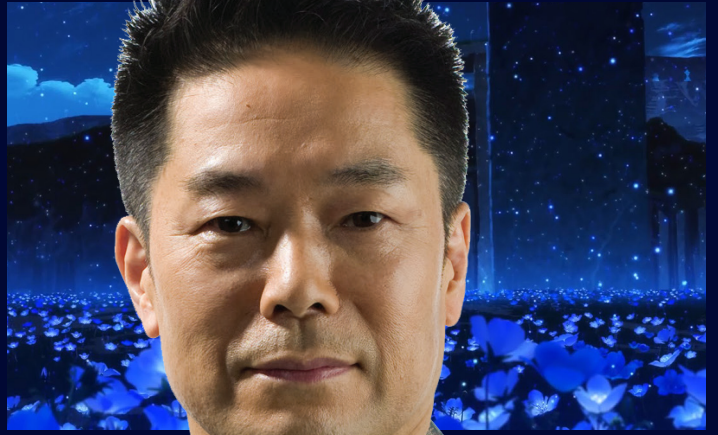




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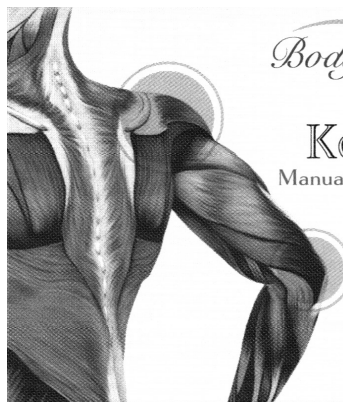
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JCCC Staff

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

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harukoi@jccc.on.ca 416-441-2345 ext.228

Christine Seki
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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

Sandy Chan
Executive Assistant
sandyc@jccc.on.ca 416-441-2345 ext.226

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

Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5
Ph: 416-441-2345 Fax: 416-441-2347
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Calendar of Events

Aug

Sat	4	JCCC Karaoke Club Summer Party
Mon	6	JCCC Closed – Civic Holiday
Fri	10 – Sun	12 Toronto Anime Matsuri
Sat	18	JCCC Karaoke Club
Wed	22	Taiko by Eitetsu Hayashi
Thu	23	Seniors' Supper Club
Thu	30	JCCC Movie Night

September

Mon	3	JCCC Closed – Labour Day
Sat	8	JCCC Karaoke Club
Sun	9	JCCC Movie Screening – Allegiance
Sat	15	JCCC Taiko Workshop
Sun	16	JCCC Golf Tournament
Sun	16	Kumihimo Workshop
Mon	17	Fall Cultural Classes Begin
Thu	20	Seniors' Supper Club
Thu	20	Origami Workshop
Sat	22	JCCC Karaoke Club
Mon	24	JCCC Annual General Meeting
Thu	27	JCCC Movie Night
Sun	30	Issei Day

October

Sat	6	JCCC Karaoke Club
Mon	8	JCCC Closed – Thanksgiving Day
Sat	13	JCCC Taiko Workshop
Sun	14	Kumihimo Workshop
Tue	16	Seniors' Supper Club
Thu	18	Origami Workshop
Sat	20	JCCC Karaoke Club
Sun	21	Arigato Day
Thu	25	JCCC Movie Night

SUBMISSION DEADLINE

Deadline for the September issue is: Friday August 10, 2018.

9月号の締め切りは2018年8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

Toronto Anime Matsuri 2018!

Join us for 3 days of anime screenings, concerts, dancing, cosplay, panel discussions, a marketplace, game lounge, lots of Japanese food and fun! Featuring performances by UMBRELLA, KAWAII BASS and IA.



NINJA SCROLL

獣兵衛忍風帖

Friday August 10 • 9:30pm



The anime classic back on the big screen. In feudal Japan, Jubei Kibagami, a mercenary swordsman battles the Eight Devils of Kimon,

a team of ninjas with supernatural powers who are intent on overthrowing the Tokugawa shogunate. Jubei saves a young ninja woman and together they investigate the mysterious deaths of an entire village, uncovering a conspiracy of demonic proportions! Ninja Scroll is widely praised for its animation and action scenes and is regarded as one of the most influential anime films ever made.

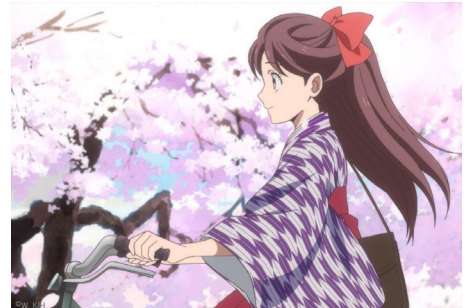
Admission restricted to 18+ for scenes of violence and sexuality.

HAIKARA-SAN: Here Comes Miss Modern

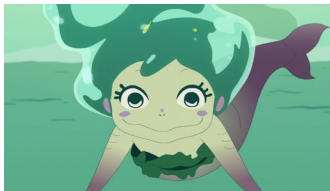
ハイカラさんが通る

Saturday August 11 • 12:00pm

During the Taisho era of 1918, 17-year old Benio Hanamura thrives on bucking tradition. As a boisterous and quarrelsome tomboy, Miss Hanamura leads a life of kendo and tree-climbing adventure with her best friends Tamaki and Ranmaru. Benio is determined to find love on her own, though her family has other plans. Benio will encounter tests of love, independence, and friendship during wartime. The popular story has been the source for live action films and is based on shōjo manga series by Waki Yamato. Directed by Kazuhiro Furuhashi.



LU OVER THE WALL 夜明け告げるルーのうた Saturday August 11 • 2:00pm



From visionary anime auteur Masaaki Yuasa comes a joyously hallucinogenic but family-friendly tale about a little mermaid named Lu who comes ashore and befriends a boy named Kai. Stuck in a small fishing village his only joy is writing songs. As Kai spends more time with Lu, he finds he is able to tell her what he is really thinking, and a bond begins to form. But since ancient times, the people in the village have believed that mermaids bring disaster and soon there is trouble between Lu and the townspeople, putting the town in grave danger.

EUREKA SEVEN - hi evolution 1 交響詩篇エウレイカセブン ハイエボリューション1 Saturday August 11 • 4:30pm



It all begins with the story that was left untold—the earth-shattering incident where Renton's father disappeared. With the mysterious pilot Eureka by his side, only Adroc Thurston could undo his own mistake, sparking the event that changed everything and earned him the title of hero. Now, ten years later, Eureka lies in critical condition as Renton leaves the crew of the Gekko... Huge-scale, thrilling sci-fi action with a pumping score and lots of teen angst!



SHIMAJIRO AND THE RAINBOW OASIS しまじろう にじのオアシス

Sunday August 12 • 12:00pm

Shimajiro the tiger-boy and his friends meet Coco, a girl who was separated from her mother during a severe sandstorm. They decide to help Coco find her mother, leaving Dr. Roarson behind to repair the Dig-Bug so they can all go home.

A wonderful family experience, each child is given a Shimajiro cardboard megaphone to use at various times to cheer Shimajiro on or shout a particular phrase, and even to use as a weapon to thwart the film's villain. The film itself features a wide variety of entertainment, from sing-alongs to dance-alongs, puppet animation and regular animation.

