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Hirokazu Kore-eda's
TEN YEARS JAPAN**
Director Akiyo Fujimura In Attendance

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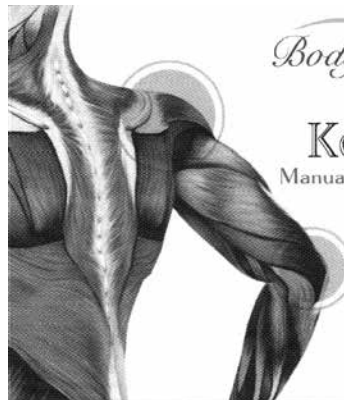
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JAPAN
STORY



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SUBMISSION DEADLINE

Deadline for the April issue is: Friday March 8, 2019.
4月号の締め切りは2019年3月8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

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Calendar of Events

March

Sat/Sun	2/3	Haru Matsuri
Fri	8	Hachioji Kuruma Ningyo Puppet Theatre
Sat	9	JCCC Karaoke Club
Mon	11	Spring Kamp Kodomo Starts
Thu	14	Special Movie Screening – Ten Years Japan
Sat	16	JCCC Taiko Workshop
Sun	17	Kumihimo Workshop
Mon	18	Spring Cultural Classes Start
Mon	18	Manju Workshop
Thu	21	Origami Workshop
Sat	23	JCCC Karaoke Club
Sat	23	JCCC Euchre Night
Thu	28	JCCC Movie Night

April

Sat	6	Yosakoi Dance Workshop
Sat	13	JCCC Karaoke Club
Sun	14	Kumihimo Workshop
Mon	15	Manju Workshop
Thu	18	Ishizue Award Dinner
Thu	18	Origami Workshop
Fri	19	JCCC Closed – Good Friday
Thu	25	Seniors' Supper Club
Thu	25	JCCC Movie Night
Sat	27	JCCC Karaoke Club

May

Sat	4	JCCC Annual Bazaar
Sat	11	JCCC Karaoke Club
Mon	13	Manju Workshop
Tue	14	Special Movie Screening – ASAKO I & II
Thu	16	Origami Workshop
Sun	19	Kumihimo Workshop
Mon	20	JCCC Closed – Victoria Day
Thu	23	Seniors' Supper Club
Sat	25	JCCC Karaoke Club

Japanese Canadian Cultural Centre

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www.jccc.on.ca

JCCC Upcoming Events

Hachioji Kuruma Ningyo Puppet Theater Returns

Legendary Hachioji Kuruma Ningyo returns to Toronto for the company's first full-scale production – featuring chanters and shamisen performers - at the Japanese Canadian Cultural Centre.

The company will perform three female-focused stories from classic Japanese literature: Kuzunoha, about a mother's undying love for her child; Tsuru On'na, a comical piece about "fishing" for a wife and Yugao, a new work from Nishikawa based on a story from Murasaki Shikibu's classic epic The Tale of Genji, in which the jealous spirit of one of Genji's lovers possesses a young woman he's courting.



Date: **Friday March 8, 2019**

Time: 7:00pm

Tickets: \$35 general, \$30 JCCC members

Performed in Japanese with English subtitles.

March Movie Night: Hirokazu Kore-eda's TEN YEARS JAPAN Director Akiyo Fujimura In Attendance



"Chilling and sharp, these five shorts are a must-see for fans of 'Black Mirror'"
– *Japan Times*



Producer Hirokazu Kore-eda brings together five of Japan's up-and-coming directors and a cast of top actors to visit a Japan ten years in the future.

Thoughtful, provocative and timely, these short tales explore the potential outcomes of issues including digital privacy, the aging population, militarism and nuclear power. A powerful film shot with intensely Kore-eda-esque whimsy and gentle emotion. Starring: Jun Kunimura, Chizuku Ikewaki, Taiga, Hana Sugisaki, Tetsushi Tanaka.

Date: **Thursday March 14, 2019**

Time: 7:00pm

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



The JCCC Board of Directors is hosting the 5th Ishizue Award Dinner on **Thursday April 18, 2019**. The JCCC created the Ishizue award and this special evening to acknowledge and express our

appreciation and respect to members or friends who have made exceptional contributions to the Japanese Canadian Cultural Centre over many years.

The name Ishizue, meaning cornerstone or foundation, pays tribute to the 75 families who, at significant personal financial risk, guaranteed the original mortgage on the JCCC at 123 Wynford Drive in the early 1960's.

In keeping with tradition, this year's recipients are a very distinguished group of people who have made significant contributions to the Japanese Canadian Cultural Centre.

They are:

RoyAsa, Hiroko Barall, Mits Ito, Noriko Maeda, Atsuko Nakayama, Kunio (posthumous) and Toke Suyama, George Tsushima.

An intimate and elegant dinner to honour these distinguished award recipients has been planned and we cordially invite family, friends, and community to support this evening of celebration and recognition. In support of this dinner, the cost is \$130 per person.

Please drop in to the centre to order your tickets or call 416-441-2345 or email jccc@jccc.on.ca. by **Friday April 5, 2019**. A ticket order form is included as an insert in this newsletter.

2019 JCCC Spring Classes

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

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



JCCC Kyowa Taiko Workshops

Taiko:

Dates: **Mar. 16, 2019**

Time: 6:00pm - 8:00pm

To register, please call the JCCC reception at 416-441-2345 or email at jccc@jccc.on.ca.



