



JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館

*JCCC Movie Night in March*  
**AND LIFE GOES ON**  
そして、生きる

*JCCC Family Anime Special*  
**THE WONDERLAND**  
バースデーワンダーランド

*JCCC Movie Night in April*  
**SAMURAI MARATHON**  
サムライマラソン

**JCCC Annual Bazaar**  
JCCCバザーのお知らせ

**Wakayama Kenjin Kai**  
World Congress Report  
和歌山県人会世界大会の様子

March 2020 2020年3月  
Vol. 46 Issue 3



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**SUBMISSION DEADLINE**

Deadline for the April 2020 issue is:  
**Tuesday March 3, 2020.**  
 2020年4月号の締め切りは**2020年3月3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

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## Calendar of Events

March	Sun	1	Haru Matsuri JCCC春祭り
	Thu	5	Movie Screening "Kampai" and Sake Tasting JCCC映画上映会 – カンパイ! & 日本酒試飲会
	Sat	7	JCCC Karaoke Club JCCCカラオケクラブ
	Fri	13	Spring Culture Courses Start 2020春文化クラス開始
	Sat	14	JCCC Euchre Night JCCCユーカーナイト
	Sat	14	Taiko Workshop 和太鼓ワークショップ
	Sun	15	Kumihimo Workshop 組み紐ワークショップ
	Mon	16	Spring Kamp Kodomo Week 2020春キャンプ子供開始
	Mon	16	Manju Workshop 饅頭ワークショップ
	Thu	19	JCCC Movie Night "And The Life Goes On" JCCC月例映画上映会 – そして生きる
	Thu	19	Origami Workshop 折り紙ワークショップ
	Sat	21	JCCC Karaoke Club JCCCカラオケクラブ
April	Sat	4	JCCC Karaoke Club JCCCカラオケクラブ
	Fri	10	<b>JCCC Closed - Good Friday</b> <b>JCCC休館</b>
	Mon	13	Manju Workshop 饅頭ワークショップ
	Thu	16	Seniors' Supper Club シニア・サパークラブ
	Thu	16	Origami Workshop 折り紙ワークショップ
	Sat	18	Taiko Workshop 和太鼓ワークショップ
	Sat	18	JCCC Karaoke Club JCCCカラオケクラブ
	Sun	19	Movie Screening "Samurai Marathon" and "The Wonderland" JCCC映画上映会 – サムライマラソン & パースデーワンダーランド
	Sun	19	Kumihimo Workshop 組み紐ワークショップ
May	Sat	2	JCCC Annual Bazaar JCCCバザー
	Thu	7	JCCC Movie Night JCCC映画上映会
	Sat	9	Taiko Workshop 和太鼓ワークショップ
	Mon	11	Manju Workshop 饅頭ワークショップ
	Sat	16	JCCC Karaoke Club JCCCカラオケクラブ
	Sun	17	Kumihimo Workshop 組み紐ワークショップ
	Mon	18	<b>JCCC Closed – Victoria Day</b> <b>JCCC休館</b>
	Thu	21	Origami Workshop 折り紙ワークショップ
	Thu	21	JCCC Seniors Trip To Stratford Festival JCCCシニアバスツアー – ストラトフォードフェスティバル
	Sat	23	Sakura Gala 2020 2020桜ガラ
	Thu	28	Seniors' Supper Club シニア・サパークラブ
	Sat	30	JCCC Karaoke Club JCCCカラオケクラブ



# JCCCEvents/Programs

## JCCC Movie Night in March

COMMEMORATING THE 9TH  
ANNIVERSARY OF THE 3.11 TRAGEDY



## AND LIFE GOES ON

Toko was raised by her uncle in the Tohoku region and dreamed of becoming an actress. On the day of the Tohoku earthquake and tsunami she is in Tokyo for a big audition and her life is decimated. She returns to do volunteer work in Kesenuma as the area recovers. There, she meets Kiyotaka, a university student and volunteer. Amid the devastation and first glimmers of hope, a bond begins to form between them. A rich, moving story of post 3.11 life starring Kasumi Arimura and Kentaro Sakaguchi

Date: **Thursday March 19, 2020**  
**2020年3月19日(木)**

Time: 7:00pm

Tickets: \$10 JCCC member (JCCC会員)  
\$12 General (一般)



## JCCC Movie Screening in April FAMILY ANIME SPECIAL



## THE WONDERLAND

On the day before her birthday, young Akane meets the mysterious alchemist Hippocrates who brings her through a basement and into a fantastical world full of magic and color. He reveals that this world is in danger, and as the "Green Goddess" it is her destiny and responsibility to save this world. The only problem? Akane just wants to go home. Keiichi Hara's (Miss Hokusai) beautiful new film features the voices of Mayu Matsuoka, Anne Watanabe and Kumiko Aso.

Date: **Sunday April 19, 2020**  
**2020年4月19日(日)**

Time: 1:00pm

Tickets: \$10 JCCC member (JCCC会員)  
\$12 General (一般)

\*14 years old and under (14歳以下) \$5



**Tickets on sale now! Call JCCC 416-441-2345 or visit [ticketweb.ca](http://ticketweb.ca)**



## JCCC Movie Screening in April



### SAMURAI MARATHON

Feudal lord Itakura Katsukira holds a run across mountain roads to get his samurai warriors into shape. However, the Bakufu central government views it as a rebellion and dispatches assassins to the castle. Meanwhile, the domain accountant Karasawa Jinnai senses that something is amiss with the Bakufu. Facing impossible odds, a motley band of characters must run a race to win or die trying. Thrilling *jidaigeki* action and a star studded cast including Takeru Satoh, Nana Komatsu, Mirai Moriyama, Shota Sometani, Hiroki Hasegawa, and Ryu Kohata.

