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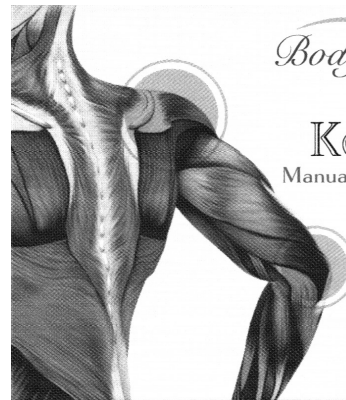
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Japanese Canadian Cultural Centre

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Calendar of Events

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
Mon	17	Special Movie Screening – Kainan 1890
Thu	20	Seniors' Supper Club
Thu	20	Origami Workshop
Sat	22	JCCC Karaoke Club
Mon	24	JCCC Annual General Meeting
Mon	24	Japanese Cooking Workshop
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
Mon	22	Japanese Cooking Workshop
Thu	25	JCCC Movie Night – Maborosi

November

Sat	3	JCCC Karaoke Club
Sat	10	JCCC Taiko Workshop
Sat	17	JCCC Karaoke Club
Thu	22	Origami Workshop
Sun	25	Kumihimo Workshop
Mon	26	Japanese Cooking Workshop

SUBMISSION DEADLINE

Deadline for the October issue is: Friday September 7, 2018.
10月号の締め切りは2018年9月7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: Era Woodblock Prints

JCCC Upcoming Events

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 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 - Still Time to Register!!

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, an all Scramble format and 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 greens 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 and Dawna Kobayashi (Co-chair) at dawna.kobayashi@sympatico.ca

Registration deadline **Monday September 10, 2018.**

Kainan 1890 – 125 Years Memory Turkey's and Japan's Friendship

The JCCC is proud to cooperate with the Japan Foundation, the Japanese Consulate, and the Turkish Consulate General in Toronto to present Mitsutoshi Tanaka's spectacular Japanese-Turkish co-production.

KAINAN 1890 was nominated for Japanese Academy Awards in 9 categories including Best Film, Best Director and Best Male and Female Performances and was a big hit at the 2016 TJFF.

The film links two significant historical moments in the relations between these two countries: the wrecking of the Ottoman frigate Erturul off the Japanese coast in 1890 where more than five hundred sailors were drowned with the survivors being rescued through the extraordinary efforts of Japanese locals; and the rescue of 215 Japanese nationals from Tehran by a Turkish Airlines team during the Iraq-Iran War in 1985. A moving tale of international friendship featuring an international all-star cast, gripping intrigue and spectacular effects.

Starring Seiyo Uchino, Shiori Kutsuna, Naoto Takenaka, Kenan Ece, Alican Yuceso



Date: **Monday September 17, 2018**
Time: 7:00pm
Tickets: \$10 JCCC member \$12 general

Issei Day – A Tribute to the Seniors of Our Community

Issei Day Committee

The Board of Directors of the Japanese Canadian Cultural Centre extends an invitation to Issei Day on **Sunday September 30, 2018**, and would like to welcome all who are 70 years of age and older.

This year will be the 56th year of celebrating Issei Day. Last year approximately 325 Issei, Nisei, Sansei and Ijusha gathered in Kobayashi Hall to celebrate this annual event. We are also happy to have the sponsorship and support of the Momiji Health Care Society for a second year.

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

The program begins at 2:00pm and concludes around 5:00pm. To ensure that we are able to accommodate everyone with seating and a bento, we require that everyone pre-register at 416-441-2345 by **Friday September 21, 2018**. It is wonderful to see so many of our seniors come to this event but we are close to our maximum capacity. To ensure everyone is able to sit, relax and enjoy the afternoon, don't delay and register today!

We look forward to seeing you.

JCCC Taiko Workshop

Learn how to play taiko for the first time or continue developing that taiko spirit!

This workshop will be conducted in two parts. The first part will focus on the fundamentals of what taiko is all about; how to play it and building a solid base. The second part will apply the fundamentals and develop taiko skills.

Date: **Saturday September 15, 2018**
Time: 6:00pm - 8:00pm
Fee: \$25 plus HST JCCC member
\$30 plus HST general



JCCC Karate Club

Shihan Tsumura and the black belt instructors look forward to seeing returning students and all our new and future students. Students are reminded to be at class 15 minutes before class starts and to parents, student drop off and pick up is always outside the Wood room dojo. Parents must call reception at 416-441-2345, if you are going to be late picking up your child.

Parents please remind your children not to wander in the JCCC and to remain in the dojo hall area when waiting for class to start or for pickup.

If you require a new Gi or Crest or are a new student still owing fees to your JCCC membership, please see Shihan. Fall Tournament to be held in Owen Sound, Ontario, on **Saturday November 17, 2018**, details to follow.

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 at 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, JCCC trivia, 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 a delicious "bento dinner" (new this year). The event will finish with an award ceremony, recognizing the 2018 recipients of the Ontario Volunteer Service Awards sponsored by the Government of Ontario, and our own Nisei Veteran Award recipients.

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

Registration is required so that we can make sure to have enough bento available for everyone. Please contact JCCC reception at 416-441-2345 to RSVP, or use the on-line form at <http://www.jccc.on.ca/en/volunteer/>.

The deadline to register is **Monday October 15, 2018**.

Date: **Sunday October 21, 2018**

Time: 3:00pm - 7:00pm (Dinner starts at 5:00pm)

JCCC Annual General Meeting Notice

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.

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.

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

Naginata Fee Changes

Please note that starting **Saturday September 1, 2018**, Monthly 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.

8th Annual Fuyu Matsuri – Winter Festival 2018

Quickly becoming one of the most popular events of the year at JCCC, Fuyu Matsuri - Winter Festival is coming on **Sunday December 2, 2018!**

We would like to welcome everyone to our annual Fuyu Matsuri, Winter Festival with great activities like Christmas ornament making, gingerbread cookie decorating, lots of interactive games for adults and kids, the much anticipated photo taking with our special guest Santa, Christmas shopping in our Marketplace (Shotengai), pampering yourself with relaxing treatments in our Wellness Room (Iyashi no ba), and of course there will be many food vendors with delicious foods like our Japanese winter favourites, Oden and much more. And don't forget the great prizes will await for you at the Reindeer Raffle and Silent Auction.

