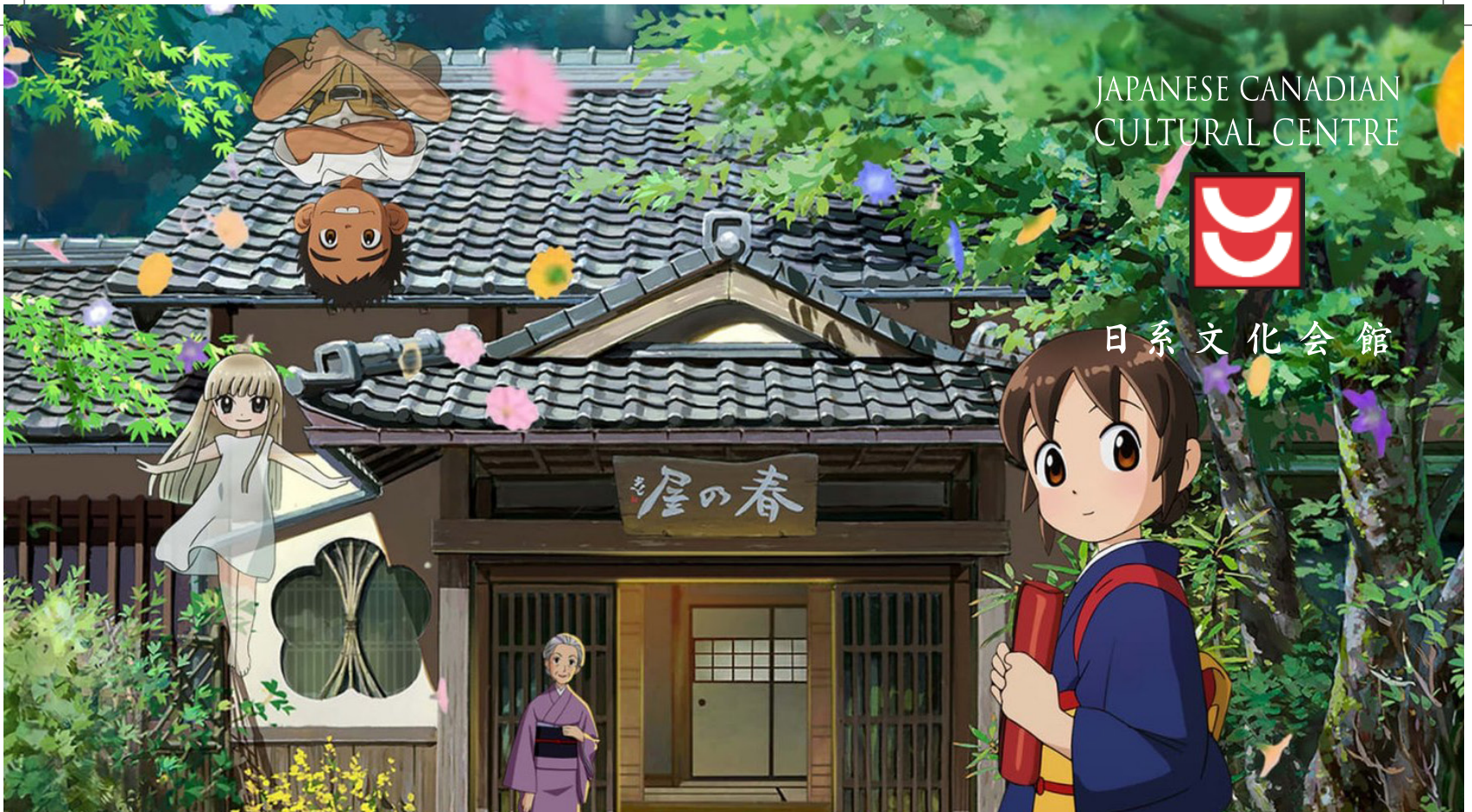


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August 2019 2019年8月 Vol. 45 Issue 7

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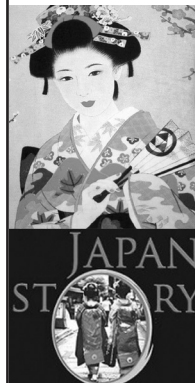
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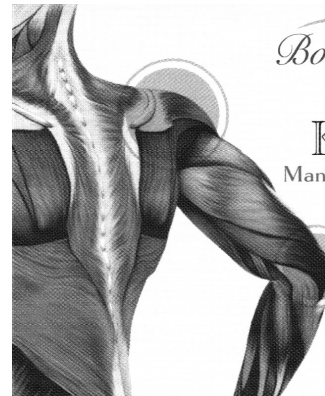
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## In This Issue...

4-6	TJFF News
7-8	JCCC Upcoming Events
9-10	Heritage News
15-16	Donation
17-20	日本語紙面

## Calendar of Events

Aug		
Sat	3	JCCC Karaoke Club
Mon	5	JCCC Closed – Civic Holiday
Thu	15	Seniors' Supper Club
Sat	17	TJFF Summer Screening
Sun	18	Toronto Anime Matsuri
Fri	23	Music Concert AGA-SHIO
Sat	24	JCCC Karaoke Club
Sun	25	Arigato Day
Sep		
Mon	2	JCCC Closed – Labour Day
Sat	7	Taiko Workshop
Sat	14	JCCC Karaoke Club
Sun	15	JCCC Golf Tournament
Mon	16	Fall Cultural Classes Begin
Thu	19	Seniors' Supper Club
Thu	19	Origami Workshop
Mon	23	Japanese Cooking Workshop
Thu	26	JCCC Movie Night
Sat	28	JCCC Karaoke Club
Oct		
Sat	5	Taiko Workshop
Sun	6	Issei Day
Sun	6	Kumihimo Workshop
Sat	12	JCCC Karaoke Club
Mon	14	JCCC Closed – Thanksgiving
Thu	17	Seniors' Supper Club
Thu	17	Origami Workshop
Mon	21	Japanese Cooking Workshop
Sat	26	JCCC Karaoke Club
Thu	31	JCCC Movie Night

## SUBMISSION DEADLINE

Deadline for the September issue is: Tuesday August 6, 2019.  
9月号の締め切りは2019年8月6日(火)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, Yoko Tsumagari, Sandy Chan

# Toronto Japanese Film Festival – Summer Showcase

The main part of the festival wrapped up on June 27, 2019 but we still have 4 great films on **Saturday August 17** and **Sunday August 18, 2019** with exciting guests in attendance, too!

Tickets: JCCC member \$10/General \$12

Tickets can be purchased in person at JCCC reception, by phone at 416-441-2345, or online through [www.ticketweb.ca](http://www.ticketweb.ca).

## MORI, THE ARTIST'S HABITAT モリのいる場所

99min /2018 Director: Shuichi Okita TORONTO PREMIERE



"A delightful dip into a creator's world. One of the Best Films of the Year" — Japan Times

In his last 30 years, reclusive artist Morikazu Kumagai (1880 - 1977), rarely ventured beyond his Tokyo home; instead, he spends hours in his luxuriant garden keenly observing the cats, fish, birds and insects and eventually rendering them into his distinct paintings. Featuring a cast lead by screen legends Tsutomu Yamazaki and Kirin Kiki, this delightful, quirky and virtually plot-free comedy traces an imaginary day in the life of Mori and Hideko -his wife of over 50 years – as they entertain a throng of welcomed and unwelcomed visitors, including condo developers whose presence signals imminent and irreversible change.

