



JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館

**Haru Matsuri Spring Festival**  
Direct from Japan!  
Special Rakugo Performance  
by Tozaburo Yanagiya

春まつり  
柳家東三楼 独演会

**Movie Night: A Silent Voice**  
『聲の形』

**Before We Vanish**  
『散歩する侵略者』





FLY TO JAPAN



日本航空

JAPAN AIRLINES

5% discount for JCCC members

RESERVATIONS: 1-800-525-3663



THINGS JAPANESE

JAPANESE DECOR & GIFTS

128 Harbord Street  
Toronto, Ontario  
M5S 1G8

416-967-9797

www.thingsjapanese.ca



カナダ国内  
ホテル手配承ります。

JTB スペシャル料金

航空券・ホテル・Japan Rail Pass・グループなど  
旅行の事なら何でもお気軽にお問合せ下さい!

JTB International (Canada) Ltd.

(416) 367-5824

jtbtoronto@jtbi.com

Diamonds, Coloured stones, Pearls,  
Engagement rings, Wedding bands,  
Family crest & Japanese character jewellery,  
Custom design, Remodeling,  
Jewellery & watch repair



Kobo Jewellery

6 Garamond Court, Suite 245  
Toronto M3C 1Z5 (2F of JCCC)  
416-384-0008  
kobjewellery@bellnet.ca

Mon - Fri 10:00 - 17:00 Sat 11:00 - 17:00 Sun Closed



DUNDAS WEST WALK-IN DENTURE CLINIC

入れ歯のエンドウ

Keito Endo, B. Sc., DD, RDT

Tel: (416) 536-2209  
(416) 532-1100

2340 Dundas St. W.,  
(Across Dundas West Subway Station)  
Inside The Crossways Mall



GOLDDALE HOME SERVICES

Quality Construction Guaranteed!



REPAIR - MAINTENANCE - UPGRADES

ROOFING

CALL (24/7) 1-855-3366-888  
416-250-6850

yaw@golddale.ca | www.golddale.ca

Experienced and professional service in the GTA



DAVID IKEDA  
Sales Representative

416-234-2424  
www.ikedasells.com

Sutton Group  
Old Mill Realty Inc.,  
Brokerage



Body Refunction



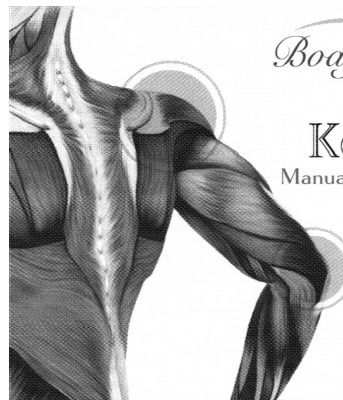
Keiko Miyazaki

Manual Pain Relief - Tendon/Fascia/Muscle

Don Mills Clinic: 6 Garamond Court  
North York, ON M3C 1Z5 (JCCC)

Finch Office: 5795 Yonge Street  
Suite 213, Toronto ON M2M 4J3

E-mail: bodyrefunction@gmail.com  
Homepage: bodyrefunction.com  
Tel: 647-606-2322



Escorted 13 Day Japan Story Tour

\*Special Price : CAD 5890 pp, Tax included (Land Only)

Departure : October 5, 2017  
Return : October 19, 2017

Land Package

All inclusive with 3-star hotels / escorted tours / meals

ELITE ORIENT TOURS INC. Tel: (416) 977-3026  
112 Elizabeth St, Unit 4, Fax: (416) 977-3104  
Toronto, ON, Canada M5G 1P5  
tour@elitetours.com  
Please call Jun Hayashi 1-800-668-8100 www.japanstorysan.com



HG Learning Centre

416-527-4387

> 日本語による指導  
数学 理科 その他  
小学生 中学生

hglearnctr@gmail.com

hglearn.ca

> 少人数制ESL  
IELTS CELPIP対策

4711 Yonge St., 10th Fl  
Toronto, ON M2N 6K8

## 2017 - 18 JCCC Board of Directors

<i>President</i>	Gary Kawaguchi
<i>Past President/Advisor</i>	Marty Kobayashi
<i>VP, Heritage</i>	Jan Nobuto
<i>VP, Management</i>	Ann Ashley
<i>Secretary</i>	Sharon Marubashi
<i>Finance Chair</i>	Chris Hope
<i>VP, NJCC</i>	Miki Rushton
<i>VP, Marketing/Strategic Planning</i>	Karen Kuwahara
<i>Directors</i>	Jonathan Carter
	Jiro Fukushima
	Mark Hashimoto
	Kristin Kobayashi
	Keiichi Kubo
	Dereck Oikawa
	Cary Rothbart
	Ross Saito
	Nao Seko
	Peter Wakayama
	Yaeko Tong
<i>Advisors</i>	Mackenzie Clugston
	William Hatanaka
	Sid Ikeda
	Steve Oikawa
	Connie Sugiyama
<i>JCCC Foundation Chair</i>	Janice Fukakusa

日  
系  
文  
化  
会  
館  
役  
員  
及  
び  
ス  
タ  
ツ  
フ

### JCCC Staff

<b>James Heron</b> <i>Executive Director</i> jamesh@jccc.on.ca	416-441-2345 ext.224
<b>Kathy Tazumi</b> <i>Accounting/General Administration Manager</i> kathyt@jccc.on.ca	416-441-2345 ext.229
<b>Christine Takasaki</b> <i>Community Events Coordinator</i> christinet@jccc.on.ca	416-441-2345 ext.221
<b>Haruko Ishihara</b> <i>Community Rentals Coordinator</i> harukoi@jccc.on.ca	416-441-2345 ext.228
<b>Christine Seki</b> <i>Corporate Rentals/Programming and Business Development</i> christines@jccc.on.ca	416-441-2345 ext.231
<b>Sally Kumagawa</b> <i>Donations/Memberships/Classes Database Administrator</i> sallyk@jccc.on.ca	416-441-2345 ext.223
<b>Sandy Chan</b> <i>Executive Assistant</i> sandyc@jccc.on.ca	416-441-2345 ext.226
<b>Elizabeth Fujita-Kwan</b> <i>Heritage and Sedai Project</i> elizabeth.fujita@jccc.on.ca	416-441-2345 ext.303
<b>Constantin Dutescu</b> <i>Operations and Technical Coordinator</i> constantind@jccc.on.ca	416-460-3522
<b>Maki Klotz</b> <i>Newsletter/Receptionist/Office Assistant</i> makis@jccc.on.ca	416-441-2345 ext.227
<b>Yuki Nakata</b> <i>Volunteer Coordinator</i> yukih@jccc.on.ca	416-441-2345 ext.235
<b>Yoshie Watanabe</b> <i>JCCC Reception Desk</i> jccc@jccc.on.ca	416-441-2345 ext. 222
<b>Yayoi Kawabe</b> <i>JCCC Website</i> jccc@jccc.on.ca	416-441-2345 ext. 222

## In This Issue...

2-4	JCCC Upcoming Events
5-6	Heritage
7	Community News
8	Donations
10-12	日本語紙面

## Calendar of Events

### March

Sat/Sun 3/4	Haru Matsuri
Sun 11	JCCC Anime Matsuri – A Silent Voice
Mon 12	Spring Kamp Kodomo Starts
Mon 19	Spring Cultural Classes Start
Wed 21	Origami Workshop
Sat 24	JCCC Karaoke Club
Sun 25	Kumihimo Workshop
Mon 26	Manju Workshop
Thu 29	JCCC Movie Night – Before We Vanish
Fri 30	JCCC Closed – Good Friday
Sat 31	JCCC Karaoke Club

### April

Sat 14	JCCC Karaoke Club
Sun 15	Kumihimo Workshop
Wed 18	Origami Workshop
Wed 18	Sakura Gala (at the ROM)
Thu 19	Seniors' Supper Club
Thu 19	JCCC Movie Night – OH LUCY!
Sat 21	Euchre Night
Mon 23	Manju Workshop
Sat 28	JCCC Karaoke Club

### May

Sat 5	JCCC Annual Bazaar
Mon 14	Manju Workshop
Wed 16	Origami Workshop
Thu 17	Seniors' Supper Club
Thu 17	JCCC Movie Night
Sat 19	JCCC Karaoke Club
Mon 21	JCCC Closed – Victoria Day

## SUBMISSION DEADLINE

Deadline for the April issue is: Friday March 9, 2018.