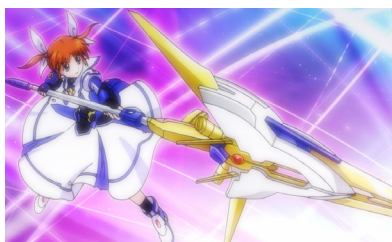
MAGICAL GIRL LYRICAL NANOHA: Reflections

魔法少女リリカルなのは

Sunday August 12 • 2:00pm

Takayuki Hamana's film opens on Eltria, a planet quietly dying from ecological devastation. The Florian family stays on the planet in the hopes of restoring it. When the father collapses from an illness, and the family's dream crumbles, Kyrie endeavors to save her father by travelling to a "different world, far away." Amitie tries to stop her, but Kyrie embarks on the journey with her best friend Iris. Their destination is Japan, a small island country on the planet known as "Earth."

Kyrie and Iris, looking for the key to revive their planet, visit three girls from Japan. Their encounter will bring about the battle which will decide the fate of the two worlds and all who inhabit them.



MAQUIA: When the Promised Flower Blooms

さよならの朝に約束の花をかざろう

Sunday August 12 • 4:00pm

★★★★

"Epic yet intimate, this is a visual gorgeous and emotionally lush fantasy drama about love and hope set in a violent but beautifully realized invented world."

- MaryAnn Johanson, Flick Filosopher

The people of lorph live far away from the lands of men, weaving the happenings of each day into a fabric called Hibiol. One day their lives are shattered in an instant when the Mezarte army invades their territory on a fleet of dragons seeking the blood that grants the lorph long life. Maquia, a lonely orphaned lorph girl escapes, but loses her friends and her home in the chaos. She then encounters an orphaned baby and raises the boy as "Ariel." Mari Okada's gorgeous and moving film is a story of irreplaceable time, woven by two lonely people who can only find solace in each other.



Friday August 10

8月10日(金)

Doors open for JMFest Talent Showcase	6:30pm
IA Film	7:00pm - 8:00pm
JMFest Talent Showcase	8:00pm - 9:30pm
Ninja Scroll 獣兵衛忍風帖	9:30pm (97min)

Saturday August 11

8月11日(土)

Haikara-san: Here Comes Miss Modern 劇場版 はいからさんが通る	12:00pm (97min)
Lu Over the Wall 夜明け告げるルーのうた	2:00pm (107min)
Eureka Seven: Hi-Evolution 1 交響詩篇エウレカセブン ハイエボリューション1	4:30pm (93min)
JMFest Artist Showcase: UMBRELLA	8:30pm - 9:30pm
JMFest Dance ft. Kawaii Bass	10:00pm - 2:00am

Sunday August 12

8月12日(日)

Shimajiro and the Rainbow Oasis しまじろう にじのオアシス	12:00pm (60min)
Magical Girl Lyrical Nanoha: Reflection 魔法少女リリカルなのは Reflection	2:00pm (107min)
Maquia: When the Promised Flower Blooms さよならの朝に約束の花をかざろう	4:00pm (115min)



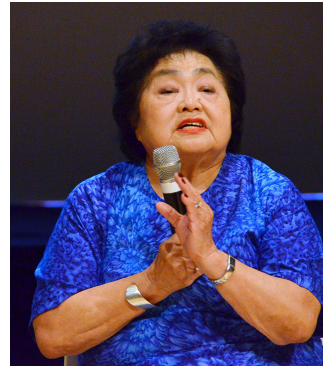
Toronto Japanese Film Festival 2018

Toronto Japanese Film Festival 2018 – Our Best Yet!

The JCCC would like to extend its thanks to all of the audience members, volunteers, sponsors and visiting stars and directors for taking the festival to a new level of popularity! In 7 years we have grown into one of the biggest festivals in the world, attracting A-list guests and big premieres. For 3 weeks the Kobayashi Hall is a magnet for Japanese film buffs, some even coming from the US and Japan to enjoy the films! At our closing night screening and reception we announced the award winners. They are:



- Grand Jury Prize – Best Film: Daihachi Yoshida's **THE SCYTHIAN LAMB**
- Kobayashi Audience Choice Award: Takumi Saitoh's **blank 13**
- Special Director's Award: Masato Harada and **SEKIGAHARA**



Thank you again to all the great filmmakers who screened films this year and to our enthusiastic audiences and volunteers who made the entire adventure so worthwhile. See you next year!

Photos courtesy of Leon Balaban and Yosh Inouye

JCCC Upcoming Events

JCCC Welcomes One of the World's Leading Taiko Artists!

Proceeds Support The Chris Kano Studio at the JCCC

EITETSU HAYASHI
Japanese Taiko Drum Concert
with EITETSU FU-UN NO KAI
In celebration of the 90th anniversary
of Canada-Japan diplomatic relations

August 22, 2018 @ 7:30pm
Tickets: \$25 / JCCC members: \$20
(HST included. General seating. Tickets are non-refundable.)

PROCEEDS FROM THIS CONCERT GO TO SUPPORT THE CREATION OF THE CHRIS KANO TAIKO STUDIO AT THE JCCC.



Date: **Wednesday August 22, 2018**
Time: **7:30pm**
Tickets: **\$20 JCCC member (HST included)**
\$25 general (HST included)

Tickets are on sale at the JCCC reception desk at 416-441-2345 or available online. Please visit the JCCC website. Tickets are non-refundable.

September Movie: ALLEGIANCE

The Broadway Musical on the Big Screen



Inspired by true events, Allegiance is the story of the Kimura family, whose lives are upended when they and 120,000 other Japanese-Americans are forced to leave their homes following

the events of Pearl Harbor. Sam Kimura seeks to prove his patriotism by fighting for his country in the war, but his sister, Kei, fiercely protests the government's treatment of her people.

An uplifting testament to the power of the human spirit, Allegiance follows the Kimuras as they fight between duty and defiance, custom and change, family bonds and forbidden loves. Legendary performer George Takei — (Star Trek, "Heroes"), who was himself an internee as a child, stars alongside Tony® winner Lea Salonga — (Miss Saigon, Mulan) in this enthralling and epic new musical.

But as long-lost memories are unlocked, Sam finds that it is never too late to forgive and to recognize the redemptive power of love. <http://allegiancemusical.com>

Date: **Sunday September 9, 2018**
Time: **2:00pm**
Tickets: **\$10 JCCC member**
\$12 general

JCCC Family & Friends Golf Tournament

The JCCC is hosting the 22nd Annual Family & Friends Golf Tournament on **Sunday September 16, 2018** at Rolling Hills Golf Club. This is a chance for families and friends to share a fun day of golf — all skill levels welcome and there are lots of prizes to be won! After a great day of golfing, there will be presentations and dinner back at the JCCC. We encourage everyone to join with grandparents, aunts, uncles, brothers, sisters, moms and dads, or just a group of friends.

We will continue this year with the shotgun start at 10am and an all Scramble format with shared carts included in the cost. Thank you all for your feedback as we looked for ways to make it an enjoyable tournament.

Application forms are available at the JCCC reception area. We also welcome hole sponsors — corporate or family — some sponsor levels include your green fees and contributes to our Heritage programming at the JCCC. Our biggest sponsor, HollisWealth (Marty Kobayashi), is also generously providing refreshments while out on the course!

For more information, please contact the JCCC at 416-441-2345 or contact Sharon Marubashi (Co-chair) at 647-291-4751 email sharon.marubashi@jccc.on.ca or Dawna Kobayashi (Co-chair) at dawna.kobayashi@sympatico.ca

JCCC Annual General Meeting Notice

JCCC Annual General Meeting

The membership of the Japanese Canadian Cultural Centre is hereby given notice of the 2018 Annual General Meeting on **Monday September 24, 2018** at 7:30pm at the JCCC, 6 Garamond Court, Toronto ON M3C 1Z5. Included in this Newsletter is the agenda and proxy.

Please also note there will be motions to approve By-Law changes to Executive Committee terms that have been approved by the JCCC Board of Directors. A summary of changes is outlined with the agenda and proxy insert.

