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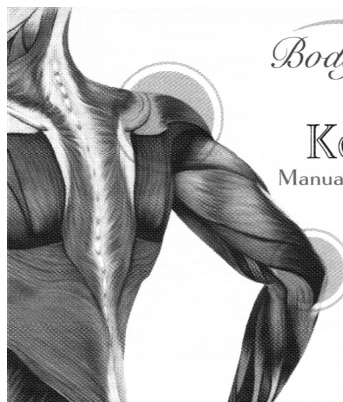
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Calendar of Events

November

Sat	3	JCCC Karaoke Club
Sat	10	JCCC Taiko Workshop
Thu	15	Reel Asian /Toronto JFF Special Screening – One Cut of the Dead
Thu	15	Seniors' Supper Club
Sat	17	JCCC Karaoke Club
Thu	22	Origami Workshop
Sun	25	Kumihimo Workshop
Mon	26	Japanese Cooking Workshop

December

Sat	1	JCCC Karaoke Club
Sun	2	Fuyu Matsuri – Winter Festival
Thu	6	JCCC Movie Night – Kurara The Dazzling Life of Hokusai's Daughter
Sat	8	JCCC Taiko Workshop
Sat	15	JCCC Karaoke Club
Tue	25	JCCC Closed – Christmas Day
Wed	26	JCCC Closed – Boxing Day
Mon	31	New Year's Eve Dinner and Dance

January

Tue	1	JCCC Closed – New Year's Day
Tue	1	Shin Nen Kai
Mon	21	Japanese Cooking Workshop

SUBMISSION DEADLINE

Deadline for the December/January combined issue is:
Thursday November 15, 2018.

12月・1月号の締め切りは2018年11月15日(木)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

Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5

Ph: 416-441-2345 Fax: 416-441-2347

www.jccc.on.ca



JCCC Upcoming Events

JCCC Special November Screening: ONE CUT OF THE DEAD

TORONTO
reel asian
INTERNATIONAL FILM FESTIVAL

Director Shinichiro Ueda's tiny indie production opened in two small cinemas but by positive word of mouth only, shot to the top of the box-office.

A low-budget zombie movie - shot in one take - turns real when actual zombies attack the crew. But then the film abruptly transforms into something entirely different: Japan's smartest comedy of the year, a father-daughter story, a sharp film industry satire and a movie about the value of perseverance. Winner of film festival awards around the world. Starring Harumi Shuhama, Kazuaki Nagaya, Mao and Takayuki Hamatsu

Date: **Thursday November 15, 2018**
Time: 7:00pm
Tickets: \$10 JCCC member
\$12 general



December Screening: KURARA -The Dazzling Life of Hokusai's Daughter-

NHK's handsome dramatization of the life of O-Ei, the daughter of Hokusai, one of Japan's most renowned 19th-century ukiyo-e artists. O-Ei, herself a brilliant painter, married but soon returned home to become her father's assistant. She was by Hokusai's side as he completed his iconic "Thirty-six Views of Mount Fuji" series. When Hokusai grew too old to wield a brush, O-Ei painted for him and devoted her life to art, founding her own style of painting while helping her father.

Starring Aoi Miyazaki, Ryukei Matsuda, Hiroki Miyake and Kimiko Yo



Screening will be preceded by short film "Haru's New Year". Director Alice Shin and cast members will be in attendance.

Date: **Thursday December 6, 2018**
Time: 7:00pm
Tickets: Admission: FREE
(donations to JCCC gratefully accepted)

8th Annual Fuyu Matsuri – Winter Festival 2018

Fuyu Matsuri - Winter Festival is back even bigger and better on **Sunday December 2, 2018!**

We would like to welcome everyone to our annual Fuyu Matsuri – Winter Festival with new programmes like the Ramune Speed Drinking Contest, and Cosplay Fashion Show, along with our regular activities such as Christmas ornament making, gingerbread cookie decorating, 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 favorites, Oden and much more. And don't forget the great prizes at the Reindeer Raffle and Silent Auction.

Date: **Sunday December 2, 2018**
Time: 11:00am – 4:00pm
Place: JCCC (Main Floor)

Volunteers are needed for this event. All persons 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**.

Now Hiring!

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

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

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

The eligible candidate will be available from **March 11 to 15, 2019**. This is a contract position and remuneration is commensurate with skills.

Please send a resume by **Saturday December 1, 2018**. Only candidates selected for an interview will be contacted.
By mail to Christine Takasaki
JCCC 6 Garamond Court Toronto ON M3C 1Z5
By email to christinet@jccc.on.ca
By fax to 416-441-2347

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

The JCCC is happy to announce that one of Toronto's most popular New Year's Eve Dinner and Dance's will be occurring once again. Come and join us on **Monday December 31, 2018** in the Kobayashi Hall.

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

Tickets are \$115 per person and includes dinner, dancing, party favours, complimentary midnight champagne and snacks. Seating can be arranged for 8 - 10 persons per table.

This event sold out last year, so don't be disappointed! Don't miss out on this fantastic party! Buy your tickets before the December 10th deadline.

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

Shin-Nen Kai Dinner

Celebrate New Year's Day the Japanese way - with a feast! The JCCC and Tori Ichi Catering present the JCCC's Shin-Nen Kai on **Tuesday January 1, 2019**, with a glorious array of delicious festive food.

