

October Movie Night
THE CHAPLAIN

10月の映画鑑賞会
「教誨師」(きょうかいし)

Tashme Sisters in the JCCC Gallery

JAPANESE CANADIAN
CULTURAL CENTRE



October 2019 2019年10月 Vol. 45 Issue 9

日系文化会館



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Calendar of Events

October

Sat	5	JCCC Taiko Workshop 和太鼓ワークショップ
Sun	6	Issei Day 一世の日
Sun	6	Kumihimo Workshop 組み紐ワークショップ
Sat	12	JCCC Karaoke Club JCCCカラオケクラブ
Mon	14	JCCC Closed – Thanksgiving JCCC休館
Thu	17	Seniors' Supper Club シニア・サパークラブ
Thu	17	Origami Workshop 折り紙ワークショップ
Thu	17	JCCC Movie Night – THE CHAPLAIN JCCC 月例映画上映会 – 教誨師
Mon	21	Japanese Style Cooking Workshop 和食家庭料理教室
Sat	26	JCCC Karaoke Club JCCC カラオケクラブ

November

Sat	2	JCCC Taiko Workshop 和太鼓ワークショップ
Sat	9	JCCC Karaoke Club JCCC カラオケクラブ
Thu	14	JCCC Movie Night JCCC 月例映画上映会
Thu	21	Origami Workshop 折り紙ワークショップ
Sun	24	Kumihimo Workshop 組み紐ワークショップ
Mon	25	Japanese Style Cooking Workshop 和食家庭料理教室

December

Sun	1	Fuyu Matsuri – Winter Festival 冬まつり - ウィンターフェスティバル
Sat	7	JCCC Karaoke Club JCCC カラオケクラブ
Sat	14	JCCC Taiko Workshop 和太鼓ワークショップ
Sat	21	JCCC Karaoke Club JCCC カラオケクラブ
Wed	25	JCCC Closed – Christmas Day JCCC休館
Thu	26	JCCC Closed – Boxing Day JCCC休館
Tue	31	New Year's Eve Dinner and Dance ニューイヤーズイブ ディナー & ダンス

SUBMISSION DEADLINE

Deadline for the November issue is: **Tuesday October 8, 2019.**
11月号の締め切りは**2019年10月8日(火)**です。

Your news is welcome!

Please contact:
newsletter@jccc.on.ca or **tel 416-441-2345 ext.227**

Editors: James Heron, Kathy Tazumi, Yoko Tsumagari

JCCC Upcoming Events

THE CHAPLAIN 「教誨師」 (きょうかいし)

★★★★★ – The Japan Times

The late, great Ren Osugi stars as a prison chaplain working on death row in this thought-provoking chamber drama—his final film as an actor and first as a producer. Visiting with a regular roster of inmates who await their final sentence—including a converted ex-yakuza and a philosophy-spouting mass murderer—the newly appointed clergyman gradually learns of their circumstances and is forced to confront his own understanding of life, death and salvation. Featuring unforgettable characters and a restrained visual style, Dai Sako's searching film takes on the rarely-addressed topic of Japan's death penalty in order to question the state of the country's soul. With Ren Osugi, Reo Tamaoki, Setsuko Karasuma, Kanji Furutachi.

2018年2月に急逝した俳優・大杉漣の最後の主演作にして初プロデュース作。死刑囚と対話する教誨師を大杉漣が演じる。佐伯保(大杉漣)は定期的に拘置所を訪れ、死刑を待つ受刑者—やくざの組長、大量殺人者など—と面会している。彼らと面会を重ねるにつれ、次第に彼らを理解し、また、自らの人生に向き合い、死や救済することの意義について考えるようになる。

監督と脚本を務めた佐向大は、死刑制度を描写し、日本が維持し続けるこの制度に疑問を投げかける。

監督、脚本： 佐向大

キャスト： 大杉漣、玉置玲央、烏丸せつこ、古館寛治

Date: **Thursday October 17, 2019**

2019年10月17日(木)

Time: 7:00pm

Tickets: \$10 JCCC member (JCCC会員)

\$12 General (一般)

Ticket on sale now. Call JCCC 416-441-2345 or visit ticketweb.ca

日系文化会館 416-441-2345、またはwww.ticketweb.caにてチケット発売中。

死刑囚6人との対話が始まる。



A Commemorative Event for the 90th Anniversary of Canada-Japan Diplomatic Relations

— KYOGEN —

加日修好90周年記念事業「狂言公演」



Consulate General of Japan in Toronto and Japanese Canadian Cultural Centre proudly present Kyogen Performance by Shigeyama Sengoro-ke.

The Shigeyama Kyogen troupe bills itself as "Otofu Kyogen", as tofu is something that can be enjoyed by everyone at any time, never gets boring and is always tasteful. They are on their way to Toronto to treat you to Japan's traditions and laughter.

トロント日本総領事館と日系文化会館がお届けする茂山千五郎家による狂言公演。

いつの世も、だれからも広く愛される、飽きのこない、そして味わい深い — という意味を込めて、自ら「お豆腐狂言」を名乗る茂山千五郎家が、トロントにやってきます。日本の伝統の笑いをぜひ味わってください。

DATE: **Friday November 29, 2019** at 7pm

LOCATION: Japanese Canadian Cultural Centre

9th Annual Fuyu Matsuri – Winter 2019 第9回冬まつり・ウィンターフェスティバル 2019

Quickly becoming one of the most popular events of the year at the JCCC with over 1000 visitors, our annual Fuyu Matsuri - Winter Festival will be held on **Sunday December 1, 2019!**

We would like to welcome everyone to attend this year's festival. There will be great activities such as Christmas ornament-making, gingerbread cookie decorating, and many other things to do for adults and kids. In addition to all our musical entertainment, guests can also expect our fan-favorite Ramune Speed Drinking Contest, and also returning for its second year is our Fuyu Matsuri Cosplay Fashion Show! Our much-anticipated special guest, Mr. Santa, will be available for photos, so make sure you get a picture with him in between shopping at our Marketplace (Shotengai) and indulging in delicious foods like Oden, one of our Japanese winter favorites. Don't forget that great prizes await at the Reindeer Raffle and Silent Auction!