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

Date: **Sunday December 2, 2018**

Time: 11:00am – 4:00pm

Place: Japanese Canadian Cultural Centre (Main Floor)

We are currently looking for vendors for our Fuyu Matsuri Food Corner, Marketplace, and Wellness Room. Vendor application deadline is **Thursday October 25, 2018** for the Marketplace, the Wellness Room and the Food Corner.

Please contact Yuki Nakata at yuki@jccc.on.ca for further information.

Volunteers are needed for this event, registration begins in mid-October. Anyone interested in volunteering for Fuyu Matsuri must sign up through the JCCC website at <http://www.jccc.on.ca/en/volunteer/> by **Thursday November 15, 2018**.



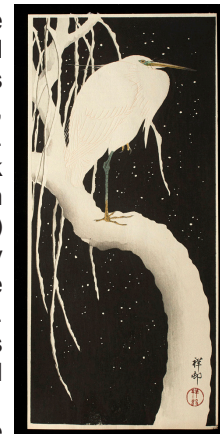
Era Woodblock Prints is thrilled to be a part of the JCCC Gift Shop!

Mark Burkeitt
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The Art

The terms ukiyo-e and “Japanese woodblock prints” surely call to mind masterpieces of centuries past, such as Utamaro’s bijin, Hokusai’s Great Wave, and Hiroshige’s Stations of the Tokaido. But another golden age of woodblock printing emerged in Japan in the early 20th century – the shin hanga (or “new prints”) movement. The style is characterized by perspective and lighting that are more naturalistic than in earlier Japanese prints. Shin hanga often depicts temples, shrines and gardens but also extends to the natural world and portraiture.

Woodblock prints are the collaborative product of an artist, a carver, a printer, and a publisher. Once carved, a wooden block may live on to produce future editions of a design. The seals and stamps of the artisans and the materials employed are used to ascertain the date of actual printing.



The Collection

Era’s shin hanga collection began with the 1933 Kawase Hasui work, Kiyomizu Temple. In this scene we can see Hasui himself, who was later named a Living National Treasure, standing on the temple’s famous balcony on a starry night, looking out over Kyoto. Over my long career as a technical translator of Japanese, the collection grew to include other giants of 20th century Japanese prints, such as Hiroshi Yoshida, Ohara Koson, Tsuchiya Koitsu, Ito Shinsui, and Takahashi Shotei.

The latter part of the century brought sosaku hanga (“creative prints”), which embraced the abstract and was led by artists such as Kiyoshi Saito and Shinoda Toko.

The lure of Japanese hanga also inspired westerners like Paul Jacoulet, Elizabeth Keith, and Clifton Karhu to study under Japanese masters and bring their own experience to the art form.

The Web Gallery

Era has served art lovers and collectors worldwide since 2010. The web shop is operated here in Toronto and is hosted at [Trocadero.com](http://www.trocadero.com) in the United States along with many fine antique stores.

I’ve enjoyed assembling, cataloguing, and sharing these treasures on paper. I hope that you’ll have a chance to view our JCCC display case or visit the full gallery at <http://www.era-woodblockprints.com/>.

JCCC members enjoy a 10% discount!

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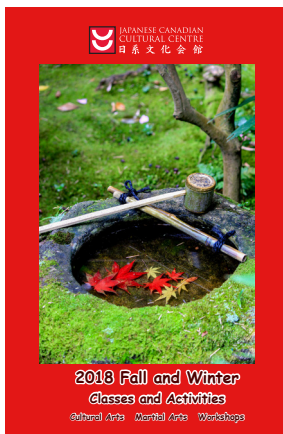
Prints at the JCCC: Please contact me by email (mark@era-woodblockprints.com) or telephone (416-553-6529). Centre staff do not handle or sell the prints. The gift shop display will note the price in both US and Canadian dollars.

Prints on the website: Prices are in US dollars. I’d be happy to provide a Canadian price and apply your member discount. Viewing/delivery: Let’s meet at the JCCC or arrange shipping by Canada Post.

Prints are guaranteed to be authentic and of the stated period. Return for any reason within 14 days. I’m looking forward to meeting you!

JCCC Fall Classes

Looking to try something new this fall? The JCCC offers a wide range of courses and workshops which are sure to suit your interests. Our fall classes start in mid-September, so be sure to pick up a class brochure, or visit our website at www.jccc.on.ca to learn more. Registration has started. Please contact us in person, or call 416-441-2345 to sign up.



Natsu Matsuri /Obon Festival Weekend: Festival Fun in the Sun!

The threat of wet weather did not put a damper on this year's Natsu Matsuri/Obon festival. The daytime saw the many vendors moving indoors to sell their wares. Fortunately, the weather system had passed Toronto by 7pm, and we were able to conclude the day with the Obon dancing outside. As a result, many families and other visitors were able to enjoy a wonderful day of traditional Japanese festival activities.

During the afternoon there were games and activities for the children, including fishing and yoyo balloons. There were many food vendors with choices including a somen bar, shave ice, chicken karaage, bubble tea and daifuku.

The beer garden was unable to open, but many visitors were still able to enjoy a drink, including our feature, Asahi Beer on tap! We also saw the return of our signature drink, the "Natsumi." And, courtesy of Ozawa Canada Inc, there was also a variety of sake and plum wine to enjoy.

At 7pm everyone headed outside for the Obon dancing. Many of our guests enjoyed the display of Minyo as well as joining in the audience participation numbers. It is always a beautiful sight, to see the many dancers. It was obvious they dedicated many weeks to practice. We finished off the night with popsicles for everyone.