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

The 2019 Shin-Nen Kai will feature door prizes, entertainment, a Share the Wealth draw, and of course, the star of the show - an absolutely luscious buffet. Over two dozen dishes of mouth-watering Osechi Ryori (traditional Japanese New Year' fare), sushi and yoshoku (North American fare) will tempt your taste buds. A cash bar is available.

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

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 further develop taiko skills.

Date: **Saturday November 10, 2018**
Time: 6:00pm - 8:00pm
Fee: \$25 plus HST JCCC member
\$30 plus HST general



Still Time to Have Your Donation Dollars Doubled!

All donations towards the Chris Kano Taiko Studio Project will be doubled

Marty Kobayashi, a long time supporter of the JCCC, is matching dollar-for-dollar donations made up to \$54,000 or the end of 2018 to the Chris Kano Fundraising Campaign. Don't miss the chance to have your donations reap twice the impact!

We are more than 90% there. We are only \$20,000 short of the \$250,000 needed to kick start the construction for this studio.

What is the money for? The funds raised will go towards building a sound-proof studio to house the sound of taiko, and the ongoing upkeep of the drums. But more importantly, this project is JCCC's commitment to promoting taiko drumming in Canada. Having a designated studio space will allow the JCCC taiko program to nurture both experienced and young drummers. We are committed to supporting experienced players to reach performance levels, and to offering community-based taiko program to recreational participants, and also to children.



Much More than just a Taiko Studio

Creating this space will benefit much more than just taiko drumming. It will be a shared space accessible to our other programs. The JCCC offer lots of performing arts programs which can equally benefit by having a studio space.

Furthermore, this can open up opportunity for collaboration amongst other existing Japanese music programs in the GTA and abroad, or give the JCCC the opportunity to introduce other Japanese musical instruments to our programming.

Being a multipurpose space, the JCCC also intends to use this space for conducting and recording interviews and oral histories, which is an important aspect of the JCCC's Sedai project.

Having this space will enhance the capacity and quality of JCCC programming and activities as a whole.

How to Donate:

To donate, please visit http://www.jccc.on.ca/en/donate/chris_kano_studio.php or speak with our receptionists, either in person at the JCCC or by phone at 416-441-2345.

Japanese Language Winter Session



Students learn the language of modern Japan. Structured classes, in an informal setting, provide the opportunity for active participation and practice. 10 classes.

Start Date: **Tuesday January 15, 2019**
Time: 7:00pm – 9:00pm
Fee: \$110 (plus HST)

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

JCCC Anual General Meeting

On Monday September 24 2018, the JCCC held its' Annual General Meeting for the fiscal year ended March 31, 2018. Along with the business of the meeting, there were committee presentations from Finance, Heritage, Strategic Planning, New Japanese Canadian, as well as the Executive Director and JCCC President to give everyone an update on the plans ahead. We reported that we had a great year in programming and a tough year financially falling below our annual break even budget. It costs over \$3.1 million per year to operate the JCCC.

The JCCC strategy relies on the 3 pillars of revenue: Foundation/Donations, Programming/Sponsorship, and Leasing/Rentals. The financial picture remains positive and control of expenses and repayment of debt are the key to future stability.

Rentals, leasing and programming all have increased and remain at capacity, operational efficiencies are driving costs down and sponsorship opportunities are boosting revenues, so we are on the right track.

We are pleased to announce the 2018-2019 Board of Directors. Every year 6 new Directors are nominated for a 3 year term: Jonathan Carter, Mark Hashimoto, Kristin Kobayashi, Sharon Marubashi, Linda Ono, Brian Toda. Also new and nominated for a 1 year term to fill a board vacancy is John Ota. The rest of the Board completing their three year terms are returning directors: Ann Ashley, Jiro Fukushima, Chris Hope, Gary Kawaguchi, Keiichi Kubo, Karen Kuwahara, Jan Nobuto, Cary Rothbart, Miki Rushton, Yaeko Tong, Peter Wakayama, and Ross Saito (representing Nikkei National Museum and Cultural Centre in Burnaby BC). Past President is Marty Kobayashi, and current Advisors are Steve Oikawa, Sid Ikeda, Connie Sugiyama and Bill Hatanaka.

The JCCC Board of Directors appreciate your support and are confident that we will be able to continue to improve and provide the best facilities for our membership and the community at large.

Issei Day

On Sunday September 30, 2018, the JCCC hosted our annual Issei Day; A Tribute to the Seniors of our Community. This was an opportunity to honour all those that are 70 and over. We filled Kobayashi Hall with almost 350 people. It is also interesting to note that we had more than 90 attendees who were 90 and over and we had 5 attendees who were at least 100 years old or will be this year!!!

We would like to extend a very special thank you to all of the performers who came out to entertain our guests. We would also like to thank Mark Hashimoto and Atsuko Nakayama, for emceeding our event once again.

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

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

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

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



Photos courtesy of Ivan Mauric

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

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



Photos courtesy of Yosh Inouye

JCCC Family and Friends 22nd Annual Golf Tournament 2018

The JCCC held the 22nd Annual Family & Friends Golf Tournament on Sunday September 16th at Rolling Hills Golf Course. Weather was hot and sunny and hopefully everyone enjoyed their day. We were pleased that we had so many returning players, and many new ones joined us too – with an amazing total of 168 golfers! In fact, we were able to use the adjoining golf course to be able to accommodate everyone (the Classic course and the Challenge course). We were also very honoured to have Consul General Takako Ito and Claude Ito join us this year.