General admission to the event will be \$5, while JCCC Members, seniors, and children aged 6-12 can get in for \$3. Admission is free for all children aged 5 and under! As a reminder, Fuyu Matsuri is a cash only event. The closest ATM is located in the Esso Gas Station at 843 Don Mills Road if guests need cash.

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

今年で第9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、**2019年12月1日(日)**に開催されます!

JCCCの恒例イベントとして定着したこのお祭りでは、毎年100人以上の来場客で賑わいます。冬まつりコミティでは、新しい企画を取り入れてお客様に楽しんで頂けるよう心掛けています。大好評だったラムネ早飲み競争やコスプレファッションショーはもちろんのこと、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し、更にレインディアラッフルやサイレントオークションには豪華賞品をご用意致します!おでんなど美味しい冬の馳走でお腹も大満足になる事間違いなし!

入場料は一般\$5。JCCCメンバー、シニア、小人(6歳から12歳)は\$3。小さなお子様連れの家族にも楽しんでいただけるよう、5歳以下は無料といたしました。尚、JCCCにはATMが設置されておりませんので、予め現金のご用意をよろしくお願い致します。

更なる詳細は次号(11月号)でお知らせいたします。

Date: **Sunday December 1, 2019** 2019年12月1日(日)

Time: 11:00am - 4:00pm 午前11時-午後4時

Place: Japanese Canadian Cultural Centre (Main Floor) 日系文化会館 1階



The deadline for vendors to apply for our Fuyu Matsuri Food Corner and Marketplace are fast approaching, so make sure you send in your applications as soon as possible. Vendor application deadlines are **Thursday October 10, 2019** for the Food Corner and **Thursday October 24, 2019** for the Marketplace. Please contact Yuki Nakata at yukin@jccc.on.ca for further information.

The JCCC needs volunteers for this event. Volunteer registration begins in mid-October. Anyone interested in volunteering for Fuyu Matsuri can sign up through the JCCC website at <http://www.jccc.on.ca/en/volunteer/> by **Thursday November 14, 2019**.

『商店街(マーケットプレイス)』も更に充実させていきます。ただ今、物品・飲食ブース出店希望者大募集!お申し込みは、**2019年10月10日(木)**まで。詳細は中田由希宛にyukin@jccc.on.caまでご連絡下さい。

このイベントのボランティア募集は10月中旬から開始致します。お申込みはJCCCウェブサイトのボランティアページから。締め切りは**2019年11月14日(木)**です。初めての方も、常連のボランティアの方も、ボランティアページにて必ず登録お願い致します。(http://www.jccc.on.ca/en/volunteer/)

Canadian Shito-Ryu Itosu-Kai Karate National Tournament

Canadian Shito-Ryu Itosu-Kai Karate National Tournament will be held on **Saturday November 2, 2019**. JCCC Karate will be hosting this National tournament in Kobayashi Hall. This invitational tournament will see competitors from across Canada and overseas. Come enjoy karateka performing Team events, along with individual Kata, Kumite and special Kobudo (Ancient Okinawan Weaponry) demonstration.

Heritage

Calendar of Exhibitions

August 11 – October 27, 2019

Tashme Sisters: Barbara Miiko Gravlin and Mary Akemi Morris

JCCC Art Gallery

Barb Miiko Gravlin and Mary Akemi Morris were born two years apart near the end of WW2, with the surname Nishimura, in Tashme internment camp. Their interest in art, and the eventual significance of art making in their lives sprang from the isolated intensity and restive imaginings of their shared childhood. Each developed her artistic skills and vision in the practice of very different mainstream conventions: abstraction and realism.

November 2 – November 10, 2019

12th Japanese Calligraphy Competition Canada

JCCC Art Gallery

Shodo Canada presents exhibition of scrolls from the 12th Japanese Calligraphy Competition in Canada.

Opening Reception: **Sunday November 3, 2019** at 2:00pm with presentations by Ms. Takako Ito, Consul-General of Japan in Toronto; Mrs. Yuko Shimizu, Executive Director of the Japan Foundation; Mr. James Heron, Executive Director of the JCCC.

November 2019 – January 6, 2020

Something Old, Something New: Japanese Canadian Weddings

JCCC Art Gallery

January 11 to March 29, 2020

Artsu Matsuri

JCCC Art Gallery

Bi-annual celebration of art by Nikkei community artists happens in winter for the first time!

HISTORY MYSTERY



We are back again this month with another History Mystery!! If you can identify the items in this photo, please contact theressat@jccc.on.ca, using History Mystery as your subject.

AGA-SHIO

Thank you very much for coming to AGA-SHIO concert!



Interns - JCCC Reflection



By Tonya Sutherland

I am truly thankful for the opportunity to spend a summer working at the JCCC. My time as Collections Assistant has given me vital hands-on experience in my field and reaffirmed my growing interest in caring for a museum's collection. While I now know that making storage boxes for a collection is not my strong point, the chance to work with both the tangible and intangible heritage of the Japanese Canadian community has been a humbling experience for which I am very grateful.

On top of all of this, I've spent the summer meeting great people and having tons of fun! From trying out Obon dance during Natsu Matsuri, cataloguing a collection of kimono that date back to the 1930s, and teaching the kids of Kamp Kodomo, I have many special memories of the JCCC that will remain long after the summer ends.

By Bailey Irene Midori Hoy

This summer I had the privilege of working with Heritage at the JCCC. As a yonsei, it was a very different experience to see behind the workings of the colourful displays I always saw during my trips to the centre. I quickly realized how complicated museum work is! Luckily, Theresa and Su Yen, along with Amelia and Tonya, our other summer students, were always ready with a patient explanation, never making me feel out of place. Beyond the numbers and collections are an incredible group of people that work to preserve memories. I always looked forward to Tuesdays and Wednesdays, the days when volunteers came in to work with us, always with yummy food and excellent conversation. Working with these collections, it's easy to share their enthusiasm. While my job at the centre is over, I hope to return as a volunteer and help with this extremely important work. ありがとうございます!