JCCC Upcoming Events

JCCC Annual Bazaar

The JCCC Annual Bazaar committee is busy organizing our biggest one-day fundraiser of the year! Mark your calendar for **Saturday May 4, 2019** from 12:00pm to 4:00pm. You do not want to miss any of the bargains!!

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

Please come and support your JCCC!

We welcome donations of all kinds – baked goods (including cakes, pies, cookies, squares, etc), Japanese food (including manju, sekihan, chirashi, bento, etc), white elephant, new products, etc. Non-perishable donations can be dropped off at the JCCC reception desk anytime after April 1st. Perishable donations that can be refrigerated can be accepted **Friday May 3**, and of course on the day of the bazaar.

In the past, we have not accepted clothing donations. This year we are going to try a new fundraising strategy. We will accept clothing donations BUT they must be in a closed bag with a label. These bags will be directly donated to Value Village. The JCCC will receive a payment for these donations based on the weight of what we collect and give to them.

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

Date: **Saturday May 4, 2019**

Time: 12:00pm - 4:00pm

Admission: Free

JCCC Euchre Night

On Saturday **March 23, 2019** the JCCC will be hosting another Euchre night. This event brings together friends, fun and a little card playing finesse. There will be a cash bar, light refreshments, and prizes for the top scores! Scoring system is individual based; no set partners. Rules are based on Bicycle® rules and once again the “stick the dealer” rule will be in effect. Entry fee is \$21 (including HST) for non-members, \$ 17 (including HST) for members. Entry is limited to experienced players ages 19 years and older. Doors open at 7:00pm, play starts promptly at 7:45pm. Cash prizes will be awarded.

Deadline for registration is **Friday March 15, 2019**. Spaces are limited! Don't be disappointed, register today!!! Contact the JCCC at 416-441-2345 or jccc@jccc.on.ca.



Bazaar Volunteering Opportunities

Event Date: **Saturday May 4, 2019**

Time: 12:00pm - 5:00pm

Requirements:

- All positions are open to Grade 9 and older.
- First time volunteers must submit a volunteer profile before filling out the event volunteering sign up form.
- For those who need volunteer service hours, please bring the form provided by your school on the day of the event.

Preparation Day

We have a huge preparation day on Friday May 3, 2019 all day!

- Setting up booths and the areas, and sorting donated items: (Anytime between 10:00am to around 7:00pm)
- Making Inarizushi and some light food: (12:30pm to 5:00pm)

Sushi Bee

We need to offer the best quality sushi as is possible. We will be rolling the sushi in the morning before the doors open. We appreciate anyone available to help on **Saturday May 4** at 7:00am! Experienced people welcome!

During the Bazaar

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

And more!

Volunteer sign up deadline: **Tuesday April 16, 2019**

For sign up to any volunteer work, please visit:

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

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



Kamp Kodomo Summer Sessions



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

The camp is open to all children between the ages of 6 years (as of December 31, 2018) and 12 years. It operates from 9:00am to 4:30pm from Monday to Friday. Sessions will run on **July 8 - 12, July 15 - 19, and July 22 - 26**. Fees for this program are \$220 per child for a 5-day session, or \$200, if you register by **Monday April 29, 2019**. JCCC members are \$210 or \$195 if you register by **Monday April 29, 2019**. If you have more than one child to register, the 2nd (or more) child from the same family will receive a 5% discount (sorry, this discount is not available for early bird pricing). Extended camp care is available from 8:00am to 9:00am and from 4:30pm to 6:00pm with an additional cost of \$35 per session.

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

Registration begins **Monday March 18, 2019**, and the registration deadline is **Friday June 28, 2019** and Kamp Kodomo's maximum attendance is 20 children per session.

For more information or to register, please consult the enclosed flyer, call 416-441-2345 or check the website at www.jccc.on.ca.

Yosakoi is Coming to the JCCC!

Great news! The JCCC will be running 2 Yosakoi workshops this Spring – one for children (6-14 years old), and one for adults (15+).



Yosakoi is an exciting and energetic dance, usually consisting of colourfully costumed and clapper bearing dancers! It's a unique Japanese style dance that is fun and easy to learn. All participants to this workshop will be able to learn all the steps to a choreographed song in this workshop.

The program will be led by Sakuramai TO, a Yosakoi dance group based in Toronto. Sakuramai is well known in our community for their energetic performance. They have performed in many cultural events and festivals in Toronto and nearby cities. It's a great chance for all those who have enjoyed watching their performances to now be part of this amazing dance troupe.

To register, please see details below.
(max 15 ppl, min 5 ppl)

Kids Class (6-14 years old)

Date: **Saturday April 6, 2019**

Time: 10:00am to 12:00pm

Adult Class 15 and up

Date: **Saturday April 6, 2019**

Time: 1:00pm to 3:00pm

Fees: \$20 (JCCC member); \$25 (general)

Please register at JCCC reception desk.



Kyudo is... Seikyu Kai: The 10 year Anniversary

Submitted by Sarah Macapagal

Seikyu Kai Kyudo Club in Toronto has reached a milestone. As of 2018 the club which practices every Saturday morning in the wood dojo of the Japanese Canadian Cultural Centre has turned 10 years old. To commemorate 10 years of existence the club has created an installation which can currently be seen in the display case by the museum.

