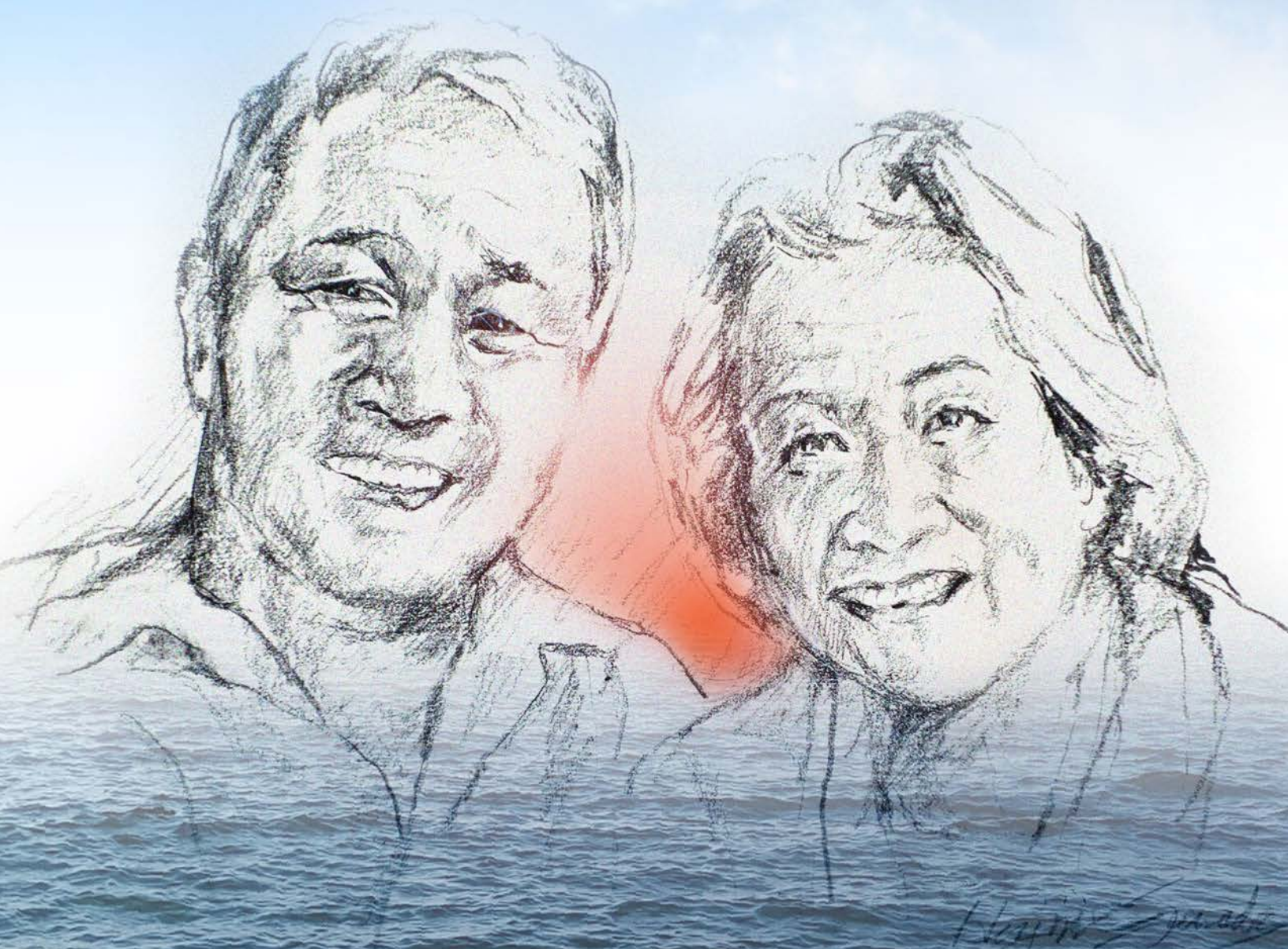




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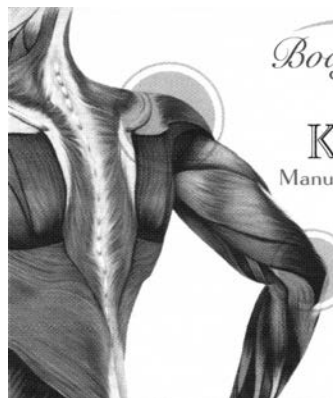
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2017 - 18 JCCC Board of Directors

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James Heron
Executive Director
jamesh@jccc.on.ca 416-441-2345 ext.224

Kathy Tazumi
Accounting/General Administration Manager
kathyt@jccc.on.ca 416-441-2345 ext.229

Christine Takasaki
Community Events Coordinator
christinet@jccc.on.ca 416-441-2345 ext.221

Haruko Ishihara
Community Rentals Coordinator
harukoi@jccc.on.ca 416-441-2345 ext.228

Christine Seki
Corporate Rentals/Programming and Business Development
christines@jccc.on.ca 416-441-2345 ext.231

Sally Kumagawa
Donations/Memberships/Classes Database Administrator
sallyk@jccc.on.ca 416-441-2345 ext.223

Elizabeth Fujita-Kwan
Heritage and Sedai Project
elizabeth.fujita@jccc.on.ca 416-441-2345 ext.303

Constantin Dutescu
Operations and Technical Coordinator
constantind@jccc.on.ca 416-460-3522

Maki Klotz
Newsletter/Receptionist/Office Assistant
makis@jccc.on.ca 416-441-2345 ext.227

Yuki Nakata
Volunteer Coordinator
yukih@jccc.on.ca 416-441-2345 ext.235

Yoshie Watanabe
JCCC Reception Desk
jccc@jccc.on.ca 416-441-2345 ext. 222

Yayoi Kawabe
JCCC Website
jccc@jccc.on.ca 416-441-2345 ext. 222

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Calendar of Events

November		
Fri	3	Nikkei Veterans Luncheon
Sat	4	JCCC Karaoke Club
Sat	4	Euchre Night
Wed	15	Reel Asian/Toronto JFF Special Screening – Teiichi: Battle for Supreme High
Thu	16	Reel Asian/Toronto JFF Special Screening – Blade of the Immortal
Sat	18	JCCC Karaoke Club
Sun	19	Kumihimo Workshop
Wed	22	Origami Workshop
Mon	27	Japanese Cooking Workshop
December		
Sat	2	JCCC Karaoke Club
Sun	3	Fuyu Matsuri – Winter Festival
Thu	7	JCCC Special Screening – Fueled - The Man Called "Pirate"
Sat	16	JCCC Karaoke Club
Mon	25	JCCC Closed – Xmas Day
Tue	26	JCCC Closed – Boxing Day
Sun	31	New Year's Eve Dinner and Dance
January		
Mon	1	JCCC Closed – New Year's Day
Mon	1	Shin Nen Kai
Mon	22	Japanese Cooking Workshop
Wed	24	Origami Workshop
Thu	25	JCCC Movie Night

SUBMISSION DEADLINE

Deadline for the Dec./Jan. combined issue is:
Friday November 10, 2017.

12月・1月合併号の締め切りは2017年11月10日(金)です。

Your news is welcome! Please contact:
newsletter@jccc.on.ca tel 416-441-2345 ext.227

The Japanese Canadian Cultural Centre Newsletter
Editors: James Heron, Kathy Tazumi, Maki Klotz
Cover: Illustration by Hajime Sawada, Photo by Yosh Inoue

Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5
Ph: 416-441-2345 Fax: 416-441-2347
www.jccc.on.ca

JCCC Upcoming Events

JCCC Special November Screenings

The Toronto Japanese Film Festival is excited to announce two great copresentations with Toronto Reel Asian International Film Festival at the JCCC

TORONTO
reel asian
INTERNATIONAL FILM FESTIVAL



TEIICHI: BATTLE FOR SUPREME HIGH



Teiichi Akaba has committed his life to becoming the next student council president at Kaitei College, the most elite private Japanese school of choice. Actually, Teiichi has committed his life to becoming prime minister and ruling his own country; he's prepared to crush the competition by any means necessary!