This festival is always a special one because of the tremendous co-operative effort by many community organizations. A very special thanks to Ozawa Canada Inc. for their sponsorship. Thank you too to Mr. Ishii, our wonderful vendors, the Toronto Buddhist Temple, JP Canada, the Consulate General of Japan, all our wonderful volunteers and to Constantin (our dedicated AV technician extraordinaire).

We hope to see everyone next year!

Photos courtesy Leon Balaban and Ivan Mauric



Kamp Kodomo Summer 2018

It was another wonderful summer with Kamp Kodomo. All three weeks of Kamp had groups of children who got along with each other and who created new friendships. We were very honoured to have some children (and their parents) traveling from great distances each day to participate in our programs.



Throughout all of the weeks, the children were involved in many different activities that kept them active, energized and engrossed in the Japanese culture. This summer featured many of our favourite workshops, like iaido, and ikebana. The children also enjoyed visits to the Ontario Science Centre, the ROM and Ripley's Aquarium. Some of our attendees were lucky to be included in the audience for a Magic performance by Japanese magician, Daiki. And we had a new session with our Hula program as we work on creating interest in a children's Hula workshops.

We were also very happy to offer repeat sessions with some favourites of our previous programming, like the return of a session that linked Kamp Kodomo and the Seniors' Supper Club for lunch. The Seniors' Supper Club made beef rolls and salads. The Kamp group made Anmitsu (Japanese fruit salad). The two groups then sat down and had a meal together. We look forward to continuing this exchange in the future.

The success of Kamp Kodomo Summer 2018 could not have been possible without the dedication, enthusiasm and patience of the staff and many volunteers who helped at the camp. Without their help, Kamp Kodomo would not have been as much fun, nor would it have run as smoothly as it did! A special thank you to our head teacher Jaclyn, who brought her enthusiasm for games and activities to our program. Another thank you to our volunteers: Ayaka, Bethany, Christy, Guelajo, Michelle, Momoko, and Sarah. Together you helped to make the camper's experience memorable. As well, many thanks to the dedicated instructors who rearranged their busy schedules or took time off of work to come and teach the campers. Your support of Kamp Kodomo and the JCCC is an inspiration. Thanks to: JCCC Aikido Club, JCCC Iaido, JCCC Kendo, Ikenobo Ikebana, Discover Japan, and the JCCC Heritage group including their summer students Alex and Georgia.

We hope that everyone will join us for Kamp Kodomo March Break 2019!



JCCC Apron Project

Submitted by Dawna Kobayashi

A few years ago I thought that the JCCC kitchen volunteers should have our own “uniforms” so that we can be easily identified at various Cultural Centre events that serve food. Happi coats were not practical as the sleeves would get in the way.



It was decided that we would buy aprons and eventually, due to the tedious and time consuming work of a very hardworking volunteer, we were able to provide 50 lovely aprons to sell. On behalf of the JCCC, I would like to thank everyone who purchased aprons. With the proceeds after cost, we were able to buy 2 rolling carts and 2 food warmers. They have already been put to good use.

I would like to personally thank 2 very special people- one who donated so many beautiful Japanese fabric squares for the pockets and the other who embroidered the JCCC logo on every apron, sewed every single lined pocket onto the aprons plus donated fabric for the pockets as well. Without these generous ladies, the end result would have been nice but plain. I believe that our volunteers now look very professional when serving the public and am thrilled to be a part of the project.



Shujon Mazumder, JCCC Judoka and Jita Kyoei

One of the key foundations of Judo, is the principle of jita kyoei, commonly translated at “mutual welfare and benefit”. Kano Shihan, the founder of the Kodokan Judo Institute wrote: “As long as we coexist, each member of society and the groups organised within must function in harmony and cooperation with the others. Nothing is more important than living prosperously together. If everyone acts with the spirit of mutual cooperation, each person's work benefits not only himself, but also others, and attaining this together will bring mutual happiness.”



Long time JCCC member, Shujon Mazumder has been around the dojo for many years – he started as a beginner at Wynford, has been a volunteer counsellor at Kamp Kodomo, and was the first JCCC member to win a national judo championship. Over the years he has won numerous competitions, including winning a bronze medal representing Canada at the 2009 Pan-American championships. In 2011, as a university student Shujon was named one of the CIS Top Eight Academic All-Canadians. True to the Judo spirit of jita kyoei, Shujon's dedication, volunteerism and accomplishments have been recognized with the Nisei Veterans' Award and a Shinkai-Kai Scholarship. In 2015, Shujon took a 2-year job teaching at the Canadian International School in Ho Chi Minh City, Vietnam where he taught International Baccalaureate students and acted as their advisor for completing their Research Foundation course. While there, he continued to practice judo – training and teaching children when asked - and he competed in the 2015 Viet Nam International Judo Championships, winning the silver medal.

Now 33 years old, Shujon currently holds the rank of yondan (4th degree black belt). Having rehabilitated from numerous injuries and multiple knee surgeries, he still competes selectively. Shujon had pretty much perfect results during the 2017-18 tournament season: Four tournaments, four first place finishes, with no points scored against. Shujon won gold medals at the 2017 Ontario Open Championships in November, at the Peel Judo Championships in April, and at the 2018 Canadian Open Championships in Calgary in May – his eighth national championship overall and fifth senior national title!

That's only 3 results, but this July, Shujon added an international tournament win - and more. Shujon returned to Vietnam for vacation, and took along an extra suitcase full of medical supplies to donate to people in need through the humanitarian organization “Not Just Tourists”, a volunteer organization founded with the purpose of getting supplies to those who can't afford them.

Then to cap off both his tournament season and his vacation, he travelled from Vietnam to the Philippines to compete in the Hajime Judo Tournament in Quezon City, where again, at the end of competition Shujon stood at the top of the podium.

Heritage

Telling Our Stories: A Photo-history of Japanese Canadians, 1930's – 1960's

Please join us for the opening of this photo retrospective taken from various family collections on **Sunday November 25, 2018** from 1pm-4pm in the JCCC Art Gallery.