As one walks towards the wood dojo the display case with its myriad of items comes into view. Are you drawn in by the text on the panels, the mini uniform hanging in the corner, the scale model of a Kyudojo, or the large multi-coloured sign proclaiming "Kyudo is..."? Whichever element draws you to the display case the closer you get the more there is to see.

In the case is a collage. Who are these people you may ask? What do these snippets of memory represent? The faces staring back at you are the members both old and new who are dedicated to Seikyu Kai. They have created and continue to create the club's history.

For 10 years Kyudo has meant beauty, teamwork, serenity, and sincerity to its members and it has taught them about enduring and overcoming challenges on their paths to becoming their best selves. While Kyudo, the activity, exists within its practice spaces, uniforms, and equipment, Kyudo, the martial art, lives within each of the members of Seikyu Kai. Thoughts on Kyudo are displayed in the case and echo how Seikyu Kai members feel about their own chosen martial art.

The creation of the display case was also an exercise in personal reflection for each of the members and a way for us to connect with the larger JCCC community. The members of the club are drawn from all walks of life and possess a multitude of different talents including art and design. In fact, the Seikyu Kai t-shirt in the display case was designed by a member.

While the display in the case is a temporary installation, t-shirts, the designs on them, and fashion in general is a clear visual representation of who we are and a way for us to tell our story to a wider audience. That others would like to be part of our Kyudo community is indicative of the impact Seikyu Kai has made throughout its 10 year history.

Eventually the installation will become another memory for Seikyu Kai, however, the legacy of the group will continue to grow. Here's to 10 years of existence and wishes for many more!

Haiku Corner

梅が香の立のぼりてや月の暈 蕪村

Ume ga ka no tachinoborite ya tsukino kasa

The halo of the moon, –

Is it not the scent of plum-blossoms

Rising up to heaven.

Buson

Calendar of Art Gallery Exhibits

January 13 – March 31, 2019

BLENDED: Miya Turnbull and Norman Takeuchi
Opening Reception and Artist Talk Sunday February 3, 2019 at 2pm. Artists will be in attendance from Halifax (Miya) and Ottawa (Norman)
Refreshments by Chef Shoji. Music by Bruce Tatemichi and associates.

March 7, 2019, 11:00am – 1:15pm

Public lecture at ROM by Katherine Yamashita and Bryce Kanbara on art exhibition, *Being Japanese Canadian*. Admission is free, but tickets are required and can be ordered at:
<https://www.rom.on.ca/en/whats-on/rom-daytime-being-japanese-canadian-reflections-on-a-broken-world>

May – June 2019

IN TORONTO Japanese Canadian Photographers from yore and now.
Presented in conjunction with CONTACT month in Toronto.

July 2019

Artsu Matsuri

Get ready for this much anticipated, bi-annual group exhibition of Japanese Canadian art in the JCCC Gallery. Details to be announced.

Being Japanese Canadian: Reflections on a Broken World

Submitted by Theresa Takasaki

The ROM has always been one of my favourite places to go. Every time I walk through the doors, I know that I will discover something new-to-me or find another hidden corner which I have not previously explored.

On Thursday, January 31, I was at the ROM for the opening of *Being Japanese Canadian: reflections on a broken world*. Surrounded by almost 300 community and ROM members, I was struck by just how unusual this exhibit is for the ROM. This exhibit has been designed to share the Sigmund Samuel Gallery of Canada. It features the works of Japanese Canadian artists interspersed with the works of other prominent Canadians which are on permanent display, as well as some artifacts and photographs from the JCCC's collection to provide historic context. Co-curated by ROM personnel, Dr. Heather Read, with Dr. Katherine Yamashita and Bryce Kanbara, the exhibit explores the lasting impact of Internment on Japanese

Canadians. It features artwork by Lillian Michiko Blakely, David L Hayashida, Emma Nishimura, Steven Nunodo, Laura Shintani, Norman Takeuchi, Marjene Matsunaga Turnbull and Yvonne Wakabayashi; many of whom have exhibited their works at the JCCC in the past, or are currently doing so.

In spite of being a relatively small installation, I was not able to see everything that was on offer. I can't wait to return to the ROM with my family to explore this very exciting installation and to discuss with them all of the different aspects of this exhibit that make it such an intriguing gallery to explore right now.

The Exhibit will run until August 2, 2019 and will host several programs featuring Japanese Canadian speakers, artists and musicians.



Photo Courtesy of Kelly Fleck

Surf is UP for Japanese Canadian Artists

Submitted by John Ota



Photo: Lillian Michiko Blakey with her painting and John Ota

I am NOT a surfer, but I feel like we are all emotionally riding a big wave right now. It is an amazing time for JC art and culture - and the surf is up.

A theatre review in the February 3rd Toronto Star showcased the opening of a new play at Factory Theatre, "The Tashme Project," about sansei and yonsei, talking to families about the internment.

Farther down the page in the February 3rd Star, was an article on an exhibition called, "Being Japanese Canadian" featuring eight JC artists at the Royal Ontario Museum. The exhibit is a collaboration between the ROM and JCCC and co-curated by Kathy Yamashita, Bryce Kanbara, Dr. Heather Read and Dr. Arlene Gehmacher.

Also on February 3rd, at our own JCCC Gallery, we opened a beautiful and provocative exhibition called, "Blended", the art of Miya Turnbull and Norman Takeuchi that is their response to being Japanese Canadian.