Starring Tsutomu Yamazaki, Kirin Kiki, Ryo Kase, Ken Mitsuishi.

Preceded by John Northcott and David Michael Lamb's NORIKO MAEDA – FOUNDATIONS



Date: **Saturday August 17, 2019**

Time: 1:30pm

## THE USUKE BOYS ウスケボーイズ

102min/2018 Director: Yuji Kakizaki NORTH AMERICAN PREMIERE

Okamura and four close friends regularly meet at a group for wine aficionados. They share the belief that Japanese grapes are less flavorful than French grapes and so bear an inferior wine. When they encounter Japanese-made Kikyogahara Merlot and its maker Usuke Asai, their lives are changed. Dropping their jobs and renting farmland they pledge to follow Usuke-san and his philosophy of wine-making, and life. A warm, inspirational tale for wine-lovers and teetotalers alike and starring: Dai Watanabe, Masayuki Deai, Yuka Takeshima, Kenta Uchino and Isao Hashizume

The festival is very excited to welcome award-winning director, writer, producer **YUJI KAKIZAKI** and cast members **MASAYUKI DEAI**, **YUKA TAKASHIMA** and **TSUKASA ITO**.

*The Usume Boys* won Best Foreign Language Feature Film and Best Lead Actor at the 2018 Madrid International Film Festival, Best Lead Actor and Best Director at the Amsterdam International Filmmaker Festival, and Best Foreign Language Feature Film and Best Supporting Actor at the Milan International Filmmaker Festival.



Date:

**Saturday August 17, 2019**

Time: 3:30pm



# Toronto Japanese Film Festival – Anime Day

## Anime Screenings

Tickets: JCCC member \$10/General \$12  
Children aged 16 and under \$5

Tickets can be purchased in person at JCCC reception, by phone at 416-441-2345, or online through [www.ticketweb.ca](http://www.ticketweb.ca).

## OKKO'S INN

Okko is orphaned and goes to live in the countryside with her grandmother, who runs a traditional inn built on top of an ancient spring said to have healing waters. While she goes about her chores she discovers there are spirits who live there that only she can see – not scary ones, but welcoming ghosts who keep her company, play games and help her navigate her new environment. The inn's motto is that it welcomes all and will reject none, and this is soon put to the test as a string of new guests challenge Okko's ability to be a gracious host. Director Kitaro Kosaka's visually gorgeous film seamlessly blends immersive, idyllic landscapes with the storybook charm of Okko's beloved ghosts. A heartwarming film for the whole family.

Date: **Sunday August 18, 2019**  
Time: 1:00pm



## PENGUIN HIGHWAY

Budding genius Aoyama is only in 4th grade, but already lives his life like a scientist. When penguins start appearing in his sleepy suburb hundreds of miles from the sea, Aoyama vows to solve the mystery. When he finds the source of the penguins is a woman



from his dentist's office, they team up for an unforgettable summer adventure. Based on Tomihiko Morimi's popular novel and manga adaptation, and winner of The Satoshi Kon Award for Excellence in Animation award at Fantasia International Film Festival for the best animated feature, Penguin Highway is a visually amazing, heart-warming delight!

Date: **Sunday August 18, 2019**  
Time: 3:30pm

## JCCC Annual General Meeting Notice

The membership of the Japanese Canadian Cultural Centre is hereby given notice of the 2019 Annual General Meeting on **Monday September 30, 2019** at 7:30pm at the JCCC, 6 Garamond Court, Toronto ON M3C 1Z5. Included in this Newsletter is the agenda and proxy.

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

# Toronto Japanese Film Festival 2019

## Toronto Japanese Film Festival 2019 – Our Biggest and Best Yet!

The JCCC would like to extend its thanks to all of the audience members, volunteers, sponsors and visiting stars and directors for taking the festival to a new level of popularity! In 8 years we have grown into one of the biggest festivals in the world. This year we were joined by A-list guests including actors Takumi Saito, Mikako Tabé, and Ayaka Miyoshi and directors Shinobu Yaguchi, Tatsushi Omori and Toshiyuki “Gori” Teruya with many major premieres including our first World Premiere! For 3 weeks the Kobayashi Hall is a magnet for Japanese film buffs, some even coming from the US and Japan to enjoy the films!

The award winners for this year are:

- **Grand Jury Prize – Best Film: Toshiyuki Teruya’s BORN, BONE, BORN and Junji Sakamoto’s ANOTHER WORLD (Tie)**
- **Kobayashi Audience Choice Award: Shinbu Yaguchi’s DANCE WITH ME**
- **Special Director’s Award: Shinbu Yaguchi**

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



Top (left to right): Director Shinobu Yaguchi and Actress Ayaka Miyoshi; Director Toshiyuki Teruya - recipient of the Grand Jury Prize; Actor Takumi Saitoh.  
Bottom (left to right): Actress Mikako Tabé; JCCC Kyowa Taiko; Sake Tasting by Sake Institute of Ontario.  
Photos courtesy of Leon Balaban and Yosh Inouye

# JCCC Upcoming Events

## Arigato Day 2019

The spirit of community and volunteerism is the foundation on which the JCCC is built. As a small token of our gratitude, the JCCC Board of Directors invites JCCC volunteers to join us at Arigato Day.

On **Sunday August 25, 2019** 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 Board of Directors as they serve a delicious "bento dinner". The event will finish with an award ceremony, recognizing some of our volunteers, and our own Nisei Veterans Award.

If you are an active volunteer who has not filled out a volunteer profile, or if you are concerned you are not registered in our database, please contact Yuki Nakata at [volunteer@jccc.on.ca](mailto: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 RSVP via JCCC website <http://www.jccc.on.ca/en/volunteer/>, by phone at 416-441-2345 or in person at JCCC reception.

Date: **Sunday August 25, 2019**

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

Location: JCCC, Kobayashi Hall

RSVP Deadline: **Monday August 12, 2019**

## JCCC Family & Friends Golf Tournament

The JCCC is hosting the 23rd Annual Family & Friends Golf Tournament on **Sunday September 15, 2019** 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 (10:00am) and an all Scramble format. Shared carts are included in the cost.

This year we will have the Hole In One contest sponsored by Matt Shintani. He has generously increased the prize to \$10,000! Maybe we will have a lucky winner this year.

**Application forms are available at the JCCC reception area.** We also welcome hole sponsors – corporate, family and In Memoriam – some sponsor levels include your green fees. All proceeds contribute 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, or by email at [sharon.marubashi@jccc.on.ca](mailto:sharon.marubashi@jccc.on.ca) and Dawna Kobayashi (Co-chair) at [dawna.kobayashi@sympatico.ca](mailto:dawna.kobayashi@sympatico.ca).

## OPENING CEREMONIES for Exhibit:

### A Place Of Pride:

**Building the First Japanese Canadian Cultural Centre, Raymond Moriyama Architect.**

Date: **Sunday September 22, 2019**

Time: 2:00pm

Place: JCCC, 6 Garamond Court, Toronto.

Admission: Free, but advance registration is required.

Call 416-441-2345 to register.

In 1964, Toronto was a conservative administrative city.

In 1964, there was exactly one Japanese restaurant in Toronto.

In 1964, a derogatory term, "Made in Japan" referred to poorly-made, breakable objects.

And...