Bring a usb key/jump drive and any personal family photos you would like to have scanned at an archival quality for your own personal archives. We will also provide you with information on how to start your own family archives to share or build with your family.

Take this opportunity to start or continue to build your own family history that can be shared for generations. Bring your children and/or grandchildren to open their eyes to our Japanese Canadian history through the photographs yellowed, creased, and sometimes a bit torn, but still able to convey a story.

Stories of times before WWII when we were young people enjoying friendships and activities that brought us together. A time when our Issei parents were building their lives of prosperity and a belief and hope that their children would become successful Canadian citizens, merging the traditions they brought with them from Japan and those that were the new traditions being encountered in Canada. A time when there was a normalcy in living our daily lives.

Then the unthinkable happened and our world was turned upside down. Family and friends were faced with separation some to internment camps, sugar beet farms, independent communities, prisoner of war camps, or even going back to Japan, a place some of the children had never even visited. Forced to move to interior British Columbia or further eastward, families made the best that they could of their situation. Issei parents' desire to maintain some semblance of normalcy for their children resulted in internment camps often being the start of life long friendships and the strengthening of community.

This sense of community lay dormant following the end of the war as Japanese Canadians moved eastward or some, back to Japan. But as Issei found new homes and work and Nisei married and began to have their own families a need for and sense of community began to emerge. Those who became fast friends in internment camps were happy to find that many of their families were settling in the same areas. It also helped that several of the churches initially provided and encouraged Japanese Canadians to use their facilities for sports and



dances, which helped to rekindle their spirit of community.

And the community began to prosper even through the racism and prejudices still surrounding them. Other communities, especially the Jewish community provided great support offering them jobs and places to live. And that was all that was needed for them to rebuild and prosper once again.

So, come to the show. Bring your own photos that you would like scanned.

Here how to create your own family archives and best of all – share your own stories.

See you **Sunday November 25, 2018** from 1pm - 4pm at the JCCC Art Gallery!



Calendar of Art Gallery Exhibits

August 18 – October 24, 2018

Gloria Kagawa Retrospective

This exhibit of artwork by the acclaimed artist Gloria Kagawa opened 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's – 1960's

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.

Landscapes of Injustice Lecture and Research Presentation

Landscapes of Injustice is a seven-year research project based at the University of Victoria with an office in the Centre for Asia-Pacific Initiatives. The project is funded by the Social Sciences and Humanities Research Council of Canada and 15 partner institutions which include, among others, the Nikkei National Museum, Royal BC



Museum, Canadian Immigration Museum Pier 21, Vancouver Japanese Language School & Japanese Hall, Japanese Canadian Cultural Centre, four other academic institutions and the National Association of Japanese Canadians.

It is a unique partnership project, bringing together academics and community organizations to research the different aspects of the dispossession and forced sale of property owned by Japanese Canadians during the 1940s. The project has just passed the midway point and is beginning to transition from the Research phase to the Knowledge Mobilization phase.

Project Manager, Michael Abe will be on hand to give an overview of the project, outlining the research that has been undertaken and informing the audience of the plans to disseminate the results of the primary research to the Nikkei community and general public. This will also include a demonstration of how the community can use the information to research their own history.

After a short refreshment break, Michael will be joined by Ilana Ross, an elementary school teacher in Toronto who has been testing our pilot lesson module in her Grade 5 class. She will share firsthand her experience with this interactive classroom activity and talk about some of the extraordinary results.

We will also give an update on the progress of the travelling museum exhibit that is currently being created from the Landscapes research by curators at the Royal BC Museum and the Nikkei National Museum. This museum exhibit will have a stop at the Japanese Canadian Cultural Centre, one of the founding partners of the Landscapes project.

Question and answer period to follow.

Free and open to the public.

Date: **Saturday November 10, 2018**
Time: 1:00pm - 3:30pm
Place: Hamilton Canadian Japanese Cultural Centre
45 Hampstead Dr.
Hamilton ON

Date: **Sunday November 11, 2018**
Time: 1:00pm - 3:30pm
Place: Japanese Canadian Cultural Centre
6 Garamond Court
Toronto ON

Heritage Archives Pays Tribute to Nana Nishimura

On Sunday July 29, 2018 a memorial service for Nana Nishimura was arranged by her long-time friends Keiko and Jim Alsop. Nana was an active volunteer of Heritage's Archive Team almost since its beginning, coming each week to help catalogue and identify people in the photos and sharing her stories about living in Grand Forks during the war and the volunteer work both she and her mother, Tomiko Nishimura, did at the JCCC. In fact, her volunteer work was recently acknowledged by her being selected as one of this year's Ontario Volunteer Service Award winners from the JCCC.



Nana never married and lived alone, but her life, although in many ways very private, appeared to be far from lonely. From the stories shared at her memorial celebration, her life was filled with the love of friends. They became her family, her traveling companions as she trotted the globe, her theatre buddies, her teaching friends, and her hiking university group. She was well remembered and loved, as attested to by the many friends who attended her service and shared stories about Nana.

Nana and her mother were long time volunteers at the JCCC and although quiet in nature, Nana made a most positive impact. She will be remembered for sharing her knowledge, telling her stories, her great appetite for food, and for joining in on many of our events at the Centre.

Nana was important to so many, thus her friends at the JCCC and in Heritage Archives would like to make a request for donations in memory of Nana. We realize this may be a bit unusual, but our hope is to have Nana and her mother Tomi's names inscribed on the Friends of the Moriyama Nikkei Heritage Centre wall or even on the Fred Sasaki Wall of Honour, as a fitting tribute and remembrance of Nana.

On Now in the Gallery

Gloria Kagawa
GATE: ink and paint
On now until **Wednesday October 24, 2018**
Opening Reception: **Sunday September 9** from 2pm - 4pm
Artist Talk: **Sunday October 14** from 2pm-4pm

JCCC is Hiring

We are recruiting for the position of Heritage Manager. Please check the JCCC website <http://www.jccc.on.ca/en/careers.php> for details.