And later in February at the Campbell House Museum at Queen St. W. and University Ave., an exhibition will open featuring the work of JC artists Lillian Michiko Blakey and Laura Shintani.

We hope that you can take in all of the exhibitions and the play. The surf is up and we are all riding an AMAZING wave.

Being in Between: Reflection on the Self

By Miya Turnbull

In the exhibit *Blended*, I am honoured to be showing over 60 of my self-portrait masks. Each one is a different variation of my face. Some of my masks are representational but in most cases



I have altered my image in various manners; the slant of my eyes for example, or sometimes extreme changes resulting in inhumane proportions. I do this as a way to explore different facets of my identity, specifically being half Japanese and examining my feelings of being 'in between'. I am using masks as a metaphor for persona and identity, which in itself is highly complex requiring the masks' structure to be manipulated at times to reflect this. The inside portion of the hanging masks are revealed to allow for the exploration of that space and to make the inner world visible.

By making masks of myself, I can create and present different personas, and I am able to change my features and experiment with how I look in ways I couldn't do in reality. Seeing my self-portrait masks installed in the gallery is a very different and rewarding experience for me than when they were laying around my studio. It lets me see each version of my face, eye to eye, and in this way I can mentally separate myself from my own image and see 'outside' of myself in a physical way.

This process gives me an opportunity to understand the core of who I am. When observing the complete group of masks all together, I hope the viewer looks deeper and sees a part of me in all of them, or perhaps 'in between' of all them.

JC Artists! Get ready for ARTSU MATSURI 2019!

The tradition continues.

Exhibition and opening reception in July. A community get together of art, artists, art-lovers and lovers! Watch for details.

To get your names on the information list

email: bkanbara@gmail.com



Redefining Home: A Story of Japanese Canadian Resettlement in Toronto



*Photo: Harold and Hana Kawasoe on a Picnic
Courtesy of the Kawasoe Family*

Redefining Home: A Story of Japanese Canadian Resettlement in Toronto uncovers the hidden story of Harold and Hana Kawasoe, a Japanese Canadian couple who once lived in the attic of Campbell House. During the Second World War, over 22,000 Japanese Canadians were exiled

to internment and work camps. Others were forced to move to sugar beet farms in Alberta to keep their families together, or even deported to Japan.

Harold and Hana, like many Japanese Canadian citizens, left for Ontario, leaving their homes and families behind in British Columbia. Removed from everything they had ever known, how did this young couple eventually make Toronto their home?

Using Harold's and Hana's remarkable story, *Redefining Home* focuses on the forced relocation and resettlement of Japanese Canadians in Toronto in the 1940s and beyond.

The exhibition invites visitors to engage with the topic through archival materials, family photographs, and historical objects – assembled for display in the very house where Harold and Hana lived from 1948 to 1951. *Redefining Home* uncovers the opportunities and obstacles that Toronto's Japanese Canadian community faced as they rebuilt their lives and homes in a foreign city.

The exhibit also features original art installations by Lillian Michiko Blakey and Laura Shintani. Reflecting on Harold's and Hana's story, as well as their own experiences of being Japanese Canadian, each artist explores ideas of home, identity, loss, and resilience.

Curated by: Meghan Drascic-Gaudio, Hailey Graham and Madeleine Howard

Redefining Home runs from **Friday March 1, 2019 to Monday April 1, 2019**.

Opening reception: **Thursday February 28, 2019** at 6:30 pm

Nostalgia Night is Coming!

Circle **Sunday July 28, 2019** on your calendars and join us for another exciting Nostalgia Night celebration!

Nostalgia Night is a special event at which the Heritage Pioneer Award is presented to an organization within the Japanese Canadian community that has contributed towards the cultural and social development and well-being of our community over the years.

Watch for updates on Nostalgia Night to find out which organization(s) will be honoured this year.

Momiji Community Bazaar

This annual tradition is back! Enjoy delicious Japanese cuisine, including manju, sushi, chow mein and bento boxes. There will be plenty of home made pies, cookies and squares. Our dining room allows you to eat in or take out. There will also be plenty of items for sale including Collectibles, Giftware, Jewelry, Japanese Kitchen Wares, Books, a Garage Sale and much more.



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

Proceeds from the Bazaar are used to support our programs and services. Hundreds of seniors benefit each year from the funds this event generates.

For more information, contact Sheri-Lynn at 416-261-6683 ext.259 or bazaar@momiji.on.ca.

Date: **Saturday March 30, 2019**

Time: 12:00pm to 3:30pm

Place: 3555 Kingston Road Scarborough ON M1M 3W4
416-261-6683

Toronto Fukuoka Kenjinkai AGM and Social

Please join us with your family and friends for an entertaining and enjoyable day. Our program will consist of a Meeting, Games, Entertainment and Bento. Free Bento for Members 80yrs and over. Annual Membership fee: \$5; Bento \$15.

Please RSVP by March 22th to one of the following:

Noboru Yamamoto 416-297-7156

Email: nobo277y@gmail.com

Joan Hirano 905-883-1835

Date: **Sunday March 31, 2019**

Time: 1:00pm to 6:0pm

Place: Japanese Canadian Cultural Centre
6 Garamond Court Toronto ON M3C 1Z5
416-441-2345

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.