Date: **Sunday April 19, 2020**

2020年4月19日(日)

Time: 3:30pm

Tickets: \$10 JCCC member (JCCC会員)

\$12 General (一般)



TORONTO  
JAPANESE  
FILM  
FESTIVAL



**JUNE 4 - 25, 2020**

Film line-up will be announced at [www.jccc.on.ca](http://www.jccc.on.ca) in April, 2020.

All passes and tickets will go on sale on **Monday May 4, 2020**.

### HAIKU CORNER



水仙に狐あそぶやよい月夜

蕪村

*Suisen ni kitsune asobu ya yoi tsukiyo*

Foxes playing

Among the narcissus flowers;

A bright moonlit night

Buson

**Tickets on sale now! Call JCCC 416-441-2345 or visit [ticketweb.ca](http://ticketweb.ca)**



## JCCC ANNUAL BAZAAR

Date: **Saturday May 2, 2020**

Time: 12:00 - 4:00pm

Admission: Free



The JCCC is busy organizing our biggest one-day fundraiser of the year! So mark your calendar for **Saturday May 2, 2020** from 12:00 to 4:00pm. You do not want to miss the bargains!!

As usual, the Annual Bazaar is a shopping extravaganza with great deals on logoware, Japanese treasures, baked goods, white elephant treasures and of course our Silent Auction. There will also be lots of food for sale such as sushi, udon, tempura, manju and bentos – for take home or dining in.

Please come and support your JCCC!

### BAZAAR ACCEPTING DONATIONS

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 **Wednesday April 1, 2020**. Perishable donations that can be refrigerated can be accepted Friday before the Bazaar day and of course on the day of the event.

Last year's new initiative worked out really well. We collected and were paid for more than 1,100 lbs of soft goods. This year, the JCCC will once again be accepting clothing donations. Please bring them in a closed bag with a label that indicates that the donation is clothing. These items will be directly donated to Value Village. The JCCC will once again receive a payment for these donations based on the weight of what we collect. Let's see if we can break last year's total.

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

from JCCC GIFT SHOP



Asahi T-shirts and caps are back in stock at the JCCC gift shop! In the early 1900s, Japanese Canadians were faced with extreme racial discrimination and low-paid labor. In 1914, the Vancouver Asahi baseball team was established. They played well especially in 1930s and became a source of encouragement and pride for the Japanese Canadian community at that time. Let's celebrate their legacy with your own customized Asahi T-shirts! With your purchase of our Asahi T-shirt, you can insert your name on the back or on the sleeve for an additional fee. It's the perfect gift for baseball fans and Father's Day! Asahi baseball caps are also available. Please speak with JCCC Reception, 416-441-2345 or email at [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca) for any inquiry.

1900年代初頭、バンクーバーに居住していた日系カナダ人は、激しい人種差別を受け、過酷な低賃金労働に苦しみながら暮らしていました。そんな日系コミュニティーを勇気づけたのが、1914年に結成されたアマチュア野球チーム「バンクーバー朝日」です。前回完売いたしましたAsahiのロゴ入りT-シャツとベースボールキャップが再入荷いたしました!今回より、T-シャツの背中、または袖に名入れすることができます。野球ファンの方へのプレゼントにいかがでしょうか。詳しくはJCCC受付(416-441-2345 または、[jccc@jccc.on.ca](mailto:jccc@jccc.on.ca))までお問い合わせください。



**Sold out**

## JCCC SENIORS OFF TO STRATFORD FESTIVAL THURSDAY MAY 21, 2020

We are happy to announce that we have secured fantastic tickets for our JCCC Seniors Trip to Stratford Festival – all “A” Level seats within the first 12 rows of the stage! By taking advantage of pricing incentives, such as seniors and group discounts and early bird savings, we received over 20% in pricing discounts on these great tickets.

The organizers will contact you for your seat preferences upon full payment received. The tickets will be distributed on the bus trip to Stratford in order to minimize the potential of lost tickets.

A reminder that final payment of \$135.00 is due to JCCC reception before **Tuesday March 31, 2020**. Total cost for this event is \$170 for members and \$180 for nonmembers. Tickets are nonrefundable, but are transferrable to those on the waiting list.

For any questions please contact organizers Donna Tsuji (donnatsuji@gmail.com/647-270-4870) or Sharon Marubashi (marubashi@rogers.com /647-291-4751)



**SAKAWA COFFEE**  
JAPANESE COMFORT FOOD

### New Food Kiosk at the JCCC!

SAKAWA BAITEN is our new food kiosk, replacing Shunkashuto. Sakawa Baiten is brought to you by the same owner as Sakawa Coffee (867 Danforth Ave.). Baiten means kiosk. A wide variety of teas and coffees are available, as are delicious Japanese foods made fresh daily at Sakawa Coffee. Sakawa Baiten will also take special orders for parties and meetings.

豊富な種類のお茶やコーヒー、そしてダンフォースにある Sakawa Coffee で作られた和食やスイーツを販売しています。ランチや夕食用にお持ち帰りもできます。

また、ミーティングやパーティ用にスペシャルオーダーも受け付けています。是非、ご利用ください。



Classes  
and  
Activities  
2020

### 2020 JCCC Spring Classes

Registration has begun for all cultural classes, recreational classes and workshops.

Pick up your copy of the Classes and Activities Brochure from the JCCC. Also available on the JCCC website at [www.jccc.on.ca](http://www.jccc.on.ca)





### WOMENS JUDO CLASS CELEBRATES FIRST BLACK BELT

by Gerald Okimura

The JCCC's first ever Women's Judo class was held on January 5, 2003. The JCCC's growth from its old Wynford location, to the current larger facility, played an instrumental part in the creation of the Women's Judo program. The inspiration for this program is attributed to my father, the late Fred Okimura who taught women's Judo at McGill University and at the Seidokwan Academy of Judo in Montreal.

On the first day of class, John MacKenzie (who still assists me today), assisted me in teaching the five students who had signed up that day. Monica Lin Morishita was one of them.