For more information, please contact the JCCC at 416-441-2345.

Introducing JCCC KYOWA DAIKO!

KYOWA



JCCC TAIKO

We have a name! Thank you to everyone who submitted ideas for the name of the JCCC drum troupe. We ultimately decided on KYOWA which incorporates the kanji for KYO (hibiku) meaning reverberating or echoing, and WA, the character meaning harmony which is also used to identify

Japan and the Japanese-ness of something. The idea of reverberating harmony Japan seemed like a fitting name for an organization whose motto is Friendship through Culture. Calligraphy master and instructor at the JCCC Noriko Maeda generously donated the kanji renderings of the name and you can look forward to seeing them more regularly as we continue to raise funds to build the studio and roll out more performances by the team.

Arigato Day 2018

The spirit of community and volunteerism is the foundation on which the JCCC is built. Throughout the year many individuals and groups selflessly support the many programs and special events operated by the JCCC. As a small token of our gratitude, the JCCC Board of Directors invites JCCC volunteers to join us at Arigato Day.

On **Sunday October 21, 2018** at 3:00pm, Arigato Day will start with an informal social time with some Bingo games and prizes to be won! Take this opportunity to relax and have some fun with other volunteers. You will have the opportunity to meet the newly elected Board of Directors as they serve everyone a delicious dinner. The event will finish with an award ceremony that recognizes the 2018 recipients of the Ontario Volunteer Service Awards (sponsored by the Government of Ontario) and our own Nisei Veterans Award.

Registration is required so that we can make sure to accommodate everyone. Please contact JCCC reception at 416-441-2345 to RSVP or use an on-line form from <http://www.jccc.on.ca/en/volunteer/> by **Monday, October 15, 2018**.

If you are a recent volunteer who has not filled out a volunteer profile, please contact Yuki Nakata at volunteer@jccc.on.ca or 416-441-2345 ext 235.

Naginata Fee Changes

Please note that starting **Saturday September 1, 2018**, Naginata fees will be updated to the following:

Children	\$25.00
Youth & Senior	\$30.00 plus HST
Adult	\$35.00 plus HST

All fees paid in advance before **Saturday September 1, 2018** will be charged the existing rate.

JCCC Judo Kai Competitor Winning Nationally and Internationally

Over the past few years, Shady El Nahas of the JCCC Judo Kai has achieved truly remarkable competition results.

Shady El Nahas

Since the founding of the judo program at the JCCC over 50 years ago, no judoka from the JCCC has accomplished as much in competition as Shady El Nahas. Just 20 years old, Shady has already won 11 national championship titles including 3 time champion of the Senior Open National Championships and 3 time senior gold medal winner at the National Elite Invitational Championships.

In 2014 Shady was the first Canadian to win a gold medal at the prestigious International Masters Tournament in Bremen, Germany when he won the U18 age group championship. He followed this up with silver medals in the U21 age group in 2015 and 2016, and finally the U21 gold medal in 2017.



Photo by Judo Canada
Shady El Nahas (Left) in action against the World Open bronze medallist - at the Adidas International Belgian Open in Visé, Belgium

At the Canadian Open Championships in Calgary in May 2018, Shady won gold medals in both the U21 age group and in the Senior Men's division. At the banquet following the National Open Championships, Shady also was awarded the Most Outstanding U21 Male Athlete of the Year by Judo Canada, recognizing his gold medals at the Quebec Open, Ontario Open and the National Elite Invitational Championships among other accomplishments.

Earlier this year, Shady won the bronze medal at the Adidas International Belgian Open in Visé, Belgium for the second year in a row.

Shady is the first judoka from the JCCC who has qualified to compete on the International Judo Federation (IJF) World Tour. He will be competing for Canada at the Zagreb Grand Prix in Croatia in July, followed by the Budapest Grand Prix in Hungary in August and the World Championships for Seniors and Teams in Baku, Azerbaijan in September.



Photo by Judo Canada
Shady El Nahas (second from left) – Gold medal winner at the 2018 Open National Judo Championships, Calgary

Calendar of Art Gallery Exhibits

August 18 – October 24, 2018

Gloria Kagawa Retrospective

This exhibit of artwork by the acclaimed artist Gloria Kagawa will open on **Saturday August 18, 2018**. The official opening will take place on **Sunday September 9, 2018** from 2:00pm-4:00pm. On **Sunday October 14, 2018**, the JCCC will host an Artist Talk with Gloria Kagawa from 2:00pm-4:00pm.

November 3 – 11, 2018

Exhibit of Japanese Calligraphy Competition in Canada 2018

The exhibit of competitors' work will be on display from **November 3 – 11, 2018** in the Art Gallery. The official opening of the show will also include the Award Ceremony on **Sunday November 4, 2018** starting at 2:00pm.

November 16 – December 31, 2018

Telling Our Stories:

A Photo-history of Japanese Canadians, 1930 – 1965

The JCCC Heritage Department, in collaboration with the Arts Committee, presents an exhibition of cameras and photography from the Archive Collection. Curating a photo-history of Japanese Canadians before, during and after World War II, Telling Our Stories offers a glimpse into the different facets of life during this period.

January – March, 2019

Miya Turnbull and Norman Takeuchi Exhibit

Two noted Japanese Canadian artists will exhibit their work. Opening dates and Artist Talk dates TBD.

Nisei Veterans Award - Accepting Nominations

The JCCC is now accepting nominations for this year's Nisei Veterans Award. Through a desire by the JCCC to remember and recognize the dedication and loyalty to Canada of Nisei Veterans during WWII, this award recognizes young people in the JCCC's Martial Arts and Odori Dance Program who exemplify the spirit and values inherent in the Nisei Veterans.

Nomination forms (which include further information regarding criteria, eligibility, and prize details) are available at JCCC Reception, and online at jccc.on.ca. For a nomination to be accepted, a completed form must be submitted to JCCC Reception, or via email to sandyc@jccc.on.ca.

Deadline to submit nominations: **Friday August 24, 2018**

Found Its Way to the Archives



Normally, we like to highlight items that have been in the JCCC Archives for a long time, as a means of unearthing old treasures. This month, however, we have decided to highlight this wonderful treasure that was brought to us by

George Takahashi and Marty Kobayashi.

This J.F. Hartz Co. Limited First Aid Cabinet hung in the offices of the original JCCA. For over 50 years, Mr. Takahashi has held onto it, until Mr. Kobayashi convinced him that the Archives would be the best place for it. Still fully stocked, this First Aid kit will make a wonderful addition to our Collection. We can't wait to catalogue it completely and try and figure out what all of the little bottles are for!



Gloria Kagawa Art Exhibition in the JCCC Gallery

Layering colours, textures, shapes and architectural elements onto her canvases, artist Gloria Kagawa has created a diverse body of artwork in her portfolio, ranging from specific to abstract.



Her mixed media work that encompasses painting, drawing, photography, and printmaking will be on exhibit at the JCCC Gallery from **Saturday August 18 to Wednesday October 24, 2018**.

A Japanese Canadian based in New Hamburg, Ontario, Gloria Kagawa studied Japanese calligraphy and Chinese brush painting and occasionally incorporates these elements into her works. Her work has been exhibited across Canada, but also in Brazil, Poland, Netherlands, Taiwan and the USA. She was voted Waterloo Region's Visual Artist of the Year in 2011.

"My practice of overlapping and layering images facilitates multiple time and space references," says Kagawa. "My art is multi-layered, with themes of celebration, socio-political commentary, human and environmental struggles. It is about emotions, the individual: the world as I see it."