Postcards as a medium and their history



By Amelia Smith

This summer, I was hired at the JCCC as an intern, researching the upcoming Japanese Diaspora exhibition. I could not have asked for a better internship. While research was the focus of my time at the JCCC, it was not the only part of my job and because of this, I learned so much that I will take with me. Coming into the position, I was not very familiar with the Japanese Canadian community nor its history. Through my time at the JCCC, I have had the opportunity to be involved in many of the events as well as getting to know many of the volunteers that help every week. The JCCC has given me amazing insights into museum practices, especially in smaller institutions, and how to work with a community to best serve them. I am sure that I will not soon forget my time at the JCCC and hope that I can still be involved in the future!

**Yose
Arts
Performances
in Canada**

カナダ寄席演芸公演

Fortune favours those who laugh! Fully experience the energies of yose!! Don't miss the English rakugo "Funatoku" ("Toku the Boatman") along with Japanese pieces!!!

笑う門には福来る! 寄席の賑わいをたっぷり味わってください。英語落語には「船徳」を、日本語での落語もお聞き逃しなく!

DATE: Thursday November 7, 2019 at 7pm

LOCATION: Japanese Canadian Cultural Centre

Performers: SANSHOTEI Charaku, HAYASHIYA Imamaru, KAGAMI Michiyo

出演: 三笑亭茶楽、林家今丸、鏡味千代

A project of The Japan Arts Council in support of international art exchange

日本芸術文化振興会国際芸術交流支援事業

Tashme Sisters in the JCCC Gallery

Featuring Barb Miiko Gravlin and Mary Akemi Morris, August 11 - October 27, 2019

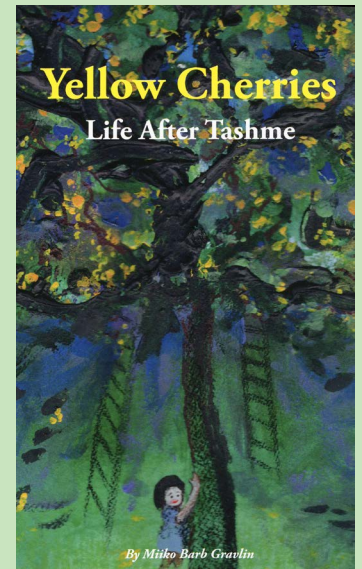
This Fall, the walls of the JCCC Gallery are graced with uplifting canvasses painted by Barb Miiko Gravlin and Mary Akemi Morris - the Tashme Sisters. And while they both have strong backgrounds in artmaking and they both have had distinguished careers, that is where the similarities end.

Sister Mary paints dreamy scenes of seashores, landscapes and glorious trees with bountiful branches of leaves in a realistic style. On the other hand, Sister Barb produces energized canvasses of strong colours flying across the canvass, exercises in abstraction. What makes the exhibit come together is their buoyant use of colour.

Gravlin and Morris were born two years apart near the end of WW2, with the surname Nishimura, in Tashme internment camp. Their interest in art and the role it played in their lives derives from the isolated intensity and imaginations of their shared childhood. But each developed her artistic skills and vision in her own way.

Gravlin's early-on immersion in the exploding Toronto art scene of the 1960s was heavily influenced by her art teacher, artist Mashel Teitelbaum. Her sister Mary Morris took a more pragmatic path and obtained a Fine Arts degree at the University of Toronto, became a teacher, and pursued painting as an integrated and relaxed activity in her life.

Also on display are "side-bar" materials such as Morris' researched panels on the family history, and Gravlin's illustrated book of childhood tales and memories, *Yellow Cherries*. Like many siblings, the Tashme Sisters are similar, but different. Together they have made an unforgettable exhibition.



Conversation with the Tashme Sisters: Barb Miiko Gravlin and Mary Akemi Morris

Can you tell me a little bit about yourself?

Mary: I was born Mary Akemi Nishimura in the internment camp of Tashme, British Columbia a few weeks after the Second World War ended on September 2, 1945. I am a Nisei/Sansei (second/third generation Japanese Canadian), the sixth of seven children born to Yachiyo (Miike) and Kinsaburo Nishimura. I presently live in the city of London, Ontario.

After graduating from Fine Arts at the University of Toronto in 1968, I taught art in the Toronto and London Boards of Education. I started painting watercolours after retiring from teaching and took part in various group art shows in and around London, Ontario. One of the first group shows was at the 1975 Artisan Exhibition at the original Japanese Canadian Cultural Centre where I displayed wall hangings and pottery. In the past fifteen years I have concentrated on acrylics, painting representational landscapes based on my travels.

Barb: I'm the 5th of 7th children of 'Issei' Kinsaburo and 'Nisei' Yachiyo (nee Miike) Nishimura. I don't recall much of Tashme being born in 1943. What I do remember is described in my book 'Yellow Cherries'.



How did you start making art?

Barb: My older sister, Joan, Barb Miiko Gravlin, photo by Lilian Blakey taught my sister, Mary and I how to draw making cut-out dolls when we were 3 or 5 years of age on the farm in Cedar Springs, Ontario. Later in 1961, I was catapulted into the art of painting at an avant-garde school called 'The New School' in Toronto. Much local recognition and media attention occurred at the time including in 1965, a Canada Council Travel Grant in painting for 6 months in Japan.

Mary: When I was a preschooler in a small, rural community in south-western Ontario I drew constantly with my sister Barb. Our artistic, older sister drew pictures for us and we tried to copy them as well as we could. Art has been a constant thread in my entire life.

What inspires you?

Mary: Nature inspires me with its infinite variety, mystery and sense of order. I try to capture the immediacy of the light, colour and movement in the landscape as simply as I can.

Barb: My inspiration comes from an emotional experience or a beautiful vista in nature.