Over the years, the Sunday Women's class has seen many students come and go. Monica joined as a beginner white belt and is the only judoka to remain from the original five.

In the duration she paused for a few reasons: to give birth to her two sons, Kale and Tyson (both of whom do judo) and to recover from a severe illness (thyroid cancer). Upon her return, Monica worked hard in her judo studies; competing and medalling in provincial and national level Juno Kata tournaments with her partner Alissa Dumitru.

In 2018, Monica was eligible to take her Sho Dan, first degree black belt exam. Having to learn and perform a different kata (Nage no Kata) and various techniques proved to be a challenge when Alissa broke her collar bone while preparing for the grading. Needing to find a new partner, Andrew Jaimes kindly agreed to step in.

The Judo Ontario Grading Board set the exam for December 2019. Monica and Andrew were well prepared but two

weeks prior to the exam a number of factors limited Monica's time and ability to practice: stormy weather, work travels, and a torn rotator cuff. Still injured on the morning of the exam, Monica and Andrew completed the examination in front of the Grading Board.

On Sunday December 8, official notification from Judo Ontario confirmed Monica's promotion to Sho Dan. She is the first woman to receive a black belt from the Sunday Women's class and only the second woman in the history of the JCCC to do so. Sharon Miura, a student of Kawano Sensei, was the first (circa 1980). Monica was formally presented with her kuro obi on December 22, 2019 in front of many of her instructors, family, friends and fellow students. Congratulations, Monica!



Photo: Monica Lin Morishita front row centre, with instructors, fellow students and friends

### Obon Odori 2020

Obon odori practices are held on Tuesday and Friday nights at the Toronto Buddhist Church. Come out and learn dances to both traditional and modern Japanese songs. Beginners are welcome as step-by-step instructions are given, and veterans will recognise dances from years past.

Practices will be held on Tuesday and Friday evenings, 8:00 - 9:30pm, beginning **Tuesday April 21, 2020** until Obon. Obon

is a Buddhist celebration to honour our ancestors. It is held across Japan and in Japanese communities around the world. Obon odori is for all ages, any gender, the young and the young at heart. So come out to the Toronto Buddhist Church to learn odori, see old friends, make new ones, and have some fun!

The Obon festival will be held on the evening of **Saturday July 11, 2020** at the JCCC following Natsu Matsuri.

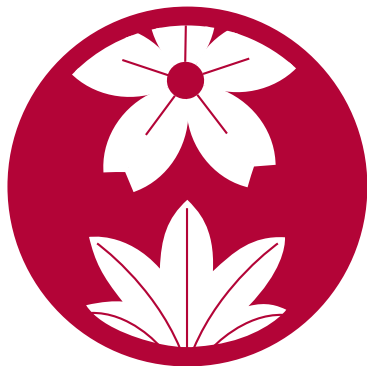
Toronto Buddhist Church  
1011 Sheppard Ave W. Toronto, ON M3H 257  
Phone: 416-534-4302 Email: [tbc@tbc.on.ca](mailto:tbc@tbc.on.ca)







# SAVE THE DATE



SAKURA GALA

Sakura Gala 2020  
Honouring

## NIKKEI LEGENDS IN SPORT

**SATURDAY MAY 23, 2020**

Honourees  
**Bill Hatanaka**  
**Vicky Sunohara**



 JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館





# Exhibitions

Until March 29, 2020

**Artsu Matsuri** at JCCC Art Gallery

A celebration of art by Nikkei Community artists happens in winter for the first time! Artsu Matsuri is on until **March 29, 2020** at the JCCC Gallery. Artist Walkabout and Presentations will take place on **Sunday March 29, 2020** at 2pm. This is always an informative and inspiring art event. All are welcome.

*Ongoing*

**A Place of Pride: Building the First Japanese Canadian Cultural Centre, Raymond Moriyama Architect.**

at Heritage Hall

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.

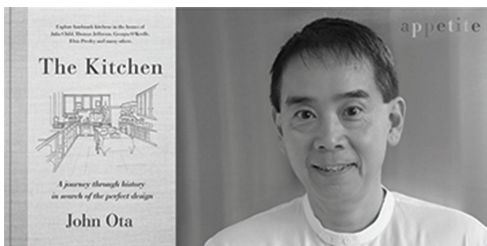
*Coming Soon*

**Haru Matsuri displays throughout the JCCC**

As spring approaches, the JCCC will be celebrating Haru Matsuri! Watch for display cases throughout the JCCC to reflect the coming of spring and the festivals that are celebrated with the milder weather in Japan.



## Coming Soon from Appetite by Random House and John Ota - The Kitchen: A journey through time!!



### About The Kitchen:

*One man's quest to seek out – and be inspired by – the great historic kitchens of Canada and the USA.*

John Ota was a man on a mission – to put together the perfect kitchen. He and his wife had been making do with a room that was frankly no great advertisement for John's architectural expertise. It just about did the job but for a room that's supposed to be the beating heart of a home and a joy to cook in, the Otas' left a lot to be desired. Thus John set out on a quest across North America, exploring examples of excellent designs throughout history, to learn from them and apply their lessons to his own

renovation. Along the way, he learned about the origins and evolution of the kitchen, its architecture and its appliances. He cooked, with expert instruction. He learned too about the homes and their occupants, who range from pilgrims to President Thomas Jefferson, from turn of the century tenement dwellers to 21st century Vancouver idealists, from Julia Child to Georgia O'Keeffe, and from Elvis Presley to Louis Armstrong.

John Ota has a refreshingly upbeat approach and a hunger for knowledge (and indeed for food). His energy and enthusiasm are contagious, and his insights of lasting value. Illustrated throughout, with photographs and also drawings by the author, this is a book for homeowners, home makers, interior designers, cooks, armchair historians, and for anyone who – like John Ota before them – is looking for inspiration for a renovation.