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In honour of Kaz and Nao Amemori
Rinzo and Aiko Amemori
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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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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
In Memory of Grace Haruko Sakamoto
Nancy Shin - In Memory
In Memory of Nancy Aiko Shin
Emiko Sumi
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In Memory of Toshiko & Frank Usami
In Memory of Ethel Midori Wakayama
Beaver & Michi Yamamura - In Loving
Memory
Tsutae Yamamura - In Loving Memory
In Memory of Amy Shizuko Yoshida

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

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As of Feb 4, 2019

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今後の行事予定

- 3月 2/3(土・日) 春祭り
 8(金) 八王子車人形公演
 9(土) JCCCカラオケクラブ
 11(月) 春休みキャンプ子供
 14(木) JCCC特別映画鑑賞会
 「十年」
 16(土) JCCC太鼓ワークショップ
 17(日) 組み紐ワークショップ
 18(月) 春季文化クラス開講
 18(月) まんじゅうワークショップ
 21(木) 折り紙ワークショップ
 23(土) JCCCカラオケクラブ
 23(土) JCCCユーカナイト
 28(木) JCCC映画鑑賞会
- 4月 6(土) よさこいダンスワークショップ
 13(土) JCCCカラオケクラブ
 14(日) 組み紐ワークショップ
 15(月) まんじゅうワークショップ
 18(木) 礎アワードディナー
 18(木) 折り紙ワークショップ
 19(金) JCCC 休館日 - Good Friday
 25(木) JCCC映画鑑賞会
 25(木) シニアーズサパークラブ
 27(土) JCCCカラオケクラブ
- 5月 4(土) JCCC バザー
 11(土) JCCCカラオケクラブ
 13(月) まんじゅうワークショップ
 14(火) JCCC特別映画鑑賞会
 -「寝ても覚めても」
 16(木) 折り紙ワークショップ
 19(日) 組み紐ワークショップ
 20(月) JCCC 休館日 - Victoria Day
 23(木) シニアーズサパークラブ
 25(土) JCCCカラオケクラブ

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

JCCC 月例映画鑑賞会

3月の映画：十年

藤村明世監督来場！



『万引き家族』などの枝裕和監督が総合監修を担当したオムニバス。香港発の映画『十年』を基にした、社会の問題に根ざす五つの物語が映像作家たちそれぞれの視点で展開する。出演には『湯を沸かすほどの熱い愛』などの杉咲花をはじめ、田中哲司、太賀、池脇千鶴、國村隼らがそろう。早川千絵、木下雄介、津野愛、藤村明世、石川慶が監督を務めた。

国は75歳以上の老人の安楽死を推奨する制度“PLAN75”で高齢者問題を解決しようとしていた(『PLAN75』)。国家戦略IT特区に指定された小学校に通う子供たちは、人工知能システムで管理されていた。(『いたずら同盟』)。高校生の舞花は、母の生前のデータが入力された遺産を手にする(『DATA』)。地下で暮らしていたミズキは、友人の失踪を機に地上の世界を夢見るようになる(『その空気は見えない』)。広告代理店勤務の渡邊は、徴兵制告知のポスターデザインを変更するよう要請される(『美しい国』)。

シネマトゥデイより

日時：2019年3月14(木)午後7時
 チケット：\$10(JCCC会員)；\$12(一般)

夏休みキャンプ子供

日本文化に触れ体験する6-12歳向けのユニークな夏休みキャンプ子供が2019年も夏休み中(7月8日-12日、7月15日-19日、7月22日-26日)に行われます。キャンプ時間は午前9時から午後4時半まで。(午前8時から午前9時、午後4時半から午後6時までの延長プログラムもあり。)お申し込み詳細は英語ページp.4、または同封のフライヤーをご覧ください。また、キャンプカウンセラーも募集しています。

参加費用：\$210(JCCC会員)；\$220(一般)
 4月29日(月)までに早期登録される場合：\$195(JCCC会員)；\$200(一般)
 延長時間プログラム\$35(別途)
 兄弟でお申し込みの場合は二人目のお子様から5%割引が適用されます。

夏の恒例ノスタルジア・ナイト

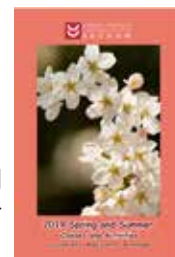
今年も2019年7月28日(日)にノスタルジア・ナイトが開催されます。ご家族、ご友人お誘い合わせの上、ぜひご参加ください。

ノスタルジア・ナイトは長年にわたり日系コミュニティの福祉や文化的、社会的発展に貢献してくれた日系コミュニティ内の団体にヘリテージ・パイオニア賞を授与する特別なイベントです。

さて、今年は何の団体が受賞するのでしょうか。今後のニュースにご注目ください。

JCCC春季文化クラス開講

今年度春季文化クラスが2019年3月18日(月)より開講されます。クラスのお申込み、詳細またはご質問等はJCCC受付416-441-2345、jccc@jccc.on.caまでお問い合わせください。



JCCCバザー

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

日時: **2019年5月4日(土)**午後12時~午後4時

入場料: 無料

ボランティア大募集!