This year we had a Hole In One sponsorship for \$5000, through the generosity of Matt Shintani. Unfortunately no winners this year but some great attempts! We also added a Seniors category for 75 yrs and up, and a new sponsorship opportunity is now available for the Seniors contest holes. It was just incredible that we had such great responses and support in the many sponsorships and prize donations.

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

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

- Platinum Sponsor (and Title Sponsor)–Marty Kobayashi of HollisWealth – who supplied the snacks and gift bags at the course and provided many of the prizes.
- Gold –Gary Tehara of Royal LePage, Matt Shintani (Arbor Memorial), Paul & Sharon Marubashi Family, Ross Shin & Family, June Shin & Family, Bob and Kay Marubashi, Takagi Family, Uyeda Family, Amemori/Reid Family
- Silver – Peter Wakayama Family, Bill Hatanaka, Gary and Gayle Kawaguchi, Ocean Food
- Bronze: Doreen Oyagi, Steve and Linda Oikawa, Fidelity Investments, Dynamic Funds
- Senior Contest Holes – Helen and Jason Koyama (dedicated to the late Michio Koyama), Dawna Kobayashi (dedicated to the late Tak Nishino)

Prize Sponsors – Marty Kobayashi of HollisWealth, CI Investments, Dynamic Funds, Mackenzie Investments, Fidelity Investments, Ocean Food, ClubLink Corporation, Gary Tehara of Royal LePage, Matt Shintani of Arbor Memorial, Paul Clough, Gary Kawaguchi, Dawna Kobayashi, Sharon Marubashi and the JCCC.

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

And the winners are:

Consul General Cup (low scramble – everyone related) – Douglas Hirano, Lillian Hirano, Monica Hirano, Paul Clough (Classic) /Tom Nishino, Aaron Marubashi, Sharon Marubashi, Bruce Saisho (Challenge)

HollisWealth Cup (low scramble group) – Steve Ito, Nigel Ito, Nathan Thiessen, Jake Dutkiewicz (Classic)/Louis Del Re, Steve Miller, Tyler Quance, Thomas Shin (Challenge)

Roy and Kay Shin Memorial Cup (low scramble with a grandparent/grandchild) – Allan Masukawa and Alyssa Faria (Classic) /Sam and Nolan Koyata (Challenge)

Longest Drive – Mens/ Ladies – Gary Tehara, Julie Iwata (Classic)/Daniel Mukai, Leili Marubashi (Challenge)

Closest to the Pin – Mens/Ladies – Rick Takagi, Kristin Kobayashi (Classic)/Spencer Wyse (Challenge)

Senior Mens Longest Drive – Jeep Seki (Classic)/Richard Kimura (Challenge)

Senior Ladies Longest Drive – Kathy Okawara (Classic)/Kay Marubashi(Challenge)

Senior (Mens/Ladies) Closest to the Pin – Allan Masukawa (Classic)/Sam Koyata (Challenge)

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

Be sure to sign up next year!!!



Consul General Cup (Family team) – Douglas Hirano, Lillian Hirano, Consul General Ito, Monica Hirano, Paul Clough



Roy and Kay Shin Memorial Cup (grandparent/child team) – Allan Masukawa, Thomas Shin, Alyssa Faria



Roy and Kay Shin Memorial Cup (grandparent/child team) – Sam Koyata, Thomas Shin, Nolan Koyata

Calendar of Art Gallery Exhibits

November 3 – 11, 2018

Exhibit of Japanese Calligraphy Competition in Canada 2018

November 16 – December 31, 2018

Telling Our Stories:

A Photo-history of Japanese Canadians, 1930's – 1960's

January – March, 2019

Miya Turnbull and Norman Takeuchi Exhibit

Miya Turnbull works in a variety of mediums including mask making, painting, photography, video and animation. Miya grew up on a farm near Edmonton, Alberta. She completed her Bachelor of Fine Arts at the University of Lethbridge and then moved to Montreal, Quebec for a couple of years before settling in Halifax, Nova Scotia.

Norman Takeuchi is a painter. Shortly after graduating from the Vancouver School of Art, he moved to London, England, for one year to concentrate on painting. While there, a chance encounter with a gallery owner resulted in his first solo exhibition. Back in Canada, he found employment in Ottawa as a graphic and exhibition designer. He now devotes all his time to painting colourful canvasses.

February 2, 2019

Being Japanese Canadian: Reflections of a Broken World.

Exhibit of Japanese Canadian artists at the Royal Ontario Museum (ROM).

Kathy Yamashita and Bryce Kanbara are part of the curatorial team.

Landscapes of Injustice Research Presentation

On **Sunday November 11, 2018**, Heritage is excited to present the Landscapes of Injustice Research Presentation. Project Manager Michael Abe will be in Toronto to give an overview of the project as well as presenting some of the ways in which this multi-year research project will present its findings.

Date: **Sunday November 11, 2018**

Time: 1:00pm – 3:30pm

Place: Moriyama Nikkei Heritage Centre

RSVP is not required, but will help us plan our numbers. Please contact theressasmith@netscape.net with the subject LOI Presentation.

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

Just a reminder to take the opportunity to explore this retrospective of photos taken from various family collections, that show what life was like during these eras, especially during the war years. The exhibit, "Telling Our Stories: A Photo-history of Japanese Canadians, 1930's-1960's" will be shown from **November 15, 2018 – January 7, 2019**.