Mary Akemi Morris

How do you know when your work is finished?

Mary: I do not think I have considered any of my paintings "finished". One difficulty for me is to stop before the work becomes overworked. After I sign my name in the corner of the canvas and feel that it is somewhat completed, I always still see something in the painting that I am tempted to rework.

Is there a tool in the studio that is indispensable?

Barb: The tool in my studio that's indispensable is my Yamaha music system.

Mary: Yes, my cat who sleeps and purrs beside my painting table, keeping me calm and focused.

JCCC Judoka Shady El Nahas Aiming for Gold at the Tokyo 2020 Olympics

Shady El Nahas – multiple time Canadian champion - is on target to be the first JCCC Judoka Olympian!

by Ken Fukushima

To compete at the Olympic Games, it's not enough to be a national champion; competitors must also meet the very difficult Olympic Qualifying Standard. The judo competition at the Tokyo 2020 Olympics is limited to the highest ranked athletes in each weight division (7 weight divisions each for women and men). Only the top 18 ranked competitors in the world in each weight division - as determined by results in International Judo Federation (IJF) World Tour Olympic qualifying tournaments - will be directly qualified for the Olympics, with a maximum of 1 athlete per weight division per country. After the participation of the directly qualified athletes is confirmed, a total of only 6 - 8 additional athletes per weight division will be invited to ensure representation from all continents.

Based on his winning performances in Olympic qualifying tournaments, Shady El Nahas currently holds one of the 18 coveted spots in the world for direct qualification for the Men's -100kg weight division at the Tokyo 2020 Olympics!

After just over one year of competing on the IJF World Tour, Shady has racked up impressive results, including winning the silver medal at the IJF Grand Slam in Osaka last November, a bronze medal at the IJF Grand Slam in Ekaterinburg, Russia in March, the gold medal at the Pan Am Senior Championships in Peru in April. And in July, Shady won the silver medal at the IJF Grand Prix in Montreal and then the gold medal at the IJF Grand Prix in Zagreb, Croatia.

In August over 800 of the world's top judo athletes representing 143 countries gathered in Tokyo for the 2019 World Championships. The competition was held at the Nippon Budokan, site of the first Olympic judo championships in 1964, and also the venue for the 2020 Tokyo Olympics. Shady represented Canada in the Men's -100kg category in a



field of 62 competitors, including former World champions and Olympic medallists. Shady won his first three matches, but was defeated in the quarter final round by Niyaz Ilyasov of Russia, previously a winner of silver and gold medals at the World Junior Championships, and bronze medal winner at the 2018 World Senior Championships. In the repechage Shady had to face Japan's Aaron Wolf who was the 2017 World Champion and is the current All Japan Judo Champion, but who had lost his quarter final match against Guham Cho of Korea, the 2018 World Champion. Shady versus Wolf was a rematch from the 2018 Osaka Grand Slam final, and unfortunately ended with Wolf throwing Shady, and Wolf went on to win a bronze medal. A disappointing result, but for Shady, the 3 wins and a 7th place finish at his first Senior World Championships earned him enough points to retain the World #11 ranking he held going into the tournament, and most importantly, keeps Shady highly ranked for direct qualification to the 2020 Olympics.

Up next, Shady will be competing at the IJF Grand Slam in Abu Dhabi in October and the Osaka Grand Slam in November. He will cap off 2019 by competing at the World Masters Tournament in China in December – an invitational tournament for the top 32 ranked competitors in the world in each weight division.

Keep going Shady - all the way to the top of the podium at the Tokyo 2020 Olympics!

HollisWealth Captures JC3-Pitch Championship *by Bob Doi*





After finishing in 3rd place in the regular season, Jon Nagamatsu's HollisWealth team upset the 2nd place team and the 1st place team in route to capturing the JC3-Pitch championship. HollisWealth defeated Alan Yu's, Assured Automotive 33 – 28 in the semi-finals. In the other semi-final game, Glen Kawaguchi's 1st place Loknest Monsters narrowly escaped being upset by the 4th place Wietzes Toyota team (captained by Tod Nagamatsu), winning 20 - 18 in a defensive struggle. In the decisive championship game, Loknest's good fortune ran out as they fell behind early and were defeated 24 – 21 by HollisWealth. Congratulations to Jon Nagamatsu and his HollisWealth team and thank you to all the captains, players, sponsors (Gary Brownlie, Grant Gerow, Marty Kobayashi and Yim Lok) and supporters for helping to make this season a success. For more information on the league, please check the JC3-Pitch website at: www.JC3Pitch.com

League Champions HollisWealth Front Row: Sarah Wong, Dan Reid, Garrett Amemori, Tina Takimoto, Ryan Takimoto. Back Row: Paul Takasaki, Glenn Shimoda, Wes Wong, Jeff Cockburn, Christopher Dela Cruz, Neil Nagamatsu, Jon Nagamatsu Absent: Andrew Mun-Shimoda, Chris Reid

12th Japanese Calligraphy Competition in Canada

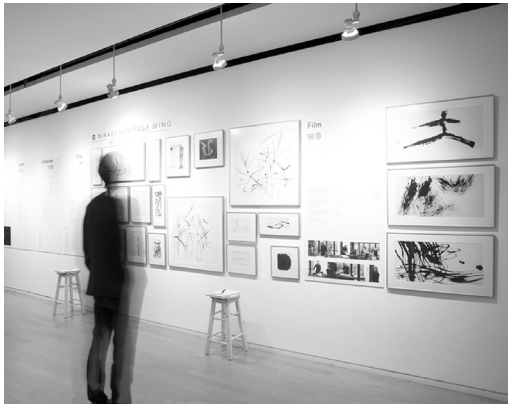
日本書道公募展

Award Presentation | Nov. 3, 2019 | 2PM
Exhibition | Nov. 2 - 10, 2019 | 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



Stimulating and interesting discussions with a panel of artists and cultural figures, which was organized by Noriko Maeda and her team, are enjoyed by community at JCCC Heritage Court and Hall at the event (panel discussion and reception), as a part of Exhibit of Noriko Maeda: Foundations.