4月号の締め切りは2018年3月9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: Gujo Hachiman Castle, Gifu Prefecture by Brent Borgundvaag

## 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

## A SILENT VOICE

Winner of the 2017 Japanese Movie Critics' Award for Best Animation. The moving story of Shoya, a school bully, and Shoko, a young girl with a hearing disability.



In sixth grade Shoko transfers to Shoya's school and soon finds herself picked on. Years later Shoya, tormented over his past, decides he must see Shoko once more to make amends for what he did in elementary school and be Shoko's friend. Naoko Yamada's deeply humane and visually gorgeous coming-of-age tale depicts the struggles and challenges of adolescence. Based on the manga by Yoshitoki Oima.

Date: **Sunday March 11, 2018**  
Time: 2:00pm  
Tickets: \$10 (JCCC member);  
\$12 (general)



## 2018 JCCC Spring Classes

There is no better way to launch into spring than sign up for one of JCCC's classes or join one of the JCCC martial arts programs.

Our Spring Class Brochure is now available. Register early to guarantee your enrolment.



## New JCCC Taiko Workshops

Taiko workshops are being offered for beginners looking to try taiko for the first time, as well as returning taiko enthusiasts who wish to further develop their skills. All ages are welcome.

Spring schedule:

Date: **Saturday Mar.10 Apr.14 May 12**  
Time: 5-6pm Beginner, 7-8pm Intermediate  
(May 12 6-7pm Beginner, 7-8pm Intermediate)  
Fee: \$20 plus HST JCCC members (per day)  
\$25 plus HST General (per day)

Please call JCCC reception at 416-441-2345 or email [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca) for registration and inquiries.

## March Movie: BEFORE WE VANISH

Acclaimed director Kiyoshi Kurosawa's latest masterpiece reinvents the science-fiction film as a unique and profoundly human tale of love and mystery. Three aliens travel to Earth on a reconnaissance mission in preparation for a mass invasion.



Having taken possession of human bodies, the visitors rob the hosts of their essence - good, evil, property, family, belonging - leaving only hollow shells, which are all but unrecognizable to their loved ones. Equally hilarious, thrilling, and profound, the film reminds audiences of the continued strength of one of Japanese cinema's most unique auteurs - and the value of the human spirit.

Starring Masami Nagasawa, Ryuhei Matsuda and Hiroki Hasegawa

Date: **Thursday March 29, 2018**  
Time: 7:00pm  
Tickets: \$10 (JCCC member);  
\$12 (general)

## April Movie: OH LUCY!

Setsuko is a single, emotionally unfulfilled woman, stuck in a drab life in Tokyo. At least until she's convinced by her niece, Mika to enroll in an unorthodox English class that requires her to wear a



blonde wig and take on an American alter ego named "Lucy." This awakens something dormant in Setsuko, and she quickly develops romantic feelings for her American instructor, John. When John suddenly disappears and Setsuko learns that he and her niece were secretly dating, she flies across the world to the outskirts of Southern California in search of the runaway couple. Director Atsuko Hirayanagi deftly mixes humour, great performances and poignant character study.

Starring Shinobu Terajima, Josh Hartnett, Shioli Kutsuna, Kaho Minami and Koji Yakusho

Date: **Thursday April 19, 2018**  
Time: 7:00pm  
Tickets: \$10 (JCCC member);  
\$12 (general)



# JCCC Upcoming Events

## JCCC Annual Bazaar

The JCCC Annual Bazaar committee is busy organizing our biggest one-day fundraiser of the year! So mark your calendar for **Saturday May 5, 2018** from 12:00pm to 4:00pm. You do not want to miss any of the bargains!!

As usual, the Annual Bazaar is a shopping extravaganza with great deals on logoware, lawn accessories, gardening items, Japanese treasure, baked goods, etc., plus lots of white/pink elephant treasures and of course, our Silent Auction with some great products to bid on. There will also be lots of food for sale such as sushi, udon, tempura and manju - for take home or dining in while you take a break from your shopping spree. Please come and support your JCCC!

We welcome donations of all kinds – baked goods (including cakes, pies, cookies, squares, etc), Japanese food (including manju, sekihan, chirashi, bento, etc), white elephants, new products, etc. **Non-perishable donations can be dropped off at the JCCC reception desk anytime after April 1.** Perishable donations that must be refrigerated can be accepted Friday before the Bazaar day and of course on the day of the event.

While we appreciate everyone's generosity, unfortunately, we are not accepting any clothing donations (traditional Japanese clothing is acceptable).

If you have any questions or need more information, please contact Christine Takasaki at 416-441-2345 ext. 221 or christinet@jccc.on.ca.



Date: **Saturday May 5, 2018**  
Time: 12:00pm - 4:00pm  
Admission: Free

## JCCC Euchre Night

On **Saturday April 21, 2018** the JCCC will be hosting another Euchre night. This event brings together friends, fun and a little card playing finesse. There will be a cash bar, light refreshments, and prizes for the top scores! Scoring system is individual based; no set partners. Rules are based on Bicycle® rules and once again the "stick the dealer" rule will be in effect. Entry fee is \$21 (including HST) for non-members, \$17 (including HST) for members. Entry is limited to experienced players ages 19 years and older. Doors open at 7:00pm, play starts promptly at 7:45pm. Cash prizes will be awarded.



Deadline for registration is **Monday April 9, 2018**. Spaces are limited! Don't be disappointed, register today!!! Contact the JCCC at 416-441-2345 or jccc@jccc.on.ca.

## Bazaar Volunteering Opportunities

All positions are open to Grade 9 and older. Grade 10 and above are welcome to come on their own.

For grade 9 students:

- The parent or guardian must accompany grade 9 student volunteers throughout the whole volunteer period.
- The parent or guardian must also sign up to volunteer for the event.
- The parent or guardian must contact the volunteer coordinator after they have submitted the application to confirm their child's registration.

For those who need volunteer service hours, please bring the form provided by your school on the day of the event.

### Preparation Day

We have a huge preparation day on **Friday May 4, 2018** all day!

- Setting up booths and the areas and sorting donated items:  
(Anytime between 9:30am to around 7pm)
- Making Inarizushi and some light food:  
(12:30pm to 5pm)

### Sushi Bee

We need to offer the best quality sushi as is possible, we will be rolling the sushi in the morning before the doors open. We appreciate anyone who is available to help on **Saturday, May 5** at 7:00am! Experienced people needed!



### During the Bazaar

- Parking Attendant (10am-1pm, 12pm-3pm)
- Crowd Control at the door (10:30am-3pm)
- Eco bag sales crew (11pm-4:30pm)
- Food Booth (10am-5pm)
- Kitchen Help (9am-2pm, 11am-5pm)
- Waiter/ Waitress (11:20am-5pm)
- Clean-up (3pm-7pm)

And more!

Volunteer sign up deadline: **Tuesday April 17, 2018**

For sign up to any volunteer work, please visit:

<http://www.jccc.on.ca/en/volunteer/>

(Volunteer sign-up form will be available in mid March.)



# Kamp Kodomo Summer Sessions

Mark your calendars and don't miss out on the all the summer fun at the JCCC!!! Kamp Kodomo's summer session is getting ready to start registration. Join us for a busy week filled with sessions covering a wide range of activities including martial arts, Ikebana, origami, folklore, language, and so much more!

The camp operates from 9:00am to 4:30pm from Monday to Friday. Sessions will run on **July 9 - 13, July 16 - 20, and July 23 - 27**. Fees for this program are \$220 per child for a 5-day session, or \$200 if you register by **Monday April 30, 2018**. JCCC members are just \$195 per child. If you have more than one child to register, the 2nd (or more) child from the same family will receive a 5% discount (sorry, this discount is not available for early bird pricing). Extended camp care is available from 8:00am to 9:00am and from 4:30pm to 6:00pm with an additional cost of \$35 per session.

Camp fees cover all materials, two nutritious snacks per day and a special activity each week. Campers are required to bring a lunch and drink.

Registration begins **Monday March 19, 2018** and the registration deadline is **Friday June 29, 2018** and Kamp Kodomo's maximum attendance is 20 children per session.

For more information or to register, please consult the enclosed flyer, call 416 441 2345 or check the website at [www.jccc.on.ca](http://www.jccc.on.ca).



# Oshogatsu kai 2018



Photo courtesy of Yosh Inoue

## Setsuko Thurlow: Survivor, Social Worker, Trailblazer

The University of Toronto's Factor-Inwentash Faculty of Social Work Alumni Association is excited to inform you of our next annual Distinguished Speakers Series event.

Ms. Thurlow is one of our prominent alumni who recently accepted the Nobel Peace Prize on behalf of the International Campaign to Abolish Nuclear Weapons (ICAN).