In this absurdist satire of Japan's elitist pathways to the seats of power, sabotage, bribery, ritual suicide, fisticuffs and more than a few unspoken crushes charge the boys' all out warfare. Achingly relevant, absolutely hilarious and based on Usamaru Furuya's manga. Starring Masaki Suda, Shuheji Nomura, Ryoma Takeuchi, Shotaro Mamiya, Jun Shison

Date: **Wednesday November 15, 2017**

Time: 7:00pm

Tickets: \$10 (JCCC member); \$12 (general)

BLADE OF THE IMMORTAL

"With a body count in the thousands and a breakneck pitch that starts feverishly intense and only builds upwards... certainly one of Takashi Miike's most lethal works." – IndieWire

Manji, an indestructible warrior is hired as a bodyguard for Rin whose kendo-master father and pupils were slaughtered by the swordsmen of Itto-ryu. Together they embark on a spectacular campaign of vengeance. Director Takashi Miike's 100th film, based on Hiroaki Sumara's popular manga, combines huge, bloody battle scenes with healthy doses of humour, fantasy and visual splendor. Starring Takuya Kimura, Hana Sugisaki, Sota Fukushi, Hayato Ichihara, Erika Toda, Kazuki Kitamura



Date: **Thursday November 16, 2017**

Time: 7:00pm

Tickets: \$10 (JCCC member); \$12 (general)

JCCC Upcoming Events

JCCC Special December Screening



Based on a true story, oil company president Tetsuzo Kunioka believes Japanese post-war resurgence must be fueled by oil not coal. With a workforce decimated by the war, and foreign governments sealing oil transportation routes, a desperate Tetsuzo risks international incident by commandeering a large scale oil tanker and sending a secret mission to Iran, earning himself the moniker “pirate.”

A thrilling epic adventure and study of the Japanese spirit of resiliency featuring an all-star cast.

Date: **Thursday December 7, 2017**

Time: 7:00pm

Tickets: \$10 (JCCC member); \$12 (general)

Plan Now to Attend the JCCC New Year's Eve Dinner Dance

The JCCC is happy to announce that one of Toronto's most popular New Year's Eve Dinner and Dance's will be occurring once again. Come and join us on **Sunday December 31, 2017** in the Kobayashi Hall.

Ralph and Theresa Yuan will provide the music for dancing and fun on Toronto's finest double sprung dance floor. As in past years, a wonderful prime rib buffet dinner will be provided by Calvert's Catering.

Tickets are \$110 per person and includes dinner, dancing, party favours, complimentary midnight champagne and snacks.

Seating can be arranged for 8-10 persons per table.

This event sold out last year, so don't be disappointed! Don't miss out on this fantastic party! Buy your tickets before the December 11th deadline.

Call the JCCC at 416-441-2345 for more information or to purchase your tickets.



7th Annual Fuyu Matsuri – Winter Festival 2017

The annual winter event at JCCC, Fuyu Matsuri - Winter Festival is coming back with more exciting attractions on **Sunday December 3, 2017!**

This year, Fuyu Matsuri features new activities such as “Instagram Selfie Photo Contest” and “Speed-Drinking Competition”. There will be story-telling for children under 6 years old in the library, too. Not to mention, very popular activities such as – photo with Santa, interactive games for adults and children, gingerbread cookie decorating, crafts and Ikebana – are waiting for you. Don't forget to check out the Reindeer Raffle and Silent Auction for the great prizes! Of course, you can enjoy delicious Japanese food such as Oden and Yakisoba which will fill you up with warmth and happiness! Please come and join us for this winter celebration!

We are currently looking for volunteers for the event. Please register through the volunteer page on our website (<http://www.jccc.on.ca/en/volunteer/>) if you are interested. The deadline for volunteer registration is **Thursday November 16, 2017**. We welcome both first-time and regular volunteers.

We have already closed vendor application for Food booth, Marketplace (Shotengai) and Wellness Room (Iyashi no ba) this year. Thank you very much for the many applications.

Date: **Sunday December 3, 2017**
Time: 11:00am – 4:00pm
Admission: \$3 (JCCC member/senior)
\$5 (general)
Free for children age 3 and under

Shin-Nen Kai Dinner

Celebrate New Year's Day the Japanese way - with a feast! The JCCC and Tori Ichi Catering present the JCCC's Shin-Nen Kai on **Monday January 1, 2018**, with a glorious array of delicious festive food.

Master Chef Kunio Ishii has once again teamed up with the JCCC to present a sumptuous start to the New Year. Classically trained in French and Japanese cuisine and experienced in Hilton kitchens internationally, Ishii-san currently operates a highly successful catering company. Locally, at the former Hilton Harbour Castle in Toronto, he held the prestigious title of Main Kitchen Sous-Chef.

The 2018 Shin-Nen Kai will feature door prizes, entertainment, a Share the Wealth draw, and of course, the star of the show - an absolutely luscious buffet. Over two dozen dishes of mouth-watering Osechi Ryori (traditional Japanese New Year' fare), sushi and yoshoku (North American fare) will tempt your taste buds. A cash bar is also available.

Bring your friends and family to this unique New Year's Day event like no other in Toronto. Doors open at 4:00pm – dinner begins at 5:00pm. Please see the flyer for more details.



Upcoming JCCC Workshops

Japanese Cooking

Chef Shoji is offering 5 hands-on cooking workshops at the JCCC. Focusing on taste, techniques and special ingredients that made Japanese cuisine unique, "Chef Shoji" wishes to show that Japanese food is not only easy to prepare and serve, but is also healthy and delicious. Choose one or two workshops, or sign up for them all!

"**Chef Shoji**" has been teaching cooking classes at the Canadian Japanese Cultural Centre in Hamilton for the past few years. Over this time, he has built up quite a repertoire of Japanese recipes. He has recently developed some new and scrumptious recipes for Mochi and Manju (Japanese rice cake sweets).

Date	Menu
Mon. Nov. 27	Japanese Vegetarian
Mon. Jan. 22	Noodles
Mon. Feb. 26	Bento

Time: 7:00 - 10:00pm
Fee: \$30 (JCCC members) /workshop + HST
\$40 (Non-members) /workshop + HST

Materials - \$10 payable to instructor

Please bring an apron, large sharp knife and paring knife. Each workshop may consist of 1 hour instruction and demonstration, 1 hour hands-on cooking and the last hour for tasting and cleaning.

Class schedule is subject to change.

Please call JCCC reception to confirm before booking.

Haiku Corner

飛んで来る餘所の落ち葉や暮るゝ秋 子規
Tonde kuru yoso no ochiba ya kururu aki *Shiki*
Fallen leaves

Come flying from elsewhere:

Autumn is ending.

Kumihimo

What do the Samurai and Geisha have in common?

Both required kumihimo to secure their clothing. Kumihimo loosely translates to "gathered threads."

Through different techniques, a person is able to gather many threads together to create a stronger cord. It is a form of braiding... Japanese-style. The technique has been around for more than almost 1,500 years and was in danger of being a lost art due to the mechanization of the processes. However, this technique is enjoying a recent surge in popularity with crafters.