In 1964, the Japanese Canadian community opened a new cultural centre, the daring design alluding to a concrete Japanese temple.

The designer of the centre was a young, little known architect named Raymond Moriyama.



**Free tours of 123 Wynford Drive (Noor Centre) with**

**Raymond Moriyama will be given before the Opening between 12:00 - 1:00 pm. Registration Required.**

## Calendar of Art Gallery Exhibits

**June 9 - August 4, 2019**

Hiroshi Calling, curated by Emi Morita

(Toronto) Photoworks by Kathi Adachi, Yosh Inouye, Yuriko Kubota, Jo Nakanishi, Vince Noguchi, Laura Shintani, Sandy Usami, Kathy Yamashita, Akira Yoshikawa

**June 1 - August 31, 2019**

Redefining Home: A Story of Japanese Canadian Resettlement in Toronto, curated by Meghan Drasic Guadio, Hailey Graham, and Madeleine Howard

A traveling exhibit from the Campbell House Museum in collaboration with the University of Toronto's iSchool (Faculty of Information)

**Sun August 11 - Sun November 3, 2019**

Barb Miiko Gravlin and Mary Akemi Morris

Opening Reception: **Sunday August 18, 2019** at 2pm.

**November 2019 - January 2020**

An Exhibit on Japanese Canadian Weddings

**January 11 - March 29, 2020**

Artsu Matsuri, the bi-annual celebration of art by Nikkei community artists happens in winter for the first time! Watch for details. To get on the email notification list: [heritage@jccc.on.ca](mailto:heritage@jccc.on.ca)

## Donating Artifacts to the Moriyama Nikkei Heritage Centre

The JCCC has been collecting items pertaining to Japanese Canadian history for over 50 years. Many of these items are in rotating displays throughout the JCCC and especially in the Moriyama Nikkei Heritage Centre. We are always interested in donations of internment era artifacts, photographs and documents. In order to simplify the donation process, we ask our donors to contact our Archive and Collections Manager, Theresa Takasaki ([theressat@jccc.on.ca](mailto:theressat@jccc.on.ca)) prior to bringing items to the JCCC for donation. If you are able to photograph the items you are interested in donating, that makes the process even quicker.

## Sedai Is Now Live on Vimeo!

Sedai, the Japanese Canadian Legacy Project, started off as a pilot program with the primary objective of recording and preserving the history and experiences of Japanese Canadians through oral history. Today, over 200 interviews had been recorded. While most interviews are used for research purposes, the Sedai committee worked tirelessly to offer the public access to these interviews. In 2008, [www.sedai.ca](http://www.sedai.ca) launched successfully to increased accessibility of Japanese Canadian's oral history to the public. Fast-forward eleven years later in 2019, with the ease of use and increasing popularity of video-based platform, Sedai has joined the video platform Vimeo – a secure, user friendly platform for viewing the hundreds of videos that sedai has recorded. In addition, a select video will be featured on a monthly basis on the JCCC website through the Heritage page so be sure to keep your eyes out for that! To access Sedai interviews, please go onto: <https://vimeo.com/sedai>

**vimeo** Join Log in Pricing Features Watch Stock NEW

### JCE Conference 2010

Group Videos

Sort: Date | Alphabetical | Plays | Likes | Comments | Duration

Sedai - John Onizuka - Memories of Prewar... 2 weeks ago

Sedai - Joseph Nakamura - There were no f... 2 weeks ago

Sedai - June Hubert - Family History and W... 2 weeks ago

Sedai - Keo Shibata - "Nobody asked me ... 2 weeks ago

Sedai - Kay Fujiwara - Working in a Photogr... 2 weeks ago

Sedai - Kay Honda - "It Felt Like We Were D... 2 weeks ago



# Heritage

## Redefining Home Opens Again!



On June 19 the JCCC celebrated the International Day of Nikkei (June 20) by hosting a Lunch 'n' Learn with Madeleine Howard, a former University of Toronto student, and Liz Driver, Director/Curator of The Campbell House Museum, talking about the inception and research involved in creating the exhibit *Redefining Home; A Story of Japanese Canadian Resettlement in Toronto* for The Campbell House Museum.

With approximately 40 people in attendance, including Arlene Kawasoe, daughter of Harold and Hana who are featured in the exhibit, we learned about Campbell House and it's place in Toronto's history, relocating to Toronto in the 1940's and the process of creating an exhibit out of living histories.

The exhibit will remain in the Heritage Lounge Display Cases through the summer.

## Exhibit and Panel Discussion **NORIKO MAEDA** **Foundations**



Noriko Maeda: Foundations Echoes in Culture

"The art of Japanese calligraphy is intimately tied to the act of translation. It is read, interpreted and transforms itself in innumerable ways as its impulses flow through culture. It draws inspiration from surprising places and inspires new thought where least expected. On the one year anniversary of the publication of Noriko Maeda: Foundations, this exhibition and video present two of the book's first echoes in the Canadian cultural landscape. Against this backdrop, this unique exhibition event presents a panel of artists and cultural figures who will join Noriko Maeda in a conversation on the ways in which the book and Japanese calligraphy in general have found echoes in their own creations beyond the domain of calligraphy. "

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

Date: Friday August 30, 2019 / 6:30 ~ 7:30pm

RSVP: 416-441-2345



# MUSIC CONCERT

## Piano & Tsugaru-shamisen Duo AGA-SHIO

New music blends traditional and contemporary sounds from Japan  
#AgaShio performance celebrates #CanadaJapan90 diplomatic relations



Date: **Friday August 23, 2019 @7:30pm**  
Venue: Kobayashi Hall, Japanese Canadian Cultural Centre,  
6 Garamond Court, Toronto ON  
Performers: Hiromitsu Agatsuma on Tsugaru-shamisen and Satoru Shionoya on Piano  
Tickets: General Seating, \$25.00 / JCCC members: \$22.00  
Call 416.441.2345 or [www.jccc.on.ca](http://www.jccc.on.ca) to purchase

In the spirit of celebrating the 90th Anniversary of Canada-Japan diplomatic relations, The Japan Foundation, Toronto presents AGA-SHIO, a piano and Tsugaru-shamisen duo that blends the passionate energy of Japanese folk music together with contemporary music, creating an entirely new form of Japanese music. AGA-SHIO are Hiromitsu Agatsuma on the three stringed Tsugaru-shamisen, and Satoru Shionoya on Piano.

### About AGA-SHIO

The two musicians met in 2004 and put out their first album AGA-SHIO in 2009. AGA-SHIO has toured across Japan and also around the globe to 13 countries in Europe and Africa.

### About the Artists

**Hiromitsu Agatsuma** [Shamisen Player], began playing the Tsugaru-shamisen at age six. He had become a renowned performer in the traditional Japanese music scene even in his youth, and made his major debut in 2001. His first and sixth albums won the prestigious “Japan Gold Disk Award”; his second album was released in the United States in 2003, for which he made his first tour overseas. He has performed in Australia, Brazil, and Russia, as well as in various countries throughout Asia and Europe. Agatsuma has collaborated with numerous artists such as Marcus Miller and Herbie Hancock.