Please join us for this event:

Date: **Thursday March 15, 2018**  
 Location: TELUS Centre for Performance and Learning, Mazzoleni Hall  
 273 Bloor Street West  
 Time: 6:00pm – 8:30pm

Talk followed by reception in the Leslie & Anna Dan Galleria Event Poster.

This event is free and open to the public.  
 Registration is required. Please register here at:  
<https://fifswspeakersseries.eventbrite.ca>  
 For any accommodation requests or for more information, please contact: [alumni.fsw@utoronto.ca](mailto:alumni.fsw@utoronto.ca) or 416-978-4437

## Great News! More Payment Options Available!

For your convenience, the JCCC has expanded its payment options. We now accept Union Pay and Apple/Android Pay, as well as VISA, MasterCard, American Express and other major credit cards.

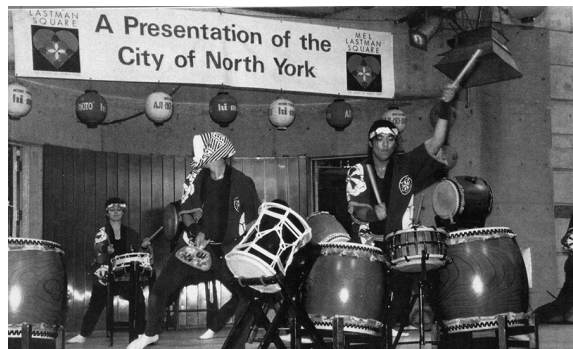
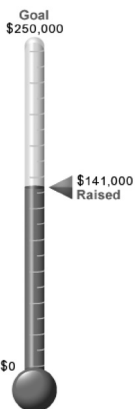
With just one tap, making donations, settling membership and class fees, or making purchases at gift shop have never been easier.

## Don't let it stop! Help Us Build The Chris Kano Taiko Studio

Thank you to everyone who have responded to our Chris Kano Taiko Studio Fundraising Campaign and have already stepped up to make a pledge or donation.

In this short time, we have already raised over \$140,000. But we are still a long way from our goal of \$250,000. And we can only do it with your support and partnership.

Taiko is one of the most definitive and popular forms of Japanese arts, and with your help, we can nurture a new generation of drummers right here at the JCCC.





## Chirashi Sushi an array of art works from 1972 to 2016 by Bryce Kanbara

Selected by Akira Yoshikawa

January 22 - March 31, 2018

Artist Talk/walkabout **Sunday March 18, 2018** at 2 pm

Chirashi sushi: sushi rice flavoured with a variety of delectable flavoured morsels. Kanbara Chirashi sushi: 40-year retrospect representing 8 phases of Bryce's artistic creativity

To the tinkling of soft jazz performed by Bruce Tatemichi, Bryce's family, friends, art colleagues, emerging artist (mentored by Bryce) and members of the NAJC and JCCC gathered on a snowy Superbowl Sunday afternoon to celebrate the opening of Bryce's exhibit – Kanbara's Chirashi sushi, a feast to the eyes and imagination. This exhibition came about after Bryce was honoured with the prestigious 2017 Art Miki National Leadership Award for his work in the Nikkei community.

After emcee, Peter Wakayama welcomed everyone, Jan Nobuto, VP of Heritage spoke of Bryce, the volunteer, the JCCC's art consultant and curator for the Art Gallery:

"Through Bryce's leadership as chair of the Art Committee, the Art Gallery is emerging as a destination for viewing and appreciating Japanese Canadian (JC) and Japanese art, artists, and culture, a key goal of the JCCC Art Gallery.

As an artist and consultant, Bryce's strong presence within the JC artists' community is well respected and highly regarded. His ability to build relationships with artists has been a great benefit to the JCCC. Because of his connections and encouragement we have hosted very diverse exhibits of JC artists' work, which has helped to broaden our appreciation of JC artists and their phenomenal body of work.

As a curator, Bryce never ceases to amaze. You can walk into the gallery when Bryce and a few committee members are setting up and wonder what will become of the chaos before you. Then the next time you walk into the gallery it has been transformed into an incredible exhibit that causes you to walk a little slower to take it all in. And that's the impact and magic of Bryce's work. He creates exhibits with the artists that make you pause and think. When he juxtaposes water colours of Yakuza tattoos with photo images of Japanese Canadians displaying their personal tattoos it brings to life the cultural differences of acceptance, but also the similarities in purpose. When he gives four women artists the opportunity to exhibit together you see the strength in their work, which although each very different, connect the passion and meaning behind their work.

The artist's talks presents you with the opportunity to hear about the journey behind the artists' work, the concepts from which their ideas arose, the passion they have for what they do, and the message they want to share. All of these opportunities enrich our understanding of the expression of art and deepen our appreciation as to how others see their world.

Bringing all of this together is no easy task and the JCCC is truly thankful for Bryce's leadership. With his continued support we know that the JCCC will become a destination for all to see and appreciate Japanese Canadian, art, artist and culture."

To introduce the show, curatorial lead Akira Yoshikawa gave the following opening remarks:

"The premise of this exhibition is to recognize and celebrate Bryce Kanbara as an important visual artist. Bryce is always organizing activities for other artists, but never for himself. I decided to approach the JCCC Art Committee for his long overdue solo exhibition, which they accepted readily.

"I made a few trips to his studio in Hamilton, and I was overwhelmed with the amount of work he had produced. During my return trip to Toronto, I came to realize that we had a hit show on our hands. The difficulty I was faced with was how do I edit amongst so many strong unparalleled pieces!

"Bryce is good at what he does. He is never static. He made me realize that it is important not to become static in life; change validates your existence. It also occurred to me that through the process of art-making Bryce is having fun, while following his spirit.

"Bryce has been a pillar of our community. I hope he will continue to be a diligent influence to all of us."

Mark the afternoon of **Sunday March 18, 2018** in your calendar. This is an opportunity to interact with the artist and hear his comments as he takes you through the artworks in the exhibition.





## Calling All Artists: HASHI! HASHI! in May 2018

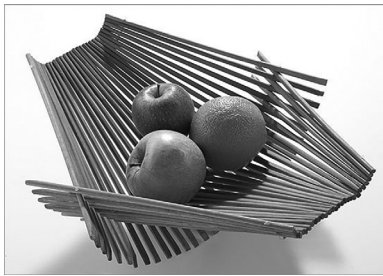
The JCCC Gallery invites artists and members of the public to submit art works in late May 2018 for an exhibit called, "HASHI! HASHI!"

Hashi or chopsticks are Asian eating implements that have been used for over 6,000 years. But it turns out that billions of hashi are disposed of everyday around the world and end up in garbage dump sites. Now artists and entrepreneurs are turning their creative minds to collecting wasted hashi and making them into art pieces, vases, sculptures and usable objects.

We ask that you please provide your own chopsticks. You can collect your own or they can be purchased at Asian food stores around the city. However, some artists have even asked restaurants to save their used hashi so that they can be transformed into art works.

We look forward to seeing your creative HASHI!

If you have any questions, please email John Ota at roweota@rogers.com



## Found in the Archives George Tsushima

George Tsushima is a long time member of our Archiving Volunteers, having been with us from almost the very beginning. Over the past five years, George has been a constant source of information about the internment years, with an incredible memory for names and faces. George can sit in front of a 70 year old group photo of over 100 people, and with the help of those around him, name over 95 percent of the people in the photo!!



Recently, George has been key in building our wealth of knowledge about the early days of the Vancouver Japanese Language School and the different Alumni Groups or Gakyukai. Through his connections within the community and the Tom Matsui photograph collection, he has been able to build a comprehensive picture of the different alumni groups both during their time at the Language School and in their post war gatherings.

George has also been a long time supporter and volunteer at the JCCC. He is a regular attendee of our Wynford Seniors activities, including meetings, bowling and other offsite ventures. He has also attended every one of our Senior's Supper Club classes! He will often poke his head into the Heritage office when he is in the building for other events, just to say hi or to share a new joke that he has heard.

## Save the Date! Nostalgia Night is coming! Saturday July 28!

Circle **Saturday July 28, 2018** on your calendars and join us for Nostalgia Night, a truly celebratory community event at which we pay tribute to those who have helped support the cultural and social development and the well-being of our JC community over the years.

The Heritage Department's Nostalgia Night Committee, co-chaired by Carole Ono and Dawna Kobayashi, is hard at work planning another wonderful Nostalgia Night and we hope that you will all join us in honouring this year's Pioneer Award recipients, the Japanese Canadian religious congregations that supported the Japanese Canadian community and the JCCC over these many years.