Instructor: **Poncey Acromond**

Date: Sun. Nov. 19

Time: 1:00 - 4:00pm

Fee: \$15 (JCCC members) + HST

\$20 (Non-members) + HST

Materials - \$15 payable to instructor

Origami Fun with Folding Paper

Origami workshops are for everyone, no experience required. All paper is provided by the instructor, John Jay Guppy who has been teaching Origami around the GTA and beyond for over 10 years. John endeavours to provide both new and traditional models, so there really is something for everyone.

Dates: Wed. Nov. 22

Wed. Jan. 24

Wed. Feb. 21

Time: 7:30 - 9:00pm

Fee: \$7 (JCCC Member) /workshop + HST

\$10 (Non-members) /workshop + HST

March Break Kamp Kodomo Now Hiring!

Kamp Kodomo at the JCCC is looking for an energetic, fun-loving individual to lead our March Break 2018 session.

The candidate's main responsibilities are the planning, organization and leadership of all Kamp Kodomo activities for children between the ages of 6 and 12. In addition, the candidate will ensure that the necessary equipment and supplies are available. They will also perform administrative duties to support the program.

Candidates should have excellent organizational and communication skill with fluency in English (some Japanese language skill is preferred but not essential). Preference will be given to candidates with a post secondary certificate/degree in education or recreation (ECE, ECA, B.ED.) or equivalent, and a valid First Aid certificate. The successful applicant will need to complete a Criminal Reference Check and Plan to Protect training.

The eligible candidate will be available from **Monday March 12 to Friday 16, 2018.**

This is a contract position and remuneration is commensurate with skills.

Please send a resume by **Friday December 1, 2017.** By mail to Christine Takasaki, JCCC 6 Garamond Court Toronto ON M3C 1Z5 or christinet@jccc.on.ca or fax to 416-441-2347

Only candidates selected for an interview will be contacted.

JCCC Family and Friends 21st Annual Golf Tournament 2017

The JCCC held the 21st Annual Family & Friends Golf Tournament on Sunday September 17th at Rolling Hills Golf Course. Weather was amazing ! The hot and sunny day was enjoyed by everyone. Many returning players came, and many new ones joined us too – a total of 129 golfers! It was just incredible that we had such great responses and support in the many sponsorships and prize donations.

The funds raised from the tournament will be used to support Heritage initiatives and programming at the JCCC, which involve getting the community and different generations together to learn about Japanese Canadian history. We encourage everyone to join us next year for another great day!! Please note that this tournament is for everyone who would like to play golf, whether novice or experienced, in a fun atmosphere.

A special thank you and appreciation to all our sponsors this year:

Platinum Sponsor – Marty Kobayashi of HollisWealth – who supplied the snacks and gift bags at the course and provided many of the prizes.

- Gold – Gary Tehara (Re/Max Realtron Realty Inc.), Matt Shintani (Arbor Memorial), Gary and Gayle Kawaguchi, Paul & Sharon Marubashi and Family, Ross Shin & Family, June Shin & Family, Bob and Kay Marubashi
- Silver – Peter Wakayama and Family, Bill Hatanaka, Ocean Food
- Bronze: Doreen Oyagi, Fidelity Investments, Dynamic Funds, EdgePoint Wealth

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A very, very special thank you to the Heritage Committee/JCCC volunteers for making the fantastic buffet dinner. This really helped to offset costs and we can't thank them enough for all the hard work put into it. Much appreciation to Dawna Kobayashi and Jan Nobuto for coordinating all the food and the musubi.

And the winners are:

Consul General Cup (low scramble – everyone related) – David, Daniel, Richard and Bob Kimura

HollisWealth Cup (low scramble group) – Louis Del Re, Steve Miller, Tyler Quance, Thomas Shin

Roy and Kay Shin Memorial Cup (low scramble with a grandparent/grandchild) – Iso Amemori and 2 grandsons – Chris Reid and Jeff Cockburn

Longest Drive – Mens/Ladies – Daniel Kimura/Kirsty Drury

Closest to the Pin – Mens/Ladies – Chris Williams/Brenda Yatabe

Everyone at the tournament received a prize through random draws in appreciation of their participation and we thank all those that donated the great assortment of items!!

Be Sure to Sign up Next Year!!!



*Women's Longest Drive
– Marty Kobayashi with Kirsty Drury*



*Consul General Cup
– left to right: Marty, Daniel Kimura, David Kimura and Bob Kimura
(missing Richard Kimura)*

Issei Day



From left to right:
Jean Hisako Kondo (102), Shozo Ishikawa(102),
Umeko Kuba(102)

On Sunday October 1, 2017, the JCCC hosted our annual Issei Day; A Tribute to the Seniors of our Community. This is an opportunity to honour all those that are 70 and over. We filled Kobayashi Hall with almost 350 people in attendance. It is also interesting to note that we had almost had 80 attendees who were 90 and over and we had 5 attendees who were at least 100 years or will be this year!!!

We would like to extend a very special thank you to all of the performers for coming out to entertain our guests. We also thank Mark Hashimoto for emceeing the entire day and Atsuko Nakayama, who joined Mark to emcee the entertainment portion of the afternoon.

We extend our appreciation to Mr. Ishii for the bento – as well as the small group of volunteers and who began EARLY in the morning filling all the bento boxes.

Thanks also go out to the crew of volunteers who helped out making the fantastic manju!

A special mention goes to the volunteers who managed the registration tables and helped throughout the event.

Much appreciation is also extended to Momiji Health Care Society for their sponsorship. We also thank the Consulate General of Japan for the generous donation every year of the sake for those 90 and over.

Overall, we extend our deep-felt appreciation to the Japanese Garden Club, the hard-working committee, staff and all the volunteers for a wonderful event.

Last, but far from least, we thank all our other donors, both large and small for their contributions towards the success of the event!



Photos courtesy of Yosh Inoue

Heritage

Found in the Archives

Recognizing our Heritage Volunteers' Service

Heritage Archiving is a relatively new activity when compared to the cultural activities that have been going on for decades at the JCCC. The Archives volunteers began working in 2010, meeting every Tuesday and Wednesday to work on cataloguing photographs and artifacts, identifying people in the pictures, and organizing our collections. Each month, we have tried to highlight artifacts or photographs found within our collection. This month, we are highlighting three of our hardworking volunteers.

At the Ontario Volunteer Service Awards in the early summer, three of our Archive Volunteers, Manabu Doi, Keo Shibatani and Harold Miwa were recognized for the service they have provided in the Archives since its 2011. All three have been staunch supporters of the Archives, helping to man the Archives table at different functions, cataloguing photos, and working as docents in the Moriyama Nikkei Heritage Centre where they provide information about our JC history to students and visitors. Manabu has been instrumental in identifying people and places near Lemon Creek, BC. Harold and Keo helped to create the Tashme Historical Questionnaire that has helped us collect data on the residents who were interned in Tashme during World War II and they worked on the production of the Tashme Map, as well as the soon to be produced Tashme Brochure.

Heritage Archiving is truly enriched by the contributions of its volunteers who bring a wealth of knowledge to the task. We look forward to continuing to honour our volunteers at upcoming Ontario Volunteer Service Award ceremonies.



Manabu Doi



Keo Shibatani



Harold Miwa

Heritage

Arts Committee Chair Bryce Kanbara Recognized with NAJC Award

On September 23, 2017, JCCC Arts Committee Chair and Hamilton based Japanese Canadian artist Bryce Kanbara accepted the National Association of Japanese Canadians (NAJC) Art Miki National Leadership Award – the highest honour of the NAJC – at the 2017 Conference and Gala held at the Canadian Museum of History. Here below is his acceptance speech, in its entirety. Congratulations on a well deserved honour, Bryce!