Opening Reception: **Sunday September 9, 2018**
from 2:00pm - 4:00pm

Artist Talk: **Sunday October 14, 2018**
from 2:00pm - 4:00pm

Doors open from **Saturday August 18 to Wednesday October 24**, 9:00am to 8:00pm daily.

"From 'America-mura' to Toronto: The Transnational Journey of the Hamade Family"

In partnership with the Eastern Canada Wakayama Kenjinkai, and Specified Nonprofit Corporation Hinomisaki America-mura, the Heritage Department at the JCCC is proud to host a screening and panel discussion of "Family History: The Transnational Journey of the Hamade Family".

"Family History: The Transnational Journey of the Hamade Family" is a series of three short films (total run time approximately 45 minutes) documenting the summer of 2017, when students from Kyoto University of Foreign Studies - who were conducting research on Japanese overseas emigration - connected with Stéphane Hamade, a 5th-generation Japanese Canadian, as part of their research regarding "America-mura" in Mio, Wakayama. Stéphane and the researchers began collaboratively exploring the transnational journey of his grandfather and family from 'America village' in Wakayama, to Toronto, Canada, and documented Stéphane's visit to Mio, Wakayama that summer.

The screening will be followed by an open panel discussion with Stéphane Hamade, Bill Hamade, Takae Mio (Board Member, Specified Nonprofit Corporation Hinomisaki America-mura), and Hiroaki Nishiyama (Former Regional Revitalization Supervisor, Mihama-town, Wakayama).

The event is free and open to the public, however reservation by phone or email is preferred at 416-441-2345, or elizabeth.fujita@jccc.on.ca

Date: **Friday, August 3, 2018**

Time: 7:00pm - 9:00pm

Place: Moriyama Nikkei Heritage Centre

JCCC is Hiring

The JCCC Heritage Department is hiring. Check our website www.jccc.on.ca for job posting details.

Community News

Significant Ceramics from Japan are Newest Addition to Art Gallery of Burlington

Submitted by Bryce Kanbara

One of the newest additions to the Art Gallery of Burlington's collection is an earthenware pot crafted in Japan more than 4,000 years ago during the Jomon period. The pot was built with coils of clay. It could have been used for storage or for cooking food, probably fish. The pot is displayed along with some significant 20th century Japanese ceramics. They are part of an ongoing gift to the gallery from the Koyanagi family.

Kimiko Koyanagi, Burlington artist and doll maker extraordinaire, is behind this donation. The pottery was collected by her late husband, James Koyanagi, a Burlington architect, born in British Columbia. His local architectural projects included Burlington City Hall and buildings at the Royal Botanical Gardens.

But before he embarked on his Canadian career, he lived in Tokyo during the 1950s, working for an architectural firm. That's when he began to collect Japanese ceramics.

The remainder of the Koyanagi vessels on show belong to the 20th century.

A tea bowl, or chawan, by Shoji Hamada features a few concise lines and shapes. The stoneware bowl, thrown on the wheel, would be used for the preparing and drinking of tea. It is fully functional and joyfully tactile.

A thrown stoneware plate by Tatsuzo Shimaoka (1919-2007) boasts a similarly restrained design. The border is filled with a subtle two-row pattern of circled rosettes, a very traditional stylized floral shape. A square vase made from slab-rolled stoneware by Kawai Kanjiro (1890-1966) stands on four feet. Its decoration is more colourful, profuse and energetic.

Curator Jonathan Smith says "Koyanagi mostly bought directly from the artists, especially pieces done by the mingei, or folk, artists who would have been the local village potter. There is a tea bowl Shimaoka gave to Jim when Shimaoka visited Sheridan College in the '70s -- he went to Jim and Kimiko's for dinner."



Ancient Earthenware coiled pot, made in Japan, circa 3000 BC to 2000 BC



Shoji Hamada, Tea bowl, or Chawan, circa 1965, stoneware



Tatsuzo Shimaoka, Plate, thrown stoneware



Kawai Kanjiro, Square footed vase, circa 1960, slab-rolled stoneware

JC Tenpin bowlers represent once again at the 14th Annual All Community Games

Submitted by Christine Takasaki

On Saturday June 16, approximately 100 bowlers converged on World Bowl in Richmond Hill for the 14th Annual All Community Games (formerly the Asian Community Games). This is a tournament where the members of our community have traditionally bowled well and this year was no different. Several of the bowlers took home medals in more than one category.



After completing a four game session in the morning and another four game session in the afternoon, many of our bowlers came out at the top.

In the men's category, Chris Reid, Dan Reid and Jeff Cockburn qualified for the 4-person elimination round. The final was brother vs. brother and elder brother Chris beat Dan to win the gold medal.

In the senior women's category, Wynne Reid and Cathy Ishii both won their first elimination games to face off against each other in the final. Wynne took the gold and Cathy took home the silver.

But the winning did not stop there. Wynne and Dan were teamed up with Chris Moncayo and James Koo to win the gold medal in team competition. Dan and Christine Takasaki took bronze in the doubles competition. Jeff and Dan won the gold and silver medals respectively in the singles Level A category. Wynne won bronze in the singles Level D category. Last but not least, Jeff took home a bowling ball for scoring 287, the highest single game score in Level A and of the day.

Congratulations to all the bowlers who participated and thank you for representing the community so well!

Hiroshima Nagasaki Day Coalition Looks for Volunteers

Submitted by Anton Wagneri

The Hiroshima Nagasaki Day Coalition has been organizing commemorations on August 6 and 9 for over two decades and is seeking new volunteers to support its continuing efforts to abolish nuclear weapons. For further information, see <http://www.hiroshimadaycoalition.ca/> or email hiroshimaday@yahoo.ca

This year's commemoration will take place at the Toronto City Hall Peace Garden on **Monday August 6**. It will highlight the catastrophic nuclear famine that would result if only 1% of the 15,000 nuclear weapons still in existence were detonated in large cities. The featured speakers will be Setsuko Thurlow and Ira Helfand.

Thurlow, a member of the HNDC organizing committee, accepted the Nobel Peace Prize on behalf of the International Campaign to Abolish Nuclear Weapons last December. Dr. Helfand is a member of the ICAN International Steering Group and co-President of the International Physicians for the Prevention of Nuclear War, the recipient of the 1985 Nobel Peace Prize.

The August 6 commemoration begins at 6:30pm and will also feature Japanese drummers, the Pax Christie Chorale, the Raging Grannies, and Grammy nominated flutist and composer Ron Korb who will lead the audience to a lantern ceremony at the City Hall reflecting pool. Mayor John Tory's Toronto Peace Message and peace messages from Hiroshima and Nagasaki will also be presented. Community tables, origami, lantern-making, Shiatsu and face painting for children will start at 4:30pm. A poster display about Hiroshima and Nagasaki and nuclear weapons will be exhibited inside City Hall from **August 6 to 11, 2018**.

Expedia Cruises Atop JC3-Pitch Standings

Submitted by Bob Doi

At the mid-point of the JC3-Pitch season, a log-jam in the standings finds Expedia Cruiseshipcenters leading the pack with only a single loss. The remaining 5 teams are all bunched closely behind. With 4 weeks remaining in the regular season, it's anyone's guess as to how the teams will align themselves come play-off time. Play-off games are on August 12, 19 & 26. Games are played Sunday mornings at Riseborough Park and Highgate Park in Markham. Please check the JC3-Pitch website for details and scheduled games. www.JC3Pitch.com

Team	Wins	Losses	Sponsor	Captain
Expedia Cruiseshipcenters	3	1	Tina Takimoto	Rob Takimoto
Back2feet	2	2	Yim Lok	Tod Nagamatsu
HollisWealth	2	2	Marty Kobayashi	Alan Yu
Hoult-Hellewell Trophies	2	2	Darryl Hayashi	Glen Kawaguchi
Wietzes Toyota	2	2	Gary Brownlie	Wesley Wong
Loknest Monsters	1	3	Yim Lok	Jon Nagamatsu



Back2feet Watching the game as they go on to defeat Wietzes Toyota by 1 run.