Noriko Maeda Foundations - Exhibit and Panel Discussion

DONATIONS TO THE JCCC

As of Sep 8, 2019

The JCCC gratefully acknowledges the following donations:

JCCC

Mr. & Mrs. Toshimitsu Arima	100
Mrs. Sheri-Lynn Armstrong	20
Ms. Nana Davies	30
For Ben & Shirley Eto's 50th Wedding Anniversary	
Mrs. June Eto	50
In celebration of Ben & Shirley Eto's 50th Wedding Anniversary	
Mr. Lawrence Fine	75
Mrs. Patricia Fujiwara	100
In honour of Irene Fujiwara's 100th Birthday	
Mr. Geoffrey Ikeno & Ms. Patricia Bremner-Ikeno	20
Mr. and Mrs. Thomas Knude	200
Ishizue Award in honour of Uncle Kunio Suyama	
Mr. J Charles F Laframboise	25
Mr. Stephen Lau	200
Ms. Hiroko Lee	100
Ms. Laurie-Ann Nakagawa	100
Mrs. Margaret Nakamura	23
Mr. Tsutomu Nakano	20
Mr. and Mrs. Buzz Ogaki	25
Mr. George Pachovsky	25
Mr. Hajime Sawada	100
Ms. Patricia Tsuji	100
Mr. and Mrs. Takehiko Yoshida	
24 frames - Arigato Day	
Mr. Howard Waiser	100
Sam & Junko Yamamoto Congratulation in recognition of the honour of the Japanese government	
Mr. Fred Warren	25

Corporate, Foundations and Government

Anonymous Fund at Toronto Foundation	
Toyota Canada Foundation Cultural Programmes	
<u>In Memoriam</u>	
In memory of Chiyeko Takasaki	
Mrs. Margie Uyeda	50
In memory of Hisako Jean Kondo	
Mrs. Sue Sumiko Murakami	100
Mr. Rick & Mrs. Kathy Tazumi	30
In memory of Mickey Nobuto	
Mrs. Betty Kagayama	50
In memory of Roy and Mary Matsui	
Ms. Joy Sato	50
In memory of Sharky (Yoshiaki) Nagao	
Mineko Ann (Nagao) Kane and Kay Nagao	100
In memory of Tadao Tanabe	
Anonymous	150
Mrs. Kiyomi Kay Asada	30
Mr. Paul & Mrs. Diane De Cennaro	200
Beverly Fallis	50
Mrs. Doris Fujioka	20
Mr. and Mrs. Arthur Ishii	30
Mrs. Dianne Kitazaki	30
Ms. Kaye Koda	40
Mr. and Mrs. Iwao Kuroyama	30
Mr. and Mrs. Paul Kuwahara	50
Mrs. Marlene MacKenzie	20
Pollie Nishino and Family	100
Mrs. Kay Mitsui	25

Mrs. Toshiko Mori	25
Mr. Stephen and Mrs. Linda Oikawa	20
Mrs. Teruko Otani	50
Mrs. Doreen Oyagi	30
Mr. Harry and Mrs. Margaret Swan	25
Mr. Terence Takashima	20
Mrs. Betty S. Tanabe	150
Mr. and Mrs. Masaru Tanaka	200
Ms. Caroline Tao	40
Mr. George Toyama	25
Mr. Roy Toyama	25
Mr. George Tsushima	50
Mrs. Kikue Yamashita	30
In memory of Terrie Watanabe	
Ms. Loraine Wright	100
In memory of Tom Kawabe	
Mrs. Esther Kawabe	100
In memory of Toyomasa Fuse	
Mr. Martin Kobayashi	100

Heritage

Anonymous	83
Art Show JP Photograph 2019	
Mrs. Margie Uyeda	100

Supporting Member

Partner

Mr. Josh Fogarasi	150
Mr. Ken Fukushima	116
Mr. George Iwata & Mrs. Barbara M. Iwata	150
Mrs. Keiko Ohashi	150
Mr. Tad & Mrs. Jenny Oyagi	150
Mr. Stanley & Mrs. Aileen Yokota	110

ARIGATO DAY

Princess Takamado pays the JCCC a Special Visit and is Presented the Sakura Award



Photo courtesy of Leon Balaban

Her Imperial Highness Princess Takamado made a surprise visit on Arigato Day to tour the JCCC and to greet and thank the JCCC volunteers for their exceptional dedication and hard work in spreading Japanese culture to all.

Her Imperial Highness was also presented with the Sakura Award 2019 for her own invaluable contribution to Japan-Canada friendship and exchange. In so many ways she personifies the extraordinary qualities for which the Sakura award was conceived.

The award was presented by Gary Kawaguchi following Her Imperial Highness's beautifully articulated and inspiring words of encouragement.

It was a day that will be long remembered at the JCCC and by its many volunteers.

by Minoru Tanaka (田中美)

The JCCC is a volunteer based non-profit organization. Efforts of volunteers are like pieces of a jigsaw puzzle that fit together to create JCCC. Arigato Day of August 25 was a special day for all the volunteers. It was a day when we had an opportunity to meet other volunteers, play entertaining fun games, and enjoy a fabulous bento dinner together. We heard Princess Takamado's inspirational speech and witnessed the presentation of Nisei Veteran's Award to two young JCCC members for their amazing achievements.

As a recipient of the Volunteer Service Award, I felt privileged to be with other dedicated volunteers of the JCCC. Whether as program instructors, event participants, board members or seniors who help with the newsletter mailing, all contribute in any capacity they can. Their combined efforts in this vibrant community make JCCC a world class organization. I know that the JCCC will continue to grow and thrive because of people like those I met on Arigato Day and all the other volunteers.