We hope you will join Heritage and the Art Committee on **Sunday November 25, 2018** from 1pm – 4pm in the Art Gallery for an afternoon of activities introducing you to the work of Heritage's Archives. Bring your own family photo albums and learn how to archive your own family's collection. Take the opportunity to have photos scanned for your own collection and possibly donate some of your scans to Heritage Archives. As well, find out how photos and stories and the anecdotes about them are an important way to create your own family's history.

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

See you **Sunday November 25, 2018** from 1:00pm – 4:00pm at the JCCC Art Gallery!

Seniors' Supper Club First Ever Potluck

On **Thursday November 15, 2018**, the Seniors' Supper Club will be hosting its first ever Potluck Lunch. All past attendees and volunteers are invited to attend. For more details, please contact Theresa Takasaki at 416-441-2345 ext.300 or at theressasmith@netscape.net.



Nikkei Veterans Memorial and Luncheon



Our Annual Nikkei Veterans Memorial and Luncheon will be held on **Wednesday November 7, 2018** at 11am. All are welcome. A luncheon will follow. If you would like to attend the luncheon, please RSVP to theressasmith@netscape.net for more details.

Community News

CHIEF'S TOWN HALL MEETING

Monday November 19, 2018

7:00 p.m. - 8:30 p.m. Doors open at 6:30 p.m.



JAPANESE CANADIAN CULTURAL CENTRE

Japanese Canadian Cultural Centre
6 Garamond Court
North York, ON M3C 1Z5

For more information contact: PC Ryan Park, 416-808-0121
ryan.park@torontopolice.on.ca

NAGATA SHACHU Japanese taiko and music group presents: "RHYTHM, STORIES, MOVEMENT"

Come celebrate Nagata Shachu's 20th Anniversary Season with their opening concert "Rhythm, Stories, Movement" in collaboration with acclaimed author and storyteller Rui Umezawa, and contemporary dancers Yuichiro Inoue and Noriko Kusama. Join us as stories both traditional and modern are brought to life with taiko drums, bamboo flute and shamisen, and interpreted through solo dance works. This theatrical presentation, with lighting design by Chris Malkowski, seamlessly combines the timeless art forms of drumming, storytelling and dance, into an exciting and captivating new production.



Date & Time: **Saturday November 24, 2018** at 8:00pm

Place: Al Green Theatre
50 Spadina Ave Toronto ON M5S 2J2

JCCC members receive \$5 off adult tickets.

Use promo code: JCCC20

Tickets: \$32, \$37 adults/ \$20 seniors and students
(service fees apply)

Hart House Tickets (416) 978-8849 www.tickets.harthouse.ca
More info: www.nagatashachu.com

JSS 19th Holiday Drive 2018



Japanese Social Services

Our Annual Holiday Drive is just around the corner. It is the time of the year when members of the Japanese ethno-community embrace the holiday spirit and give to the less fortunate among us. All the donated items will be delivered to each family and individual before Christmas. We look forward to your participation and your kind interest.

Ideal Donation Items:

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



Donation Box Locations: From Nov. 3 to Dec. 9, 2018

- Japanese Canadian Cultural Centre - Main Entrance.....6 Garamond Court, Toronto
- Ikebata Nursery.....c/o JCCC
- Momiji Health Care Centre.....3555 Kingston Rd., Scarborough
- Japanese Gospel Church of Toronto.....301 Silver Star Blvd., Scarborough
- Toronto Buddhist Church.....1011 Sheppard Ave. W., Toronto
- Toronto Japanese Seventh-day Adventist Church.....19 Mortimer Avenue, Toronto
- St. Andrew's Japanese Anglican Church49 Donlands Ave., Toronto
- Toronto Japanese Association of Commerce & Industry.....20 York Mills Rd.#100, Toronto
- Japanese Social Services (JSS)6 Garamond Court, Toronto

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

Sumi-e Painting Exhibition

Submitted by Sumi-e Canada

Some of the world's finest sumi-e painters can be found here in Toronto. Many of these artists received their seals, which indicate a high level of skill in this Japanese art, after studying sumi-e painting at the JCCC. Each year this group, known as the Sumi-e Artists of Canada, has an exhibition in November. You will find 100 or more paintings and cards at this show. The subjects range from modern life to landscapes, animals, birds and flowers. Great gifts for any occasion or the holidays. There are also demonstrations by artists and a tea room.

Date: **Saturday November 10, 2018**
Sunday November 11, 2018

Time: Noon to 5:00pm

Opening ceremony:

Saturday November 10 at 1:00pm



More information: www.sumieartistsofcanada.org

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

8TH ANNUAL
FUYU MATSURI
WINTER FESTIVAL

冬まつり

A CELEBRATION OF
 JAPANESE AND CANADIAN
 WINTER TRADITIONS

SUNDAY, DECEMBER 2, 2018
 11AM - 4PM



ADMISSION: \$ 5 (GENERAL)
 \$ 3 (JCCC MEMBER/SENIOR/KIDS* 4-12 YEARS OLD - *NEW)
 FREE (3 YEARS OLD AND UNDER)

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

**HOLIDAY MARKETPLACE, KIDS ACTIVITIES,
 GREAT JAPANESE FOOD, RAMUNE SPEED DRINKING CONTEST,
 COSPLAY FASHION SHOW AND CONTEST, AND MUCH MORE!**

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

PRESENTER



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As of Oct 7 2018

The JCCC gratefully acknowledges the following donations:

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"Sakura in the land of the maple leaf" book	
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Ms. Theresa Huestis	50
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Mr. Sam Ito	30
Ms. Margaret Iwata	100
Mr. Shin-an Ju	20
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Mrs. Margaret Makimoto	17
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Ms. Joyce Nakamichi	20
Mr. & Mrs. Ronald Nishi	300
Mr. & Mrs. Buzz Ogaki	25
Mrs. Sakae Ogaki	27
Mr. Shotaro Oshima	120
Mr. George Pachovsky	20
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Mr. Martin Kobayashi **30,100**
Matching Donation

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Friends of the Moriyama Nikkei

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In memory of Nana Nishimura	
Mrs. Pat Adachi	100
Mrs. Ann Ashley	25
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In Memoriam

In memory of Barbara Tayeko

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Mr. Stephen & Mrs. Linda Oikawa	20
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Anonymous	100
Anonymous	200
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Mrs. Betty M. Ura	100
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In memory of Koji George Morishita	
Mr. Rick & Mrs. Kathy Tazumi	100
Mr. Ray & Mrs. Edna Uda	30
In memory of Kyoko Abe	
Mr. and Mrs. George Iwata	100
In memory of Seiya Stanley Kimura	
Mr. and Mrs. Robert Doi	25
Ms. Jessie Ebata	25
Nancy, Grant & Larry Kimura	100
Mrs. Doreen Oyagi	30
In memory of Terry Sakura	
Mrs. Mitzi Burrell	100

DONATIONS TO THE JCCC

As of Oct 7 2018

The JCCC gratefully acknowledges the following donations:

JCCC Family Golf Tournament

Mr. and Mrs. William Hatanaka	110
Mr. Gary Kawaguchi & Ms. Gayle Taguchi	120
Mrs. Linda Oikawa	150
Mr. Christopher Reid	110
Mr. Ross H. Shin	100
Mr. Gary & Mrs. Laurie Tehara	140
Mrs. Margie Uyeda	120
Mrs. Helen Koyama	250
In memory of Michio Koyama	
Nishino family	250
In memory of Tak Nishino	

Heritage

Ms. Sono & Ms. Tami Sugie	30
In memory of Barbara Saisho	
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Mr. Ernie Jomori	150
Mr. and Mrs. John Kitamura	150
Mrs. Kyoko Kay Nakagawa	127
Mrs. Elizabeth Nishizawa	127
Mrs. Jean Yoshiko Seki	127
Mr. Ray Takeuchi	127
Miss Lillian Tanizaki	110

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

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

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

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

Individuals/Couples

In honour of Kaz and Nao Amemori
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
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Nete Mowry - In Memory
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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
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Kimiaki and Rei Nakashima - In Memory
In Memory of Mamoru and Hanae Nishi

Ron and Judy Nishi
Nana and Tomi Nishimura
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
Rick and Kathy Tazumi
Ray and Edna Uda
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)

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Haiku Corner

落穂拾ひ日あたる方へあゆみ行
Ochibohiroi hiataru hoe ayumiyuku

Gleaning the fallen ears,
Moving towards
The sunny part.

蕪村
Buson

道くんだり拾ひあつめて案山子かな
Michikudari hiroi atsumete kakashi kana

Picked up on a pilgrimage,
And put together, –
The scarecrow.

桃隣
Torin



今後の行事予定

11月

- 3 (土) JCCC カラオケクラブ
- 10 (土) JCCC 太鼓ワークショップ
- 15 (木) REEL Asian Film Festival トロント日本映画祭
特別映画上映会 『カメラを止めるな』
- 15 (木) シニアサパークラブ
- 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

12月

- 1 (土) JCCC カラオケクラブ
- 2 (日) 冬まつりーウィンターフェスティバル
- 6 (木) JCCC 月例映画鑑賞会
『眩(くらら)～北斎の娘～』
- 8 (土) JCCC 太鼓ワークショップ
- 15 (土) JCCC カラオケクラブ
- 25 (火) JCCC 閉館日 – Christmas Day
- 26 (水) JCCC 閉館日 – Boxing Day
- 31 (月) 大晦日ディナー&ダンス

1月

- 1 (火) JCCC 閉館日 – New Year's Day
- 1 (火) 新年会
- 21 (月) 和食ワークショップ

11月 Reel Asian Film Festival

JCCC映画鑑賞会

「カメラを止めるな」

TORONTO
reel asian
INTERNATIONAL FILM FESTIVAL



人里離れた山の中で、自主映画の撮影クルーがゾンビ映画の撮影を行っている。リアリティーを求める監督の要求はエスカレートし、なかなかOKの声はかからず、テイク数は42を数えていた。その時、彼らは本物のゾンビの襲撃を受け、大興奮した監督がカメラを回し続ける一方、撮影クルーは次々とゾンビ化していき……。

シネマトゥデイより

日時: 2018年11月15日(木)午後7時

チケット: \$10(JCCC会員); \$12(一般)

12月 JCCC映画鑑賞会

「眩(くらら)～北斎の娘～」

天才絵師・葛飾北斎の三女・お栄は、町絵師と夫婦になるのが好きで、父であり、師である北斎の元に嫁ぎ先から戻ってきた。そんな中、お栄は北斎の門人である絵師・善次郎へ密かな恋心を抱きながら、父を陰で支える絵師として働き続ける。やがて時は過ぎ、60歳を過ぎたお栄は、一つの真実にたどり着く。



<http://www.nhk-ep.com>より

日時: 2018年12月6日(木)午後7時

チケット: 無料 (ご寄付を承ります。)