The JCCC Rooftop is Now Home to Honeybees

This Spring, Mariko Kawano opened an apiary on the rooftop of the JCCC. Mariko is a third generation Japanese Canadian beekeeper. Her grandfather, Kaichi Kawano taught himself beekeeping and took it up as a hobby when he was a young man, living on his family strawberry farm in the 1930's in Abbotsford, British Columbia. Working with nature and having a deep respect for living things is in Mariko's roots.

The name of Mariko's apiary is Heiwa Honey. Heiwa means peace and harmony in Japanese. She chose this name because it combines her Japanese heritage and her beekeeping philosophy, to raise bees ethically and organically, in peace and harmony with nature. Mariko became a beekeeper to support bees, who continue to face hardships due to climate change, loss of habitat, poor beekeeping practices and most notably pesticide use. Since Toronto has banned pesticides, Mariko believes that urban apiaries at locations like the JCCC may be the future for bees and other pollinators. With all of the parks, green corridors and forage surrounding the JCCC, such as the Don Mills Trail, Serena Gundy Park, E.T. Seton Park, Edwards Gardens, the Toronto Botanical Gardens and Wilket Creek Park, Mariko believes that the new bees living on the rooftop of the JCCC will not only be healthier than those living in rural areas, she believes they will thrive.



Mariko Kawano holding a frame from one of her Japanese inspired beehives, on the rooftop of the JCCC.

Back2feet and HollisWealth Tie atop JC3-Pitch Standings

Going into the final week of the regular season, the possibility of a 5-way tie for 1st place existed as 5 teams had a chance to wind up with 4 wins and 3 losses. Good fate prevailed for the league statistician as he did not have to work a 5-way tie-break as a result of the final days' games. Back2feet and HollisWealth both came out victorious in the final week and will play a tie-breaking game to see who gets the top seed in the Semi-finals. The remaining 4 teams will play the quarter-finals in the first elimination round. Most of the games were tightly contested this season which should make for an exciting set of play-off games. Play-off games are on August 19 (semi-finals & 26 (championship game) at Riseborough Park in Markham.



Players enjoying a post-game BBQ
Back (left to right) – Chu-Yee So, Paul Takasaki, Justin Ogino
Front (left to right) – Tod Nagamatsu, Glen Kawaguchi, Neil Nagamatsu

Final Standings as at August 9th

Team	Wins	Losses	Sponsor	Captain
Back2feet	5	2	Yim Lok	Tod Nagamatsu
HollisWealth	5	2	Marty Kobayashi	Alan Yu
Experia Cruiseshipcenters	4	3	Tina Takimoto	Rob Takimoto
Wietzes Toyota	3	4	Gary Brownlie	Wesley Wong
Hoult-Hellewell Trophies	3	4	Darryl Hayashi	Glen Kawaguchi
Loknest Monsters	1	6	Yim Lok	Jon Nagamatsu



Wynford Seniors Notice

The Wynford Senior Group invites everyone to hear Terry Watada speak about pre-WWII Japantown days in Vancouver and his latest novel Three Pleasures on **Wednesday November 21, 2018** at 10:30am in the Shokokai Court.

11th Japanese Calligraphy Competition in Canada

日本書道公募展

Award Presentation | Nov. 4, 2018 | 2PM
Exhibition | Nov. 3 - 11, 2018 | 11AM - 4PM
JCCC | 6 Garamond Court, Toronto
Free Admission

Competition organized by **SHODO CANADA**
Follow us @   /shodocanada

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

Bayview United Church Food and Craft Bazaar

The Bayview United Church Food and Craft Bazaar will be held on **Saturday October 13, 2018**. The doors will open from 12:00pm to 3:00pm for Udon, Baked Goods, Pickles, Japanese Food, Crafts, and of course, a Silent Auction! We are located at 2609 Bayview Avenue (east side, north of York Mills) in Toronto. Come out and join us for some fun, food and friendship. Please come out to support your community!


Bayview United Church
 2609 Bayview Ave. Toronto
 presents the 2018

FOOD & CRAFT
BAZAAR
SATURDAY, OCTOBER 13TH 12-3PM

UDON NOODLE LUNCHEON
BAKED GOODS ★ BBQ
JAPANESE FOOD
PICKLES & PRESERVES
NEARLY NEW TREASURES
CRAFTS ★ PLANTS
SILENT AUCTION



Roslyn Levin - Through High Grass - Ruth Yamada Award, 2017

Annual SUMI-E Exhibition Artists of Canada of Oriental Brush Paintings

Saturday, November 10 & Sunday, November 11
12:00 noon - 5:00 PM

JAPANESE CANADIAN CULTURAL CENTRE
OFFICIAL EXHIBITION OPENING CEREMONY
Saturday, November 10, 2018 - 1:00 PM



TEA ROOM & FREE ADMISSION
For Further information
905-882-9433 / gbist@rogers.com

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
 Hamade Bunichi & Ito Matsunosuke & Hana Mio
 Yoshiko & Shigeo Bus Harada - In Memory
 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

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

Groups

Asahi Baseball Ichigun
 Ayame-Kai Odori Group
 Chado Urasenke Tankokai Toronto Association
 DundeeWealth Inc. - Marty Kobayashi
 Endow Dental Arts Studio Inc
 Ghost Town Teachers Historical Society
 学校法人山口学園 global.ecc.ac.jp ECC JAPAN

華やぎエッセイグループ Hanayagi Essay Group
 Ikenobo Ikebana Society of Toronto
 Japanese Cdn Citizens Assoc Toronto Chapter
 JCCC Judo Kai
 JCCC Kendo
 JCCC Kyudo Seikyu Kai
 Nelson Arthur Hyland Foundation
 New Japanese Canadian Association

Ontario Tottori Ken Jin Kai
 Salden Foundation
 SHODO CANADA
 The Frank H. Hori Charitable Foundation
 Toronto Japanese Garden Club
 Toronto Kohaku Utagassen
 Wynford Seniors Club