Look for more information in coming JCCC newsletters announcing the early-bird special registration and more details about this event.

For now – remember to circle **Saturday July 28, 2018** and come out to celebrate our award recipients, mix and mingle with friends and family, and, of course, enjoy a great Japanese Canadian buffet!

### JCCC Library Schedule

TUE  
10am – 2pm (lending hours)  
WED/SAT  
1pm – 5pm (lending hours)  
THURS/FRI  
10am – 2pm (non-lending hours)  
SUN/MON  
Closed

#### Special Library Schedule:

Mar.4 (Sun) Open during Haru matsuri  
Apr.6 (Fri) and May 5 (Sat) Closed

### Haiku Corner

浅川や鍋すすぐ手に春の月 一茶  
*Asakawa ya nabe susugu te ni haru no tsuki Issa*

Un the shallow river,  
On hands washing the saucepans,  
The spring moon.



# Community News

## Momiji Community Bazaar

Submitted by Momiji Health Care Society

Delicious Japanese cuisine, including manju, sushi, chow mein and bento boxes. Home made pies, cookies and squares. Add in a café where you can eat in or take out food. Interested? Why not join us at our annual Momiji Community Bazaar. This year's event will be held on Saturday, March 24th from Noon to 3:30 pm. There will also be plenty of items for sale including Japanese Wares, Collectibles, Pink Elephant, Jewellery, a Garage Sale (held, of course, in Momiji's Garage) and much more.

Interested in volunteering? Volunteers are needed leading up to the day of the Bazaar, for sorting donations, for helping to make all of that delicious Japanese cuisine and of course for set-up.

Proceeds from the Bazaar are used to support Momiji's programs and services. Hundreds of seniors benefit each year from the funds this event generates. For more information, contact Sheri-Lynn at 416-261-6683 x259 / Sheri-Lynn@momiji.on.ca.

Date: **Saturday March 24, 2018**  
Time: 12:00pm - 3:30 pm

## Taiko X Blues!

Submitted by Momiji Health Care Society

Nagata Shachu with Ken Yoshioka and Julian Fauth

While taiko and the blues could not seem more different on the surface, both are musical genres strongly associated with rhythm. Nagata Shachu explores this commonality with renowned Toronto blues musicians Ken Yoshioka and Julian Fauth. Originally from Kamakura, Japan, Ken started his career as a harmonica player but later evolved into an acclaimed singer, fingerpicking guitarist and composer. Julian is a Juno Award-winning pianist and singer who bases his style on prewar barrelhouse blues and boogie woogie, with infusions of gospel and jazz. Witness boundaries between styles disappear in this rare collaborative concert.

<http://www.harbourfrontcentre.com/boxoffice>

More information: [www.nagatashachu.com](http://www.nagatashachu.com)



Date: **Saturday March 24, 2018**  
Place: Brigantine Room, Harbourfront Centre  
(235 Queen's Quay West)  
Tickets: \$30 adults / \$20 seniors & students  
416-973-4000 press 1

## The Return of a Shadow, a novel

Submitted by Kunio Yamagishi

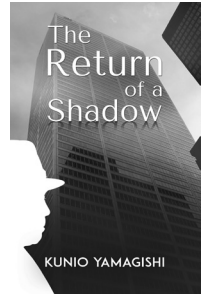
Kunio Yamagishi, former Toronto resident, has published his novel 'The Return of a Shadow'. This work sheds a new light on the life of an internment-camp survivor and how the incarceration affected him for the rest of his life.

After the bombing on Pearl Harbor by the Imperial Japanese Navy, the Federal Government of Canada removed the Nikkei from the West coast. Over 20,000 Nikkei in Canada obediently followed the evacuation order, were deprived of their freedom. Their properties that had been built up over a long period of labour were sold for a song, and in addition the proceeds were used to maintain their life in the camps. The first winter witnessed heavy snowfalls, causing them a major challenge as their shacks were built hastily with only tar paper.

Who is a shadow and why? The protagonist, Eizo Osada, decides to wrap up his 43-year life in Canada and return to Japan where he left his wife and three sons. It is his first homecoming. It was 23 years ago his wife stopped writing to him. Eizo has kept sending money to his family while enduring his nightmarish loneliness in Toronto, and without a clue as to why his wife suddenly cut off communication, thus he embarks on a trip back to Japan. What awaits him there? What has happened during his absence? After the reunion with his family, he gives a detailed account of his internment experience to his sons, now in their late forties. Does his family accept him?

Through the interviews with the survivors of the camps, the author revisits the aftermath of the internment. The story touches on the closed nature, karma and formalism of the people in rural Japan.

Part I: Canada, Part II: Japan, Part III: the internment camps, 25 chapters in total. 380 pages. Available at [amazon.ca/amazon.uk/amazon.com](http://amazon.ca/amazon.uk/amazon.com). Publisher: Austin Macauley Publishers, Ltd., England.



## Toronto Fukuoka Kenjinkai AGM and Social

Submitted by Toronto Fukuoka Kenjinkai

Please join us with your family and friends for an entertaining and enjoyable day. Our program will consist of a Meeting, Games, Entertainment and Bento. Free Bento for Members 80yrs and over. Annual Membership fee: \$5; Bento \$15. Please RSVP by **Friday March 16** to one of the following:

Noboru Yamamoto 416-297-7156  
email: [nobo277y@gmail.com](mailto:nobo277y@gmail.com)  
Joan Hirano 905-883-1835

Date: **Sunday March 25, 2018**  
Time: 1:00pm – 6:00pm  
Place: Japanese Canadian Cultural Centre  
6 Garamond Court Toronto, Ontario M3C 1Z5  
416-441-2345



# DONATIONS TO THE JCCC

As of Feb 4 2018

The JCCC gratefully acknowledges the following donations:

## JCCC

Anonymous	10
Shin Ijusha 50th Anniv	
Mrs. Tomiko Arai	24
Mr. John Stephen Boa	25
Anonymous	89
JCCC Library	
Mr Terry T. Hatanaka	20
Mr. and Mrs. James Hiraishi	50
Mr. and Mrs. Hideyuki Ioi	60
Rev Takao & Rev Toshiko Kishii	50
Ms. Taeko Kuwabara	10
Shin Ijusha 50th Anniv	
Mr. Charles Kwak	20
Dr. John & Dr. Eiko Mernagh	20
Shin Ijusha 50th Anniv	
Mr. and Mrs. Joe Nakamura	200
Ms Louise Okawara	500
Mr. and Mrs. Kevin Roxby	200
Mrs. Yoshiko Sakauye	27
Mr. Jeffrey Sitchon	25
Anonymous	20
Shin Ijusha 50th Anniv	
Mr. and Mrs. Tsugio Tanaka	500
Mrs. Rosa Teshima	100
Mr. George Toyama	40
Mr. Roy Toyama	40
Mr. and Mrs. George Uyeyama	100
Mrs. Masako Wani	80
Kathy Wani's 80th Birthday	

## Corporate Foundations and

### Government

### Donations & Sponsorships

Bell Canada	
Chris Kano Taiko Studio	
IBM Canada Ltd.	
Community Grant	
Scotiabank	
Childrens' Cultural Programme	

Sony Canada Charitable Foundation	
Cultural Partnership	
Casa-Dea Vineyards Limited	
Partnership	
Shin Ijusha 50th Anniv	

### Chris Kano Taiko Studio

Mr. Christopher Dew	100
Mr. Shogo Kobayashi	5,000
Mrs. Irene Miyasaki	50
Mr. George Toyama	100
Mr. Roy Toyama	100
Ms. Carrie Wong	250

### Heritage

Anonymous	50
'Reflections' Exhibit	
Mrs. Patricia Towata	100
In memory of Amy Shizuko Yoshida	

### In Memoriam

<b>In memory of Akiko Yahiro</b>	
Mrs. Naomi Tomczak	60
<b>In memory of Alice Yamamoto</b>	
Mr. Roy Toyama	25
<b>In memory of Amy Shizuko Yoshida</b>	
Mr. and Mrs. Masaki Naruse	25
<b>In memory of Carmen Matsunaga</b>	
Mr. Roy Toyama	50
<b>In memory of Kiyo Mary Nagata</b>	
Mr. and Mrs. Ritz Kinoshita	100
<b>In memory of Mary Sadako</b>	
<b>Tonegawa</b>	
Ms. Dianne Arika	25
Mr. and Mrs. Albert Birthelmer	500
Mr. Raymond Daddazio	250
Mr. Brian Fujioka & Family	50
Mrs. Doris Fujioka	50
Anonymous	100
Mrs. Joan Hirano	