### About John Ota:

John Ota has been involved with architecture and design since 1978. He

has written freelance articles for The Toronto Star, the Globe and Mail, Azure Magazine, Canadian House and Home and Canadian Architect. He has worked in architecture offices in Toronto, New York and Vancouver and has degrees from the School of Architecture at Columbia University and the University of British Columbia.

John has chaired the awards committee of the Ontario Association of Architects. He has served as a Board Member on the Toronto Historical Board and has worked at the Ontario Ministry of Culture as the government lead on the Renaissance ROM project, the AGO Transformation project and the Revitalization of Ontario Place. In 2004, he was the lead curator on an exhibition called "Living Spaces, 21 contemporary Canadian houses" that toured Canada. John has acted as a guest critic at the Ryerson University School of Architecture and as an advisor to the Architecture Gallery at Harbourfront Centre in Toronto.





## Landscapes of Injustice

### Calling All Social Studies Teachers!

#### Landscapes of Injustice Teacher Field School

- *Are you an intermediate or secondary school teacher?*
- *Would you like to travel and meet with teachers from across Canada?*
- *Would you like to learn more about the internment and dispossession of Japanese Canadians in the 1940s?*
- *Would you like to learn about history from experts in the field and internment survivors?*
- *Do you like visiting historic sites in engaging locations?*
- *Would like to receive cutting edge educational resources and access to rich archival materials?*

If you answered yes to any of the above then you are a candidate for an innovative and ground breaking field school opportunity for teachers hosted by the University of Victoria and the Nikkei National Museum.

This July you can attend a two-week field school that includes a 1-week tour of internment sites in British Columbia and 1-week of intensive and interactive learning at the University of Victoria.

ALL TRAVEL (from anywhere in Canada), ACCOMMODATION, TOUR, AND REGISTRATION costs will be covered by generous bursaries to successful applicants. Field school attendees need only cover meal costs and incidentals. Successful applicants can choose to enroll for credit at the University of Victoria.

Applications (including: cover letter, resume, dissemination plan [indicating plans to distribute resources within your home district—see below], and letter of support from home district) accepted until **Sunday March 15, 2020**.

For enquiries and to apply, contact information is contained below. Thank you.

Jordan Stanger-Ross

Associate Professor, History, University of Victoria

Project Director, Landscapes of Injustice

e-mail: [jstross@uvic.ca](mailto:jstross@uvic.ca)

website: [www.landscapesofinjustice.com](http://www.landscapesofinjustice.com)

field school website: <https://landscapesofinjus.wixsite.com/mysite>

## DO YOU LIKE ART?

The JCCC Gallery is launching FRIENDS OF THE JCCC GALLERY.

The art committee is seeking volunteers to assist in the operation of the gallery including installing art, marketing, gallery sitting and fundraising for gallery operations.

If you would like to become a Friend Of The JCCC Gallery, please send a note describing your interest to: [gallery@jccc.on.ca](mailto:gallery@jccc.on.ca)

Thank you for your interest! Let's be friends!



## *Help us create a Nikkei Veterans List*

As part of the JCCC's mandate, it is our mission to uphold Japanese Canadian heritage. The role that Nikkei Veterans have played and continue to play is something the JCCC always wants to honour. To this end, the JCCC's Heritage Department would like to update its list of past and present Canadian Nikkei service people so that we can create a community of Nikkei Veterans which will ensure that the legacy of our early veterans lives on. The list will also assist with communication about events and activities such as our annual Nikkei Veterans Memorial Service and Luncheon, held in November each year.

If you would like to be added to our list or you know someone who should be on this list, please contact [heritage@jccc.on.ca](mailto:heritage@jccc.on.ca) with your/their contact information, years served, and the unit with you/they served.

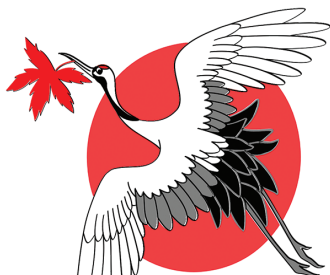


# Oshogatsu Kai

Jan 26, 2020



Photo courtesy of k.katsustudio, Leon Balaban



## Momiji Afternoon Tea

Date: **Saturday May 9, 2020**

Time: 2 pm – 4 pm

Location: The Frank H. Hori Community Centre  
(Momiji Centre)

3555 Kingston Road (Markham Road and Kingston Road),  
Scarborough

An assortment of scones with clotted cream & jam, pastries, cookies and finger sandwiches with premium ingredients. And a selection of individually brewed teas.

Fee: \$45.00

Hats optional but a prize will be awarded for the best one!



1963  2020

**IKENOBO IKEBANA SOCIETY OF TORONTO**

**57th ANNUAL FLORAL EXHIBITION**

Japanese Canadian Cultural Centre  
6 Garamond Court, Don Mills  
(Don Valley Parkway & Wynford Dr.)

**SUNDAY MARCH 29, 2020**

**1:00 – 4:30 PM**

**Official Opening - 1:30 PM**

**Tea Room**

**Admission \$10.00**



## An evening of Japanese Dance and Music 華麗なる日本の踊りと音楽



Date: **Saturday March 14, 2020** at 7 pm  
 Tickets: \$12. <https://1010canada.eventbrite.ca>  
 Location: Toronto Buddhist Church, 1011 Sheppard Avenue West, North York

Chieko Kojima, a principal dancer and founding member of the internationally renowned Japanese drumming ensemble Kodo, will be performing a forty-five minute mini-concert followed by a meet and greet at the Toronto Buddhist Church on **Saturday March 14, 2020** at 7 pm. She will be joined by Toronto's ten ensemble led by Aki Takahashi (shamisen/vocals), Kiyoshi Nagata (taiko), Heidi Chan (bamboo flute) and other guests. This is a rare opportunity to see a renowned dance pioneer up-close in an intimate setting performing to live music.