DONATIONS TO THE JCCC

As of Aug 6, 2018

The JCCC gratefully acknowledges the following donations:

JCCC					
Anonymous	87	Mr. William Hamade	500	Mrs. Reem Sawaf	100
JCCC Library		Mrs. Yoshiko Harada	500	Mrs. Mitzi Yan	50
Mrs. Midori Chijiwa	11	Mrs. Jean Y. Fujimoto Baba	20	Ms. Freda Yu	10
Mrs. Yoshiko Harada	1,000	Mr. and Mrs. James Heron	50	Ms. Priscilla Yu	10
Mr. Kaye Hayashida	50	Mr. Martin Kobayashi	50	In memory of Larry Suyama	
Himawari Buyo Kai	100	Mrs. Kay Mitsui	15	Mr. David Saxby	50
Mrs. Dianne Hotta	10	Mr. Harold Miwa	30	In memory of Mary Yaeko Seko	
Mrs. Susie Iwamoto	200	Mr. Roy Nakagawa	25	Ms. Gloria Kobayashi	
In honour of Ron & Dorothy Shigeishi		Mr. and Mrs. Gary Nakashima	30	Mrs. Christine Peter	50
Mr. and Mrs. Ritz Kinoshita	50	Mrs. Jan Nobuto	50	In memory of Mike Saburo	
Mrs. Jane Koyata	52	Mrs. Kathryn Okawara	50	Mr. Mas Mori	25
Mrs. Mariko Liliefeldt	20	Ms. Carole Ono	100	In memory of Minoru Shimozato	
Ms. Dawn Maruno	500	Mr. Hajime Sawada	50	Ayame Kai	75
Ms. Carol Minotti	100	Mr. Keo & Mrs. Eiko Shibatani	50	In memory of Sachi Oue,	
Mrs. Sally Miyazaki	77	Mrs. Theresa Takasaki	30	Mizue Takeuchi & Penny Ioi	
Mrs. Hodo-Michiko		Mr. Peter Wakayama	100	Mrs. Mitsue Kay Fujita	100
Mizoguchi Shimizu	100	Donna Dewar	50	In memory of Shin Taira	
Mr. and Mrs. Frank Nishioka	50			Mrs. Judy Beca	50
Mr. Tak Sagara	27	<u>In Memoriam</u>		Neil and Lisa Burke	50
Mr. and Mrs. Tad Tanabe	100	In memory of Dr Roy Y Yasui		Mr. Gary Hamasaki &	
Dr. and Mrs. Roderick Tanaka	193	Mrs. Betty Kagayama	100	Ms. Gloria Baxter	75
Mr. and Mrs. Masahiro Terada	40	In memory of Geri Shiozaki		Mr. and Mrs. Sid Ikeda	50
		Mr. Ray Takeuchi	50	Mrs. Jane Koyata	20
		In memory of Grace Haruko Sakamoto		Mr. and Mrs. Koji Morishita	30
		Mrs. Eiko Maikawa	35	Ms. Linda Morita	50
<u>Corporate, Foundations and</u>		In memory of Henry Aihoshi		Mr. and Mrs. Paul Nakagawa	30
<u>Government</u>		Mrs. Eiko Maikawa	35	Mrs. Jessica Y. Nakamura	30
Canadian Museums Association		In memory of Herbart Masaru		Mr. Ronald T. Nakamura	50
Young Canada Works Grant		Akamatsu		Mrs. Sakae Ogaki	20
Toyota Canada Foundation		Mr. Rick and Mrs. Kathy Tazumi	30	Mrs. Peggy Kuni Taira	300
Cultural Programmes		In memory of Jerry Kutsukake		Frank and Tricia Ueda	50
<u>Legacy</u>		Katsu and Elsie Iguchi	40	In memory of Terry Yamashita	
Jan and Bill Hatanaka Family Fund		Sandra and Garry Tateishi-Kotack	50	Mrs. June E. Shin	30
In honour of Takiko and Terumi		In memory of Kenneth Katsuji			
Hatanaka		Nakamura		<u>Supporting Member</u>	
<u>Chris Kano Taiko Studio</u>		Mr. Kenji Arakaki	26	<u>Ambassador</u>	
Ms. Nobuko Oikawa	200	In memory of Kyoko Abe		Mr. Martin Kobayashi	1,000
Mr. Peter Wakayama	500	Mr. Kevin Takahiko Abe	500	<u>Leader</u>	
Ms. Joy Sato	50	Ms. Naomi Abe	500	Mr. Paul & Mrs. Sharon Marubashi	443
In memory of Jerry Kutsukake		Mr. Yasuhiko Abe	1,010	<u>Partner</u>	
Mr. Martin Kobayashi	750	Mrs. Kiyoko Boycott	20	Mr. Jim Fenn & Ms. Pat Sano Fenn	93
Matching Donation		Miss Irene Hui	100	Mr. and Mrs. George Iwata	150
<u>Toronto Japanese Film Festival</u>		Mrs. Yuko Ichimori	50	Mr. Gary Kawaguchi &	
Anonymous	392	Mrs. Hodo-Michiko		Ms. Gayle Taguchi	93
<u>Friends of the Moriyama Nikkei</u>		Mizoguchi Shimizu	50	Ms. Dawn Maruno	110
<u>Heritage Centre</u>		Ms. Nobuko Oikawa	50	Mrs. Sally Miyazaki	150
		Miss Toshi Oikawa	50	Mr. Masami Oishi	150
		Professional Training Group JD Inc	200	Mr. George Takahashi	150

Haiku Corner

松茸や知らぬ木の葉のへばりつく

Matsutake ya shiranu konoha no hebaritsuku

芭蕉

Basho

Sticking on the mushroom,

The leaf

Of some unknown tree

今後の行事予定

9月		
3	(月)	JCCC 閉館日 – Labour Day
8	(土)	JCCC カラオケクラブ
9	(日)	JCCC 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
17	(月)	ジャパンファンデーション・JCCC特別映画上映会 『海難1890』
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
24	(月)	和食ワークショップ
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
22	(月)	和食ワークショップ
25	(木)	JCCC 映画鑑賞会『幻の光』
11月		
3	(土)	JCCC カラオケクラブ
10	(土)	JCCC 太鼓ワークショップ
17	(土)	JCCC カラオケクラブ
22	(木)	折り紙ワークショップ
25	(日)	組み紐ワークショップ
26	(月)	和食ワークショップ