In 1984, I drove out of Hamilton in an old Ford Maverick and headed across Canada on my first pilgrimage trip to the Slocan Valley and the West Coast. On the way, I found the site of Angler Prisoner of War camp, near Marathon, Ontario, on the north shore of Lake Superior – where my father and uncles spent most of the war years. I stopped in Winnipeg to attend an NAJC conference much like this one. It was at a hotel on the outskirts of the downtown, and for a couple of nights I slept for free in the NAJC hospitality room in my sleeping bag.

I entered BC through Rogers Pass to Revelstoke, then Nakusp. My heart quickened as I headed south into Slocan Valley to New Denver where my mother's family, the Shimodas, spent the final term of their internment. To Slocan City where my mother worked in Clough's grocery store, and to Bay Farm where her family had lived during the first years of internment.

All along the westward way I had no compunction about seeking out local Japanese Canadians – Nisei mostly – in places with names that dot JC historical memory, like Greenwood, Kaslo, Rosebery, Lemon Creek, Sandon.... There was something essentially familiar about the JCs I met – the way they spoke, the way they furnished and decorated their homes, their matter-of-factness, their hospitality. They reminded me of my uncles and aunts back home.

In Vancouver, I found my way to Powell Street and walked into Tonari Gumi just in time for lunch with the seniors. I met Take Yamashiro and Ken Shikaze, an ijusha and a sansei, and two of the most inspirational community workers and remarkable JCs I've ever met. That summer I was plunged into the rich, insular world of the Vancouver JC community. For me, and as Roy Miki has described, the West Coast has mythological status – it's the heartland of the JC experience after all, and the source of all the stories I've learned from my grandparents, parents, uncles and aunts. It's the place of their broken dreams. And from afar, in Hamilton, Ontario, it still has a burnished, nostalgic gleam.

COMMUNITY. I don't live exclusively in the JC community. I guess no one does anymore. But the JC community has provided a context for much of who I am and what I do. Recently I watched a TVO program about radical Islamists. One panelist insisted, and the others seemed to agree, that it wasn't ideology that drew young people to join groups or causes. He listed three primary reasons for the powerful attraction: Identity, Community, and Purpose. Identity, Community, and Purpose. As community

workers and developers, we ought to think about that and what we offer young people.

As I think back on my experiences in the JC community, I fondly remember all the people I'm indebted to. I specifically thank Hamilton NAJC – all the Nisei and Sansei board members and volunteers in my home community who time after time gave my ideas a chance to succeed or fail; all those people in Hamilton who showed up to meetings and events out of interest or duty, and didn't just stay at home.

And lastly, I want to mention two regrets: first, I regret never having had the opportunity to play hockey with Art Miki. And second, I had imagined how neat it would be if the award was a small statuette of Art that I could put on the mantel. I mentioned this to Pauline Kajjura and she said, "Wow, that would be fantastic! Even better – a bobble-head!"

I'm very grateful for this honour. Domo Arigato-gozaimasu. Thank-you.

Coming to the JCCC Gallery... "Reflections: Japanese Illustration in Canada"

November 18, 2017 - January 12, 2018

As societies become more international, the influences from different countries become more apparent, especially in Toronto. Artists create work through their interpretation of these influences, creating works totally their own.

Featuring illustrators from Japan and Canada, work from the JCCC Archives and the Japanese Overseas Migration Museum in Yokohama, Japan, REFLECTIONS explores the illustration in Japan and the relationship between artist, Japanese and Canadian culture to create their own visual signature.

Exhibit Opening Reception :

Saturday November 18, 2017 2:00pm – 4:00pm

Stay tuned for more info on interactive exhibit activities during Fuyu Matsuri!

JCCC Library Schedule

TUE

10am – 2pm (lending hours)

WED/SAT

1pm – 5pm (lending hours)

THURS/FRI

10am – 2pm (non-lending hours)

SUN/MON

Closed

Community News

Nagata Shachu presents: Half Cycle, Full Moon - directed by Aki Takahashi

Nagata Shachu once again balances tradition with innovation in this collection of 15 new works which follows the waxing of the moon through its various phases. Through powerful and graceful rhythms that explore the beauty of transience, the moon is lifted to the prominence it enjoyed before the age of light pollution, when people in communities enjoyed its beauty together with music, dance and drink. We invite you to join us in this celebration of night, light and life.



Date: **November 18, 2017** at 8pm
Place: Fleck Dance Theatre, Harbourfront Centre
(235 Queens Quay West)
Tickets:
Online: <http://www.harbourfrontcentre.com/boxoffice>
By phone: 416-973-4000
More info: www.nagatashachu.com

NAGATA SHACHU
Japanese Taiko and Music Group
Presents:

**Half Cycle
Full Moon**
Directed by **AKI TAKAHASHI**

November 18, 2017
Fleck Dance Theatre,
Harbourfront Centre

Tickets:
\$37, \$32, \$27 adult / \$20 seniors & students / (reserved seating)
JCCC members receive \$5 off adult tickets. Use promo code: NAGATAJCCC
Price includes HST. Service fees apply.

ONLINE: <http://www.harbourfrontcentre.com/boxoffice>
BY PHONE: 416-973-4000, press 1
IN PERSON: 235 Queen's Quay West, open Tue through Sat, 1pm - 6pm.
www.nagatashachu.com



Japanese Social Services

Our Annual Holiday Drive is just around the corner. It is the time of the year when members of the Japanese ethno-community embrace the holiday spirit and give to the less fortunate among us.

All the donated items will be delivered to each family and individual before Christmas. We look forward to your participation and your kind interest.

Ideal Donation Items:

- We welcome monetary donations including gift cards!!
Easy and safe online donation is also at www.jss.ca.
Please indicate that this donation is for Holiday Drive.
Tax receipt will be issued for donation \$10 and over.
- Non-perishable Japanese food (**Unopened, Not expired**)
Rice, Soy Sauce, Miso, dry food, and canned goods, etc.
Please make sure all the food is within the expiration date.
- New or Like-new winter clothing (scarves, gloves etc.), toys, presents, etc.



Donation Box Locations: From Nov. 11 to Dec. 10, 2017

- Japanese Canadian Cultural Centre - Main Entrance.....6 Garamond Court, Toronto
- Ikebata Nursery.....c/o JCCC
- Momiji Health Care Centre.....3555 Kingston Rd., Scarborough
- Japanese Gospel Church of Toronto.....301 Silver Star Blvd., Scarborough
- Toronto Buddhist Church.....1011 Sheppard Ave. W., Toronto
- Toronto Japanese Seventh-day Adventist Church.....19 Mortimer Avenue, Toronto
- St. Andrew's Japanese Anglican Church.....49 Donlands Ave., Toronto
- Japanese Social Services (JSS)6 Garamond Court, Toronto

Please feel free to ask JSS (416-385-9200 or programs@jss.ca), if any questions regarding Holiday Drive.

Sumi-e Painting Exhibition

Sumi-e Artists of Canada

Sumi-e painting is one of Japan's oldest cultural traditions. Sumi-e painting has also become one of its most practiced art forms throughout the world. The JCCC has had sumi-e painting classes since it began. This November features another sumi-e painting exhibition. Typically, over 100 paintings are shown in a variety of subjects such as contemporary city scenes, natural landscapes, people, flowers, birds and animals. All paintings are in the unique sumi-e style. In addition, cards are sold and demonstrations show how sumi-e artists create this art. And there is a tea room too. Hundreds of art lovers and families come to the sumi-e painting show each year.