ボランティアの条件:

- ・ ボランティアはGrade9以上に限ります。
- ・ 新規ボランティアの方は、イベントボランティア登録フォームを提出する前に必ず『ボランティア・プロフィール』をご提出下さい。
- ・ 高校生でボランティアサービスアワーの証明が必要な方は、当日ボランティアをする際に、忘れずにフォームをご持参ください。

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

バザー前日の準備 - **2019年5月3日(金)**

- ・ 販売ブースのセットアップ、寄付された物品の移動や分類、館内の地図やサインを貼る仕事など。
(10:00am-7pmの間で可能な時間帯)
- ・ いなり寿司作りと軽食の下ごしらえなど。
(12:30pm-5pm)

当日開場前の午前7時~正午12時くらいまで

のり巻作り(スシ・ビー) - 経験者大歓迎!

バザー当日のボランティア募集エリア:

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

ボランティア申込締め切り:**2019年4月16日(火)**

お申し込みはオン・ラインフォームから。

(申込フォームは3月中旬にアップロードされる予定です。)

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

***バザーのための沢山のご寄付を募っています。全ての物品は4月1日以降から受付を開始致します。食品で乾物(冷蔵不要で日持ちのする物)は4月1日以降、生もの以外(要冷蔵)は前日の金曜日から受け付けます。生ものは当日のみ(午前11時まで)受け付けます。クッキー、パイ、ブレッド等焼き菓子のドネーションも大歓迎です!フロントデスクにお持ち頂きご連絡先をお残し下さい。今年より衣類のドネーションを受け付けます。寄付された衣装は Value Villageで換金され、バザー収益の一部とされます。

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

日本語の場合は受付にメッセージをお残し下さい。

江戸の粋を今に伝える 人形劇八王子車人形公演



2012年に観客を魅了した、人形芝居の西川古柳座が再び日系文化会館にやってきます。

文楽では三名の人形遣いが一体の人形を動かすのに対し、江戸時代から伝わる車人形では、3つの車がついた箱型の車に腰かけ、一人が操る人形芝居です。

中でも八王子車人形は、国・選択無形民俗文化財、及び東京都無形文化財に指定されており、現在は五代目西川古柳が一座を率いています。

今回のトロント公演では人形遣い6名、大夫1名、三味線2名が揃うフルスケールの公演。日本古典文学から女性が主役の三つの物語を演じてくれます。

母親の愛を描いた悲話、「葛の葉 (くずのは)」
つり針で嫁を釣り上げるという笑いを誘う演目、
「釣女 (つりおんな)」

紫式部の源氏物語をもとにした西川座の最新作、源氏が求愛する若い女が別の愛人の生霊に取りつかれる、「夕顔(ゆうがお)」

迫力満点の舞台、是非お見逃しなく。日本語公演、英語字幕付き

日: **2019年3月8日(金)**

時: 午後7時開演 (開場、6時半)

チケット: 一般35ドル(税込)

JCCC会員30ドル(税込)

日系文化会館、受付にて販売中!



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よさこいダンスワークショップ

トロントを拠点に活動中のよさこいダンスグループ桜舞によるワークショップが**2019年4月6日(土)**に開催されます。

ユニークで活気あふれるよさこいダンスを体験してみませんか? このワークショップでは子供向けクラス(6歳から14歳)と大人向け(15歳以上)のクラスが設けられます。

- 日時: **2019年4月6日(土)**
 時間: 子供クラス(6歳から14歳) 午前10時から午後12時
 大人クラス(15歳時以上) 午後1時から午後3時
 費用: \$20(JCCC会員)
 \$25(一般)



太鼓ワークショップ

- 日時: **2019年3月16日(土)**
 時間: 午後6時から午後8時
 費用: \$25(JCCC会員)
 \$30(一般)



健やかな老後をめざして その20

案外多い口の中の健康問題!



熊本大学病院での実習初日、ある病棟婦長から「口の健康が全身の健康につながる!」と何度も言われたことが強く印象に残っています。でも、健康そのものの20歳当時はその意味をちゃんと理解できていませんでした。口の健康が食生活に直結することを身をもって感じる年齢になって思い知らされます。案外と中高年に多いのが、口内炎とドライマウスなのです。

口内炎とはほおの内側、上あごや舌などの粘膜に起きる炎症です。物理的刺激、アレルギーやカンジダによるもの、原因のはっきりしないもの(アフタ性口内炎)、の4つのタイプがあります。

熱いものを食べたり、ほおの内側を噛んだり、入れ歯や矯正装置などが当たってできる炎症(物理的刺激)は、原因を除去すれば2週間くらいで治ります。加齢と共にほおを噛むことが多くなり(若い時にはなかった!)、辛いから揚げなど食べると口が荒れると感じていますが、皆さまはいかがですか?

カンジダは常に身体の中にいる常在菌なので、通常は炎症を起こしません。ところが免疫の働きが低下したり、口の中が乾燥すると炎症を起こすのです。粘膜が赤くなったり、白くなったり、赤や白が混在したりと様々です。炎症が改善しない場合は歯科や耳鼻咽喉科を受診しましょう!放置しておくとう味覚障害を生じることがあります。また、入れ歯にはカンジダが繁殖しやすいので清潔に保ちましょう。

最近、注目されるようになったのは歯科治療の詰め物やかぶせ物などの金属アレルギーです。新しい素材が開発されているので交換できます。また、古くなった銀歯の中にむし歯がないかにも注意!私の場合、日本からアメリカへ留学する前に点検(40歳当時は銀歯)、50代後半に当地で最新のもの(セラミック)へ交換しました。その際、やはり銀歯の中にむし歯が見つかりました!その後は定期検査&適切なケアを続け、60代後半の現在、自身の歯全てと歯茎を良好に保っています。相当に努力していま〜す。