Mrs. Chiyo Inamoto	25
Mr. and Mrs. Arthur Ishii	30
Ms. Margaret Iwata	30
Mrs. Yasuko P. Kusano	20
Mr. Mas Mori	25
Dodie Muir	100
Ms. Deborah Tonegawa	100
Mr. George Tsushima	30
Mr. Ryan Vine	50
Ms. Jenny Wasenda	100
Robert Wilson, Cathy, Catherine & Lance, Laura Beth & Eric	75
Ed Yamasaki & Family	50
<b>In memory of Sakae Nakata</b>	
Mr. and Mrs. Sid Ikeda	100
Ms. Mary M Okabe	30
<b>In memory of Yoichi Kato</b>	
Mrs. Michiko Harada	25
Mr. and Mrs. Sid Ikeda	50
Mr. Hajime Sawada	50
Dennis Williams & Family	100

### Supporting Members

#### Partner

Mrs. Michiko Abe Kozlowski	127
Mr. and Mrs. Chris Hope	93
Mr. Glen Kawaguchi	127
Mr. Paul McClure	116
Mr. and Mrs. Joe Nakamura	110
Dr. and Mrs. Alan Shiozaki	93
Dr. Jane Toyota & Mr. Richard Kenno	110
Mr. and Mrs. George Uyeyama	150

### Friends of the Moriyama Nikkei

#### Heritage Centre

Mr. Gary Hamasaki & Ms. Gloria Baxter	250
Mrs. Miyoko Hamasaki	250
Ms Louise Okawara	500

## 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](http://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
Rinzo and Aiko 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
Yoshiko Jean Goto & Family
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
Janet Michiko Nagasuye - In Gratitude
Mae & Shigemi Nagasuye - In Loving Memory
Beaver & Michi Yamamura - In Loving Memory
Isaburo and Noshi Nagasuye - In Honour of
Tsutae Yamamura - In Loving Memory
Asako and Tsuneharu Nakanishi - In Memory
In Memory of Rei and Kim Nakashima

Kimiaki and Rei Nakashima - In Memory
In Memory of Mamoru and Hanae Nishi
Ron and Judy Nishi
In Memory of Ippei and Hama Nishio
Dr. Nori Nishio - In Memoriam
In Memory of my parents Etsu and Moichi
Roy Chukichi and Suzu Oyagi - In Memory
Nancy Shin - In Memory
In Memory of Nancy Aiko Shin
Emiko Sumi
Victor and Bev Suzuki
In Memory of Toshiko & Frank Usami
In Memory of Ethel Midori Wakayama
In Memory of Amy Shizuko Yoshida

### 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 Uttagassen
Wynford Seniors Club

**Closing Sale**  
**Everything**  
**50% OFF**  
**or MORE!**

## **Kobo Jewellery**

6 Garamond Court, Suite 245, Toronto, M3C 1Z5  
(2F of Japanese Canadian Cultural Centre)

ph : 416-384-0008

email : [kobojewellery@bellnet.ca](mailto:kobojewellery@bellnet.ca)

**New  
Business  
Hours!**

Mon-Fri 10:00 am - 5:00 pm  
Sat 11:00 am - 5:00 pm  
Sun Closed



## 今後の行事予定

3月

- 3/4 (土・日) 春祭り
- 11 (日) JCCCアニメ祭り-「聲の形」
- 12 (月) 春休みキャンプ子供
- 19 (月) 春期文化クラス開講
- 21 (水) 折り紙ワークショップ
- 24 (土) JCCCカラオケクラブ
- 25 (日) 組み紐ワークショップ
- 26 (月) まんじゅうワークショップ
- 29 (木) JCCC月例映画鑑賞会-「散歩する侵略者」
- 30 (金) JCCC 休館日 - Good Friday
- 31 (土) JCCCカラオケクラブ

4月

- 14 (土) JCCCカラオケクラブ
- 15 (日) 組み紐ワークショップ
- 18 (水) 折り紙ワークショップ
- 18 (水) 桜ガラ (ロイヤルオンタリオミュージアム)
- 19 (木) シニアサパークラブ
- 19 (木) JCCC月例映画鑑賞会-「オー・ルーシー!」
- 21 (土) ユーカーナイト
- 23 (月) まんじゅうワークショップ
- 28 (土) JCCCカラオケクラブ

5月

- 5 (土) JCCCバザー
- 14 (月) まんじゅうワークショップ
- 16 (水) 折り紙ワークショップ
- 17 (木) シニアサパークラブ
- 17 (木) JCCC月例映画鑑賞会
- 19 (土) JCCCカラオケクラブ
- 21 (月) JCCC休館日 - Victoria Day

## 聲の形

元ガキ大将の主人公と聴覚障害があるヒロインの切ない青春を描いた大今良時のコミックを基に、『けいおん』シリーズなどの山田尚子監督が手掛けたアニメーション。主人公の少年が転校生の少女とのある出来事を機に孤立していく小学生時代、そして高校生になった彼らの再会を映し出す。

シネマトゥデイより

日時: 2018年3月11(日)午後2時  
チケット: \$10(JCCC会員);\$12(一般)



## JCCC月例映画観賞会 3月の映画: 散歩する侵略者

『アカルイミライ』などの黒沢清監督が、劇作家・演出家の前川知大が結成した劇団イキウメの舞台を映画化。鳴海(長澤まさみ)の夫・真治(松田龍平)が、数日間行方をくらまし、別人のようになって帰ってくる。これまでの態度が一変した夫に疑念を抱く鳴海は、突然真治から「地球を侵略しに来た」と告白され戸惑う。一方、町ではある一家の惨殺事件が起こったのを機に、さまざまな現象が発生し、不穏な空気が漂い始める。



シネマトゥデイより

日時: 2018年3月29(日)午後7時  
チケット: \$10(JCCC会員);\$12(一般)

## JCCC月例映画観賞会 4月の映画: オー・ルーシー!

43歳の独身OL節子(寺島しのぶ)は、めいの美花に頼まれ代理で英会話クラスを受講し、その料金を支払うハメになる。アメリカ人講師ジョンの授業でルーシーという名前と金髪のカツラを与えられ、役に成り切っているうちに節子はジョンに恋をする。ところがジョンは、美花と一緒にアメリカに帰ってしまう。節子は、ジョンを追ってアメリカへ旅立つが……。



シネマトゥデイより

日時: 2018年4月19(日)午後2時  
チケット: \$10(JCCC会員);\$12(一般)

## 今年のノスタルジア・ナイトは 7月28日(土)!

ノスタルジア・ナイトは長年にわたり日系社会の文化的・社会的発展と福利に貢献してきたグループを称える機会です。今年のパイオニア賞は長年にわたって日系社会及び日系文化会館を支援して来た日系の各宗教団体に授与されます。JCCCヘリテージ・ノスタルジア委員会(共同委員長:キャロル・オノ&ドーナ・コバヤシ)はこの日を皆に喜んでもらおうと計画に余念がありません。詳しくはJCCCニュースレターで順次案内して参ります。まずはカレンダーに**2018年7月28日(土)**をマークするのをお忘れなく。友人、知人、家族が一同に集い、受賞者を称えと共に、日系カナダ人お馴染みのご馳走が並ぶビュッフェを楽しみましょう。

## JCCCバザー

JCCC最大の恒例ファンドレイジング、開場前は長蛇の列ができるほどのビッグイベントです。様々な日用品から、サイレントオークション、日本食の販売などたくさんの催しを予定しています。カレンダーのこの日に印をつけるのを忘れなく!

日時: 2018年5月5日(土)午後12時~午後4時

入場料: 無料

ボランティア大募集!

ボランティアはGrade9以上に限ります。Grade10以上の方は同伴者なしで参加可能です。

Grade 9 の生徒の参加条件:

- 必ず保護者同伴で参加し、同じエリアで仕事をして頂きます。
- 同伴者の方も登録手続きが必要です。
- 保護者の方はボランティアコーディネーターと連絡を取り、お申し込み手続きのご確認をお願いします。確認が取れていない場合はボランティアできません。

ボランティアサービスアワーの証明が必要な方は、当日ボランティアをする際に、忘れずにフォームをご持参ください。

バザー前日の準備 - 2018年5月4日(金)

- 販売ブースのセットアップ、寄付された物品の移動や分類、館内の地図やサインを貼る仕事など。(9:30am-7pmの間で可能な時間帯)
- いなり寿司作りと軽食の下ごしらえなど。(12:30pm-5pm)

当日開場前の午前7時~正午12時くらいまでのり巻作り(スシ・ビー) - 経験者大歓迎!