Wynford Seniors Bowlers Needed!

The Wynford Seniors Bowling League is currently looking for new 5 pin bowlers, age 55 and over, to join their fun-filled and non-competitive league. No experience is necessary, as handicaps are calculated at the beginning of the season.

Bowling is either on Monday or Friday mornings, from 9:30 until noon, starting in September. Playoffs are in late April, and the season concludes with a scrumptious buffet banquet and awards ceremony in early May.

The alley is located at Parkway Bowl, east end of Parkway Plaza, 67 Ellesmere Rd in Scarborough.

All you need to join are JCCC and Wynford Seniors memberships!

If you are interested, the bowlers welcome you to check out the alley during the summer on Monday mornings, from 9:30am-11:30am, where some practise for fun.

For more information or to join, please contact Dawna Kobayashi at 416-407-8102 by mid-August.

Toronto Fukuoka Kenjinkai Picnic

Everyone is welcome and we will be HAPPY to see all of our other Kenjinkai friends join us for a fun-filled day of Races, Bingo and Fukubiki!

Please notify the following asap if you are able to attend:

- Noboru Yamamoto: e-mail: nobo277y@gmail.com
- Joan Hirano: 905 883-1835

Date & Time: **Sunday August 12, 2018** 11:00am
Place: Thomson Memorial Park Area "C"
1005 Brimley Rd., N. of Lawrence Avenue
Scarborough, ON
Fee: \$2.00
FREE for children 10 yrs and under

Bring your own Oishii Bento to enjoy or share.

Japonica

Submitted by Momiji Health Care Society

Interested in all things Japanese? Join us on **Saturday September 8, 2018** for our second annual Japonica sale - an offering of Japanese dolls, lacquer, Ikebana containers, tableware and a selection of gently or never-used soft goods including kimono, furoshiki and bags. There will also be a Café with Bento, lunch, teas, coffee, home-baked sweets and much more.

If you are downsizing, Momiji would welcome donations of Japanese items to sell at this event. All funds raised will go towards helping seniors at Momiji Residence and in the community. For more information please visit our website (momiji.on.ca), Facebook page (momijihealthcaresociety) or contact Sheri-Lynn at 416-261-6683, ext. 259 or by email at fundraising@momiji.on.ca.

Space Available at JCCC

The JCCC currently has (or will have) 2 spaces available for rent on the 2nd floor as follows:

Suite 230 1,551 sq. ft. Available almost immediately
Suite 245 705 sq. ft. Available summer 2018

If you think that moving to the JCCC would benefit your organization or business, please call our leasing co-ordinator to explore this possibility:

Contact: Mr. Nao Seko
Business: 416-444-9900 ext 227
Fax: 416-444-9911
Cell: 416-579-6921
Email: nseko@masamigroup.ca

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
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
学校法人山崎学園 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 Uttagassan
Wynford Seniors Club

DONATIONS TO THE JCCC

As of July 3, 2018

The JCCC gratefully acknowledges the following donations:

JCCC		Bazaar		Team Octane	200
Ms. Susana Adolfo	10	Toronto Japanese Garden Club	100	Hilary and Richard Turnock	100
Anonymous	42			Mrs. Ming L. Wu	50
JCCC Library		Chris Kano Taiko Studio		In memory of Mary Ogaki	
Mr. and Mrs. Toshimitsu Arima	250	Ms. Rafeeza Khan	100	Mrs. Connie Kitamura	50
Mrs. Sheri-Lynn Armstrong	25	Mr. Steve McFarlane	1,000	Mr. and Mrs. Ray Uda	50
Mr. Wyatt Boutilier	20	In memory of brother		In memory of Mary Uchida	
Mrs. Aileen Chiba		Brad McFarlane		Mr. and Mrs. Arthur Ishii	30
Mrs. Kumiko Claros	16	Ms. Masae Otani	100	In memory of Mizue Takeuchi	
Ms. Akiko Date	2,000	Karie Shiozaki, Bruce Tatemichi	200	Mrs. Ruby Fukumoto	35
For Taiko repairs		and family		Mrs. Barbara Shimizu	50
Mr. and Mrs. Mas Dazai	300	In memory of Fumiharu Richard		Karie Shiozaki, Bruce Tatemichi	30
Dr. William Flanigan	37	Shiozaki and Geri T Shiozaki		and family	
Mrs. Patricia Fujiwara	25	Toronto Geino Aikokai	2,000	In memory of Sachiko Oue	
Mrs. Sanae Fukushima	50			Mr. and Mrs. Joe Ohori	
Mr. and Mrs. Larry Furukawa	100	Mr. Martin Kobayashi	3,400	In memory of Satoko Mary Uchida	
Mr. & Mrs. Jerry & Sue Hikida	50	Matching Donation		Ms. Dawn Uchida	300
Mr. Akio Ikebata	20			and Mr. Al Rogers	
Mr. and Mrs. Koji Kari	20	In Memoriam		In memory of Shin Taira	
Mrs. Masako Kawabe	50	In memory of Denis Akiyama		Mrs. Rose Baba	30
Ms. Fumie Kumamoto	100	Mr. Rick & Mrs. Kathy Tazumi	30	Ms. Cheryl Cater	25
Ms. Barbara Laplante	30	In memory of Elizabeth Tsuji		Ms. Lynn Gwilliam	100
Mr. Stephen Lau	100	JCCC Ping Pong Club	200	Mr. & Mrs. Gary & Teresa Isaacs	50
Mr. Christopher Masuda &	60	In memory of Geri Shiozaki		Louise and Donald Lavallee	100
Ms. Margaret Widgery		Mr. Rick & Mrs. Kathy Tazumi	30	Ms. Tanya McCormack	50
Mrs. Etsuko Matsuura	100	In memory of Grace Sakamoto		Frank and Yukio Morita	100
Mr. Ken Miyasaki	75	Mrs. Kiyomi Kay Asada	25	Mrs. Sally Miyazaki	25
Mr. Tsutomu Nakano	27	Mrs. Toki Watte	20	Ms. Judi Morant	40
Ms. Christine Nakatsu	77	In memory of Herbert Morita		Mr. and Mrs. Saburo Morita	30
Ms. Stephanie Perry	16	Mrs. Frances Nakamura	20	Mrs. Jan Nobuto	30
Mrs. Mimososa A. Shiga	100	In memory of Hitomi Noda		Mr. Robert Nyffenegger	50
Ms. Momoye Sugiman	15	Mrs. Yasuko P. Kusano	20	Mrs. Jean Yoshiko Seki	25
Ms. Grace Takenaka	100	In memory of Joe Nakamura		Mr. Sab Seki	100
Mrs. Michi Ueda	30	Mr. Tsutomu Nakano	35	Ms. Karyn Sunohara	200
Mrs. Carolyn Wells	50	In memory of Joe Shimoda		Mr. Leslie Sunohara	200
Mrs. Maureen Williamson	50	Mr. and Mrs. Glenn Shimoda	750	Shelley and Wayne Sunohara	150
		In memory of Joe Togawa		and Emily Anderson	
Corporate Foundations and Government		Mr. Roy Toyama and	40	Ms. Wilma Swayze	50
Donations & Sponsorships		Mr. George Toyama		Mr. and Mrs. Abie Takeuchi	25
B. Ozawa and Brother Foundation		In memory of Kikumichi Yoshida		Mr. and Mrs. Rick Toki	30
Estate of Denise Nishimura		Ms. Joni Inouye	200	Mr. Roy Toyama and	40
In memory of Denise Nishimura		In memory of Kyoko Abe		Mr. George Toyama	
Jackman Foundation		Mrs. Betty Lou Arai	25	Mr. and Mrs. Carl Uchikura	25
In honour of Bill & Jan Hatanaka		Mr. and Mrs. Gordon Burrows	50	Jerry and Nancy Wallace	100
The Frank H Hori		Ms. Florence Deguire	30	In memory of Shirlee Ueda	
Charitable Foundation		Ms. Valerie Deguire	20	Mr. & Mrs. Byron M. Tanaka	40
The Japan Foundation Toronto		Mrs. Kay Fukuda	50	In memory of Susie Idenouye	
Toronto Anime Matsuri		Mr. and Mrs. Arthur Ikeda		Mr. Rick & Mrs. Kathy Tazumi	50
In memory of Kyoko Abe		Mr. Gary Kawaguchi and	100	In memory of Tamako Honda	
Group Performance		Ms. Gayle Taguchi		Mr. Bernard Roitberg	50
Yvon Deguire Inc.		Mr. Samuel Matsumura	100	In memory of Thomas Arai	
West Park Prosthetics Staff		Mr. Craig Nakatsu	50	Mrs. Betty Lou Arai	1,000
Sakura Gala		Mr. and Mrs. Bunzo Nishitoba	50	In memory of Tosh Sakura	
Canadian Foundation for Physically		Ms. Diane Onodera	20	Mrs. Mitzi Burrell	100
Disabled Persons		Mr. and Mrs. V.T. Onodera	50	In memory of Tosh Usami	
Sage Investments Limited		Ms. Dominique Setton	50	Ms. Dianne Bradley	50
In honour of William &		Ms. Yuko Shimizu	100	In memory of Toshiko Hayashi	
Jan Hatanaka		Mrs. Ayako Sugino	50	Toshiko Hayashi Family	100
Toronto Japanese Film Festival		Ms. Grace Takenaka	50	In memory of Yonoko Ishida	
Anonymous		Mr. and Mrs. Byron M. Tanaka	50	Mr. and Mrs. Kayo Shigetomi	500
Sushi Bento Foundation		Mrs. Pauline Tanaka	30		
		Mr. Rick & Mrs. Kathy Tazumi	50		
Heritage		Supporting Member		Mr. and Mrs. John McNie	93
Mr. Hajime Sawada	120	Ambassador		Mr. and Mrs. Stephen Oikawa	150
		Ms. Karen Kuwahara	977	Mr. and Mrs. Walter Schlichtig	110
Toronto Japanese Film Festival		Partner		Mr. and Mrs. Kaz Shikaze	150
Ms. Constance L. Sugiyama	1,000	Mrs. Pat Adachi	150	Mr. Tokugi Suyama	150
Ms. Grace Takenaka	100	Mr. Kevin Hyatt	150	Mr. and Mrs. Takato and	
		Mr. Gary & Mrs. Teresa Isaacs	150	Toshiko Yamashita	93
		Mrs. Joyce Matsumoto	150		