2019 the Ontario Volunteer Service Awards recipients

*Back row (L to R): Chris Kobayashi-Reid, Yosh Inouye, John Guppy, Masaru Matsubara, Dennis Daley, and Minoru Tanaka
Front Row (L to R): Barbara Broadley, Roy Nakagawa, Mitsuko Nakamura, Sumiko Yamashita, Marion Hope, Helen Koyama, and Ruby Shikaze.
Photo courtesy of Leon Balaban*



*Nisei Veterans Award:
Frank Moritsugu and Julien Couturier
Photo courtesy of Yosh Inouye*



Photo courtesy of Leon Balaban



*Nisei Veterans Award:
Frank Moritsugu and Kennedy Liddle
Photo courtesy of Yosh Inouye*

The JCCC held its annual Arigato Day on Sunday August 25. We were very happy to see more than 250 volunteers join the JCCC Board and Staff for a fun afternoon. The high attendance numbers are a great testament to the many volunteers at the JCCC. Not only can we rely on the continuing support of the seasoned veterans, but we also have so many new volunteers who have come out to support our programs.

As usual, the event started off with some rousing games of Bingo. We then had people form teams to answer a quiz all about the JCCC. As there were new winners, we are starting to see evidence of newer volunteers stepping up and learning more about the JCCC and its programs.

Following the games, Sharon Marubashi took to the stage and brought in a very special guest. Her Imperial Highness, Princess Takamado was in Canada to celebrate the 90th anniversary of Canada-Japan relations and took time from her busy schedule to tour the JCCC. In speaking to the volunteers, she thanked everyone for making it possible for the JCCC to bring the historical and contemporary stories of Japanese culture to the people. She capped off her visit

by receiving the Sakura Award from the JCCC in honour of her contributions to Japan-Canada relations.

After all of that excitement, it was time to eat. Once again, we enjoyed a bento box prepared by Kunio Ishii at Toriichi Catering.

But the evening didn't end there. There were two more important presentations to end the evening. It started with the presentation of the Nisei Veterans Award. This year's recipients were Julien Couturier from the JCCC Kendo program and Kennedy Liddle from the Sakura Kai.

Julien has diligently and regularly attended practices 3 times a week. This has resulted in accomplishments in recent junior tournaments, including 1st place at recent Spring and Fall Ontario Jr Tournaments in both the Individual and Team (as Captain) categories. More recently, Julien earned a spot on the JCCC 'A Team' (top team). The JCCC A Team took first place at the tournament - the first time in over 5 years for the JCCC Kendo Club.

Kennedy has been with the Sakura Kai Odori group for the past 10 years. Ever since she started as a child, she has shown great enthusiasm in performing for all the events. She has also introduced

this art form by dancing solo at her school. Now a teenager, she is a great role model to our younger dancers, assisting with teaching and helping with make-up before performances.

Last but far from least, JCCC then presented certificates to the 20 recipients of the Ontario Volunteer Service Awards for 2019.

The Ontario Volunteer Service Award program is administered by the Ministry of Citizenship, Immigration and International Trade. To qualify for an award, an adult recipient will have volunteered for a minimum of 5 years continuously. A youth recipient will have volunteered for a minimum of 2 years. Each year, the JCCC has the opportunity to nominate 18 adult recipients and up to 3 youth recipients. In addition to our own event, these recipients will be recognized at an awards ceremony held by the province of Ontario.

The JCCC appreciates the many talents and skills of their volunteers. Their energy and enthusiasm are a part of the JCCC's programs, events and just about every other aspect of the operation of the Centre. Arigato Day is just a small measure of our gratitude.

Thank you very much and Arigato Gozaimasu!!!!

2019 Ontario Volunteer Service Award Recipients

Art and Culture: Dennis Daley, Masaru Matsubara, John Guppy, Mitsuko Nakamura, Phyllis Lee, Sumiko Yamashita

Special Events and Operations: Michiko Adachi, Yosh Inouye, Sheila Matsui, Minoru Tanaka, Barbara Broadley, Chris Kobayashi-Reid, Roy Nakagawa, Yukio Tannoch, Marion Hope, Helen Koyama, Ruby Shikaze

Youth Recipients: Riki Kajiwara



Toronto Chapter #208

TRANQUILITY

2019 IKEBANA FLORAL SHOW

Sunday, October 13th Noon to 4:30 pm

Japanese Canadian Cultural Centre
6 Garamond Court, Toronto

Official Opening at 1 pm

Demonstration at 1 : 30 pm

By Professor Yumi Kubota

From Ikenobo School

*Tea Room • Sales Table • Raffles
Floral displays by members*

Admission \$15

(Free admission for children 12 and under
when accommodated by adult ticket holder)

For more information

toronto208@gmail.com

www.ikebana-toronto.com



Toronto Japanese Garden Club

67th Annual Fall Flowers and Bonsai Exhibition Saturday, October 26, 2019 - 12:00 noon to 4:30 pm

Japanese Canadian Cultural Centre
Kobayashi Hall
6 Garamond Court
Toronto, Ontario
Admission: Adults \$5:00/Children under 12 free

Tea Room: Fresh Sushi, Japanese desserts and homemade baking

Displays of Ikebana:
Ikenobo, Ohara, Misho, and Sogetsu Schools

Bonsai by Toronto Bonsai Society

Awards: Kiku (chrysanthemums) and potted house plants



Demonstrations:

Bonsai

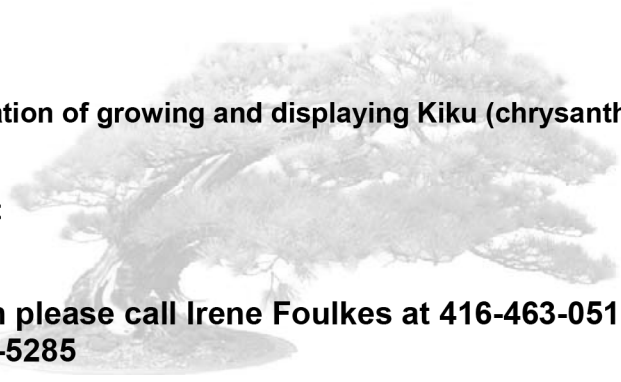
Ikebana

Kokedama

Video presentation of growing and displaying Kiku (chrysanthemums) in Japan

Sales:

White elephant
plant sales



For further information please call Irene Foulkes at 416-463-0517 or
Mary Audia at 416-636-5285

JSS 20th Holiday Drive 2019

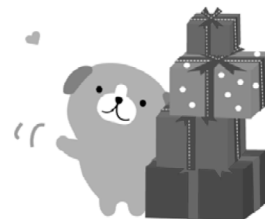


Japanese Social Services

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.