バザー当日のボランティア募集エリア:

- パーキング誘導 (10am-1pm, 12pm-3pm)
- 入口付近の整備 (10:30am-3pm)
- エコバッグ販売 (11am-4:30pm)
- フードブースでの販売 (10am-5pm)
- キッチンヘルプ (9am-2pm, 11am-5pm)
- ウェイター/ウェイトレス (11:20am-5pm)
- 片付け (3pm-7pm)等。他にも沢山あります!

ボランティア申込締め切り: 2018年4月17日(火)

お申し込みはオン・ラインフォームから。

(申込フォームは3月中旬にアップロードされる予定です。)

<http://www.jccc.on.ca/jp/volunteer/>

\*\*\*バザーのための沢山のご寄付を募っています。全ての物品は4月1日以降から受付を開始致します。食品で乾物(冷蔵不要で日持ちのする物)は4月1日以降、生もの以外(要冷蔵)は前日の金曜日から受け付けます。生ものは当日のみ(午前11時まで)受け付けます。クッキー、パイ、ブレッド等焼き菓子のドネーションも大歓迎です!フロントデスクにお持ち頂きご連絡先をお残し下さい。衣類のドネーションは受け付けておりませんので予めご了承下さい。

お問い合わせ先(英語): Christine Takasaki 416-441-2345内線221、又は [christinet@jccc.on.ca](mailto:christinet@jccc.on.ca)

日本語の場合は受付にメッセージをお残し下さい。

## JCCC春期文化クラス開講

今年度春季文化クラスが2018年3月19日(月)より開講されます。クラスのお申込み、または詳細、ご質問等はJCCC受付416-441-2345までお問い合わせください。



## サマーキャンプ子ども

夏休みキャンプ子供日系文化を取り入れた小学生向けのユニークなキャンプが2018年も夏休み中(7月9日-13日、7月16日-20日、7月23日-27日)に行われます。

クラスの登録は2018年3月19日(月)から開始されます。2018年4月30日(月)までにお申し込みの場合は早期登録割引が適応されます。参加人数に限りがありますので、お早めにお申し込み下さい。キャンプ時間は午前9時から午後4時半まで。(午前8時から午前9時、午後4時半から午後6時までの延長プログラムもあり。)

お申し込み詳細は英語ページp.4、または同封のフライヤーをご覧ください。

参加費用: \$195(JCCC会員)、\$220(一般)

延長時間プログラム\$35(別途)

兄弟でお申し込みの場合は二人目のお子様から5%割引が適用されます。キャンプ申し込み期限は2018年6月29日(金)です。

プログラムの詳細、お申込みはJCCC 受付416-441-2345までお問い合わせください。

## 「永田社中」太鼓とブルースコンサート

2018年春、太鼓アンサンブル「永田社中」が、和楽器のブルースという新しいジャンルに挑戦! トロントで活躍する二人のブルースアーティストKen Yoshioka とJulian Fauthを迎えてのコラボレーションコンサートがハーバーフロントで開催されます。鎌倉出身の吉岡ケン氏はブルースのハーモニカ奏者で、ライブシーンに引っ張りだこの人気奏者。それに、ジュノ受賞経験を持つ才能豊かなキーボードプレイヤー、ジュリアン・ファウスを加えた最強コンビがゲストとして参加。常に新しい試みで新風を巻き起こす永田社中。今回は一味違った和風ブルージーなサウンドでわたしたちを魅了してくれるはずです。

日時: 2018年3月24日(土)

会場: ハーバーフロントBrigantine Room  
235 Queen's Quay West

チケット: \$30 adults / \$20 seniors & students  
416-973-4000 press 1

オンラインでのチケット申し込み:

<http://www.harbourfrontcentre.com/boxoffice>

詳しいインフォメーションはこちらをご覧ください。

[www.nagatashachu.com](http://www.nagatashachu.com)

[www.facebook.com/nagatashachu/](http://www.facebook.com/nagatashachu/)





## 健やかな老後をめざして その15

知らず知らずのうちに首に負担!

首の骨は7つの頸椎(けいつい)から構成され、4.5~5キロ(成人)の頭を支えています。ここから出る神経は後頭部から首、腕、手へ伸びています。ですから、首に異常が起これると腕や手にも症状が現れるのです。



一口に「首の痛みやこり」と言っても、その原因や範囲は人によって様々です。大抵は首やその周囲の筋肉疲労が主な原因です。頭が肩より前に出た姿勢(猫背)になっている人では首の骨や筋肉に負担がかかります。また、前かがみで長時間作業したり、重いカバンを片側だけに掛けたりするのもよくありません。猫背の人は背筋を伸ばすことに心がけ、長時間作業する人は1~2時間おきにストレッチを行いましょう。また、リュックサックを使用すると身体の歪みを防ぎ、負担を軽減することに繋がります。

特に高齢になると首を支える筋力が低下し、下を向いてしまう「首下がり症候群」が生じることもあります。物を飲み込む力が弱くなる原因にもなるので、筋力維持に努めましょう。整体術(脊柱指圧)師の勧めで、私は頭に手を当て(例えば、右手で右側頭部)互いに抵抗しあうように押す体操を、手を替えて前後左右の方向に行っています。

頸椎の病気のせいで痛みやしびれが現れる場合があります。姿勢の悪さや加齢などにより頸椎に異常が起これると、それが首の神経根や脊髄(せきずい)を圧迫するのです。症状からどんな病気なのか推測できる場合もあるので、もし首に痛みがあれば、どういった時に起これるのか観察してみましょう。首を後ろに反らした時、前に倒した時、あるいは安静にしている時?受診の際に役立ちます。

首の病気と言えば、加齢に伴って生じる変形性頸椎症が代表的なものです。首を後ろに反らすと痛みの出やすいのが特徴。程度の差はあれ誰にでも起これ、多くの場合は無症状でゆっくりと進行します。「片側の腕や手」に痛みが走ったり、しびれたり、力が抜けたり等の症状が現れたら、放っておかず整形外科を受診しましょう。

その他にも首の病気はあり、頸椎の中を通る脊髄まで障害されると「両側の腕や手」にしびれ、感覚のにぶさ、動きのぎこちなさ(字が書きにくい、箸がうまく使えない、ボタンの掛け外しがうまくできない、足がもつれる、つまづきやすい等)を生じるようになります。排尿異常(尿もれ、頻尿、残尿感など)が現れることも!

上記の症状があれば直ぐに受診しましょう。

私は10年前、骨筋肉系の健康診査のために整形外科医と面談。その際に「頸椎の状態は年相応。ただしストレートネックがある」と指摘されました。正常では7つの頸椎は緩やかに前弯、ところがストレートネックでは首前後の筋肉の緊張バランスが長期にわたって崩れ、直線的な並びに!教育研究職として30年以上もPC作業に明け暮れていたことが原因と感じています。最近ではスマホ生活ばかり(!?)の若い年齢層にも増えています。

「首が疲れやすいので注意しよう。また、急激に頭を後ろへ反らさない!」と指導されました。自身の状態をよく知っておくと、首に優しい暮らし方を考え、症状を引き起こさないための対策をとることができますね。

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)

## 日本とカナダのくらしの違い

日加学園

四宮 隆太

ぼくは飛行機を降りた時

「あー地元へ返って来た。」

と思いながら心がなつかしさであふれました。ぼくは日本人です。ぼくは日本で生まれ、三才まで日本に住み、今でもカナダと日本の国籍を持っています。けれど、カナダに十年間住んでいて、カナダのくらしになれています。この研修では、カナダのくらしと日本のくらしに大きなちがひがある事が分かりました。ぼくが特に気づいた事は次の三つです。

一つ目は日本の交通のしかたです。ぼくは小さいころ日本に帰ってきた時、おどろきました。車が少なく、道もカナダとくらべたらとても細かったです。そして、ほぼみんなが地下鉄で会社や学校へ通っていたのです。ぼくはぎもんに思いました。なぜみんなは車に乗らないのか。毎日、毎日バスや電車代をはらうと高くはないのか。そう思いながら地下鉄に乗りました。けれど日本の地下鉄はちょっとちがいました。五分から十分ごとに駅があるので。そこでひらめきました。日本だと地下鉄の方が車より便利なのです。地下鉄の方が安く、日本中どこでも駅があるので。日本のメインの交通手段だったのです。ぼくが二年ごとに日本に帰って来ると、車を使わずにぼくのような子供も自分でどこでも行けることがすごいと思います。