JCCC LIBRARY SCHEDULE JCCC ライブラリースケジュール

TUE/THURS

10am – 2pm (lending hours 貸出し)

WED/SAT

1pm – 5pm (lending hours 貸出し)

FRI

10am – 2pm (non-lending hours 閲覧)
2pm – 4:30pm (computer clinic コンピュータ相談室)

SUN/MON

Closed 休館

9月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ビッグスクリーンで上映



時代は、真珠湾攻撃が勃発した第二次世界大戦下。祖国から「日系人である」という罪で強制収容所に収容された日系人家族の実話を元にした物語。

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

海難1890

トロントジャパンファンデーション、トロント日本総領事館、トロントトルコ総領事館との協賛で、トルコ・日本合作映画、田中光敏監督による『海難1890』を上映します。



1890年、和歌山県串本町沖。後のトルコであるオスマン帝国

の親善使節団を乗せた軍艦エルトゥールルが座礁して大破、海に投げ出された乗組員500名以上が暴風雨で命を落とす。そうした過酷な状況下で、元紀州藩士の医師・田村元貞(内野聖陽)やその助手を務めるハル(忽那汐里)ら、地元住民が懸命の救援活動に乗り出す。

シネマトゥデイより

日時: 2018年9月17日(日)午後7時
チケット: \$10(JCCC会員); \$12(一般)

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P2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、Sharon Marubashi 647-291-4751, email marubashi@rogers.com または、Dawna Kobayashi dawna.kobayashi@sympatico.caまでお問い合わせください。

一世の日

JCCC恒例の一世の日は**2018年9月30日(日)**午後2時より開催されます。去年に引き続きモミジヘルスケア協会からのスポンサーシップ支援を受け今年も行われる一世の日は今年で56年目を迎えます。毎年70歳以上の日系コミュニティの方たちをお招きし、歌、踊りなどのエンターテイメントをお楽しみ頂いています。参加ご希望の方は、必ず**2018年9月21日(金)**までにJCCC受付416-441-2345にてお名前をご登録ください。

ありがとうデー 2018

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』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に授与されます。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。この日はビンゴゲームやJCCCトリビアクイズで交流を深め楽しくお過ごし頂けるよう取り計らっております。

ボランティアの皆さま全員が唯一集まり、日頃は顔を合わせる機会のない方とお会いできるチャンスです。又、新しい理事やボランティアの方と出会える機会でもありますので、美味しいディナーを楽しみながらゆっくりお過ごし下さい。今年は趣向を変え、お弁当ディナーをご用意させて頂きます。

現在ボランティアに参加されている方で、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。

ありがとうデーにご参加予定の方は、お弁当が皆様にいきわたるよう、必ず、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)**までにお願致します。

日時: **2018年10月21日(日)**午後3時から7時(ディナー5時)

場所: 日系文化会館小林ホール

お申し込み締め切り:**2018年10月15日(月)**

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

第8回冬まつり ウィンターフェスティバル 2018

今年でいよいよ第8回目を迎えるJCCC冬季恒例イベント『冬まつり - ウィンターフェスティバル』が、更にビッグになって、**2018年12月2日(日)**に開催されます!

JCCCの恒例イベントとして定着したこのお祭りでは、毎年新しい企画を取り入れてお客様に楽しんで頂けるよう心掛けています。もちろん、大人気のサンタとの記念撮影や、子供から大人まで楽しめるゲーム各種、ジンジャーブレッドクッキー・デコレーションなど恒例アクティビティも充実させています。レインディアラッフルやサイレントオークションには豪華賞品をご用意致します! 又、おでんなど美味しい冬のご馳走でお腹も大満足になる間違いなし!

『商店街(マーケットプレイス)』と『癒しの場(ウェルネスルーム)』も更に充実させていきます。只今、出店大募集中! お申し込みについての詳細は中田由希子宛に yukih@jccc.on.ca までご連絡下さい。

フードベンダーお申込み締め切り日:**2018年10月25日(木)**

商店街と癒しの場のベンダーお申込み締め切り日:

2018年10月25日(木)

このイベントのボランティア募集は10月中旬から開始致します。お申し込みはJCCCウェブサイトのボランティアページから。締め切りは**2018年11月15日(木)**です。初めての方も、常連のボランティアの方もサイン・アップをお願い致します。

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

日時: **2018年12月2日(日)**午前11時から午後4時

場所: 日系文化会館 1階

※更なる詳細は次号(10月号)にて。

健やかな老後をめざして その17

腰痛の原因と対策



多くの人が経験するのが腰痛。一般的に「原因を特定できない腰痛(85%程度)よりも原因が明らかな腰痛(15%程度)が要注意」と言われます。原因が明らかなものとは骨折、脊椎炎、神経の圧迫(椎間板ヘルニア、脊柱管狭窄症)、がんの転移、内臓に由来する腰痛など。腰痛を引き起こす内臓の病気とは胃潰瘍、胆石、膵炎、腎盂炎、尿路結石、子宮内膜症、子宮筋腫や腹部大動脈瘤など。腰痛が長く続く場合はこれらとの関連にも注目してみましょう。

腰痛を長期に放っておくと、歩行障害などが進行して日常生活が困難となり、生活の質が低下してしまうことも...。受診してその原因を見極め、適切な治療を受けることが大切です。原因を特定できない場合は薬や装具、理学療法などの保存的治療を受けながら、経過を観察することになるでしょう。特に、腰痛の改善や再発防止のためには「姿勢と運動」が大事です。