頻繁にアフタができる場合はストレス、栄養の偏り、消化器系の不調や薬の副作用が原因ではありませんか?それらとの関連を考えてみましょう。炎症がなかなか治らない場合、やはり心配になるのは口腔がんです。初期は口内炎とよく似ているけれど、自然に治ることはありません。何か気になる場合は躊躇せずにスペシャリストを受診しましょう!早期発見と治療が大事です。

唾液が減るドライマウスの原因はまず加齢!更年期の女性ホルモン減少でも唾液量は減少します。ドライマウスはストレスや薬でも生じたり、鼻炎、自己免疫疾患などが関係している場合もあります。口の中が痛い、ネバネバする、パンなど乾燥した物が食べにくい、口が渇いて目が覚める等の症状はありませんか?それらの症状が続く、あるいは悪化した場合はホームドクターに相談してみましょう。

日常生活でできることは“唾液腺を意識すること”、耳の下あたりの耳下腺を手の指で円を描くようになでて刺激してみましょう。私は舞台上で唄う際、緊張(ストレス)と劇場のひどい乾燥によってドライマウス状態になった時に実践しています。口や鼻の乾燥を防ぐための水分補給、加湿器の利用や寝る時のマスク着用、リラクゼーションした過ごし方なども有効です。

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)

Japanese Social Services / Momiji Health Care Society

委任状と遺言状 POA & WILL SEMINAR

知っておきたい「もしも」のための委任状と遺言状
 POA (代理委任状) とは? WILL (遺言状) は、無いと困る?
 どのように準備すればいいの?

- 日時: 2019年3月25日(月曜日) 午前10:00~午後12:00
 場所: Japanese Canadian Cultural Centre
 6 Garamond Court, Toronto, ON M3C 1Z5
 参加費: \$5.00
 問合せ: Japanese Social Services (担当: Chie)
 申込み: TEL: 416-385-9200 Email: programs@jss.ca
 Momiji Health Care Society (担当: Keiko)
 TEL: 416-261-6683 ex.249
 Email: keiko@momiji.on.ca

*参加ご希望の方は、3月18日(月)までにお申し込み下さい。
 ※ご予約のない方の入場はお断りいたします。必ず事前にお申し込み下さい。

今、元気なあなた、将来、自分の事が出来なくなってしまう時、お金の事を頼める人はいますか?オンタリオ州には、万が一に備えて、あなたが元気なうちに書面で代理人を任命しておく制度があります。

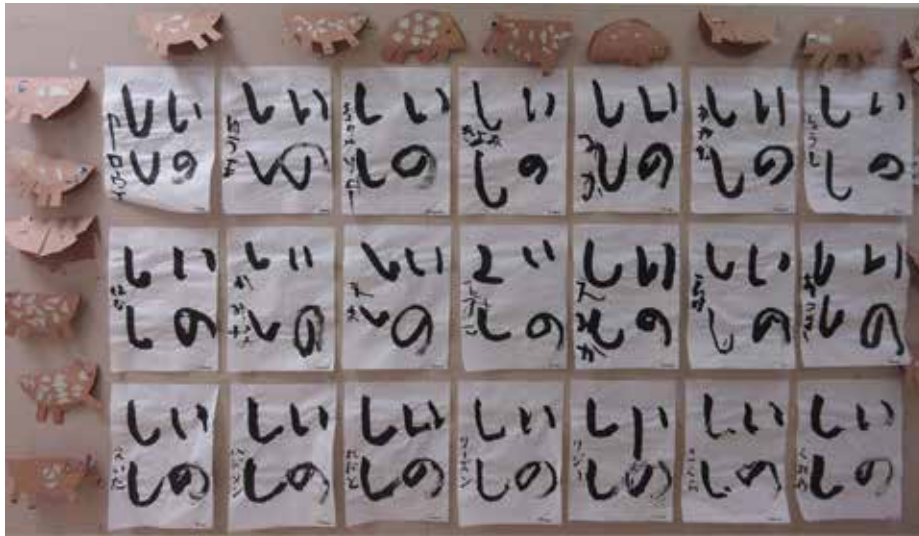
ジャパニーズ・ソーシャル・サービス(JSS)では、モミジ・ヘルスケア・ソサエティと共同で、日本人の弁護士より、委任状や遺言状について日本語で学べるセミナーを開催します。シニアやシニアの介護をされる方はもちろん、年齢に関係なく来たときに備えたいという方も、お問い合わせのうえ奮ってご参加下さい!

講師: オンタリオ州弁護士 スミス希美氏(J.D., LL.M) Pallett Valo LLP 法律事務所

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Our Attitude

ASAKO I & II

Director Ryusuke Hamaguchi in Attendance



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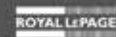
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The company will perform three female-focused stories from classic Japanese literature: *Kuzunoha*, the comical *Tsuri On'na*, and *Yugao*, a new work based on a story from the classical epic *The Tale of Genji*.



Date: Friday, March 8, 2019
Time: 7:00pm

Performed in Japanese with English titles
Photos credit: © Hachioji Kuruma Ningyo Puppet Theater



Tickets: \$35 general, \$30 JCCC members

For tickets, call JCCC 416.441.2345 or online (jccc.on.ca)



Media Support



The North American tour of Hachioji Kuruma Ningyo Puppet Theater is produced and organized by Japan Society, Inc.
Hachioji Kuruma Ningyo Puppet Theater is supported by the Agency for Cultural Affairs, Government of Japan in the fiscal year 2018, The JEC Fund, and The Jim Henson Foundation.