女性演者として独自の分野を切り開き、自由に羽ばたいている「鼓童の舞姫」小島千絵子さんがトロントにやってきます。共演はカナダで活躍する和楽器アンサンブル「てんてん」。リーダーで唄と三味線を演じる高橋アキ、笛奏者のハイディ・チャン、太鼓には永田清、その他豪華なゲストも迎え、美しい日本の舞と和の音の新たな世界をつくりあげます。どうぞこの機会をお見逃しなく。

## Momiji Community Bazaar

It's back! Join us on **Saturday March 28, 2020** from noon until 3:30 pm at Momiji Health Care Society's (3555 Kingston Road, Scarborough) annual Community Bazaar.

There will be something for everyone! Food to take home (Chow Mein, Manju, Sushi and Bento Boxes) and to eat on site (Teishoku, Japanese Street Food and Pies). Fabulous finds include Collectibles, Jewellery, Giftware, Books and a Garage Sale.



Nagata Shachu Japanese taiko and music group presents:

## TAIKO X TURNTABLES! with guest artist DJ Dopey 和太鼓グループ永田社中「タイコ x ターンテーブル」 with DJ Dopey



Date: **Saturday March 28, 2020**

Time: 8:00pm

Location: Al Green Theatre, 750 Spadina Ave

Tickets: [deejay.brownpapertickets.com](http://deejay.brownpapertickets.com)

\$30, \$35 adults, \$20 seniors and students.

\*JCCC members receive \$5 off (use promo code JCCC22)

More info: [nagatashachu.com](http://nagatashachu.com)

The worlds of traditional taiko drumming and turntabalism collide in this first time collaboration with DJ Dopey. Featuring composed and improvised works, Nagata Shachu Japanese taiko group and DJ Dopey will have a true musical dialogue playing off of each other's powerful beats and melodic themes. This unique and exhilarating fusion of two very different genres will be sure to have everyone on the edge of their seats.

2020年、今シーズンの永田社中は大きな賭けにでました。「太鼓とDJ音楽」ってなかなかイメージできない共演種目ですよ。でも、どちらも最高にパーカッシブでグルーヴィな鳴り物だと考えればなんとなくしっくりきます。そうです、サウンドもビートも妙に気持ちいいんです。永田社中が生み出す迫力の和太鼓ドンドンと、DJドーピーの繰り出すスクラッチのチャカチャカとの絶妙な掛け合い。そんなステージがあるなんて考えただけでもゾクゾクしてきます。めったに出会うことのないこの個性的でオシャレな音の新世界を存分に楽しんでみませんか。

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

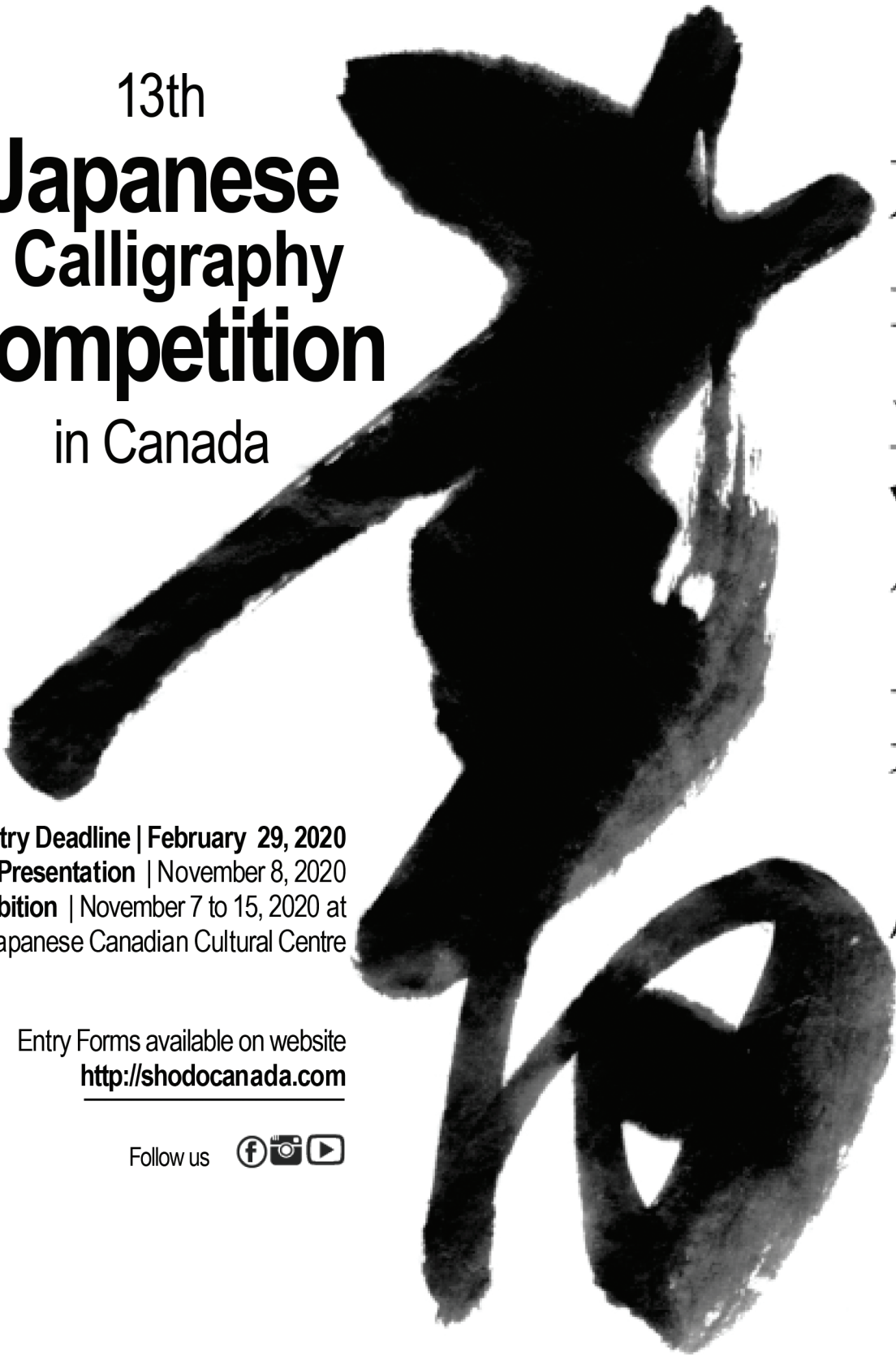
日 SUN & 月 MON	休館 Closed
火 TUE	貸出・閲覧 Lending 10am - 2pm
水 WED	貸出・閲覧 Lending 1- 5pm
木 THURS	貸出・閲覧 Lending 10am - 2pm
金 FRI	閲覧のみ Non-Lending 10am - 2pm Computer Clinic 2-5pm
土 SAT	貸出・閲覧 Lending 1- 5pm