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

- 生涯の思い出 -

水泳マスターズ世界選手権大会（ロシア連邦タタールスタン共和国の首都カザン）



昭和十年元旦生まれの僕は三ヶ月経てば85歳、半世紀を超えるブラジル、アメリカ、カナダでの移民生活には数多くの思い出があります。中でも最も心に残る生涯の思い出は、ロシア連邦タタールスタン共和国の首都カザンでの水泳マスターズ世界選手権大会の表彰台に立った瞬間の達成感でした。日本での水泳競技会では地方大会予選落ちが殆どで、全国大会には2回出場しただけの三流選手の僕が、オリンピックメダリストに勝って世界選手権大会の表彰台に立てるとは夢の様でした。

表彰式で僕の首に銀メダルを懸け両頬に口付けしてくれたのは、1964年の東京オリンピックでの出場全種目に優勝し金メダルを受賞され、水の妖精と称えられたスエーデンのハグベリ選手（現在はFINA国際水泳連盟理事兼マスターズ部会長）。

僕は寄る年波には勝てず頭腦はいささか呆けて来ましたが、今尚、体力は現役ですので、2021年に日本で開催される世界マスターズゲーム関西大会（年齢別オリンピック）水泳は神戸5月と水泳マスターズ世界選手権大会（8月福岡）で優勝し金メダルを獲得して故郷に錦を飾る所存です。 <http://wadayoshiji.livedoor.blog/archives/2555401.html>

Japanese Social Services / Momiji Health Care Society



Wills & Powers of Attorney Seminar



知っておきたい「もしも」のための委任状と遺言状

Date: Wednesday, November 20, 2019
10:00am - 11:30am (Japanese session/日本語セッション)
1:30pm - 3:00pm (English session/英語セッション)

Where: Japanese Canadian Cultural Centre
6 Garamond Court, Toronto, ON M3C 1Z5

RSVP to: Japanese Social Services (Chie)
(申込必須) TEL: 416-385-9200 Email: programs@jss.ca

Momiji Health Care Society (Client Intervention Worker)
TEL: 416-261-6683 ex.249 Email: ciw@momiji.on.ca

- Please select one session only. 参加ご希望のセッションをお知らせください。
- JSS Hot Lunch (Gomoku Sushi \$8.00) can be purchased by pre-ordering to JSS by Nov 13 with limited availability. 当日 JSS ホットランチ（五目寿司 \$8.00）購入ご希望の方は、11/13（水）までに JSS までお申し込み下さい（数に限りあり）。

Do I really need a Will? What is a Power of Attorney? How can I prepare my Will and Powers of Attorney? Attend this free seminar to learn about planning ahead for the unexpected. Space is limited.

Will（遺言状）は、本当に無いと困る？ POA（代理委任状）って何？
どのように準備すればいいの？「もしも」の場面に備えておきたい、委任状と遺言書について学びましょう。参加費無料。席に限りがありますので、お申し込みはお早めに。

Speaker / 講師: Nozomi (Zoe) Smith, Lawyer, Pallett Valo LLP
弁護士 スミス希美氏

※ This seminar is sponsored by Pallett Valo LLP.
本セミナーは、Pallett Valo LLP 法律事務所が資金提供を受け実施しています。



Scarborough Caring for Aging Relatives Consortium



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

日 SUN & 月 MON	休館 Closed
火 TUE	貸出・閲覧 Lending 10am - 2pm
水 WED	貸出・閲覧 Lending 1- 5pm
木 THURS	貸出・閲覧 Lending 10am - 2pm
金 FRI	閲覧のみ Non-Lending 10am - 2pm Computer Clinic 2-5pm
土 SAT	貸出・閲覧 Lending 1- 5pm

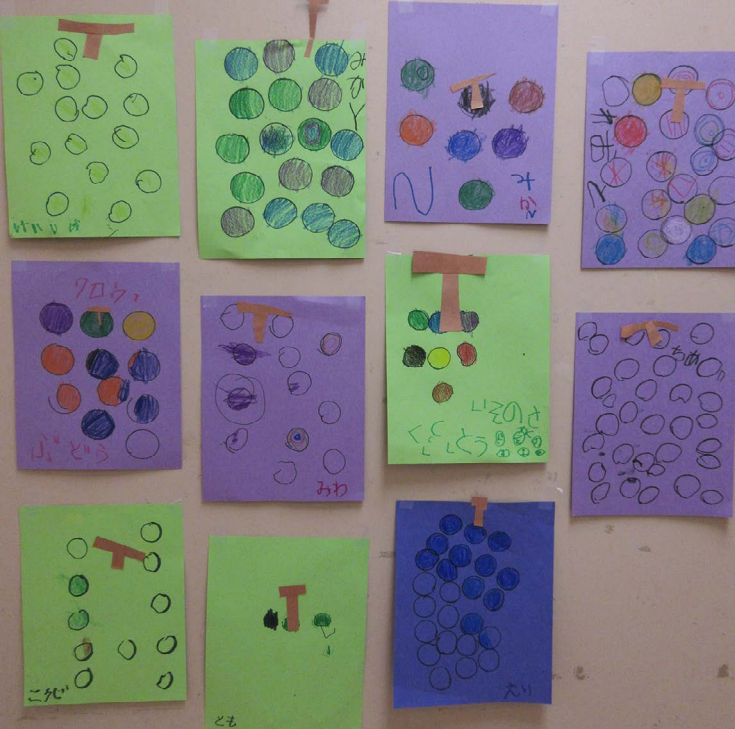
Haiku Corner

飯時や 戸口に 秋の入日影
Meshidoki ya toguchi ni aki no irihikage

At the meal-time, in autumn:

Through the open door,
The evening sun.