10年前に腰、股関節と膝に痛みを経験しました。整形外科医orthopedic specialistと整体術師chiropractorによる診断を受けたところ、もっとも多い原因とされる筋肉系の衰え(老化)に疲労が重なったことでした。人生初の大舞台に向けて日本舞踊の集中稽古に励んでいたため、身体も精神も疲れ果てていたのでしょう。

その際、まず指導されたのが正しい姿勢と歩き方! 普段から意識的に「顎を少し引き、胸を張って背筋を伸ばし、お臍の下をぐっと引締め、膝を伸ばす姿勢」を心がけ、足の指10本をしっかり使うように靴下や靴の選び方に注意を払うようになりました。半年ごとに検査も継続しています。それらが良い姿勢を維持できている理由と言えるでしょう。

運動は脳の循環をよくし、痛みを抑制する働きに関わるドーパミン(神経伝達物質)の放出を促します。心が軽やかになると(楽しい、嬉しいなど)ドーパミン放出が促進されるので、好きな運動を楽しみながら行うのがいいですね!

私は大好きな曲のリズムに合わせて、ラジオ体操、フラダンス、洋舞、民族舞踊、盆踊りなどを組み合わせ(めちゃくちゃ踊りと名付けて)30~40分ほど楽しく踊っています。ただし「今、身体のどの部位に焦点を当てているのか(首、肩、腰、股関節、下肢筋肉あるいは深部筋肉なのか)」を意識しています。身体効果だけではなく、心もとても解放されます。自宅でやれるのが長続きの秘訣。あれから10歳も年を重ね60代後半に入りましたが、どの部位にも痛みは再発していません。

また、慢性腰痛はストレス、うつ、不安の影響も大きいことが明らかになっています。それらが長期間続くと脳の痛みを伝える機能が低下し、わずかな腰痛でも強く感じたり、長引くようになります。痛みに対する脳の仕組みは、腰痛に限らず様々な痛みにも言えることです。「痛みに対する治療をきちんと受けると同時に前向きな考えと行動を心がけることが、痛みから解放されるポイント」ではないでしょうか。

これまで種々の状況(手術など)を経験したのですが、好奇心が勝って痛みはどこへ?! 医療者にあきらめられたことも度々(笑)。私が痛みに強いのは、何事にも好奇心旺盛で前向きにとらえる性格のせいかもしれません! たった今、気づきました!

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)

NJCC ・ 新日系コミッティーニュース

日修学院 幼稚部2年担任 沢田雅子先生からのメッセージ

平仮名の読み書きを学んでいる幼稚部生徒が、みんな自分の力だけで書き上げました。どれも可愛く素晴らしい作品です。



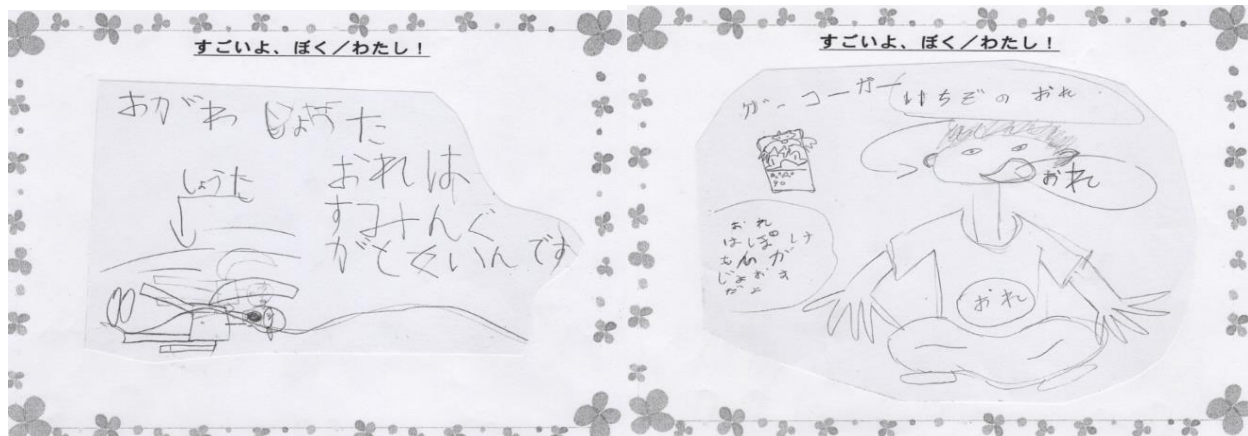
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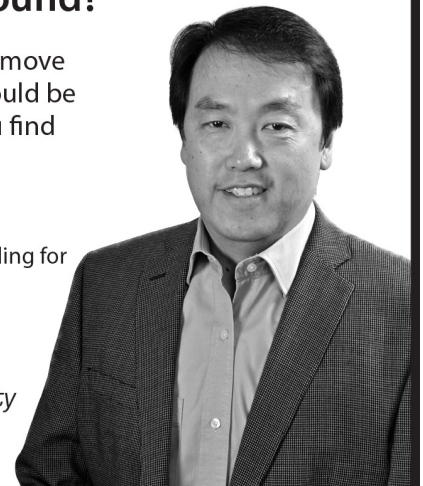
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A collage of characters from the musical 'Allegiance'. In the top left, a man in a blue military uniform with a 'V.E.W.' patch looks upwards. Next to him, a woman with blonde hair and a man in a grey jacket are in a close embrace. To the right, a man in a green military helmet looks forward. Below these, a man in a brown military uniform looks to the side. In the center, an older man in a grey shirt and suspenders looks forward. To his right, a woman in a floral patterned blouse looks upwards. In the bottom right, a man in a dark jacket looks upwards.

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ALLEGIANCE

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A scene from the musical 'Allegiance' showing a group of people in a room. Some are standing, some are sitting at a table. A man in a grey shirt and suspenders is sitting at a table with a woman in a floral blouse. There are other people in the background, some in military uniforms. The scene is lit with dramatic lighting.

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Voiced by Hana Sugisaki, Ryunosuke Kamiki, Hikari Mistushima and Fumiyo Kohinata

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