**Satoru Shionoya** [Pianist/Composer/Producer], studied music composition at Tokyo University of the Arts. As a student he started his 10 year career as the pianist of the Japanese salsa band Orquesta De La Luz (1986-1996). The group won the United Nations Peace Medal in 1993 and was a U.S. Grammy Award nominee in 1995. During this time, he performed with Tito Puente, Dave Valentin and Santana. While with the group he started working as a solo artist in 1993, and has released over 12 original albums to date. His musical activities are diverse, composing and arranging scores in a wide array of genres including jazz, pop, classical, big band and for full orchestras.

# Community News

## Women in Budo Exhibition

June 2, 2019

by Patrick Suen

The "Women in Budo" event was an inaugural showcase of the power of the Japanese traditional martial arts to empower women in all walks of life. The invited delegation consisted of personally and professionally accomplished women in martial arts and business, including several who represented Canada on the world stage.

The panel included current & former Team Canada members:

- Kristin Jeffery (Keynote Speaker), Founder & CEO of Scullhouse Rowing

- Man-San Ma, Kyrene Kim (Kendo)
- Mary Phan, Mary-Kate Proud (Naginata)
- Ann Chaplin, Uma Bhattacharya (Karate)

As well as special guests:

- Atsumi Hatakenaka (Iaido), VP Iaido Tokyo, All Japan Kendo Federation
- Erika Gaal (Yagyū Shinkage Ryu), Ottawa Group Leader
- Marianne Matchuk, Pam Morgan (Jodo)

This event was not only an exhibition of the impressive physical abilities of the invited group of female martial arts, but also a forum for them to share their experiences and wisdom about how Budo has helped (and continues to help) them become the best versions of themselves.

The organizers would like to thank the CKF Team Canada Iaido program for sponsoring the event. Photos can be found on their facebook page: <https://www.facebook.com/teamcanadaiaido/>



## U of T 1st Year Engineering Students Design Kyudo Equipment

by Minoru Tanaka

The JCCC Kyudo club, Seikyukai, is celebrating its tenth year at JCCC. With the support of the JCCC, its volunteers and under the leadership of Mie Takahashi sensei, Kyudo has developed into a significant part of the JCCC martial arts program.

Opportunities for regular kinteki practice (28-meter shooting) – an essential element in Kyudo practice – is limited at the JCCC. To supplement, Seikyukai has been renting a gymnasium facility at Brock University. Kyudo equipment (arrow stands and backstop net) are transported to the Brock University each time.

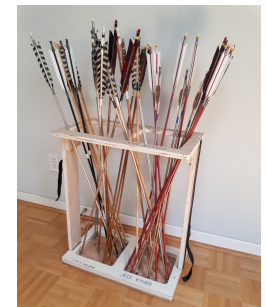
The arrow stands in use at JCCC were not intended to be portable and, thus, are bulky and heavy. The improvised backstop net hanger system is dependent on the availability of two portable basketball backboards, which are provided by Brock University.

To address the difficulties in equipment, University of Toronto 1st year engineering students were tasked this year with the design and development of a portable arrow stand and a portable backstop net hanger system, as part of the Engineering, Strategy and Practice course. After three months of team work including three meetings with a Seikyukai volunteer, each team came up with a well thought out design solution. The arrow stand holds about twice as many arrows as the original stand, while it weighs only about 20% of the original, and, when folded for transport, it is approximately 1/4 of the size. The net hanger is self-supporting, compact and easy to assemble and disassemble.

The time and effort the student teams put into these projects is very much appreciated. The outcome is win-win.



Backstop net hanger



Arrow stand

# Community News

## The JCCC Congratulates Marie Ikeda

Marie Ikeda was honoured at the recent Canadian Multicultural Council Annual Gala with the “Outstanding Asian-Canadian Community Awards”.

Marie’s volunteerism started in 1967, when she decided to take Sumi-e (ink painting) lessons at the Japanese Canadian Cultural Centre. She then started doing sumi-e demonstrations at the C.N.E. to promote the cultural programmes taught at the JCCC. This was the beginning of many years of volunteering at various festivals and bazaars, which continues to the present day. Marie became head of the Sumi-e programme in 1981 until 1984. Besides Sumi-e, she also volunteered in many capacities at the JCCC, including co-chairing of the Women’s Auxiliary from 1976 to 1980. She was also on the committee working on the publication of the cookbook “Just Add Shoyu”.

Marie supported husband Sid in all his fund-raising efforts over the years. They were honoured in 2007 with the “Sid and Marie Ikeda Tower”.

Congratulations Marie. Thanks for your contribution to our community.



## Loknest Monsters Top The JC3-Pitch Standings

by Bob Doi

At the mid-point of the JC3-Pitch season, the Loknest Monsters, captained by Glen Kawaguchi, lead the pack with an undefeated 5-0 record. Assured Automotive and HollisWealth are in a tight battle for second and Wietzes Toyota trails behind while losing some tough games and battling through injuries. Play-off games are on August 18 & 25. Games are played Sunday mornings at Riseborough Park in Markham. Please check the JC3-Pitch website for details and scheduled games. [www.JC3Pitch.com](http://www.JC3Pitch.com)

Standings as at July 4th

Team	Wins	Losses	Sponsor	Captain
Loknest Monsters	5	0	Yim Lok	Glen Kawaguchi
Assured Automotive	3	2	Grant Gerow	Alan Yu
HollisWealth	2	3	Marty Kobayashi	Jon Nagamatsu
Wietzes Toyota	0	5	Gary Brownlie	Tod Nagamatsu



Players enjoying a league post-game bbq. Please note the bbq was held on June 9, prior to 2019 team sweaters being issued.

In Foreground: Steve Yano, Michael Chu, Derrick Terakita, Nick Chung and Hubert Chen. Photo courtesy of Bob Doi.

## Hiroshima Nagasaki Day Coalition

On behalf of HNDC Chairman Vinay Jindal  
Sid Ikeda Member of Committee

“Working together to the Abolishment of Nuclear Weapons”

**AUGUST 6TH @ 6:30PM**  
**TORONTO CITY HALL PEACE GARDEN**



This year we are honoured with an outstanding Guest Speaker – Ray Acheson, an International Peace Activist, Director for Reaching Critical Will – the disarmament programme of Women’s International League for Peace & Freedom (WILPF) and steering committee, ICAN. Together with peace activist, Setsuko Thurlow, she received the Nobel Peace Prize on behalf of ICAN on their mission to abolish Nuclear Weapons.

Please arrive early to visit our Booth and meet our honourable Guest.

