーすれたあ」に健康シリーズを連載してきました。今後は、JCCCニュースレターを通して継続していくこととなりました。どうぞよろしくお願いいたします。

年齢や人生の経験によって、健康に関する意識や関心は異なります。20～40代の方々に「若々しく美しく老いるために」と訴えかけても、仕事や子育てに忙しい時期ですから、このテーマに時間を割くのはなかなか難しいことでしょう。連載テーマ「健やかな老後をめざして」が、高齢期に近づき(あるいは高齢期の)様々な健康問題に直面している読者のみでなく、若い世代の読者にとっても心身の老化(Aging)を理解する一助になってくれれば、と願っています。

さて、あなたに質問です!「病気や老いとう向き合っていきますか?」健康なので考えたこともない、なるべく考えたくない、その時その時に自分で(家族と)対処していく、ホームドクターに相談しながら方策を見つける、等等・・・答えはきっと様々でしょう。

ただ1つの真実は、誰でも{年齢に関係なく死を迎える}ということです。人は生まれた時から「生命を終える」という宿命を背負っています。健やかな老後を語ることは、正に「どのように生き、どのように死んでいきたいのか」を語ることでないでしょうか。皆さまのお考えはいかがでしょう?

ますます医療技術が発展し、病気治療の可能性が広がっています。みんなが長寿になっていく社会では、過去の知識や経験に頼るだけでは解決できない課題&問題が深まっています。そして、疑いもなく誰もがやがてそれらに遭遇するのです。まずは、一人ひとりが健康に関する自身の意識・行動をよく知ることから、解決のための一歩を共に踏み出しましょう!本連載を通して、皆さまと学び合えることを楽しみにしています。(医学博士 日本登録看護師 元・大分医科大学老年看護学教授)

マーナ豊澤英子

NJCC活動報告

7月11日

夏祭りにて、おもちゃ販売とゲームコーナーを担当しました。恒例の金魚すくいや魚釣りにたくさんの子供連れの家族が集まり、賑やかな夏のひとときを過ごしました。



7月19日

ありがとうディに参加しました。



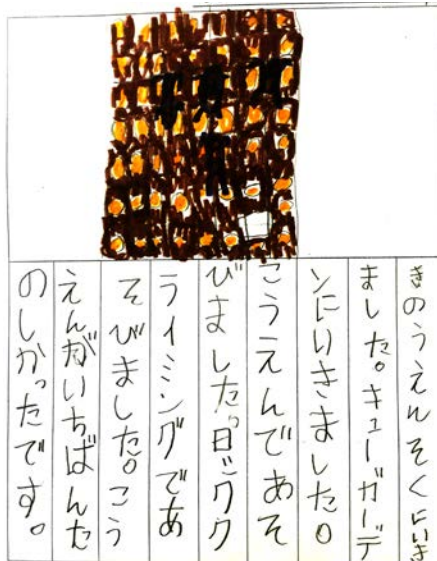
7月26日

ダンススクエア祭りのJCCCブースで福引などを行いました。大勢の参加者で賑わいました。



池端ナーサリースクール

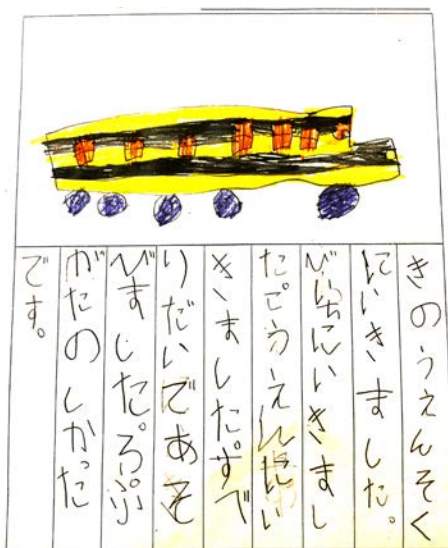
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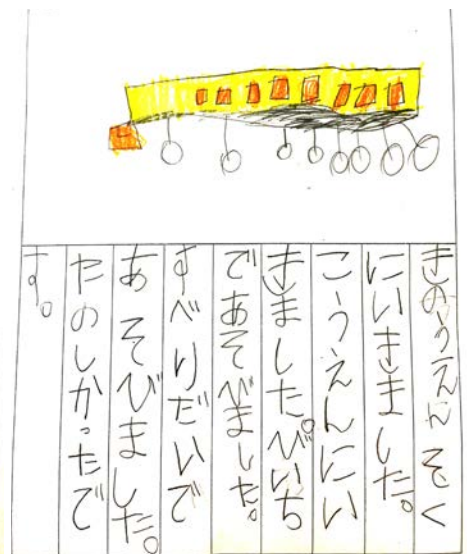
チョーフ そうすけ 5歳