本篇前に 監督アリス・シン氏による短編映画『はるの新年』を上映します。

JCCC理事会より

2018年9月24日(月)にJCCC年次総会(2018年3月期末)が執り行われ、財政、レガシー、JCCC基金、新日系コミティのそれぞれ各委員会、JCCC館長そして理事長から、今後の取り組みそして様々な計画についての報告がありました。報告によると、プログラム関連事業は好調な成果を出すことができましたが、財務上は年間予算の損益を下回り厳しい年度でありました。会館を運営していくには年間3.1ミリオンドル以上もの経費がかかります。

JCCCではJCCC基金/寄付、各種プログラム運営/スポンサーシップそして、賃貸事業/レンタル部門の3つの柱がJCCCの主要な収入源となっております。財政状況の見通しは明るく、今後とも引き続き負債の削減そして運営の効率化を進め経費を削減することが将来的な財政安定化への重要な課題であるといえます。

年次総会では毎年6名の新しい理事が任命されます。2018-2019年のJCCC理事会3年任期役員としてJonathan Carter, Mark Hashimoto, Kristin Kobayashi, Sharon Marubashi, Linda Ono, Brian Toda、そして欠員を補うために1年間の任期役員としてJohn Otaが任命されました。現存の理事会役員は以下の通りです。Ann Ashley, Jiro Fukushima, Chris Hope, Gary Kawaguchi, Keiichi Kubo, Karen Kuwahara, Jan Nobuto, Cary Rothbart, Miki Rushton, Yaeko Tong, Peter Wakayama, Ross Saito (ブリティッシュコロンビア州バーナビー市に所在するNikkei National Museum and Cultural Center代表)。前理事長のMarty Kobayashi、そして現アドバイザーのSteve Oikawa, Sid Ikeda, Connie Sugiyama and Bill Hatanaka。

JCCC理事会役員一同これからも、様々なアクティビティ、各種文化プログラムそしてイベント等をより一層充実したものにし、さらに多くの会員の皆様そしてコミュニティの皆様にとって憩いの場となる文化施設としてご利用いただけますよう、JCCC理事会一同将来に向け、会館運営に懸命に取り組んで行く所存でございます。

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!

今年の新企画は、ラムネ早飲み競争やコスプレファッションショーとそのコンテスト、又、日本文化の紹介として書道を体験できるブースが加わります。去年好評だった日本酒ブラインド試飲会も行います。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期待ください!又、おでんなどの美味しい冬のご馳走でお腹も大満足になる事間違いなしです!

『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宛に yukin@jccc.on.ca までご連絡下さい。

只今ボランティア大募集中!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・アップを忘れずをお願い致します。(http://www.jccc.on.ca/en/volunteer/)

日時: **2018年12月2日(日)** 午前11時 — 午後4時
場所: 日系文化会館 1階

2018年第19回 JSSホリデードライブ ジャパニーズ・ソーシャル・サービス

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

ドネーションに適するもの:

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

ドネーションボックス設置場所: **11月3日から12月9日まで**

日系文化会館正面入り口	6 Garamond Court, Toronto
池端ナーサリースクール	c/o JCCC
もみじヘルスケア協会	3555 Kingston Rd. Scarborough
トロント日系福音教会	301 Silver Star Blvd. Scarborough
トロント仏教会	1011 Sheppard Ave. W. Toronto
トロント日系セブンスデー・アドベンチスト教会	19 Mortimer Avenue, Toronto
聖アンドルーズ日系聖公会	49 Donlands Ave. W. Toronto
JSS	6 Garamond Court, Toronto

ご質問等は、JSS(416-385-9200又はjss.outreach@gmail.com)までお気軽にお寄せください。

永田社中の新作舞台 「リズム、ストーリー、ムーブメント」

太鼓グループ「永田社中」の20周年記念となる今期コンサートシーズン第一段「リズム、ストーリー、ムーブメント」。トロントで活躍するストーリーテラー梅沢類、そしてダンサー井上勇一郎と草間紀子を迎えてのコラボレーションステージです。語り手、踊り手、そして太鼓の打ち手がおこなう舞台芸術。永田社中としては初の試みとなります。伝説、逸話、そして現代小説、そしてドキュメンタリーまでのさまざまな物語を、オリジナルの踊りと音楽によってさらにふくらまし新たなストーリーとして展開させていきます。照明デザイナーChris Malkowskiによるドラマチックな舞台効果も必見。どんどん進化し続ける永田社中のステージをどうかお見逃しなく。



日時: **2018年11月24日(土)** 8時開演
会場: Al Green Theatre: 750 Spadina Avenue
チケット: JCCC会員は大人チケット購入の際に\$5の割引が適応されます。プロモーションコード JCCC20をご利用ください。
\$32, \$37 大人 / \$20 シニア・学生 (サービスチャージがかかります。) チケットのご購入はこちらからして頂けます。
Hart House Tickets 416-978-8849 www.tickets.harthouse.ca
インフォ: www.nagatashachu.com
永田社中フェイスブック: www.facebook.com/nagatashachu/

TOEICスコア、 本気で目指す990点!

- 短期集中!本気でTOEICスコアをガツンと伸ばしたいあなたに朗報です!
- あのバンクーバーで絶大な人気、実績を誇る、老舗TOEIC専門校99instituteのトロント校が開校致しました。
- ・ 確実に点数に結びつくテクニック。
- ・ 週たった1回数時間でリーズナブルにでも結果を徹底的に出す。
- ・ 日本人のベテラン講師が「日本語」により解説するため、かゆい所にまで手が届く。

とにかく、今話題沸騰中です。
日本はまだまだTOEICなどの資格重視型社会。
ひとつ形に残る資格として極めておいて損はないです。

- ※少しでも詳細が気になる方、無料トライアルレッスン実施中ですので
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健やかな老後をめざして その18

骨粗しょう症:食事をどう工夫する?!