## DONATIONS TO THE JCCC

As of Jul 4, 2019

The JCCC gratefully acknowledges the following donations:

### JCCC

Anonymous	67	Mr. Stanley & Mrs. Aileen Yokota	40	Ms. Robynn Nishio	50
Anonymous	241	65 years of G&G Electronics		Mr. Tomi Nishio	250
Film		To honour George Tsuyuki		Mr. Bruce Richardson	100
Anonymous	40	Mr. Stanley & Mrs. Aileen Yokota	55	Mr. Chris & Mrs. Joanne Schroeder	200
Library		To honour 55th wedding anniversary		Leonard Taiichi & Mary M. Shimada	50
Ms. Gadesuda Anuwatkasame	20			Mr. and Mrs. Carl Uchikura	30
Dr. Jean-Noel Blanchette	19			Mr. Nat Weinberg	100
Mrs. Aileen Chiba				Mrs. Lydia Yatabe	200
Mrs. Midori Chijiwa	10				
Mr. and Mrs. Mas Dazai	300	<b><u>Corporate Foundations and</u></b>		<b><u>In memory of Junichi Nakawatase</u></b>	
Mrs. Patricia Fujiwara	25	<b><u>Government</u></b>		Aratake Family	1,500
Mrs. Sanae Fukushima	50	<b><u>Donations &amp; Sponsorships</u></b>		Taiko Studio	
Mr. Akihiro Hayashi	50	B. Ozawa and Brother Foundation			
Mr. Kaye Hayashida	50	Canadian Museums Association		<b><u>In memory of Kim Tanaka</u></b>	
In-Common Laboratories	150	Young Canada Works Summer Grant		Mr. Mas Mori	25
Mr. and Mrs. Koji Kari	10	The Frank H Hori Charitable Foundation		<b><u>In memory of Lil Otori</u></b>	
Mrs. Masako Kawabe	100	Mitsubishi Electric Sales Canada Inc		Ms. Elizabeth Lindner	200
Mr. Yoshiro Kawamura	27	Bazaar		<b><u>In memory of Masayoshi Mush</u></b>	
Dr. Susan Kitchell	100	Sony of Canada Ltd		<b><u>Arima</u></b>	
Toronto Japanese Film Festival		Cultural Programmes		Mrs. Chiyo Inamoto	30
Mr. Martin Kobayashi	1,921	<b><u>Toronto Japanese Film Festival</u></b>		<b><u>In memory of Mickey Nobuto</u></b>	
Ishizue Award		Asahi Canada		Mrs. Eleanor T. Nobuto	100
Ms. Fumie Kumamoto	100	The Japan Foundation Toronto		<b><u>In memory of Mikio Edward</u></b>	
Ms. Setsuko Sue Kuwabara	41	Kintetsu International Express		<b><u>Hayakawa</u></b>	
Ms. Barbara Laplante	27	(Canada) Inc		Mrs. Chiyo Inamoto	25
Mr. Stephen Lau	100	NTN Bearing Corporation of		Mr. Brad McMullen	30
Ms. Marian Leslie	25	Canada Ltd		Mrs. Mitzi Miyasaki	30
In honour of Frank Moritsugu				Ms. Yoko Oikawa	50
Ms. Dawn Maruno	150	<b><u>Friends of the Moriyama Nikkei</u></b>		<b><u>In memory of Nancy Hoita</u></b>	
Mr. Christopher Masuda &	60	<b><u>Heritage Centre</u></b>		Mr. Kazumi Nishimura	150
Ms. Margaret Widgery		Mrs. Nancy Roxby	1,000	Mrs. Martha Onodera	25
Ms. Carol Minotti	100			<b><u>In memory of Ronald Tanaka</u></b>	
Mr. Ken Miyasaki	100	<b><u>In Memoriam</u></b>		Mrs. Doris Fujioka	20
Mr. Kazuo Miyazawa	10	<b><u>In memory of Clifford Ohashi</u></b>		Mrs. Doreen Oyagi	25
Mr. and Mrs. George Nakamura	100	Mr. Laurence Miyazaki	50	<b><u>In memory of Sam Susumu Yoshida</u></b>	
Mrs. Kachiko Ono	50	<b><u>In memory of Edward Hisaki</u></b>		Ayame Kai	75
Mrs. Masako Seto	27	Mrs. Mitzi Miyasaki	30	<b><u>In memory of Teruko Kitamura</u></b>	
Mr. John Sherlock	50	<b><u>In memory of Elaine Reid</u></b>		Mr. Osamu Tanabe	150
Mr. and Mrs. Kaz Shikaze	100	Mr. and Mrs. Buzz Ogaki	50	<b><u>In memory of Teruyo Kitamura</u></b>	
Mr. and Mrs. Kentaro Shimamoto	20	<b><u>In memory of Fumiko Marubashi</u></b>		Mrs. Pat Adachi	30
Mr. Tomo Shimizu	50	Mrs. Chiyo Inamoto	50	Ms. Constance Nakatsu	100
Bazaar		Mr. and Mrs. George Iwata	30	Ms. Deanna Sakai	50
Mr. and Mrs. Matt Shintani	500	Mr. Les Marubashi &	50	<b><u>In memory of Tosh Sakura</u></b>	
Family Golf		Ms. Kim Browner		Mrs. Mitzi Burrell	100
Mr. George Takahashi	100	Mr. and Mrs. Buzz Ogaki	50		
Ms. Joy Reiko Takahashi	2,501	Mr. Roy Sato	50	<b><u>Supporting Member</u></b>	
Mr. Russell Takashima	20	Mr. and Mrs. Richard Tanaka	30	<b><u>Ambassador</u></b>	
Ms. Grace Takenaka	100	<b><u>In memory of Hiroshi Ross Shin</u></b>		Mr. Martin Kobayashi	1,000
Toronto Buddhist Temple	200	Mr. Phil & Mrs. Dorothy Allchin	25	<b><u>Leader</u></b>	
Bazaar		Mr. and Mrs. Robert Carman	100	Mr. Paul & Mrs. Sharon Marubashi	443
Mr. and Mrs. Masahiro Terada	40	Ray & Caren Edamura,	100	<b><u>Partner</u></b>	
Ms. Donna Tsuji	100	Gwen & John, Phillip & Erin		Mrs. Pat Adachi	127
Mr. Sean Tyler	100	Mr. Nobby & Mrs. Kay Fujino	20	Ms. Sandra Blake	127
Mrs. Michi Ueda	25	Mr. and Mrs. Larry Furukawa	25	Mr. and Mrs. James Heron	93
Mr. Mark & Mrs. Gaila Uyeda	50	Mr. Peter Haney &	100	Mrs. Teresa Isaacs	150
Mrs. Carolyn Wells	50	Mrs. Elizabeth Sproule		Mr. Stewart McIlwraith &	93
Mrs. Maureen Williamson	50	Mrs. Sonoe Howard	250	Ms. Sandra L. Kamo	
Wynford Seniors' Club	1,000	Mr. Sid and Marie Ikeda	50	Ms. Dawn Maruno	110
For Building Sustaining		Dr. Terumi A. Izukawa		Mr. and Mrs. George Nakamura	150
		Mr. Brian Kai &	100	Mr. Stephen & Mrs. Linda Oikawa	150
		Ms. Dee Dee Piercey		Mr. George Takahashi	150
		Mr. Kenneth & Mrs. Agnes Kanda	30		
		Mr. Martin Kobayashi	250		
		Mr. Greig Nishio &	100		
		Ms. Carolynne Mori			

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

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

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

**Individuals/Couples**

In honour of Kaz and Nao Amemori  
Rinzo and Aiko Amemori  
Karen Ruth Chong and Harry Ham Sit Chong  
Susan Lem and Margaret Toy Yuen Wong Chong  
Shirley Mitsuko Edamura – In Loving Memory  
From Henry Lorie Robbie Kristi Dean  
& Families Edamura Kobayashi Sikura Shin  
Kokuryo Shintani Ross Schroeder Colman  
Masaji and Kazue Endo - In Memory  
Shinya and Masumi Godo  
Yoshiko Jean Goto & Family  
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 & Ryan Kari  
Frank and Natsuko Kumagai - In Memory  
Kiyoshi and Eiko Maikawa  
Sumie (Sugamori) Medoruma - In Loving Memory  
Tommy Medoruma (Kanashiro) and Family  
In Memory of Margaret Mori  
Mas and Yuri Mori  
Saburo and Nancy Morita  
Nete Mowry - In Memory  
Fumiye and Masaharu Mukai - In Memory