カステラーノス ひびき 4歳



ドゥーブリーダス エマ 5歳



イップ さゆり 4歳

ジャパニーズ・ソーシャル・サービス 昨今の活動

ジャパニーズ・ソーシャル・サービス



写真提供:ギャロウェイ容子

ジャパニーズ・ソーシャル・サービス(JSS)は、カナダ東部で唯一の日本語と英語でのサービスを提供する社会福祉団体として、前身のファミリー・サービスの歴史も含むと25年以上に渡って、カウンセリングやアドバイスの提供、様々なプログラムや役立つ情報の提供を行って来ています。

活動内容としては、カウンセラーによる問題解決のお手伝いや地域内での支援活動はもとより、関連機関や施設への紹介、権利擁護活動も大きな活動の一部です。また、沢山のボランティアの方々の力を借りて、共通の事柄や問題について話し合いサポートし合う会や、趣味や興味のある活動をしながらネットワークを作れるようなプログラムも提供しています。日系コミュニティの皆さんと一緒に活動をして行く事の大切さをご理解頂くと同時に、楽しんで参加して頂いています。

特に今回明記させて頂きたいのは、その時々時代の流れや問題の傾向を把握しながら、JSSが主催したり、他の機関や団体・グループと共催して行うセミナーやワークショップです。これらのプログラムは、一回提供したからそれで終わりと言うものではありませんが、問題や懸念点が逼迫した問題となる前に事前に情報を提供して対処に役立てようとする観点からも非常に大切なプログラムです。

過去に、以下のようなセミナーやワークショップを提供・協賛しております。

「認知症サポーターキャラバン 認知症サポーター養成講座」

「知っておきたい『もしも』のための委任状と遺言状」

「離別・離婚・配偶者死去による 財産分与」

「トラブルに巻き込まれない為の知って得するシェアハウス & アpartmentセミナー」

「もしもの時の『その前に』やっておきたいアドヴァンス・ケア・プランニング」

「子供と性について話そう / Raising Sexually Healthy Children」(主催:ひだまりクラブ、ACAS)

「カナディアン・デートカルチャー講座(ヘルシーリレーションシップ)」(主催:ACAS)

ワークショップやセミナーの共催団体としては多々ある中、著名なところは、JCCC、日本総領事館、オタワ大使館、元新移住者協会、JAVA、JCSA、モミジ・ヘルスケア・ソサエティ、トロント仏教会、ニューヨークやオタワの関連機関などがあります。

他にもJSSのプログラム活動には、以下のようなものがあります。

- ・シングルマザーや発達障害のある子どもを育てる親のサポートグループ
- ・子育てに関するワークショップやサポートグループ(「子育て座談会: Nobody's Perfect」など)
- ・こんにちはプログラム(ボランティアのフレンドリー訪問)
- ・ホット・ランチプログラム
- ・クラフト・クラブ
- ・若返りクラブ(俳句や歌、近況報告をし合う会、55歳以上)
- ・JSS合唱の会(日本の唱歌を歌う会、55歳以上)
- ・ホリデー・ドライブ(歳末助け合い活動)

適切な情報やサポートがあれば、各種の事柄が問題となる前に解決の方向に導かれる事が多々あります。プログラムやグループ・プロジェクトなどを通して、JSSの活動は、日系コミュニティでの幅広い手助けの一環となるべく努力しています。国際結婚や子供の教育相談などに関しても、今後ワークショップやセミナーを開設していければと考えています。家庭内暴力などに関しても、オンラインニュースレターで情報を提供しております。<http://jss.ca/tag/domestic-violence/>

ご意見やご提案などがありましたら、ご一報下さい。今後ともご支援をどうぞよろしくお願い致します。

ギャロウェイ容子 JSS理事

JSSセミナー：知っておきたい 「もしも」のための委任状と遺言状

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講師: オンタリオ州弁護士 スミス希美氏 (J.D., LL.M)

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主なトピックス:

- ・POA(代理人委任状)とは?
- ・WILL(遺言状)とは?
- ・どのように準備すればいいの?

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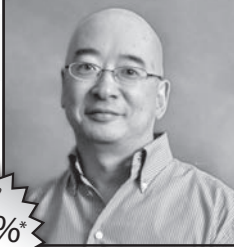
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