池端ナーサリースクール 園児の作品



健やかな老後をめざして その23 耳の老化：進行しない内にできること！

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)

昨年の夏頃から時間帯、身体の動きや疲れなどに関係なく、左耳に「サクサク、あるいはピッピ」という音がするようになりました。不快音が長く続く場合は難聴を伴うことが多いので要注意です。私の音はキーンやザ〜といった不快音ではなく、柔らかな音が数秒ほど・・・耳垢が固いタイプなので、奥を十分に清掃できずに音がするのかも!? とにかく、これまでになかった症状が起きればそのままにしないほうがいいし、生理学的に40歳以降は耳の聞こえが低下していくと言われているので、50数年ぶりに聴力検査を兼ねて耳鼻咽喉科を受診しました。基本的な質問に答え、喉・耳・鼻の診察を受け、耳垢除去と聴力検査を受けました。

親友が60代になつた頃、「電話のベル音が何だか変に聞こえるようになって聴力低下に気づいた!」と知らせてきました。加齢性難聴は65歳以上では3人に1人、75歳以上では約半数と言われ、まず高音が聞こえにくくなります。電話の音や電子機器のピッピピッの音に気づかなくなるのです。彼女の場合は、ベル音に設定していた曲の高音部分が聞こえない(抜ける)ので「何か変だ〜」と気づいたのです。皆さまは大丈夫ですか!?

耳は外耳、中耳(鼓膜と耳小骨)、内耳(蝸牛、耳管と聴神経)に大別されます。難聴のタイプは大きく2つに分けられ、外耳から中耳までの異常によって起こる伝音難聴、内耳や中枢の異常によるものが感音難聴です。老化によるものは感音難聴です。内耳にある蝸牛(かぎゅう:渦巻き状の器官)には沢山の有毛(ゆうもう)細胞があり、音の振動を電気信号に変換して脳に伝える重要な役割をしています。加齢とともに有毛細胞は減っていき、再生することはありません。それが

加齢による難聴の原因なのです。生涯にわたって使っていけば有毛細胞だけでなく、どんな細胞だって摩耗・消耗していきます。ですから、身体をいたわらなければいけません。

騒音による大きな振動は有毛細胞を減らします。TV音をなるべく小さくする、ヘッドホンのボリュームを落とし、長時間使用を避ける、住居環境はなるべく騒音の激しくない場所を選ぶ等に心がけましょう。仕事や暮らしで騒音にさらされてきた人は特に有毛細胞が減りやすくなるので、何らかの変化を感じたら先延ばしせずに聴力検査を受けましょう。また、動脈硬化でも有毛細胞は減っていくので、生活習慣病(糖尿病、高血圧、脂質異常症など)の管理を適切に行い、禁煙しましょう。加齢性難聴は緩やかに進行していくことが多いので、本人は意外と気づかない場合もあります。家族や友人から指摘されたら、素直にアドバイスを受け入れて受診しましょう。

「貴女の耳鳴りは数分以内で治まるし、頻発もしないので、生理現象の1つと考えて良い」と耳鼻科医に言われました。加齢による聴力変化にも問題はなく、まずはほっとしました。実は、令和元年となった5月に、日本で歌手EIKOとしてプロデビューしました! JCC受付でCDを販売しています。皆さま、応援してくださいね。今後は有毛細胞を意識しながら、さらに耳に優しい生活を心がけます。

4つの名前と顔(Eiko Mary Mernagh、マーナ豊澤英子、EIKO、花柳さわ英華)で活動することは、様々なキャリアと経験を積み、時間に余裕のできたシニアならこそできる生き方! 若い時よりも充実感があります。「この瞬間(今)を大事に生きることが健やかな老後につながる」と信じていま〜。

2019年 第20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さま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。

ドネーションに適しているもの：

- 募金やギフトカードのドネーションも大歓迎!!
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2日(土)から12月8日(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
- トロント日本商工会.....20 York Mills Rd. #100, Toronto
- ジャパニーズソーシャルサービス(JSS).....6 Garamond Court, Toronto

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



Hiroshi Yamamoto - A Snowfield - Ruth Yamada Award, 2018

Annual
SUMIE  Exhibition
 Artists of Canada of

Oriental Brush Paintings

Saturday, November 9 & Sunday, November 10
 12:00 noon - 5:00 PM

JAPANESE CANADIAN CULTURAL CENTRE
OFFICIAL EXHIBITION OPENING CEREMONY
 Saturday, November 9, 2019 - 1:00 PM



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



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NIKKEI VOICE
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Kimono fashion show
Tofino apologizes for 1947 motion to exclude Orientals
Motion prevented Asians from owning property or businesses
Michael Oke
Tofino — In a previous issue, National Association of Japanese Canadian (NAJCAN) president Lawrence Chikara made note of the recent public apology by the Prime Minister and cabinet for the internment and exclusion of Japanese Canadians at a time when acts of hate and discrimination are on the rise in the world.
Here are some more details on that historic event and the apology.
On May 26, in the small community of Tofino on the West Coast of Vancouver Island, some 20 people gathered in the Church and United Community Theatre to hear a public apology to Japanese Canadians and all others affected by the Village of Tofino, B.C.'s Motion to Exclude Chinese.
The event was conducted in a regular annual meeting, so that it would be included in the city and district records.
After acknowledging that the gathering was taking place on the 71st-anniversary of the

East meets West on the runway at Anime North's Kimono Fashion Show
South Lake
Tofino — Every year thousands of anime and video game fans flock to Anime North to

Comedian Toshiyuki Teruya's film explores a rare Okinawan tradition
Director Toshiyuki Teruya was in Toronto for the film's premiere.
Kathy Frank
Tofino — Director Toshiyuki Teruya's original script for a



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