Library will also be closed on 特別休館予定日:

**Saturday April 11, 2020**

# 日本書道公募展

# 13th Japanese Calligraphy Competition in Canada



**Entry Deadline | February 29, 2020**  
**Award Presentation | November 8, 2020**  
**Exhibition | November 7 to 15, 2020 at**  
the Japanese Canadian Cultural Centre

Entry Forms available on website  
<http://shodocanada.com>

Follow us   

Competition organized by SHODO CANADA

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



## DONATIONS TO THE JCCC

As of Feb 3, 2020

The JCCC gratefully acknowledges the following donations:

<u>JCCC</u>	<u>In Memoriam</u>	<u>Heritage</u>
Anonymous 10	<b>In memory of Fumi Sasaki</b>	Anonymous 50
Anonymous 29	Ms. Ritsuko S Inouye 50	Artsu Matsuri
Library	Mrs. Miye Matsuoka 25	
Ms. Meriam dela Cruz 25	<b>In memory of Joseph Shin</b>	<b>Corporate and Foundations</b>
Mr. and Mrs. Takumi Fujino	Mrs. Doreen Oyagi 25	Consumers Tire (Durham) Ltd.
Mrs. Amy Hanada-Nagahara 20	<b>In memory of Kay Nakagawa</b>	MHI Canada Aerospace Inc.
Mr. Terry Kameoka 500	Mrs. Sharon Marubashi 50	Toronto General & Western Hospital Foundation
Ms. Meg Karper 10	<b>In memory of Keiko Tateishi</b>	Sakura Gala
In honour of The Otani Family	Mr. and Mrs. Mandison Chin 50	
Mrs. Miye Matsuoka	<b>In memory of Richard Hiroshi Tanaka</b>	<b>Supporting Member</b>
Celebrating Birthday of Frances Yaeki Nakamura	Mr. and Mrs. Cliff Amemori 25	<b>Ambassador</b>
Mrs. Kay Mitsui 50	Mrs. Vi Arima 20	Mr. and Mrs. Keo Shibatani 1,000
In commemoration of Frances Nakamura's 99th Birthday	Mrs. Yukie Fukumoto 100	<b>Partner</b>
Mrs. Gloria Obukuro 50	Mr. and Mrs. John Nishimura 25	Mr. Peter Wakayama 477
Mr. Curtis T. Okazaki 66	Mr. Henry & Mrs. Nancy Sumi 25	Mrs. Kay Mitsui 150
Mr. Russell Takashima 100	Mrs. Cathy Tanaka 1,000	Dr. and Mrs. Alan Shiozaki 93
Mrs. Amy E. Toki 22	Mr. and Mrs. Carl Uchikura 30	
Mr. & Mrs. Hiroshi Yamamoto 20	<b>In memory of Sam Kuwahara</b>	
	Ms. Dianne Bradley 50	
	<b>In memory of Tad Tanabe</b>	
	Mrs. Miye Matsuoka 25	

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

#### 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  
 Fred and Hedy Iwata In Memory  
 Eizo and Fumi Kamitakahara - In Memory  
 Ken and Agnes Kanda  
 Koji and Elaine Kozuye Kari  
 Mark & Ryan Kari  
 Frank and Natsuko Kumagai - In Memory  
 Ray and Amy Kutsukake 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 Ipeei 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 Tomihoro  
 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  
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 学校法人山口学園 global.ecc.ac.jp ECC JAPAN  
 華やぎエッセイグループ Hanayagi Essay Group  
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 Japanese Cdn Citizens Assoc Toronto Chapter  
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 JCCC Kendo  
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 The Frank H. Hori Charitable Foundation  
 Toronto Japanese Garden Club  
 Toronto Kohaku Utagassen  
 Wynford Seniors Club



# 和歌山県人会世界大会

東部カナダ和歌山県人会  
会長：フランク後出

和歌山県人会世界大会が初めて和歌山県で開催されました。世界中には16カ国に和歌山県人会がありますが、この度は9カ国が参加致しました。参加国はアルゼンチン、ブラジル、メキシコ、パラグアイ、ペルー、南加、シアトル、東部カナダ、カナダBC州、でした。11月24日から27日までの3泊4日間の世界大会の費用全額を和歌山県が(ホテル代、食事、観光、旅行保険)負担、その上、15歳から40歳までの若い参加者には各県人会5人まで飛行機代の半額を助成金として頂きました。初の世界大会9カ国450人が一堂に集まりました。

この度は3年後の2023年秋に第2回世界大会が開催されます。会員一同楽しみにして待ちたいと思います。ご協力いただきありがとうございました。

Wakayama Kenjin Kai (Association of people from Wakayama Prefecture) World Congress was first held in Wakayama prefecture in Japan. There are 16 Wakayama Kenjin Kai in the world. Nine of them, which are from Argentina, Brazil, Mexico, Paraguay, Peru, Southern California, Seattle, Eastern Canada and B.C. Canada participated this time. Over 450 Wakayama Kenjins were gathered together at the conference. All of the expenses for over 40 years were paid by Wakayama Prefecture. For younger participants, the prefecture covered half of their airfares.