骨がもろくなり、骨折しやすくなる骨粗しょう症。閉経後には骨密度が一気に低下するので、特に女性は50歳代から要注意です。また、20歳代の時期までに骨量が十分でないと、閉経後に骨粗しょう症を起しやすくなるのがわかっています。若い時期のダイエットには細心の注意を!

骨の強度には「骨密度」と「骨質」の2つの要素が関連しています。古くなった骨が破壊され、新しい骨が作られるバランスが保たれていれば、骨密度は低下しません。また、骨の主材料のカルシウムなどを繋ぎ合わせるコラーゲンがしっかりと支えていると、骨は丈夫な構造を保つことができます。

従姉は70代半ばに転倒し、骨粗しょう症と診断されました。それ以降、何度も転倒を繰り返し、背中にも圧迫骨折がみられます。久しぶりにあった際、背の高い人だったのにあまりにも小さくなっていて、思わず抱きしめてしまいました。

予防には「食事」と「運動」が大事とわかっていても、言うは安し行うは難し...。カルシウムが大事と耳にタコができるほど聞いていても、食事の度にいちいち細かな成分を考えるのは誰でも面倒だし、長続きしません。そこで、継続できる方法をいくつか考えてみました。もちろん「バランス良い食事を心がけることが第一」です。それに加えて、次のような点をお勧めします。

1. カルシウムを沢山含むのは以下の食品。手に入れやすい物や好きな物を一日に2～3品意識的に加えましょう。

乳製品:牛乳、チーズ、ヨーグルト、スキムミルクなど。

大豆製品:豆腐、納豆、油揚げ、味噌など。

野菜:緑黄色野菜

(ブロッコリー、パセリ、ニラ、パプリカ、ニンジンなど)。

海藻・乾物:ひじき、煮干し、しらす干し、めざし、ゴマ、干し桜エビ、昆布など。

2. カルシウムをきちんと摂っていると思っていても、加齢により腸からの吸収率は低下します。吸収率の高い乳製品を積極的に活用しましょう。さらに、ビタミンD(鮭、しらす、まぐろ、干しシイタケ、きのこ類)やビタミンC(レモン、ライムなど)と一緒に摂るとカルシウム吸収率が上がり、骨が強くなります。また、骨形成の働きを促すビタミンK(納豆、緑黄色野菜、卵など)も大事です。インスタント食品や清涼飲料水などに含まれるリンを摂りすぎると、カルシウム吸収率が下がります!

私はレモンやゴマをいつも食卓に準備しています。皮ごとレモンをすりおろせば、さらにビタミンCは増加。鉄分の吸収率を高める効果もありますよ。一日に15分程度日光にあたると、体内でビタミンDが合成されます。

3. 骨のしなやかさを保つためには、コラーゲンの材料かつ筋肉を作る「たんぱく質」も欠かせません。高齢になってもきちんと肉、魚、乳製品、大豆食品や卵などを摂りましょう。

私の一日はスムージー(牛乳、バナナ、蜂蜜、きな粉、青汁と野菜酵素)から始まります。苦手な牛乳の克服術です。バランス良い食事を心がけ、朝と昼のメニューを振り返って、夜の食事内容を決めます。ふるさと大分産のひじき&シイタケの煮物を作り置きし、間食には乾燥小魚(いりこ)やナッツ類を楽しんでいます。

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)



「前田典子 礎」出版記念展覧会

2018年10月16日(火)～1月11日(金) 国際交流基金トロントにて

長年、展覧会や講義を通じてカナダに暮らす人々に書の楽しさ、書の美しさを紹介してきた集大成が「前田典子 礎」として一冊の本になりました。

本に納められた原作を展示した展覧会が国際交流基金で開催中です。

CBCのJohn Northcott氏、David Michael Lamb氏が筆の動きを撮影、編集したビデオイメージも併せて放映されます。

「前田典子 礎」のコンセプトである、視覚・言語・時を旅するように辿りながら、書の世界を楽しんでいただく展覧会です。

<http://jftor.org/event/noriko-maeda-foundations/2018-10-16/>

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2pm – 4:30pm (computer clinic コンピュータ相談室)