Isaburo and Noshi Nagasuye - In Honour of  
Janet Michiko Nagasuye - In Gratitude  
Mae & Shigemi Nagasuye - In Loving Memory  
Michael, Elizabeth & David Nagata  
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  
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  
Kevin and Nancy Roxby  
In Memory of Grace Haruko Sakamoto  
Nancy Shin - In Memory  
In Memory of Nancy Aiko Shin  
Emiko Sumi  
Victor and Bev Suzuki  
Rick and Kathy Tazumi  
Sachio and Betty Tomihiro  
Ray and Edna Uda  
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

**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](http://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

**THE CRANES:**

The National Tribute to Japanese Canadian Life  
Updated Dedications between February 2013 – Present  
The JCCC gratefully acknowledges the following donations:

439 Takamitsu & Yama Iwata Pioneers Immigrated 1917&34  
440 Helen Sakaguchi on her 88th birthday Aug 4 2012  
441 Sharon Koor  
442 Rick Nishikawa, reunited with Molly May 21, 2014

Mr Tak Iwata  
Ms Donna Davis  
Mrs Sharon Koor  
Teresa & Gary Isaacs  
Richard & Dianne Nishikawa  
Judy & Ken Baxter  
Tim Nishikawa  
Edward Nishikawa & Naomi Takasaki  
Maureen Nishikawa & Satoru Kato  
Mr and Mrs Brian Wakabayshi  
Ikenobo Ikebana Society of Toronto  
Mr Richard Arai  
Mr Richard Arai  
Mr and Mrs Minoru Tanaka

443 In memory of parents Barron and Mary Wakabayashi  
444 In memory of Shizuko Kadoguchi – Ikenobo Ikebana  
445 Sadakichi & Yukie Arai Ocean Falls BC 1921\*  
446 \*Teiko Doug June Tom Dick Kay Mary Shirley Arai\*  
447 In memory of Taka Tanaka 1916-2011, Minoru & Keiko

**Haiku Corner**

夕月 や 大はだぬいで かたつむり 一茶  
*Yuuzuki ya oohada nuide katatsumuri*

Under the evening moon,

The snail,

Is stripped to the waist.

Issa

夏瘦と答えてあとは涙かな 季吟  
*Natsuyase to kotaete ato wa namida kana*

“it is summer thinness,” she replied, -

And then

The tears fell.

Kigin

## 今後の行事予定

8月

- 3 (土) JCCCカラオケクラブ
- 5 (月) JCCC休館 - Civic Holiday
- 15 (木) シニア・サッパークラブ
- 17 (土) TJFF サマー上映会
- 18 (日) トロントアニメ祭り
- 23 (金) ミュージックコンサートAGA-SHIO
- 24 (土) JCCC カラオケクラブ
- 25 (日) ありがとうデー

9月

- 2 (月) JCCC休館 - Labour Day
- 7 (土) 和太鼓ワークショップ
- 14 (土) JCCCカラオケクラブ
- 15 (日) JCCCゴルフトーナメント
- 15 (日) 組み紐ワークショップ
- 16 (月) 文化クラス2019秋クラス開始
- 19 (木) シニア・サッパークラブ
- 19 (木) 折り紙ワークショップ
- 23 (月) 和食家庭料理教室
- 26 (木) JCCC 月例映画上映会
- 28 (土) JCCC カラオケクラブ

10月

- 5 (土) 和太鼓ワークショップ
- 6 (日) 一世の日
- 6 (日) 組み紐ワークショップ
- 12 (土) JCCCカラオケクラブ
- 14 (月) JCCC休館 - Thanksgiving
- 17 (木) シニア・サッパークラブ
- 17 (木) 折り紙ワークショップ
- 21 (月) 和食家庭料理教室
- 26 (土) JCCC カラオケクラブ
- 31 (木) JCCC 月例映画上映会

## 津軽三味線&ピアノデュオ AGA-SHIO

国際交流基金トロント日本文化センターは、日加修好90周年を記念し、三味線プレイヤー・上妻宏光さんとピアニスト・塩谷哲さんのデュオ“AGA-SHIO”のコンサートを開催いたします。津軽三味線とピアノが融合する、日本の新しいコンテンポラリーミュージックの形をお楽しみください。

さらに、8月24日(土)には、ミシサガ市セレブレーション・スクエアで開催されるジャパン・フェスティバル・カナダ2019にも参加することが決定しました。

### 【AGA-SHIOについて】

日本の伝統楽器・津軽三味線と洋楽器であるピアノとの融合を目指し、三味線プレイヤー・上妻 宏光(あがつま ひろみつ)、ピアニスト・塩谷 哲(しおのや さとる)により結成されたユニット。2人のジョイントは、2004年1月にリリースされた上妻のアルバム“Beyond”において、以前から塩谷の演奏を聴き強く惹かれていた上妻の熱望により、塩谷が『君への想い』という楽曲に参加した事から始まる。以来コンサート等で共演する毎に、文化背景の異なるそれぞれの楽器によるお互いの音楽観に惹かれ合い意気投合、親交を深めた事がきっかけとなりユニットを結成。そこに表現される音は、民族音楽の持つ強いエネルギーと西洋音楽の持つ整合性が重なり合った、新しいスタイルの日本発コンテンポラリーミュージック。前例のないその音楽性は各地で賞賛を受け、2009年11月11日にアルバムをリリース。

詳細：[www.jftor.org/aga-shio](http://www.jftor.org/aga-shio)

日時：2019年8月23日(金) 7:30pm

会場：日系文化会館小林ホール

アーティスト：AGA-SHIO (上妻宏光・塩谷哲)

チケット：JCCC会員 \$22、一般 \$25

日系文化会館の受付、もしくはビザ、マスターカード、アメリカン・エクスプレスの場合はお電話416-441-2345にでもご購入できます。Ticketwebにてオンライン購入も可能です。

## JCCC LIBRARY Regular schedule

	火 Tue	水 Wed	木 Thurs	金 Fri	土 Sat	日/月 Sun/Mon
Lending 貸出し & 閲覧	10 am   2 pm	1 pm   5 pm	10 am   2 pm		1 pm   5 pm	Closed 休館
Non-lending 閲覧				10 am   2 pm		

Friday 2pm - 5pm: computer clinic

## Summer Schedule

August Open 開館日: THURS & FRI: 10am - 2pm / SAT: 1pm - 5pm

August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 closed	2 closed	3 closed
4	5 Civic Holiday	6 closed	7 closed	8	9	10
11	12	13 closed	14 closed	15	16	17
18	19	20 closed	21 closed	22	23	24
25	26	27 closed	28 closed	29 closed	30 closed	31 closed
September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labour Day	3	4	5	6	7



## ありがとうデー 2019

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。ボランティアの皆さまの日々の尽力なるご協力のお蔭で、JCCCの全てのイベントやプログラムは成り立っております。これからも更なる向上を目指し、皆様にとって素晴らしい日系文化会館を作り上げていきましょう。

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**2019年8月25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、日頃からお活躍されているボランティアの表彰式とJCCC独自の二世ベテランアワードの授与式を行います。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う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。去年好評だったお弁当ディナーを今年も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](mailto:volunteer@jccc.on.ca)又は416-441-2345内線235に 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<http://www.jccc.on.ca/en/volunteer>のオン・ライン・フォームよりご参加申し込みをお願い致します。