Date: **Saturday November 11 and Sunday November 12, 2017**

Time: 12pm – 5:00pm

Opening ceremony: **Saturday November 11, 2017** at 1:00pm

More information: sumieartistsofcanada.org

Break the Loop to Get Brainy

Submitted by Jamie Thompson

When was the last time you did something different? City living makes us all guilty of keeping in our loops, doing the same things day to day and year to year. There is so much comfort in repetition we forget about stepping out of this comfort zone, which could lead to great brain benefits.

Learning a new activity and skills has an immense impact on the brain. The brain actually rewires itself and prepares to adopt new things by activating various portions of brain (synaptic changes). Building new neural pathways prevents the brain's deterioration as we age, helping us keep our memories, motor functions and wits.

Getting out to meet new people also exercises your brain by learning and remembering people's names and stories. Socializing can improve your memory and overall cognitive performance. Attending a function with strangers could be your next move to improve your brain health.

Light up your prefrontal cortex by giving. This area of the brain is associated with many functions of what makes you tick, including rewarding yourself. Like good food or sex your prefrontal cortex releases euphoric sensations when you contribute to someone or something other than yourself. Researchers call the glowing feeling subjects report, as "helpers high". Basically, helping others helps yourself feel good.

What better way to step out of your loop and exercise some of these tips than attending Katie Tsuyuki's winter gala, Quest for Korea, hosted at the JCCC **Thursday November 30, 2017** starting at 6pm. Cocktail hour, a silent auction, live shows and a three-course dinner are scheduled for the evening. Expand your thinking by watching the headlining magician, Aaron Peterson, perform live illusions and read minds from people in the crowd. Mingle with people, be wowed, eat great food and help a truly Canadian woman reach her potential. This evening will surely get your synapses fired up so you will leave glowing, knowing you met some great people and directly contributed to an amazing athlete and her success.

For more event information please visit www.KatieTsuyuki.com or follow Katie's Instagram @k_tronic_

WE ARE PLEASED TO ANNOUNCE
KATIE TSUYUKI'S
Quest For Korea
WINTER
GALA
FUNDRAISER

JAPANESE CANADIAN CULTURAL CENTRE
6 GARAMOND COURT, TORONTO, ON

thursday
30th
NOVEMBER

Silent Auction Prizes
Live Show 3 Course Dinner

TICKETS & INFORMATION
WWW.KATIETSUYUKI.COM

KATIE TSUYUKI'S
Quest For Korea
WINTER
GALA
FUNDRAISER

A NIGHT OF WINTER MAGIC AND FUN

Cocktail Hour //Three Course Meal //Two Drink Tickets

DINNER TICKET \$150
V.I.P. DINNER TICKET \$200

INFO & TICKETS
WWW.KATIETSUYUKI.COM

Please purchase tickets by Wednesday 15th November.
Can't come but want to help? PayPal donations can be made through the website.

日本書道公募展

10 Japanese Calligraphy Competition in Canada

Japanese Canadian Cultural Centre



Award Presentation | **Nov. 5, 2017**

2:00 PM

Exhibition | **Nov. 4 - 12, 2017**

11:00AM - 4:30PM

Follow us

  /shodocanada

Competition organized by

SHODO CANADA

Supported by: The Consulate General of Japan | The Japan Foundation | The Japanese Canadian Cultural Centre

7TH ANNUAL FUYU MATSURI WINTER FESTIVAL

冬まつり

A CELEBRATION OF
JAPANESE AND CANADIAN
WINTER TRADITIONS

SUNDAY, DECEMBER 3, 2017
11AM - 4PM



ADMISSION: \$ 5 (GENERAL); \$ 3 (JCCC MEMBER/SENIOR)
FREE FOR CHILDREN AGE 3 AND UNDER

* THIS IS A CASH ONLY EVENT AND THERE IS NO ATM MACHINE ON SITE.

**HOLIDAY MARKETPLACE, KIDS ACTIVITIES, GREAT JAPANESE FOOD,
GAMES, WELLNESS ROOM, AND MUCH MORE!**

JAPANESE CANADIAN CULTURAL CENTRE
6 GARAMOND COURT, TORONTO, ON
WWW.JCCC.ON.CA

PRESENTER



SUPPORTING ORGANIZATIONS/GROUPS



DONATIONS TO THE JCCC

As of Oct 8, 2017

The JCCC gratefully acknowledges the following donations:

JCCC

Mrs. Kay Doi	25
Mr. and Mrs. Zenbei Furuya	100
Mrs. Michiko Harada	25
Ms. Theresa Huestis	50
Dr. Jeanne Ikeda-Douglas & Dr. Foch Douglas	35
Mr. Geoffrey Ikeno & Ms. Patricia Bremner-Ikeno	30
Mrs. Kikuno Ikeno	30
Ms. Joni Inouye	50
Ms. Margaret Iwata	100
Mrs. Mitsuko Kadonaga	77
Mr. Toyoo Katsuragi	100
Mr. Yoshiro Kawamura	25
Mrs. Jane Koyata	50
Mr. Stephen Lau	100
Mr. and Mrs. Glenn Lee	200
Mrs. Margaret Makimoto	27
Mr. Dan Masse	30
Mrs. Maureen McGibbon	30
Mrs. Yaeko Motomura	20
Ms. Alice Nagami	25
Mr. and Mrs. Harry Nagata	60
Mrs. Kyoko Kay Nakagawa	50
Ms. Joyce Nakamichi	20
Mrs. Sumiko J. Nakamura	20
Ms. Valerie Nash	72
Mr. and Mrs. Ronald Nishi	50
Mr. and Mrs. John Nishimura	77
Mrs. Elizabeth Nishizawa	25
Ms. Kaye Oda	25
Mr. George Pachovsky	25
Mrs. Jean Yoshiko Seki	11
Mr. Kenneth Seki	10
Mr. and Mrs. Kaz Shikaze	100
Mrs. Miyeko Sugamori	50
Mr. Ray & Mrs. Mizue Takeuchi	40
Mrs. Kathleen Tanaka	50
Mr. Fred Warren	25
Mr. Ed A & Mrs. Rose Yamamura	50
Mr. and Mrs. Tokuo Yano	55
Mr. Naoyuki Yoshida	100

Mr. Takehiko Yoshida	
24 frames w/double mats - Arigato Day	
Mrs. Josie Yoshioka	100

Corporate, Foundation &

Government

Donations & Sponsorships	
Association of Japanese Canadian Businesses & Professionals	
Anonymous	
2018 Toronto Japanese Film Festival	

Heritage

Anonymous	21
Seniors' Supper Club	
Ms. Sono Sugie	20
In memory of Denise Nishimura	
Mrs. Margie Uyeda	100

In Memoriam

In memory of Anthony Tony Yako

Mrs. Karen Henry	50
Mr. and Mrs. Tosh Shigeishi	25

In memory of Isao Ono

Mrs. Norma Cheng	25
Mrs. Michiko Harada	25
Mr. and Mrs. Ritz Kinoshita	100
Ms. May Kumagai	25
Mr. Shank (Saishi) Kuroyama	100
Mrs. Yasuko P. Kusano	20
Mrs. Kay Mitsui	25
Mrs. Mitsy Miura	30
Mr. and Mrs. Kaz Nishio	100
Mrs. Teruko Otani	25
Mrs. Marge Yoshiye Suyama	50
Mrs. Kim Wray	50

In memory of Jim Ura

Mrs. Betty M. Ura	100
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In memory of Ken Kunio Matsugu