二つ目は、日本の教育制度のきびしさです。

ぼくは、中学校体験入学プログラムで本牧中学校へ行きました。とてもいっぱい思い出を作ることができました。けれど、ぼくが毎日行っているカナダの学校とはぜんぜんちがいました。日本はとてもきびしいのです。その内一番おどろいた事は制服です。カナダでは、制服を着る学校はとても少ないです。それが、日本だと、どの学校でも制服を着るのがふつうです。カナダではなんでも着たい物を着ていいと言うリラックスしている制度と。日本のみんなと同じかっこうで学ぶという考えが、とてもちがうと思いました。ぼくはこのなんでもきっちりしているかんきょうになれていないので、日本で勉強するのはとてもむずかしいと思います。

三つ目は日本人のみんなのしんせつさです。ぼくが日本の中で一番驚いたことは事は、日本人はとてもやさしく、相手のことを先に考える事です。日本ではあたりまえと考えられている事だけけど、カナダとは大ちがいです。日本では店へはいると

「いらっしゃいませ。」などと入るとうれしい気持ちにしてくれます。それ以外に、わすれ物もすぐに返してくれて、とてもしんせつです。カナダでは考えられないほどです。これは、日本の学校では子供のころから、こう教えられているからです。

ぼくがこの研修で学んだ事は、日本のくらしとカナダのくらしがまったくちがう事です。カナダとくらべれば、日本はもときびしくちゃんとしている事が分かりました。カナダのかんきょうで育ったぼくにはとてもむずかしいくらし方でした。カナダへ帰った日、日本のいいところとカナダのいいところを合わせて、他の人をうれしい気持ちにする事をがんばりたいと思いました。

### 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

特別スケジュール  
3月4日(日)春祭り時間特別オープン  
4月6日(金)休館日  
5月5日(土)休館日

# A SILENT VOICE



Winner of the 2017 Japanese Movie Critics Award for Best Animation. The moving story of Shoya, a school bully, and Shoko, a young girl with a hearing disability. In sixth grade Shoko transfers to Shoya's school and soon finds herself picked on. Years later Shoya, tormented over his past, decides he must see Shoko once more to make amends for what he did in elementary school and be Shoko's friend. Naoko Yamada's deeply humane and visually gorgeous coming-of-age tale depicts the struggles and challenges of adolescence. Based on the manga by Yoshitoki Oima.

**Sunday, March 11, 2018 @2:00pm**

For tickets, call 416.441.2345  
\$10 JCCC/\$12 General HST included



絶望がやってきた。愛する人の姿で  
**散歩する侵略者**  
BEFORE WE VANISH

長澤まさみ × 松田龍平 × 長谷川博己 × 黒沢清監督



**BEFORE WE VANISH**

Acclaimed director Kiyoshi Kurosawa's latest masterpiece reinvents the science-fiction film as a unique and profoundly human tale of love and mystery. Three aliens travel to Earth on a reconnaissance mission in preparation for a mass invasion. Having taken possession of human bodies, the visitors rob the hosts of their essence - good, evil, property, family, belonging - leaving only hollow shells, which are all but unrecognizable to their loved ones. Equally hilarious, thrilling, and profound, the film reminds audiences of the continued strength of one of Japanese cinema's most unique auteurs - and the value of the human spirit.  
Starring Masami Nagasawa, Ryuhei Matsuda and Hiroki Hasegawa

**Thursday, March 29, 2018 @7:00pm**



“Maybe it’s time  
we thought about it”  
“We were curious ... so we asked a specialist”

Pre-Planning Cemetery and Funeral Arrangements



**Matthew Shintani**  
Cemetery and Funeral  
Pre-Arrangement Professional  
(416) 899-9360



Preferred pricing for  
JCCC Newsletter Readers

[MShintani@ArborMemorial.com](mailto:MShintani@ArborMemorial.com)

Serving the Greater Toronto Area  
with 14 Cemeteries and 26 Funeral Homes

St. Catharines	Hamilton	Burlington	Oakville	Mississauga
Etobicoke	Brampton	Woodbridge	Gormley	Markham
Toronto	Scarborough	Ajax/Pickering	Whitby	Peterborough

**GARY TEHARA**  
Sales Representative

**Real Estate SOLUTIONS for SENIORS**

If you, or a family member, needs to downsize, move to a senior residence or retirement home, let me help you plan and make the transition.

I truly appreciate how challenging this process can be, and would be happy to assist with **extra services and advice** that meet your individual needs.

My goal is to do what's best for you.

Call anytime!  
**647-987-8872**

Your trust is my priority



[garytehara@gmail.com](mailto:garytehara@gmail.com)  
[garytehara.ca](http://garytehara.ca)

ROYAL LEPAGE Signature Realty  
IND. OWNED & OPERATED BROKERAGE



## Let us help with your financial future

Investments | Insurance | Retirement & Estate Planning



### Helping Clients with:

- Investments (RSP, TFSA, LIRA, etc)
- Retirement & Estate Planning
- Insurance: Life, CI & Disability
- Call me for a Complimentary Review

info@martykobayashi.com

### Marty Kobayashi

Executive Director, Private Client Group

**Investment Advisor**, HollisWealth®, a division of Industrial Alliance Securities Inc.

**Insurance Advisor**, Hollis Insurance Inc.

HollisWealth®, a division of Industrial Alliance Securities Inc.

Hollis Insurance Inc.

6 Garamond Court, Suite 260

Toronto, ON M3C 1Z5

Tel: (416) 510-1565

martykobayashi.com



Insurance products provided through Hollis Insurance Inc.

HollisWealth® is a division of Industrial Alliance Securities Inc., a member of the Canadian Investor Protection Fund and the Investment Industry Regulatory Organization of Canada.

# NIKKEI VOICE

THE NATIONAL NEWSPAPER FOR JAPANESE CANADIANS SINCE 1987

## Subscribe Today!

- In-depth news • Annual contests • Exciting events •

CANADA'S PREMIERE JAPANESE-CANADIAN  
NATIONAL NEWSPAPER COVERING THE  
COMMUNITY SINCE 1987



Like us on Facebook at:  
www.facebook.com/NikkeiVoice  
Follow us on Twitter:  
@TheNikkeiVoice

Annual subscription rates: Canada: \$40/CDN (student rate: \$25)  
| U.S.A.: \$45/U.S. | Overseas: \$60/CDN Individual issues: \$5 -  
Please enclose payment (cheque payable to Nikkei Voice) to:  
Nikkei Voice Business Office:  
6 Garamond Court, Toronto, ON. M3C 1Z5, Canada  
SUBSCRIBE ONLINE : [www.nikkeivoice.ca/subscribe](http://www.nikkeivoice.ca/subscribe)



## The Right Fit Matters

At Pallett Valo we give you what you need, not what you don't. With our flexibility and the right expertise in a variety of business law areas, we can provide you with a legal solution that is tailored to suit you – all without compromising service or quality. If you want legal representation that's just the right fit for you, try on our Right Sized Thinking®.



### Nozomi (Zoe) Smith • スミス希美

Lawyer • 弁護士

905.273.3022 Ext. 258 • zsmith@pallettvalo.com

Nozomi (Zoe) is a member of the firm's Wills, Estates & Trusts Practice. (遺言 • 相続 • 信託法部門所属)

**PALETT VALO LLP**  
Lawyers & Trade-Mark Agents

### Your Authority For:

Business Law • Commercial Litigation • Commercial Real Estate  
Construction • Insolvency & Corporate Restructuring  
Employment & Labour • Wills, Estates & Trusts



Right-sized Thinking® • 1-800-323-3781 • [pallettvalo.com](http://pallettvalo.com)



1858 Queen Street East  
Toronto, Ontario M4L 1H1



## COLIN MIYAZAKI

Sales Representative

colinmiyazaki@gmail.com

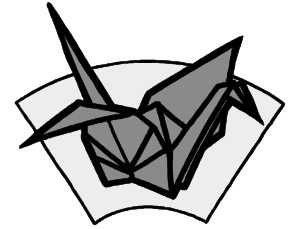
www.ColinHome.com

416.698.2090

You Will Soon Be "ColinHome"



# Kamp Kodomo Summer 2018



## Our Mission

To provide a stimulating and educational Japanese and Japanese Canadian cultural experience for young children.

## Who can register?

Children ages 6 (as of December 31, 2017) to 12 Years

## Dates

Session 1 – July 9 – 13

Session 2 – July 16 – 20

Session 3 – July 23 – 27

## Times

Camp Hours are from 9:00 a.m. to 4:30 p.m.