J-MUSIC FESTIVAL

MUSIC AND TALENT SHOWCASE

FRIDAY AUGUST 10, 2018 [7:00PM - 9:00PM]

DAY 1 - TALENT SHOWCASE FEATURING IA VIRTUAL ARTIST SPECIAL PRESENTATION, IDOL GROUP PASTEL, AND MORE...

\$10 EARLY BIRD
\$15 DOOR

SATURDAY AUGUST 11, 2018 [7:30PM - 2:00AM]

DAY 2 - ARTIST SHOWCASE FEATURING UMBRELLA, IA VIRTUAL ARTIST SPECIAL PRESENTATION, AND AFTER PARTY FT KAWAII BASS.

\$25 EARLY BIRD
\$35 DOOR

VIP: \$45 TICKET INCLUDES VIP ACCESS TO DAY 1, DAY 2, UMBRELLA MEET AND GREET, CHEKI AND BADGE

TICKETS ONLINE VIA **Eventbrite** AND AT THE DOOR. JCCC MEMBERS \$5 OFF DOOR RATE



SATURDAY AUGUST 11TH, 2018

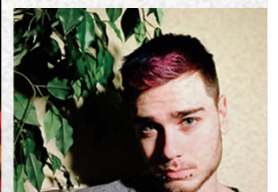
RAINSTORM OF SOUND, YUI, SHU, HARU, AND SHO

umbrella



SATURDAY AUGUST 11TH, 2018

EPIKURO, DJ TENSIN, DJ DAVIDE FERRARA, PANIC POP, SIXTROKE AND DATARIDER



FRIDAY AUGUST 10TH, 2018

IA VIRTUAL ARTIST SCREENING, PASTEL, AND MORE...



WWW.J-ROCKNORTH.COM/JMFEST

EITETSU HAYASHI

Japanese Taiko Drum Concert with EITETSU FU-UN NO KAI

In celebration of the 90th anniversary
of Canada-Japan diplomatic relations



August 22, 2018@7:30pm

Tickets: \$25 / JCCC members: \$20

HST included. General seating. Tickets are non-refundable.

A founding member and principal performer of both ONDEKOZA and KODO, world-renowned taiko performer EITETSU HAYASHI was one of the first artists to bring taiko to the West. He is best known for his solo performance work and performs and records in Japan and around the world. His unique style and thrilling, powerful performances have garnered multiple awards in recognition of the cultural value of his work.

PROCEEDS FROM THIS CONCERT GO TO SUPPORT THE CREATION OF THE CHRIS KANO TAIKO STUDIO AT THE JCCC.



今後の行事予定

8月

- 4(土) JCCCカラオケクラブサマーパーティー
 6(月) JCCC 閉館日 - Civic Holiday
 10(金)-12(日) トロントアニメ祭り
 18(土) JCCCカラオケクラブ
 22(水) 林 英哲太鼓コンサート
 23(木) シニアサパークラブ
 30(木) JCCC映画鑑賞会

9月

- 3(月) JCCC 閉館日 - Labour Day
 8(土) JCCCカラオケクラブ
 9(日) JCCC 月例映画鑑賞会『アリージャンス/忠誠』
 15(土) JCCC 太鼓ワークショップ
 16(日) JCCC ファミリーゴルフトーナメント
 16(日) 組み紐ワークショップ
 17(月) 秋季文化クラス開講
 20(木) シニアサパークラブ
 20(木) 折り紙ワークショップ
 22(土) JCCCカラオケクラブ
 24(月) JCCC年次総会
 27(木) JCCC 月例映画鑑賞会
 30(日) 一世の日

10月

- 6(土) JCCCカラオケクラブ
 8(月) JCCC 閉館日 - Thanksgiving Day
 13(土) JCCC 太鼓ワークショップ
 14(日) 組み紐ワークショップ
 16(火) シニアサパークラブ
 18(木) 折り紙ワークショップ
 20(土) JCCCカラオケクラブ
 21(日) ありがとうデー
 25(木) JCCC 月例映画鑑賞会

JCCCファミリーゴルフ

毎年恒例のJCCCファミリーゴルフトーナメントが今年も**2018年9月16日(日)**に Rolling Hills Golf Clubで開催されます。ご友人やご家族同士での参加はもちろん、個人参加も大歓迎です。詳細は英語ページP5をご参照ください。申込用紙は会館受付でもご用意しております。

詳細はJCCC受付416-441-2345、jccc@jccc.on.ca、シャロン・マルバシ647-291-4751、sharon.marubashi@jccc.on.caまたはドナ・コバヤシdawn.kobayashi@sympatico.ca までお問い合わせください。