Mr. Lawell Kiing	50
Mr. Todd Sone	10

In memory of Larry Suyama

Ms. Debbie Katsumi	50
Mr. and Mrs. Kunio Suyama	200

In memory of Mary Katsuragi	
Mr. & Mrs. Jerry & Sue Hikida	30

In memory of Min Idenouye	
Mr. Rick & Mrs. Kathy Tazumi	50

In memory of Ruth Hiroye Sakamoto	
Mr. Ronald T. Nakamura	200

In memory of Terry Sakura	
Mrs. Mitzi Burrell	100

In memory of Teruko Terrie Watanabe	
Ms. Loraine Wright	100

In memory of Sakae Tye Tsukada	
Mrs. Betty Hatanaka	50

JCCC Family Golf Tournament

Mr. Gary Kawaguchi & Ms. Gayle Taguchi	120
Mrs. Sharon Marubashi	120
Mrs. June E. Shin	120
Mr. and Mrs. Trevor Shin	100
Mr. and Mrs. Matt Shintani	110

Supporting Members

Leader	
Mr. and Mrs. Akihiko Namisato	500

Partner	
Ms. Christine Chiba	127
Mrs. Michiko Harada	150
Dr. and Mrs. Tatsuo Hori	150
Mr. and Mrs. Sid Ikeda	150
Mr. Ernie Jomori	150
Mrs. Kyoko Kay Nakagawa	127
Ms. Valerie Nash	127
Mr. and Mrs. Stephen Oikawa	150
Mr. & Mrs. Tad & Jenny Oyagi	150
Mrs. Jean Yoshiko Seki	150
Mr. Ray & Mrs. Mizue Takeuchi	110
Mr. Edward Daniel Tyrce	93

Issei Day donations are greatly appreciated. The individuals' name will not be published in the newsletter.

Thank you JCCC

Friends of the Moriyama Nikkei Heritage Centre Inscriptions (August 15, 2015 to present)

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

In honour of Kaz and Nao Amemori
Karen Ruth Chong and Harry Ham Sit Chong
Susan Lem and Margaret Toy Yuen Wong Chong
Shirley Mitsuko Edamura - In Loving Memory
From Henry Lorie Robbie Kristi Dean
& Families Edamura Kobayashi Sikura Shin
Kokuryo Shintani Ross Schroeder Colman
Masaji and Kazue Endo - In Memory
Shinya and Masumi Godo
Elaine Ishibashi and Keith Smithers

Sam and Margaret Ito
Eizo and Fumi Kamitakahara - In Memory
Koji and Elaine Kozuye Kari
Mark and Ryan Kari
Kiyoshi and Eiko Maikawa
Saburo and Nancy Morita
Nete Mowry - In Memory
Fumiye and Masaharu Mukai - In Memory
Asako and Tsuneharu Nakanishi - In Memory
In Memory of Rei and Kim Nakashima
Kimiaki and Rei Nakashima - In Memory

Ron and Judy Nishi
Dr. Nori Nishio - In Memoriam
Roy Chukichi and Suzu Oyagi - In Memory
Nancy Shin - In Memory
Emiko Sumi
Victor and Bev Suzuki
In Memory of Toshiko & Frank Usami
In Memory of Ethel Midori Wakayama

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
14 学校法人山口学園 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
JCCC Kyudo Seikyu Kai
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

- 11月
- 3 (金) 日系ベテランランチョン
 - 4 (土) JCCCカラオケクラブ
 - 4 (土) JCCC ユーカーナイト
 - 15 (水) Reel Asian Film特別映画鑑賞会
「帝一の國」
 - 16 (木) Reel Asian Film特別映画鑑賞会
「無限の住人」
 - 18 (土) JCCCカラオケクラブ
 - 19 (日) 組み紐ワークショップ
 - 22 (水) 折り紙ワークショップ
 - 27 (月) 和食ワークショップ
- 12月
- 2 (土) JCCCカラオケクラブ
 - 3 (日) 冬まつりウィンターウェスティバル
 - 7 (木) JCCC特別映画鑑賞会
「海賊と呼ばれた男」
 - 16 (土) JCCCカラオケクラブ
 - 25 (月) JCCC 休館日 - Xmas Day
 - 26 (火) JCCC 休館日 - Boxing Day
 - 31 (日) 大晦日ディナー&ダンス
- 1月
- 1 (月) JCCC 休館日 - New Year's Day
 - 1 (月) JCCC新年会
 - 22 (月) 和食ワークショップ
 - 24 (水) 折り紙ワークショップ
 - 25 (木) JCCC映画鑑賞会

JCCCライブラリー スケジュール

火曜日
10am - 2pm (貸出し)
水・土曜日
1pm - 5pm (貸出し)
木・金曜日
10am - 2pm (閲覧のみ)
日・月曜日 休館日



秋の読書推進月間

2017年11月 (11月1日-11月30日)

ブック クリアランス!! 本二冊以上で50%オフ

11月 Reel Asian Film Festival JCCC特別映画鑑賞会



帝一の國



『共喰い』『溺れるナイフ』などの菅田将暉を主演に迎え、古屋兎丸の人気漫画を映画化した学園コメディ。

日本で一番有名な高校で、生徒会長の座をめぐる激しいバトルを衝撃のギャグ満載で活写する。共演は野村周平、竹内涼

真、間宮祥太郎、志尊淳、千葉雄大ら。彼らが演じる個性的なキャラクターによる演技合戦、型破りな物語が熱い。

国内屈指の名門校である海帝高校で生徒会長の座に就いた人物には、将来の入閣が約束されていた。首席で入学を果たした新入生の赤場帝一(菅田将暉)には、いつか総理大臣になって己の国を作り上げるという大きな野望があった。彼は2年後に控えた生徒会長選を見据え、全国から集まったトップエリート800人の高校生相手に戦いを挑む。

シネマトゥデイより

日時:2017年11月15日(水)午後7時
チケット:\$10(JCCC会員);\$12(一般)

無限の住人

監督・三池崇史、主演・木村拓哉で、国内外で高い評価を受ける沙村広明の人気コミックを実写映画化したアクション。無為に生きる不死身の剣士・万次と、復讐(ふくしゅう)のために彼を用心棒として雇った少女・凜が、壮絶な戦いに身を投じる姿が描かれる。オール京都ロケで撮影された、残酷かつ躍動感あふれる世界観の映像、三池監督の演出と木村による殺陣にも注目。

100人斬りの異名を持つ万次(木村拓哉)は、わなによって妹を失い、謎の老人に永遠の命を与えられる。死ぬことのできない無限の体となった今、斬られた傷は自然に治るが、剣術の腕は落ちていた。ある日、孤独な万次の前にあだ討ちを頼みたいという少女・浅野凜(杉咲花)が現れる。彼女の願いを聞き入れた万次は、凜と共に刺客集団・逸刀流の首領である天津影久(福士蒼汰)の命を狙う。

シネマトゥデイより

日時:2017年11月16日(木)午後7時
チケット:\$10(JCCC会員);\$12(一般)



JCCC 特別映画鑑賞会 12月の映画：海賊とよばれた男



第10回本屋大賞を受賞した百田尚樹のベストセラー小説を、『永遠の0』の監督&主演コンビ、山崎貴と岡田准一のタッグで実写映画化。明治から昭和にかけて数々の困難を乗り越え石油事業に尽力した男の生きざまを、戦後の復興、そして世界の市場を牛耳る石油会社との闘いを軸に描く。

敗戦後の1945年、東京。石油会社・国岡商店を率いる国岡鐵造(岡田准一)は、日本人としての誇りを持ち復興に向け突き進むと従業員を激励する。戦後の混乱期にもかかわらず誰も解雇せず、独自の経営哲学と行動力で事業を広げていく。やがて欧米の石油メジャーも国岡を警戒し、その強大な包囲網により同社の石油輸入ルートは全て封鎖されてしまうが……。

シネマトゥデイより

日時：2017年12月7日(木)午後7時
チケット：\$10(JCCC会員)；\$12(一般)

第7回冬まつり ウィンターフェスティバル 2017

今年でいよいよ第7回目を迎えるJCCC冬季恒例イベント『冬まつり - ウィンターフェスティバル』が、更にビッグになって、2017年12月3日(日)に開催されます!