日時: **2019年8月25日(日)** 午後3時から7時まで (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: **2019年8月12日(月)**

## JCCC 日本語クラス講師募集

JCCC日本語クラスでは、ボランティアで講師をして下さる方を募集しています。ご興味のある方は、プログラムコーディネーター丸岡akikomaruoka@gmail.comまでご連絡下さい。

## 書とパネルディスカッション

# 前田典子

## FOUNDATIONS



日時: **2019年8月30日(金)**

6:30PM~7:30PM

場所: 日系文化会館

参加申し込み及びお問合せ: 416-441-2345

Noriko Maeda: Foundations

## Echoes in Culture



## プロ歌手デビュー!

2004年、日系文化会館で開催されたトロント紅白歌合戦・新人歌手として唄い始めて以来、美しい日本の調べを伝えたいという気持ちに支えられ、様々な場で唄い続けてきました。また、2007年にふるさと大分でも歌手活動を開始しました。

2010年大分県地域選抜歌謡フェスタにおいて、出演歌手の中から選ばれてCD制作のオファーをいただき、「芸道ひとすじ」を発表しました。それから9年の歳月が流れましたが、2019年5月22日に日本において「祈り~INORI~ C/W 芸道ひとすじ」の2曲で、CD全国デビューと通信カラオケDAM配信を実現することができました!

常に温かな声援をお寄せくださった多くの皆さまに感謝いたします。今後はプロ歌手としてさらに精進していく所存です。

CDをJCCC受付にて販売しております(税込 \$10.00)。お買い求めいただければ幸いです。どうぞよろしくお願ひ致します。

Singer EIKO (マーナ 英子)

[mernagh@rogers.com](mailto:mernagh@rogers.com)

発売元: A-force EXPERT, Inc., Tokyo

販売元: Crown Tokuma Music, Inc., Tokyo





## 在トロント日本国総領事への表敬訪問

この度2年の任期を終えNJCC・新日系コミッティー内での代表・担当交代に際し、伊藤恭子総領事への表敬訪問を新移住者の憩いの場であるJCCC・ヒロコバラルルームにお迎えする形で行いました。また、梶本大樹領事もお仕事の合間を縫って同席して下さいました。

まずは、2017年秋にNJCCが主催した『新移住者50周年記念パーティー』にご出席頂くため日本からの赴任を早めて下さった事へのお礼と、数々の日系イベントへ積極的にご参加頂いている事への感謝の気持ちをお伝えしました。

そして、伊藤総領事が日系コミュニティの多くの人々と接触して下さいるお蔭で在トロント総領事館との強いつながりが構築され連携がとてスムーズになってきたように感じる事や、梶本領事が定期的に海外安全対策連絡協議会を開催し各日系団体に安全を呼びかける働きに、私達も賛同している旨をお伝えしました。

現在NJCCの主な活動として、お正月会をはじめJCCCの各イベントへの協力、『JCCC新移住者シニアクラブ』の開催等があり、近年は留学エージェントを通して日本からの学生やワーホリの若者がJCCCに足を運び積極的にボランティアをしてくれ大変活気があるという事、そして今後のNJCCの抱負として数多くの在トロント日系団体と密なコミュニケーションをはかり、共に力を合わせより大きな輪を持つ日系社会作り貢献していく方針であるとお伝えしました。

伊藤総領事の気さくなお人柄のお蔭で、和やかな雰囲気の中で挨拶・会話を楽しめた表敬訪問でした。

\*NJCCコミッティーメンバー\*

福島次郎(代表) ラシュトン美紀(代表) 澤原こずえ(書記)  
中山あつ子(会計) 渡部幸代(会計) 吉田タック(アドバイザー)  
ブラウン栄子(新・広報) 池端友佳理(新) 石原治子 浦嶋香苗(新)  
武元昭儒 内藤洋子 服部江理子 ヘロン・ジェームス 劉東滉



吉田タック、ヘロン・ジェームス、劉東滉、武元昭儒、福島次郎、渡部幸代、澤原こずえ、中山あつ子、ラシュトン美紀、浦嶋香苗、梶本大樹領事、伊藤恭子総領事

## 健やかな老後をめざして その22

近年増加している「加齢黄斑変性」!

加齢黄斑変性(かれいおうはんへんせい)とは、加齢によって網膜(眼の最も奥)の中心にある黄斑部が変性し、視野の中心がゆがんだり、ぼやけて見えたりする病気です。加齢により網膜に老廃物が溜まり続けて炎症を起こす、あるいは網膜の細胞が委縮して症状が進行します。特に黄斑部は視力を決める非常に大切な場所なので、この部分の障害は失明するリスクを高めます。両目で見ると脳が見えない部分を補ってしまうため、異常に気付きにくいのです。

脂質の多い食生活が関係しているとも言われ、欧米では成人が中途失明する原因の第1位です。日本でも食生活の欧米化によって年々増加しています。ある日、健康そのものの友人Aさんから「この頃、遠近感が取りにくいと感じていたの。ニンジンで切ろうとしたら、ナイフをあてた部分がぼやけている!」と電話がありました。「加齢黄斑変性かもしれないので、一刻も早く受診して!」と伝えました。

Aさんは月1回の眼球注射を3か月続けて、症状が改善しました。もちろん患者によって反応は異なるので、経過観察しながら、注射の間隔やその他の治療法との併用が決められていきます。コンタクトレンズさえ入れた経験がない私は、眼球注射と聞くだけで腰が引けますが(笑)、彼女から「局所麻酔するので痛みはほとんどなかったよ」と聞いて、ちょっと安心しました。

症状が改善しても、継続した検査と治療が必要です。Aさんの場合、その後も数か月ごとに注射を受けています。一般的に1年を過ぎると注射の間隔は延びていきます。完治が難しいとは言え、治療法が進歩しているので、何よりも早期発見が重要です。

加齢黄斑変性チェック用紙(アムスラーチャート:1つのマス目が5mmほどの方眼紙)を作ることが出来ます。縦横に格子状の線を引き、中央に黒い点を描きます。眼鏡やコンタクトを外さずに、30cm離して片目で黒い点を見詰めます。真ん中がゆがんだり、暗くぼやけたりしませんか?さあ、家族や友人とチェックしてみましょう!