JCCC 2019

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Dear Members,

The JCCC Board of Directors is pleased to announce that we will host the 5th Ishizue award night. The Ishizue Award acknowledges and expresses our appreciation and respect to members or friends who have made exceptional contributions to the Japanese Canadian Cultural Centre.

The name Ishizue, meaning cornerstone or foundation, pays tribute to the 75 families who, at significant personal financial risk, guaranteed the original mortgage on the JCCC at 123 Wynford Drive in the early 1960's.

The recipients of this annual award are a very distinguished group of people who have each made significant life-long contributions to the Japanese Canadian Cultural Centre. They are:
Roy Asa/ Hiroko Barall/Mits Ito / Noriko Maeda / Atsuko Nakayama/ Kunio (posthumously) and Toke Suyama/ George Tsushima.

We are pleased to cordially invite you to honour these distinguished award recipients at an intimate and elegant dinner on Thursday April 18, 2019 at 6:30PM at the Japanese Canadian Cultural Centre. Black tie optional. Tickets are \$130 each. Please fill out the form below and return to the JCCC to reserve your space. Please RSVP before April 5, 2019. Limited seating available.

On behalf of all the directors of the Japanese Canadian Cultural Centre, we look forward to spending a special evening of recognition and celebration together.

Gary Kawaguchi, President, JCCC



ISHIZUE AWARD DINNER
(Please fill out the information below)

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone Number: (____) _____ E-mail: _____

- Yes, I would like to purchase a ticket to attend the Ishizue Award Dinner. \$130 x ____ = _____ (total \$ amount enclosed)
- No, I cannot attend, but I would like to make a donation to the JCCC in honour of a recipient(s) in the amount of _____.
Please indicate how you would like to be recognized: _____
- I wish my gift to remain anonymous.
(Unless otherwise indicated, all donations will be acknowledged in the evening programme and JCCC Newsletter.)
- Please indicate any dietary restriction: _____

Method of Payment (Please do not send cash via mail):

- Cash Cheque (payable to JCCC) Visa Mastercard AMEX

Card Number: _____ Expiry Date: ____/____

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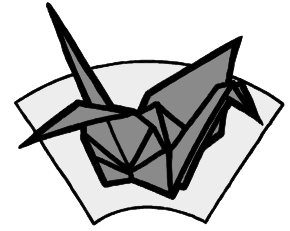
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Kamp Kodomo Summer 2019



Our Mission

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

Who can register?

Children ages 6 (as of December 31, 2018) to 12 Years

Dates

Session 1 – July 8 – 12

Session 2 – July 15 – 19

Session 3 – July 22 – 26

Times

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

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

Fee

\$ 220/week

Early bird discount \$200/week if paid in full by April 29, 2019

\$210 for JCCC Members

JCCC Member early bird discount \$195/week if paid in full by April 29, 2019

5% discount for additional siblings attending the same session

Extended care is \$ 35/week per child.

What is included?

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

Drama
Martial Arts
Music
Cooking

Dance
Language
History
Arts and Crafts

Geography
And More!!!

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

Children must bring a nutritious lunch and drink each day.

Why register?

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

How to register

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

Enrollment is limited to 20 children per week.

Registrations will not be accepted until after March 18, 2019

Early bird registration deadline is April 29, 2019

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

Registration deadline June 28, 2019



6 Garamond Court, Toronto, ON M3C 1Z5

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

Email: jccc@jccc.on.ca Website: www.jccc.on.ca



Kamp Kodomo Registration Form

July 8 - 26, 2019

Please Print Clearly One Form for Each Child

Child's Name: _____
Last First

Child's Home Address: _____
Number Street Apt/Suite

City _____ Postal Code _____ Telephone, include area code _____

Birth Date: _____ Sex: [] Male [] Female Age: _____
Date Month Year

Ontario Health Insurance Number _____ Doctor's Name _____ Phone No. _____

Name of Parent or Guardian: _____
Last First

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

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

Email Address (for contact regarding program details): _____

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

Medical Conditions/Food Restrictions & Other Allergies: _____

Program Fees	=	\$200.00 before April 29/19	Specify week:
OR JCCC Family Membership	=	\$220.00 On or after April 29/19	
	=	\$195.00 before April 29/19	
	=	\$210.00 On or after April 29/19	() Week 1: Jul 8 - 12
No. of weeks	X		() Week 2: Jul 15 - 19
Subtotal	=		() Week 3: Jul 22 - 26
Deduct 5% for 2 nd or 3 rd child from the same family (not available with an early bird registration)	=		
Additional Extended Program Fee	=	(\$35.00 per week)	
Total	=		

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

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

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

Parent/Guardian Signature _____ Date _____

If you are registering more than one child, submit one (1) Registration Form for each child. Return to the JCCC via mail, in person or via fax. Enrollment is limited to 20 children per week. **Registrations will be accepted after March 18, 2019. Early Bird deadline April 29, 2019. Registration deadline June 28, 2019.**
 JCCC, 6 Garamond Court, Toronto, Ontario M3C 1Z5 Phone: (416)441-2345 Fax: (416)441-2347 www.jccc.on.ca

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