The next conference will be scheduled in Fall 2023. All members are looking forward already. Thank you for all your support.

## 和歌山県人会世界大会

海外・県外の和歌山県人の方々が一堂に会して、故郷を離れた方々の郷土への誇りを高め、県民との相互交流と県民の移民の歴史に対する理解を深めることを目的とした、和歌山県人会世界大会を初めて開催しました。

### 記念式典

(日 時)令和元年(2019年)11月24日(日)16:00~ (会 場)県民文化会館大ホール  
(参加者)海外県人会280名、国内県人会168名他、計約2,000名



海外県人会の青年参加者による開会宣言



参加県人会を紹介  
アルゼンチン和歌山県人会、ブラジル和歌山県人会、東部カナダ和歌山県人会、メキシコ和歌山県人会、パラグアイ和歌山県人会、ペルー和歌山県人会、南加和歌山県人会、シアトル和歌山県人会、東部カナダ和歌山県人会、BC州和歌山県人会、国内和歌山県人会、京都和歌山県人会、神戸和歌山県人会



県人会への顕彰感謝



県人会活動の活性化、相互交流の推進、多分野での交流促進を大会宣言として発表







## キングストン 日本語教室

### 生徒さんの作品



「キングストン日本語教室」はキングストン在住の保護者有志が集まって作った継承語としての日本語学校です。10年目にあたる今年は幼稚園から中学2年生までの生徒たち12人が二つのクラスに分かれて授業を受けています。



園児から小2までの「に組」が「ブレーメンのおんがくたい」を紙人形劇にしてみんなの前で発表しました。ナレーションも登場人物も自分たちで演じました。



## 健やかな老後をめざして その25 胃もたれ、それは“機能性ディスペプシア”かも!



あなたはこの病名に聞き覚えがありますか?胃の画像検査で異常が見つからないのに、早期満腹感、胃のむかつき、胃もたれ、胃痛や腹部の張りなどの不快症状が続く状態を総称して

“機能性ディスペプシア”と言います。以前は慢性胃炎、あるいは神経性胃炎と診断されていました。胃炎に対する処方薬を飲んで改善しなかった経験をもつ人が、実際には機能性ディスペプシアだったケースが案外とあるように思います。なぜなら、炎症ではなく胃の機能障害(運動異常や知覚過敏)なのですから、異なった処方薬が必要です。

「この3~4年苦しんできたけど、最近は食べる楽しみがなくなり、体重が減少してきたの。胃カメラをやっても胃はきれいだし、処方薬を飲んでいても直ぐお腹が一杯になって、毎日が辛い!」と、友人が知らせてきました。胃腸スペシャリストに受診しているのだから、とは思いつつ「それは、胃炎ではなく機能性ディスペプシアではないかしら?ともかく早く医師に確かめたほうがいいよ」とアドバイスしまし

た。数日して連絡があり「医師は胃カメラ後に機能性ディスペプシアも疑ったらしいけど、結局は胃炎の薬を処方したの。診断を誤っていたことになるよね。新しい薬(運動機能改善薬)を飲んだら、もう翌日には症状が楽になって本当にびっくり!」と喜んでいました。

スペシャリストなのにどうして気づかなかったのか?私には不思議です。受診する側としては症状を的確に伝え、自分の身体は自分で守る意識をもたなければ、と改めて感じています。

この病気はストレスがきっかけで始まることが多く、几帳面な人や周囲に気を遣う人に起こりやすいと言われてます。さきほどの友人に正に当てはまり、反対に私には縁がなさそうです(笑)。私の場合は、括約筋の機能低下(エイジング)によって逆流性食道炎を経験したことがあります。機能性ディスペプシアの場合は、ストレスがストレスを呼び、悪循環に陥って長引くことがあるので、前述した症状がある場合は早めに受診し、適切な治療を受けましょう。

治療と並行して重要なポイントは、根本原因である自律神経の乱れを解消することで、自分にとって何がストレスなのかは気づき

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

にくいもの・・・仕事がハードすぎないか、家庭や職場の人間関係はどうか、家事や子育てに悩んでいないか等、立ち止まって考えてみましょう。そして、少しずつ生活を改善していきましょう。特に、睡眠不足や喫煙は症状を悪化させます。

胃に負担をかけない食べ方も大切です。食物をゆっくり噛み、腹八分目を心がけ、食後30分間は休憩をとるようにしましょう。振り返ってみると、猫の手も借りたいほどに救急外来やICUを走り回っていた30代は胃に負担をかけてばかりでした。若さがその状況を救っていたのですが、いつまでも無理は効きません。私もあなたも身体の声に耳を傾け、1つしかない身体を守る(いたわる)ことに関心を注ぎたいものですね。

物事に対する考え方も重要です。ポジティブな考え方が出来れば、心と身体がストレスと感じる度合いは軽減すると思います。人生の大波・小波が押し寄せてきた時、これは大変だ~と思う反面、英子はどうやってこれを切り抜ける!?と楽しんでおりました。この積み重ねこそが何にも増して心身の健康を保つ鍵になる、と信じていま〜す。

## Volunteer Spotlight

In this space, we will be shining a “spotlight” on one of our many dedicated JCCC volunteers.



### Meet Yuki N

*How long have you been a volunteer here at the JCCC?*

I may have started volunteering as early as the 70's, but definitely since the 80's as a member of the Princess Ball Committee.

*How did you get involved with volunteering at the JCCC?*

My sisters were involved with the Sansei Choir, my aunts were part of the JCCC Women's Auxillary and my sister was on the Board [of Directors].