予防の第一は食生活です。酸化ストレス(活性酸素の増加により体内の酸化が進んだ状態)は網膜の老廃物を増加させます。その酸化ストレスを減らすために、抗酸化ビタミン(ビタミンC、ビタミンEなど)、βカロテンやルテインを多く含む緑黄色野菜、DHAやEPAを多く含む青魚などをしっかり摂りましょう。当地で手軽に手に入るサーモンも抗酸化作用の強い魚です。脂質の多い食品には注意しましょう。

次に、禁煙!喫煙すると血液中の酸化ストレスが増えます。これこそが、いろんな病気において禁煙が勧められる理由なのです。また、強い光は黄斑部の細胞に影響を与えます。サングラス、日傘やつばの広い帽子などで目を守りましょう。

活性酸素は身体にとって必要なものですが、ストレスの多い現代社会では体内に異常に増加し、細胞のサビや遺伝子異常(ガン化)を促進させ、病気の主たる原因であることが明らかになっています。体内の活性酸素をいかに減らすか(抗酸化)、それが健康寿命のカギと言えるでしょう。

私の場合は、抗酸化作用の強いナノバブル水素水を1日1.5リットル以上飲用し、調理にも使っています。水は身体の半分以上を占めているのですから、どのような水を摂るかを何よりも大事に考えています。

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)

## キングストン日本語教室 生徒さんの作品集

高学年クラスでは毎回、授業前に日本のこども新聞の要約をしています。ストックしてある新聞の中から、こどもたちは好きな記事を見つけ、掲載日、見出し、文章の要点を書きだします。ラーメンやお菓子、かわいい動物といったテーマが人気があります。

2011年 9月29日

### 「おたすけ犬」

- |   |  |   |
|---|--|---|
| 1. もうとう犬  | 2. ちやうとうけん   | 3. カレバシけん   |
| <ul style="list-style-type: none"> <li>しょうがのぶつをよけて、あんせんたほうこうへみちあんない</li> <li>だんさやこさてんのてまえご立ちまっせ、きけんをしらせる</li> </ul> | <ul style="list-style-type: none"> <li>げんかんのチャムやメルちゃんなんなどをききわけておたかてている(ころへあんないする)</li> <li>れいほうの音で吠えをしらせる</li> </ul> | <ul style="list-style-type: none"> <li>おしたものをひきよけてわたす</li> <li>ドアをあけしめする</li> <li>れいほうをあけて、中にすてし)きものをしり出す</li> <li>くつをぬがせる</li> </ul> |

わたしは、これがわかって、うれしいです。

2013年5月9日

### スイ〜リ 食堂へいらっ(しゃ)ませ

まづりお菓子「まちのたまご」で売っている物は、ごぼろばや、ラーメンや、カツ丼などなど、中余半端な物ばかりだ。が.....その中余半端な物が、オマケだ。と知ったら、君は何を言うかな...? おどろこでない... (じは...この食べ物はずいして... 300円以上なんだ(汗)(嘘)! あずみまん言ひます。この食物はずいとお菓子なんです。ラーメンは、ズ〜リでずい、実は... 麺はクボキと栗のモンブラン、スープは紅茶ゼリー、卵は杏仁豆腐とオレンジゼリー、チーズはラズベリーゼリーで、これは食用木酢ゼリーだ。あ、(驚)(汗)! ちやんむいほプリン。ごぼろばはモンブランとチョコレートゼリー、そしてカツ丼はアボカドを根 → イケムス! だが、健康志向人として言わせてもらうが、この売っている物には、一つだけ、大きな欠点がある。まして画龍点睛を欠く。それは... カロリー(熱量)が高い事だ(戻×100)! ま、それは欠点ではがwww。

### 進化が止まらない!? 1107最新事情

2018年10月25日

東京表参道にある文具カフェではおもしろいパーフェクトを作るばい。またおもしろい文具パーフェクト太陽のオレンジと黄色で夏をイメージして行くばい。さっぱりとした味、フルーツの香り、色鉛筆は飾り用で、食べられないよ。ミントソース添え。現在は、さつまいもを使った、おつきみパーフェクト1200円定期的に内容が変わるよ。03-3470-6420

### タ見出し:

1. 2011年 10月29日
  2. ひんがえりたまご
- つくりがた;
1. たまごにビニールテープを貼る 200年前の江戸時代の料理だった。
2. ストッキングで「たまご」をしめる 京都女子大学の八田一先生が復活させた。
3. ストッキングを持って回転
4. 米を当ててチェック
5. たまごをゆぐる
6. たまごの殻をむく
7. 輪切りにする
- たまごの豆乳部に針で穴を開けて、ぬかみその中に3日ほど漬けておく。取り出して洗い、ゆでると黄身で自身が入り替わる。
- 感想: 200年まえのレシピと京都女子大学の八田教授のレシピはぜんぜんちがいます。1) ようすも、黄身返したまごがごきます。八田先生のレシピで私もつくってみたいですよ。

### 本庶さんノーベル賞

2018年10月4日

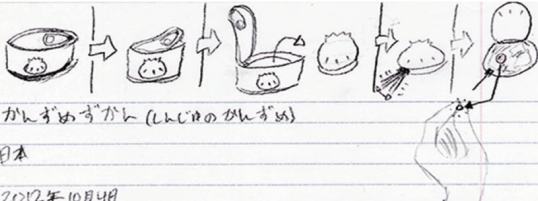
2018年の生理学・医学賞の受賞者は京都大学特別教授の本庶佑さん(76)と決まりました。本庶さんは人間が持っている病気を治す力「免疫カ」を利用したがんを治療新しい方法を開発しました。

・がん - それは日本人の3人に1人がせくなるといわれる、治療しにくい病気です。たせ治療しにくいのかというと、がん細胞は免疫の働きを弱める物質を出して、体の中で増えるからだと。

・そこで12の研究から免疫カを元通りにする治療薬「オプジーボ」が開発されました。

・がん細胞とは一人の細胞が変化したもの。体に悪さを招く。

・がん細胞は「PD-1遺伝子」に命令して、車のブレーキのように、免疫細胞が働かないようにせられる。



WHAT: がんがめずがた (しじゆのがんがめ)

WHERE: 日本

WHEN: 2012年10月4日

WHO: エイ・エヌ・アンド・アソシエイツ

WHY: ほんもののしじゆがはいる(ピンクホワイトクリーム、パープルとブラック)

○63 ○クマ ○63

○63 ○クマ

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Tickets will be available on May 13.

For more info: JFTOR.ORG/AGA-SHIO | JCCC.ON.CA | 416.441.2345



## PENGUIN HIGHWAY



誰にでも忘れられない夏がある

ペンギン\*ハイウェイ  
penguin highway

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JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館

**Notice of Annual General Meeting  
- Monday, September 30 2019 -**

Members of the Japanese Canadian Cultural Centre are requested to attend the Annual General Meeting on Monday September 30, 2019 at 7:30 pm at the JCCC, 6 Garamond Court, Toronto, Ontario M3C 1Z5.

**AGENDA**

- |   |                  |
|---|------------------|
| 1) Approve Minutes of AGM – September 24 2018   | Sharon Marubashi |
| 2) Report from the Treasurer  | Chris Hope       |
| 3) Appointment of Auditor for the ensuing year  | Chris Hope       |
| 4) Appreciation to Retiring Board Members   | Gary Kawaguchi   |
| 5) Approve Nominations to the Board   | Sharon Marubashi |
| 6) Closing of Official Business   |                  |
| 7) Presentations: Executive Director/Heritage/NJCC/ Foundation and Presidents Message |                  |

Any member who will not be present in person is requested to sign the attached Proxy Form. Members may only vote in person or by completing the attached Proxy Form and returning it to the JCCC office prior by mail (6 Garamond Court, Toronto ON M3C 1Z5), fax 416-441-2347 or in person to the commencement of the Annual General Meeting.

Dated at Toronto, Ontario, this 8th day of July 2019.

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

.....

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

I/We\* hereby appoint \_\_\_\_\_ as proxy for each of the undersigned to vote for the undersigned on all matters to be put before the Annual General Meeting of the members of the JCCC to be held at 7:30 pm on Monday September 30, 2019 at any and all adjournments thereof.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2019.

_____	_____	_____
Membership No.	Signature of 1 <sup>st</sup> Member	Signature of 2 <sup>nd</sup> Member
	_____	_____
	Please Print Name	Please Print Name

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