年々盛大になっているこのお祭りでは、毎年新しい企画を取り入れてお客様にお楽しみ頂きます。今年『Instagramのセルフイーフォトコンテスト』や『早飲み競争』、ライブラリーでは『6歳以下向けのストーリーテリング』も再開します。もちろん、大人気のサンタとの記念撮影や、子供から大人まで楽しめるゲーム各種、ジンジャーブレッドクッキー・デコレーションやクラフト、活花など恒例アクティビティも充実させています。レインディアラップルやサイレントオークションをはじめ、数々の豪華プライズをご用意致します!又、おでんや焼きそばなどの美味しい冬のご馳走でお腹も大満足になる事間違いなし!ご家族、お友達お誘いあわせの上、お祭りをお楽しみください!

只今イベントのボランティア大募集中。お申込みはJCCCウェブサイトのボランティアページから。締め切りは2017年11月16日(木)です。初めての方も、常連のボランティアの皆様もサイン・アップをお願い致します。(http://www.jccc.on.ca/en/volunteer/)

フードブース、商店街(マーケットプレイス)、癒しの場(ウェルネスルーム)のベンダー申し込みは締め切りしました。沢山のお申込みどうもありがとうございました。

日時：2017年12月3日(日)午前11時 - 午後4時
入場料：\$3(JCCC会員/学生/シニア), \$5(一般)
3歳以下無料



永田社中による月と太鼓の舞台芸術

満ち欠けを繰り返し、毎日姿を変え続ける月。古来から人々は月に魅せられてきました。月で時間をはかり、季節を知り、生活に役立てていました。月はあらゆるものすべてに大きな影響を与えています。そして忘れていた宇宙のサイクル、自然との調和をそっと語りかけてくれるのです。

和太鼓アンサンブル「永田社中」の今期シーズン最初の舞台パフォーマンス「十五夜～満ちてゆく月」では、月の見えない新月からだんだんと満月に向かう様子が和楽器の調べ、舞や唄によって表現されます。今年で15年目となるメンバー、高橋アキによる書き下ろしの全15作品。新月の夜、2017年11月18日(土)午後8時よりハーバーフロントのフレックダンスシアターにて。太鼓の壮大な響きとともに月のリズムを体で感じてみてください。

日時：2017年11月18日(土)午後8時
場所：Fleck Dance Theatre, Harbourfront Centre
(235 Queens Quay West)
チケット：http://www.harbourfrontcentre.com/boxoffice
または416-973-4000

その他詳細はwww.nagatashachu.comまたはwww.facebook.com/nagatashachu/をご覧ください。

2017年第18回 JSSホリデードライブ

ジャパニーズ・ソーシャル・サービス
ホリデーシーズンを数週間後に控え、ジャパニーズ・ソーシャル・サービス(JSS)は恒例のホリデードライブ(歳末助け合い運動)を開始いたしました。このホリデードライブでは、生活上の助けを必要とされている方々に楽しく年末年始を迎えていただくため、皆さまからの温かいプレゼントのドネーションをお願いしております。集まったドネーションは、JSSが責任をもってクリスマス前までに各ご家庭にお届けいたします。一人でも多くの方が楽しいホリデーシーズンを過ごすことができるよう、皆さまの温かいご協力をお願いいたします。

- ドネーションに適するもの：
 - ★募金やギフトカードのドネーションも大歓迎です。尚、現金又は小切手の場合はホリデードライブ用と明記してください。www.jss.caにて安全、簡単なオンライン寄付も可能です。
 - また10ドル以上の金額にはタックス・レシートを発行します。
 - ★保存がきく日本食料品(未開封、賞味期限内)
米、しょうゆ、味噌、缶詰、乾物等の腐りにくい物など
 - ★防寒小物(特に子供用)、玩具など(未使用または新品同様のもの)

ドネーションボックス設置場所：11月11日から12月10日まで
日系文化会館正面入り口 6 Garamond Court, Toronto
池端ナーサリースクール c/o JCCC
もみじヘルスケア協会 3555 Kingston Rd. Scarborough
トロント日系福音教会 301 Silver Star Blvd. Scarborough
トロント仏教会 1011 Sheppard Ave. W. Toronto
トロント日系セブンスデー・アドベンチスト教会
19 Mortimer Avenue, Toronto
聖アンドルーズ日系聖公会 49 Donlands Ave. W. Toronto
JSS 6 Garamond Court, Toronto
ご質問等は、JSS(416-385-9200又はjss.outreach@gmail.com)までお気軽にお寄せください。

健やかな老後をめざして その13

水素水との4年間(最終話)

2017年新春号から連載してきた水素水体験記は、今月号で最後になります。

水素に関して最近もっとも注目されているのは、排気ガスを出さないクリーンな水素自動車です。また、水素には副作用がないので、水素分子を使った水素治療(点滴、注射、内服、外用など)も行なわれるようになりました。

私が自宅で飲んでいるのは水素水。これは水素治療とは異なります。しかし「悪玉活性酸素を除去する、つまり、身体のサビを防ぐ」という目的は水素治療と同様です。日本で水素治療を積極的に実施している辻直樹医師は「水素は万能薬ではない。病気やがんを治せるかと問われたら、それはNo」と述べています。私も「水素の力は抗酸化&抗炎症作用」と理解しています。病気を治すわけではありません。

身体には60兆個の細胞があり、誰もがその新鮮さを失っていきます(老化)。リンゴを切って放置したら見る見るうちに錆びます。それこそが身体の中で毎日起こっていること!

正常細胞の突然変異でがん細胞が生じることも明らかにされつつあります。がん発生の機序は、遺伝子や環境など種々の要因が重なっており単純ではありませんが、ストレスの多い暮らしや食生活などで活性酸素が増えていることが大きなきっかけであるのは間違いないでしょう。細胞をいかに健やかに保つか(活性酸素を抑えるか)、それが命題です。

炎症が起こっている部位には沢山の活性酸素が発生。水素は活性酸素と直ぐに反応する性質ゆえに、それを目掛けて突進します。「身体に必要な活性酸素には手を出さず、悪玉活性酸素だけを取り除く」。何とすぞいことでしょうか!現時点でこれができるのは水素のみ。どのような薬物にもできないことです。

10年ほど様々な健康課題を経験しました。移住による適応障害(寒冷&乾燥による皮膚炎やドライアイ)、介護疲れによる胃腸障害(胃食道逆流症)、エイジングに伴う皮膚角質変化など。医師の指示通りに服用し、定期検査を受け、皮膚や目の適切なケアを行うなど、多様な努力を試みたものの一進一退の状態が続きました。ついには胃の痛みで食べれなくなり体重減少。さらには、寒冷刺激を避けるため冬は外へ出ない生活となり、クオリティ・オブ・ライフの低下を招きました!