*What type(s) of volunteer work have you done?*

Over the years, I have been part of the JCCC Women's Auxillary, a Princess Ball committee member, sewing club member, manju bee helper, food preparation helper, Bazaar booth lead, Bazaar committee member, and a Heritage Archiving volunteer.

Keep an eye out in our newsletter to “meet” some of the many volunteers here at the JCCC.

## Volunteer Opportunities ボランティア募集中

Volunteering opportunities are available at the JCCC throughout the year. These positions include helping at festivals, heritage-related programs, the JCCC Library and many more.

If you are interested, please subscribe to JCCC volunteer mailing list on the JCCC website: <https://www.jccc.on.ca/en/volunteer/>

JCCCでは年中行事、図書館、ヘリテージ関係など年間を通して様々な分野でボランティアの皆様に活躍頂いております。

ボランティアに参加ご希望の方は、JCCCウェブサイトにてメーリングリストへ登録ください。<https://www.jccc.on.ca/jp/volunteer/>







# Classes and Activities 2020

## JCCC Spring Cultural Classes starts!

- Bunka Shishu – Needle Punch Embroidery
- Ikebana – Japanese style Flower Arranging
- Japanese Language Course
- Kitsuke – Kimono Dressing
- Sumi-E – Brush Painting and more.

We also have martial arts classes, recreational classes and workshops.

For more information, please visit [www.jccc.on.ca](http://www.jccc.on.ca)



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Nozomi (Zoe) is a member of the firm's Wills, Estates & Trusts Practice. (遺言・相続・信託法部門所属)

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# AND LIFE GOES ON

COMMEMORATING THE 9th ANNIVERSARY OF THE 3.11 TRAGEDY

あなたと出会って、私は強くなった。

劇場版

## そして、生きる

有村架純 坂口健太郎

知英 岡山天音 萩原聖人 光石研 南果歩

脚本: 岡田恵和 監督: 月川翔 音楽: 村松崇継

### Thursday, March 19, 2020

Toko was raised by her uncle in the Tohoku region and dreamed of becoming an actress. On the day of the Tohoku earthquake and tsunami she was in Tokyo for a big audition and her life is decimated. She returns to do volunteer work in Kesenuma as the area recovers. There, she meets Kiyotaka, a university student and volunteer. Amid the devastation and first glimmers of hope, a bond begins to form between them.

A rich, moving story of post 3.11 life starring Kasumi Arimura and Kentaro Sakaguchi

JCCC Film Program Lead Sponsor

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CULTURAL CENTRE  
日系文化会館

6 Garamond Court, Toronto, ON [www.jccc.on.ca](http://www.jccc.on.ca)

For tickets, call 416. 441. 2345  
\$10 JCCC / 12 General  
HST included



JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館

Japanese Canadian Cultural Centre  
6 Garamond Court, Toronto, ON M3C 1Z5  
(Don Mills and Eglinton, off Wynford Dr)



# JCCC 2020 BAZAAR

*Saturday May 2      12:00pm - 4:00pm*

*Featuring a Cornucopia of Bargains!*

**Japanese Tableware**

**Silent Auction**

**Jewellery**

**Sports Equipment**

**Handcrafts**

**Books**

**Toys**

**Glassware**

**Baked Goods**

**.....and much more**



Come and enjoy  
our delicious Japanese foods

Sushi

Bento Boxes

Udon

Manju



Help the JCCC help the environment. Bring your reusable bags.

**PLEASE NOTE: CASH SALES ONLY (No ATM on site)**

**For more information, call JCCC at 416-441-2345  
or visit at [www.jccc.on.ca](http://www.jccc.on.ca)**





# Momiji Community Bazaar



*Support seniors in our community!*

Saturday, March 28, 2020

12:00 noon to 3:30 pm

## **Momiji Centre**

**(Frank H. Hori Community Centre)**

3555 Kingston Road, Scarborough  
(Kingston Road and Markham Road)

(416-261-6683)

[www.facebook.com/momijihealthcaresociety](http://www.facebook.com/momijihealthcaresociety)

### ***Fabulous finds!***

Collectibles  
Jewellery  
Giftware  
Garage Sale  
Books

### ***Food to take home!***

Sushi  
Chow Mein  
Manju  
Bento Box  
Home Baking

### ***Special features!***

Silent Auction  
Mini Raffle

### ***Great eats!***

Teishoku  
Japanese Street Food  
Home Baking including  
Pies and more!

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**Momiji**

# Momiji Health Care Society

## 15th Annual Fundraising Bowlathon




**Date: Saturday, May 30, 2020**


**Place: 5-Pin Teams @ Parkway Bowl**  
67 Ellesmere Rd. (at Victoria Park)  
1:00 – 3:00 p.m.


**10-Pin Teams @ World Bowl**  
9 East Wilmot St.  
12:30 – 3:30 p.m.


<b>Cost:</b>	<b>Bowling only (5 or 10 pin)</b>	<b>\$20</b>
	<b>Bowling &amp; Bento Combo</b>	<b>\$35</b>
	<b>Bento only</b>	<b>\$20</b>
	<b>Lasagna &amp; Salad</b>	<b>\$15</b>

Dinner & refreshments at Momiji Centre 4:00 - 7:00 p.m.

 Registration is on a **first-come, first-served basis**.  
The deadline for registration is **Friday, May 15, 2020**.

 Support Momiji by getting sponsors.

 Prize Categories for:  
> Most sponsorship money  
> Other levels of sponsorship

 Registration form and sponsor sheets available at  
[www.momiji.on.ca/bowlathon](http://www.momiji.on.ca/bowlathon) or from the following:

Aki Ikebata	(416) 759-6873
Gayle Cali	(905) 452-2826
Dawna Kobayashi	(416) 407-8102
Scott Ohashi at Momiji	(416) 261-6683
Linda Oikawa	(416) 208-3446
Chris Kobayashi-Reid	(416) 473-0239

**Join us and Have Fun!**