ありがとうデー 2018年秋開催

JCCC理事会役員並びにスタッフ一同より、今年もJCCCでボランティアをして下さっている多くの皆さんに多大なる感謝を申し上げます。この度はJCCC理事より、日頃の感謝を込めて、JCCCでご活躍されているボランティアの皆さまを**2018年10月21日(日)**午後3時より開催されるありがとうデーにご招待致します。

ありがとうデーでは、毎年オンタリオ州により表彰される『オンタリオボランティアサービスアワード』の2018年受賞者の授与式が行われます。この賞は5年以上の長期にわたり、様々な分野で活躍して下さっている方々が受賞されます。又、JCCC独自の二世ベテランアワードの授与式も同時に行います。

ありがとうデーにご参加申し込みの方は、受付にお電話、又はJCCCウェブサイトのオン・ライン・フォームよりご参加申し込みを**2018年10月15日(月)**までお願い致します。

ボランティアプロフィールが未提出の方、又はボランティアプロフィールの提出確認をされたい方はvolunteer@jccc.on.ca又は416-441-2345内線235中田由希子までご連絡下さい。

日加修好90周年 林英哲 with 英哲風雲の会 カナダツアー

この夏、ジャパンファンデーション企画、主催の日加修好90周年記念ツアー、トロント公演が、日系文化会館、小林ホールにて行われます。

太鼓界のレジェンド林英哲さんが英哲風雲の会と共に熱演するこのコンサートは、和太鼓の迫力と魅力満載。独創的な音楽の世界へと導いてくれることでしょう。

日時：**8月22日(水)**午後7時半開演
 チケット：\$20 (JCCC会員)； \$25ドル (一般) (HST込み)
 (返金不可能) 自由席

チケットのお求めはJCCC受付、416-441-2345又はオンラインでご購入される方はJCCCウェブサイトをご覧ください。

9月のJCCC映画鑑賞会 「アリージャンス/忠誠」

ブロードウェイミュージカルを映像作品としてビッグスクリーンで上映



第二次世界大戦の勃発と共に、物語の主人公のキムラー家の様な日系人は「敵性外国人」と見なされ、ルーズベルト大統領による大統領令によって強制収容所に送られてしまう。強制収容所での厳しい暮らしの中でも「GAMAN」の精神で希望を失わず日々を耐えていた彼らにある日、忠誠心調査書(Loyalty Questionnaire)が配られアメリカへの忠誠を問われる、この忠誠書に対する

考え方を巡って対立する家族、そして日系人コミュニティはそれぞれの道で自由を求めて戦いを始める。

今作は日系アメリカ人家族キムラー家を中心に希望、愛、そして赦しを描いた物語である。

atpress.ne.jp/newsより

日時: 2018年9月9日(日) 午後2時
チケット: \$10(JCCC会員); \$12(一般)

Summer Schedule

August Open 開館日

THURS (lending): 10am - 2pm

FRI (non-lending): 10am - 2pm

FRI (computer clinic): 2pm - 4:30pm

SAT (lending): 1pm - 5pm

Special closing dates:

July 28 - Aug. 4

Sept. 1 - Sept. 7

August 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 closed	2 closed	3 closed	4 closed
5	6 JCCC closed	7 closed	8 closed	9	10	11
12	13	14 closed	15 closed	16	17	18
19	20	21 closed	22 closed	23	24	25
26	27	28 closed	29 closed	30	31	
September 2018						
	Mon	Tue	Wed	Thu	Fri	Sat
						1 closed
2	3 JCCC closed	4 closed	5 closed	6 closed	7 closed	8

NJCC ・ 新日系コミティーニュース

健やかな老後をめざして その16

多くの人を悩ませている肩こり

肩は、主に前側の鎖骨(さこつ)、背中側の肩甲骨(けんこうこつ)、二の腕あたりの上腕骨(じょうわんこつ)から構成されています。それらの骨を様々な筋肉が支えており、なかでも重要なのが首から肩、背中にかけて存在している僧帽筋(そうぼうきん)です。一般的に「肩こりとは僧帽筋に負荷がかかって張ったり、硬くなったり、痛んだりする状態」をさします。

その状態が生じる主な原因は日常生活にあります。運動不足、肩の使い過ぎ、悪い姿勢や長時間の同一姿勢、不適切な枕などは肩周辺の筋肉を疲労・緊張させ、肩こりを起こします。また、ストレスによっても自律神経のバランスがくずれ、筋肉が緊張します。喫煙が原因の1つとされるのは、血流が悪化し、筋肉に送られる酸素や栄養が減少し、筋肉の働きに影響を与えるからです。特に、最近はスマホ姿勢(スマホ巻き肩)が問題!肩の筋肉を酷使するだけでなく、腰や膝も疲労します。さらに、目の使い過ぎも肩こりの原因になりますね。

日常生活が原因なので、生活習慣や姿勢を見直し、ストレッチや体操を行うことでその多くが軽減します。

立つときには「あごを少し引いて、胸を張り、おへその下に力を入れ、膝を伸ばす」ように心がけましょう。これが猫背にならない姿勢です。座る時には背筋を伸ばし、背もたれに寄りかからないように少し浅めに座ります。椅子の高さは膝と股関節が同じ高さになるくらいが望ましいでしょう。PC作業を長時間行う場合は、両腕が浮かないように肘を固定させることも大事です。また、クーラーの冷えは血流を悪くし、筋肉を硬くさせてしまいます。

ともかく、同じ姿勢を長く続けずにこまめに変え、少なくとも1時間に1回は立って背伸びをしたり、歩いたりしましょう。まさに今、私も肩回し運動を行ってリラックスしたところです。

肩こりを防ぐ体操を日常に取り入れましょう。1つは「僧帽筋を動かすこと」。背筋を伸ばし、足を少し広げます。両肩を耳につけるイメージで持ち上げて10~20秒保ち、力を抜いて肩を下ろします。もう1つは「肩甲骨周囲の筋肉を動かすこと」。左右の肩甲骨を広げるイメージで、少し前かがみになり、両肘を曲げて中央に近づけていきます。背中中の筋肉が伸びている感じが心地いいです。次に、左右の肩甲骨を狭めるイメージで、姿勢を少し起こして両腕を広げていき、できれば耳より後方に引きまします。