Extended camp care is available daily from 8:00 to 9:00 a.m. and from 4:30 to 6:00 p.m.

## Fee

\$ 220/week

*Early bird discount* \$200/week if paid in full by May 31, 2018

\$210 for JCCC Members

*JCCC Member early bird discount* \$195/week if paid in full by May 31, 2018

5% discount for additional siblings attending the same session

Extended care is \$ 35/week per child.

## What is included?

Children get to participate in a variety of hands-on sessions including:

Drama  
Martial Arts  
Music  
Cooking

Dance  
Language  
History  
Arts and Crafts

Geography  
And More!!!

There are two snacks each day and one special activity day per week that may include an offsite trip.

**Children must bring a nutritious lunch and drink each day.**

## Why register?

Kamp Kodomo is run by a head instructor as well as many dedicated volunteers. This team knows that exposure to culture is the best way to ignite interest and to hand over tradition to the next generation. Together, they work to ensure that the children have a wonderful time in a safe environment.

## How to register

Submit one (1) Registration Form for each child (see reverse). Return to the JCCC via mail, in person or via fax.

Enrollment is limited to 20 children per week.

**Registrations will not be accepted until after March 19, 2018**

**Early bird registration deadline is May 31, 2018**

**(additional sibling discount is not available for early bird registrations)**

**Registration deadline June 29, 2018**



JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館

6 Garamond Court, Toronto, ON M3C 1Z5

Tel: 416-441-2345 Fax: 416-441-2347

Email: [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca) Website: [www.jccc.on.ca](http://www.jccc.on.ca)



# Kamp Kodomo Registration Form

July 9 - 27, 2018

Please Print Clearly One Form for Each Child

Child's Name: \_\_\_\_\_  
Last First

Child's Home Address: \_\_\_\_\_  
Number Street Apt/Suite

City Postal Code Telephone, include area code

Birth Date: \_\_\_\_\_ Sex: [ ] Male [ ] Female Age: \_\_\_\_\_  
Date Month Year

Ontario Health Insurance Number Doctor's Name Phone No.

Name of Parent or Guardian: \_\_\_\_\_  
Last First

Relationship to Child: [ ] Mother [ ] Father [ ] Other, please specify: \_\_\_\_\_

Contact During the Day: \_\_\_\_\_  
Work Telephone Number Cellular Phone/Pager Number

Email Address (for contact regarding program details): \_\_\_\_\_

Is there other important information about your child that you would like us to know? For example, friends at the program, special interests, sports, musical instruments or arts and crafts: \_\_\_\_\_

Medical Conditions/Food & Other Allergies: \_\_\_\_\_

Program Fees	=	\$200.00 before May 31/18	Specify week:
OR JCCC Family Membership	=	\$220.00 On or after May 31/18	
		\$195.00 before May 31/18 \$210.00 On or after May 31/18	
No. of weeks	X		( ) Week 1: Jul 10 - 14
Subtotal	=		( ) Week 2: Jul 17 - 21
Deduct 5% for 2 <sup>nd</sup> or 3 <sup>rd</sup> child from the same family (not available with an early bird registration)	=		( ) Week 3: Jul 24 - 28
Additional Extended Program Fee	=	(\$35.00 per week)	
<b>Total</b>	<b>=</b>		

Payment is included by: [ ] Cheque (Payable to JCCC) (Debit Card payment accepted at JCCC reception desk)

[ ] MasterCard [ ] VISA [ ] AMEX \_\_\_\_\_ / \_\_\_\_\_  
Number Expiry Date V-Code

Payment and Withdrawal information: Fees can be made by current dated cheques, VISA, MasterCard, AMEX or debit card. Indicate the children's names on the reverse side of all cheques. Include your VISA, MasterCard or AMEX information on this registration form if you wish to pay by credit card or if you are faxing your forms. Please note there is a \$10.00 administrative charge for all NSF Cheques returned or for VISA, MasterCard or AMEX declines. Debit card payment in person only. Full payment must be made prior to session start date. Refund Policy: Refunds, less a \$25.00 administrative charge per registrant, will be issued for all program session cancellation received in writing. Refunds are not available within one week prior to the program start date. Medical & Emergency Information: Please ensure that you provide all information requested on the registration form. A minimum of one program supervisor, coordinator or assistant is certified in Emergency First Aid Care and CPR. Special needs: Please contact the JCCC office and we will endeavor to accommodate them. Release: I hereby agree to the terms and conditions outlined above and hereby release and agree to indemnify and hold harmless the Japanese Canadian Cultural Centre, its directors and officers, its staff, employees and volunteers from any liability concerning our child(ren)'s involvement in JCCC's Kamp Kodomo and further agree that the use of all JCCC facilities is made at the risk of the applicant. The child(ren) & parent(s) agree, that any pictures taken during the program can be used in any promotion or advertisement by the JCCC. By signing below, parents/guardians and child (ren) agree to abide by all rules, regulations & standards of conduct as required by the program staff for the session for the enjoyment & benefit of all participants.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

If you are registering more than one child, submit one (1) Registration Form for each child. Return to the JCCC via mail, in person or via fax. Enrollment is limited to 20 children per week. **Registrations will be accepted after March 19, 2018. Early Bird deadline May 31, 2018. Registration deadline June 29, 2018.**

JCCC, 6 Garamond Court, Toronto, Ontario M3C 1Z5 Phone: (416)441-2345 Fax: (416)441-2347 [www.jccc.on.ca](http://www.jccc.on.ca)

For Office Use only

Receipt Number \_\_\_\_\_ Amount \_\_\_\_\_ Date \_\_\_\_\_



B  
A  
Z  
A  
A  
R

# Momiji Community Bazaar



*Support seniors in our community!*

Saturday, March 24, 2018  
12:00 noon to 3:30 pm

## Momiji Centre

3555 Kingston Road, Scarborough  
(at Kingston Road and Markham Road)

(416-261-6683)

[www.facebook.com/momijihealthcaresociety](http://www.facebook.com/momijihealthcaresociety)

### *Fab finds!*

Japanese Wares  
Collectibles  
Jewellery  
Pink Elephant  
Garage Sale  
Books

### *Food to take home!*

Sushi, Chow Mein,  
Manju, Karinto,  
Bento Box, Sweets  
and Savouries

### *Special Features:*

Silent Auction  
Quilt Raffle

### *Great eats!*

Dining Room, Pie,  
Gourmet Hot Dogs,  
Sweets

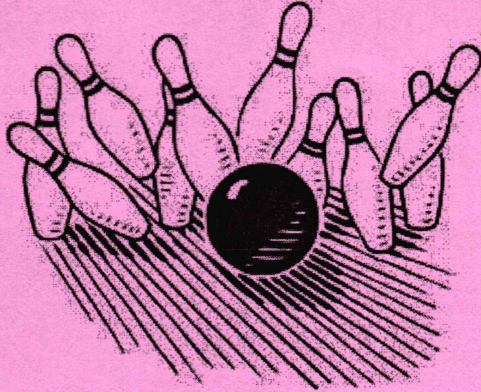
OVER...



# SAVE THE DATE

Momiji is hosting a number of special events over the coming months.

We invite you to join us and get involved!



## MOMIJI'S 13<sup>TH</sup> ANNUAL FUNDRAISING BOWLATHON

Bowlers of all levels are invited to join us on **Saturday, June 2<sup>nd</sup>** for some friendly competition and to help raise much needed funds for Momiji's programs and services – held both here at Momiji and in the community.

Our 5-pin bowlers will be bowling at Parkway Bowl (67 Ellesmere Rd, Scarborough) while our 10-pin bowlers will be bowling at World Bowl (9 East Wilmot St, Richmond Hill).

Bowling is followed by a delicious dinner and awards ceremony back at Momiji Centre.

Plan to join us for a fun afternoon; encourage family and friends to enter a team and help support seniors at Momiji and in the community.

---

## JAPONICA 2018

Interested in all things Japanese? Join us on **Saturday, September 8<sup>th</sup>** for our second annual Japonica sale which offers Kokeshi, bamboo, lacquer, Ikebana, tableware and a selection of gently or never-used soft goods including kimono, furoshiki and bags.

There will also be a Café with Obento, lunch, teas, coffee, home-baked sweets and much more.



For more information about any of our events please visit our website ([momiji.on.ca](http://momiji.on.ca)), Facebook page ([www.facebook.com/momijihealthcaresociety](http://www.facebook.com/momijihealthcaresociety)) or contact Sheri-Lynn at [fundraising@momiji.on.ca](mailto:fundraising@momiji.on.ca).