ところが、水素水を飲み始めて徐々に(逆流症は劇的に!)解決され、それ以降4年間は全く内服薬や点眼薬を使用していません。保湿剤も必要でなくなりました。細胞を元気にし、炎症を除去するために日々働いてくれる水素水との出逢いに心から感謝するばかりです。

ところで、最高年齢でヒマラヤ登山に成功した三浦雄一郎さんが体力づくり&登山に活用したことをご存知ですか?同製品を使っている私は、新しい挑戦へ勇気もらっています。

水素水生成器には様々なものがあり、自宅で生成された活性水素がどのくらいの時間あるいは日数、その水の中にとどまっているかは製品によって異なります。とどまっていなければ、登山に携帯する、ご飯を炊く、スープを作る等には適しません。

ご質問があれば、いつでも連絡してください。

マーナ豊澤英子

(医学博士 老年看護スペシャリスト mernagh@rogers.com)



トロント日本語学校 生徒さんの作品集

成人クラスレベル1 Ian Drummond スピーチコンテストより

私が日本語を勉強する理由はいくつかあります。たとえば、日本の映画が好きです。アニメとマンガも好きです。また、母はむかしクレーブランド美術館で仕事をしていました。ひがしアジアぶもんでしたから、私は子供の時日本の美術にせつしました。

だけど、別の理由もあります。六歳の時シェイクスピアの夏の夜の夢を見ました。英語でした。でも、私の話している英語ではありませんでした。なんて面白い!と思いました。あの時から、私は言語が大好きでいます。大学の専攻は西洋の古代の言語でした。人工言語も勉強しました。今でも私の仕事は翻訳と編集です。

この言語への愛もおそらく母のおかげです。母はリガで生まれて、五歳の時家族とドイツへ行って、十二歳の時アメリカへ行きました。だから、ラトビア語とロシア語とドイツ語と英語がわかります。大学ではフランス文学を勉強しました。スペイン語とラテン語とギリシャ語もまなびました。大学のあと、子供を七人育てました。さらに、博士号を取得しました。

要するに、母はとても多才な人ですよ!じつは、そんな人の子供でいるのはやさしくなかったです。でも、母はなんでも一生懸命にがんばりましたし、いつも私のお手本でした。だから、お母さん、ありがとうございました!

成人クラスレベル4

Celina Rumayor Montemayor

鈴虫の
鳴き砂である
葉が震い

of bell ringing crickets...
being whistling sand
trembling leaves

夜になる
白粉花や
迷子の火

midnight falls upon (it becomes night)
as the four o'clock flower -
a lost child's fire



日本第二日目

成人クラスレベル6 Yen-Ting Chen

朝、起きて、ホテルの朝食バフェを食べた。想像より美味しかった。お茶漬け、カレー、納豆など日本の食べ物があった。納豆を初めて食べてみた。美味しくはないけれど、不味くもなかった。。。まあまあだったなあ。でも味が濃いから、ご飯と一緒に食べたら美味しいかも。

朝ごはんを食べてから、上野公園に出発した!うわあ、大きい広場だ!えっ?なんでスターバックスがここにある?目的なく歩いて、上野東照宮を見つけた。初めて神社を見て、興奮した。最初に心洗いのところを見た。説明を読んで、やり方に従った。そして、東照宮の前にいった。参拝の説明がある。「二拝二拍手一拝」という参拝の方法が書いてある。そしていっぱい写真を撮って、公園を歩き続けた。もうひとつの神社を見た。そして、ハスの池を見た。こんなに背の高いハスを初めて見て、驚いた!もっと写真をとって、東京メトロの駅にいった。

東京メトロで浅草駅にいった。浅草でラーメンを食べた。カナダのより美味しい。味がそんなに重くなくて、鮮やかな味がある。

そして、浅草寺にお参りにいった。お寺の前の商店街がにぎやかだった。着物や浴衣を着た人が一杯だが、大抵外国人だよな、参る人も。

東照宮に比べて浅草寺が大きい、!ここで、おみくじを引いた。。。末吉。。。あぶない、とにかく吉でよかった。願いが叶うお守りも買った。本堂に参った。うむ。。。お寺と神社の参拝の方法が違うところがわからないけど、二拝二拍手一拝で参拝した。本堂の周りに小さい寺(?)もあった、浅草神社も。でも、参拝しなかった。ただ写真を撮った。

そして、商店街に買い物にいった。じんべいもあったが、浴衣が買いたい。日本語で買って成功した!¥6,900でカナダで買うのにより、安いはずだ。。。なあ?

時間は三時ぐらい。夜が来る前に、スカイツリーに上った。そして、昼間の景色も夜の景色も見えた!高くて怖いから、ドキドキ上った。。。やっと日本きたのだから、勇気を出して、上った。上らなかつたら、次にいつ機会があるのかわからないから。ガラス床に立って、写真を撮った。

晩ごはんはフードコートで食べた。ハンバーグがあった。ハンバーグは日本だけの食べ物だろう?うむ。。。すげー美味しくないけど、特別な経験だね。ハンバーグだけがメインだった。

バスをミスしたから、タクシーでホテルに帰った。でも、運転手が英語がわからない、僕も日本のアドレスの表示方法がわからない。。。ちょっと大変だった。でもgoogleマップで英語のアドレスを見せたら、運転手はアドレスがわかった。うむ。。。アドレスの表示方法が重要だね。

九時ぐらいに到着した。もっと外出したいけど、寝た。十二時に起きた。。。どこにもいけないと思った。じゃ、ファミリマートにいこう!コンビニの食べ物が大好きだ。台湾のコンビニと比べたいから、買いにいった。やはり日本、寿司があった。食べてみた。やはりそんなに新鮮じゃないなあ。でもよかった。

カナダのセブンイレブンは偽物だ!!!!

無限

成人クラスレベル8 Jia Ji

もし今誰かに「この世界に対する最も鮮烈な印象は何か」と問われたら、僕はたぶん「無限」と答えるだろう。

晴れの日に、空を見上げると、どこまでも続く青が目映る。広すぎる景色がもたらす衝動は心境によって違う。時に自分の小ささに気づき、絶望に陥ったり、時に「未来にまだ無限の可能性がある」と感じ、希望が湧いたりする。空はまるで鏡のように自分の心を映し出す。

しかし、生きるために、いつも空を見つめるわけではない。自分の近くにある現実視線を向けるのも必要だ。この現実の中でも、僕はまた「無限」を感じる。世の中は、どんな専門分野も急激な速さで日に日に進歩している。ここで僕が感じたのは、「学習に果てはない」ということだ。全体として人類の知識は有限だが、その膨大さの故、僕にとってほぼ無限と等しい。たとえ千年を生きて、僕一人は到底その知識の何億分の一さえも学びきれないだろう。ましてこの知識の総量は毎日絶えず増えていく。この無限さの前に、僕は茫然と立ち尽くす。ここ数年間の数学研究が僕にもたらす感覚はまさにこれだ。正直に言うと、知識の無限さと僕の有限さ、この矛盾の中で、僕は焦りつつある。

でも、焦ってもしょうがない。深呼吸をしながら、僕は星空を想像する。

無限に広がる夜空に、無数の星が瞬く。いつしか銀河を渡る流星を、僕は数える。

そして、僕は思う。

「大丈夫、僕の旅に行き止まりはない。なぜなら、僕もこの無限の世界の一部だから。」

物事を見る角度は無数に存在する。だから、角度を変えて見ると、目の前がぱっと明るく開けるかもしれない。今重要なのは「無限」を信じて試しを続けることだと僕が思う。

この先に僕を待っているのが「いいこと」か「わるいこと」かわからないけれど、その更なる先にまた「無限」があるから、僕は「嬉しい」より「悲しい」より「この世界は楽しい」ということをもっと確実に感じるのだ。



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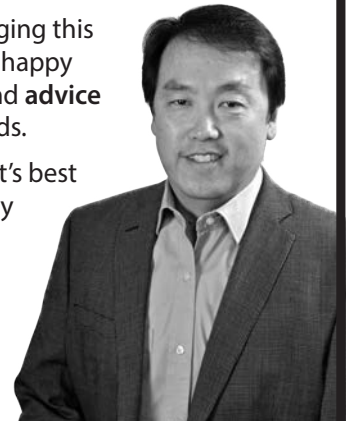
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