これら2つの運動は簡単で実行しやすいです。それぞれを1セット5回とし、一日に何度か行います。運動中は呼吸を止めないようにしましょう。

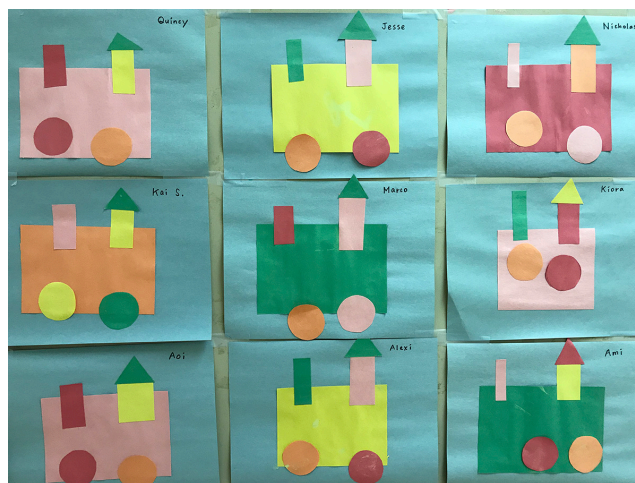
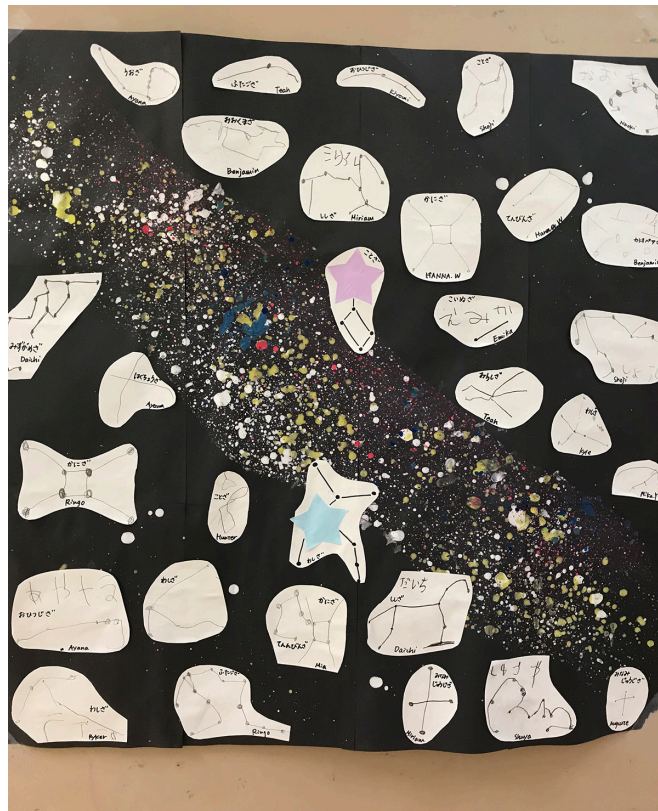
しかし、肩こりは肩関節や神経の病気、あるいは目や臓器の病気が原因で起こる場合もあります。腕や手のしびれ、肩の痛みなどで生活に支障があれば受診しましょう。最もよく見られるのが肩関節周囲炎(五十肩 frozen shoulder)。50歳代に多いですが、30~70歳代の幅広い年齢層に起こります。運動療法を行ってはいけない時期と積極的に行うべき時期とがあります。回復期間を長引かせないためには、時期に応じた適切な治療と指導を受けることが大切です。

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)



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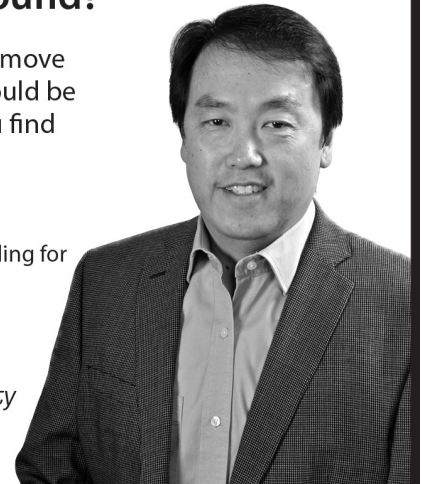
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Notice of Annual General Meeting – Monday, September 24 2018

Members of the Japanese Canadian Cultural Centre are requested to attend the Annual General Meeting on Monday September 24 2018 at 7:30 pm at the JCCC, 6 Garamond Court, Toronto, Ontario M3C 1Z5.

AGENDA

- | | |
|--|------------------|
| 1) Approve Minutes of AGM – June 26 2017 | Sharon Marubashi |
| 2) Report from the Treasurer | Chris Hope |
| 3) Appointment of Auditor for the ensuing year | Chris Hope |
| 4) Appreciation to Retiring Board Members | Gary Kawaguchi |
| 5) Approve Nominations to the Board | Sharon Marubashi |
| 6) Approve By-Law Changes* | Sharon Marubashi |
| 7) Closing of Official Business | |
| 8) Presentations: Executive Director/Heritage/NJCC/ Foundation and President's Message | |

*Summary of By-law changes on back of this agenda/proxy

Any member who will not be present in person is requested to sign the attached Proxy Form. Members may only vote in person or by completing the attached Proxy Form and returning it to the JCCC office prior to the commencement of the Annual General Meeting.

Dated at Toronto, Ontario, this 7th day of July 2018.

By order of the Board of Directors,
Sharon Marubashi, Secretary

.....

In accordance with the By-Laws of the JCCC, Proxies may be exercised by any member of the JCCC Board of Directors or any other member of the JCCC in good standing. Any such member may exercise a maximum of 5 proxy votes.

I/We* hereby appoint _____ as proxy for each of the undersigned to vote for the undersigned on all matters to be put before the Annual General Meeting of the members of the JCCC to be held at 7:30 pm on Monday, September 24 2018 at any and all adjournments thereof.

Dated this _____ day of _____, 2018.

Membership No.

Signature of 1st Member

Signature of 2nd Member

Please Print Name

Please Print Name

* Family membership entitles each of the 2 adults in the same family and residing at the same address to exercise one vote each. You may leave the appointment name blank; your proxies will be exercised by a member of the JCCC Executive Committee or JCCC Board of Directors.

JCCC Constitution and By-Law Change – September 2018

ARTICLE (4): ELECTION AND TERM OF DIRECTORS

All Members of the Board of Directors shall be elected for a maximum of three consecutive terms of office, with each term lasting three (3) years. Any Director who has completed a period of three (3) consecutive terms shall be required to retire and may apply for re-election for a further term(s) after one (1) year not serving on the Board of Directors.

At the discretion of the Board of Directors , the 3rd term may be extended in order to fulfil an Executive Committee position which has a maximum 5 year term limit.

Notwithstanding the foregoing, any Director other than a first Director may resign as a Director by delivering notice in writing of his or her resignation to the Board of Directors or to the President, and such resignation shall be effective upon the later of the date set out in such notice or the date of receipt thereof by the Board of Directors or the President, as the case may be.

The Board of Directors shall appoint a Nominating Committee of three (3) or more directors whose role is to review and put forward qualified applicants for Board membership each year. All nomination of persons to the Board of Directors must pass through the Nominating Committee for review and approval at least thirty (30) days prior to the next Annual General Meeting.

ARTICLE (11): POWERS OF THE DIRECTORS AND COMMITTEES

The Directors of the JCCC shall administer the affairs of the JCCC and shall make or cause to be made for the JCCC, in its name, any kind of contract which the JCCC may lawfully enter into and save as hereinafter provided, exercise all such other powers and do all such other acts and things as the JCCC is by its Letters Patent or by law or otherwise authorised to exercise and do.

Subject to the Corporations Act, as amended, and in the event that the number of Directors on the Board is greater than six (6), the Directors may elect from among themselves an Executive Committee consisting of not fewer than three (3) Directors and may delegate to such Executive Committee any of the powers of the Board, subject to the restrictions, if any contained in the By-laws or imposed from time to time by the Board.

Directors elected to the Executive Committee shall be elected annually by the Board and can be re-elected up to a maximum of 5 years.

Subject to the By-laws and any resolution of the Board, the Executive Committee may meet for the transaction of business, adjourn and otherwise regulate its meetings as it sees fit and may from time to time adopt, amend or repeal rules and procedures in that regard, provided however that if the Executive Committee is authorised to fix its quorum, such quorum shall not be less than a majority of its members. Any Executive Committee member may be removed by resolution of the Board. Executive Committee members shall receive no remuneration for serving as such.

The Board shall from time to time, approve the establishment and/or termination of any Standing and Continuing Committee as it may deem necessary to carry out the objectives, goals and programs of the JCCC. The Board shall approve the Committee's written terms of reference, budgets, annual goals and objectives and appoint the Chair of the Committee. Any committee member may be removed by resolution of the Board.

No Committee has the authority to spend or bind the JCCC unless it is given this specific authority by the Board.