SUN/MON
Closed 休館

国語教室 1年生の生徒さんの作品集

木田教室

【すきなこと・もの・ひと】

とくえ ゆう
ぼくは、じゅうどうを なら
つています。ぼくは、おとうさん
が だいすきです。

こじま りょうた
ぼくは、ママと パパが だ
いすきです。さっかーと
ほっけーが だいすきです。

バーバリック はなみ
わたしは、ぬりえが だいす
きです。おんなのこの えを
ぬるのが、すきです。

リンド ぜんせい
おとうさんと おかあさんと
おにいさんがだいすきです。

うらまる あこ
わたしは、ちようちよが と
ても すきです。ちようちよは、
とても きれいだと おもいま
す。いろも きれいです。

ドウルー ひろと
ぼくは、チーターがすきです。
はやいからです。

たかぎ だん
ぼくの かぞくは、四人です。
おとうさんと おかあさんと
おねえさんと ぼくです。なか
よしです。だいすきです。

ニア まやの
わたしは、うさぎが すきです。
くろい うさぎを かいたいで
す。

フェリッショ いっさ
ぼくは、やきゆうが だいす
きです。サッカーと ホッケー
と バスケットボールも だい
すきです。

あめみや あやね
わたしは、にほんぶようを
ならっています。じえいしい
で ならっています。きものを
きて、おどるのが すきです。

オーバートン そうた
ぼくは、おとうさんが だい
すきです。おとうさんは、とても
やさしいです。

はぎわら るり
わたしは、ピアノが ひけま
す。ピアノは、たのしいから、す
きです。

コヘン ノア
ぼくは、ベブレイドが だ
いすきです。とても たのしい
ゲームです。

とくやま かいり
わたしの おとうの なま
えは、るかです。かわいいです。
だいすきです。

やまぐち りんか
わたしは、アイスクリームが
だいすきです。いちごあじが
いちばん すきです。

ウォルダン けんたろう
ぼくは、こんちゆうが すき
です。とくに、ちようちよと み
つばちが すきです。

まえだ ニーナ
おじいちゃんの いぬは 白
です。七さいです。なまえは、ガ
シーです。わたしは、ガシーと
いっしょにさんぽに いくのが
好きです。

【かくげいかい】

「グリーンマントの
ピーマンマン」

モナハン あきら
「いろいろな ぽんが ある
よ。」おおきい こえで いえま
した。みんな、じょうずに でき
ました。おじいさんや おばあ
さんに たのしんで もらえて
よかったです。

こしみず りお
ばいきんまんの うたを う
たって たのしかったです。ス
テージの うえは、はずかしか
ったです。ほかの クラスの
はっぴようが たのしかったですよ。

エドガー セン
もくようびに、えまが ベビ
ーしかったーに きてくれた。や
さしかった。

ふくだ アンジェラ
ふゆやすみに、ふみえおねえ
ちゃんと かくれんぼを して
あそびました。おもしろかった
です。また、あそびたいです。

さいとう さくら
かくげいかいは わくわく し
ました。ばいきんまんと ピー
マンマンの たたかいが おも
しろかったです。

ウオン かい
かくげいかいでは げきを
しました。せりふも ちゃんと
いえて、うたも うたいました。
はじめは、こわかったけど、ちゃ
んと できたので、うれしけれ
たです。

【につき】

ネyson ゆず
わたしは りおと さいえん
すせんたーに いきました。そ
のあと、りおが とまりに き
ました。そして、りおと どうぶ
つえんに いきました。

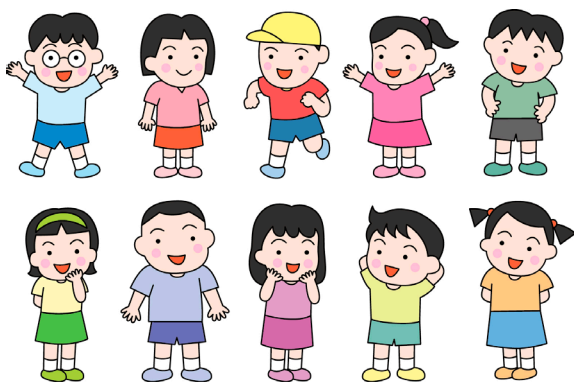
ボーズ にか
きのう、わたしは としよか
んへ いきました。どうぶつの
いべんが ありました。うさ
ぎを さわりました。
ギニーピッグも
さわりました。

さいとう ひめ
ナイアガラの ホテルに か
ぞくで、にはく しました。プー
ルで、たくさん あそびました。
みずの すべりだいが とても
おもしろかったです。また い
きたいです。

担任 木田 美智子

一年のクラスは二十六人、ク
ラスメートが多いのはいいこと
だ。友達いっぱい、楽しいね。皆
そろって、大きな声で教科書を
読むと気持ちがいい。大きな
つても、ずっと友達でいて欲し
い。卒業式まで絶対一緒だよ。

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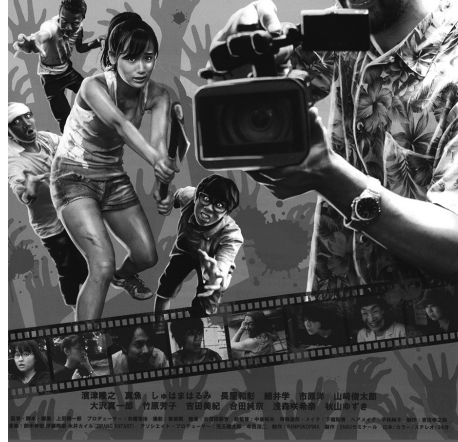
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Toronto Premiere of the Japanese Box-office Phenomenon!

最後まで席を立つな。この映画は二度はじまる。

カメラを止めるな!

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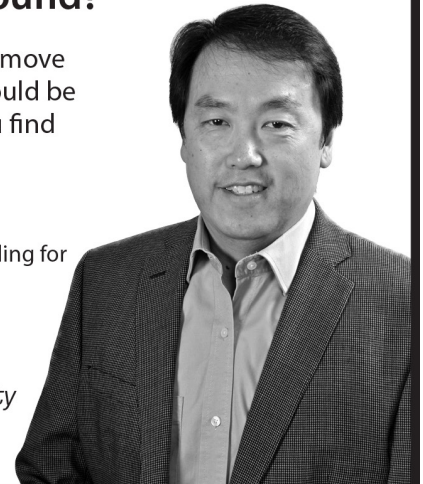
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