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Dear Readers,

For the safety of our members, community and friends - and in accordance Ontario public health directives - the JCCC is temporarily closed to the public until further notice.

During our closure, the JCCC will be distributing our newsletter online only. Please feel free to share our newsletter as it contains helpful information about the community as well as JCCC offerings during this time of social isolation. Our website, www.jccc.on.ca as well as our social media pages will also have the most up-to-date.

Please note that this closure does not apply to private businesses operating at our 6 Garamond Court location. Please contact them directly for updates on their status. Those business can be accessed through the JCCC east entrance.

We thank you for your understanding and support, and we look forward to welcoming you again in the near future.

Please stay well.

2019 - 2020 JCCC Board of Directors

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SUBMISSION DEADLINE

Deadline for the next issue is: **Tuesday May 12, 2020.**

次号の締め切りは2020年5月12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

Japanese Canadian Cultural Centre
 6 Garamond Court, Toronto, M3C 1Z5 Phone: 416-441-2345
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For updates, please connect with us on



Please note that the following events scheduled for May have been postponed until further notice.

May		
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
Sun	17	Kumihimo Workshop 組み紐ワークショップ
Thu	21	Origami Workshop 折り紙ワークショップ
Thu	28	Seniors' Supper Club シニア・サバークラブ

THE VIRTUAL JCCC FILM SERIES

Thank you everyone who has been enjoying our weekly screenings and paying or donating to support the initiative. We have lots more planned. Our next two screenings are PENGUIN HIGHWAY and IN THIS CORNER OF THE WORLD



PENGUIN HIGHWAY
From Fri. May 1 at 9am to Sun. May 3 at 9pm
Fee: \$4.99



IN THIS CORNER OF THE WORLD
From Fri. May 8 at 9am to Sun. May 10 at 9pm
Admission: FREE



Thank you for your thoughts and support

I hope that you and your family are taking care of your health and emotional well being. The health of the JCCC depends on our ability to weather this financial challenge while finding ways to continue to be a positive impact on the lives of our membership and the broader community.

As a not-for-profit organization, the JCCC operates on a break even budget annually. Your board of directors is exploring all government assistance programs to buy time while revisiting our operating model to maximize savings in our building costs and finding new ways to deliver programs.

So much of our activity as a cultural centre revolves around the utilization of physical space and gathering which is both currently on hold and may be slow to recover until this pandemic has run its cycle. That being said, we will continue to update you on new initiatives to build more member engagement and keep you informed of our strategies and plans for the future.

On the financial front, I would like to thank everyone for your generous support through our website. These are difficult times in all aspects of life and there are many people and organizations in need of support and attention. We truly appreciate your generosity and consideration of the JCCC as an organization worthy of your support during this challenging time.

We are so fortunate to have members volunteer assistance to those in need during this period of home isolation. Should you need any assistance or are able to help others, or if you simply want to pass along your thoughts, please let us know by sending an email to jccc@jccc.on.ca.

Gary Kawaguchi, President

These days we find ourselves facing probably the greatest challenge that the JCCC has had to weather in its nearly 60 year history.

For the safety of our members we closed the centre on March 15 just prior to the announcement from public health directing non-essential businesses to temporarily shut their doors.

Since that time, we have received an incredible outpouring of support and concern from the community and our many friends. Our board of directors and a team of essential staff are working around the clock to preserve the JCCC's future while continuing to provide the cultural offerings and heritage initiatives that are central the JCCC's mandate.

We are moving and expanding as much of our programming as possible into the online world through web content, social media and cultural classes offered through on-line tools like ZOOM. On April 17 we opened the "Virtual JCCC Film Series": an on-line portal that allows us to continue our film program by streaming Japanese movies directly into your homes. We are also creating e-newsletters with expanded content to include other community organizations.

Our vital heritage programming is developing to include regular online specials such as monthly releases of Sedai original interviews and digitized family albums. Currently, we have over 5,500 artifacts from the JCCC's Archives that are readily available online at www.nikkeimuseum.org. We are also very excited to be launching a series of online exhibits soon. Please check our website and social media channels to

to learn about our latest online offerings.

Our staff and volunteers are also contacting our senior members in isolated circumstances through phone calls and emails to stay connected, to show care and concern for each other during this time.

We are also investigating "best practices" for that day when the JCCC reopens in a post-Coronavirus new world. We have always prided ourselves on a clean and well-maintained facility but we will redouble those efforts to ensure members can enjoy the centre secure in the knowledge that it is a safe environment. Efforts will include developing enhanced cleaning protocols, hygiene standards, codes of conduct specific to member interaction and testing methods.

So as you can see there is a great deal to be done. In the spirit of the generations who built this centre we will continue to promote "Friendship through Culture" even if, for the time being, that friendship requires a safe distance.

Please stay well everyone. Thank you for your thoughts and support and we can't wait to open our doors to you again once this crisis has passed.

James Heron, Executive Director



Japanese Canadian Cultural Centre
 [japanesecanadianculturalcentre](https://www.facebook.com/japanesecanadianculturalcentre)

Connect With Us

The JCCC social media channels are a fantastic way to connect with us and the community at large. Find out about important notices, see what we have been up to, and don't forget, we

also want to hear from you. We look forward to connecting with you on Facebook and Instagram!



Welcome to the Virtual JCCC film series

Great news! With the support of Japan Foundation Toronto, along with a number of film distributors, the JCCC is excited to bring you an on-line Japanese film program until we can again open our doors and meet in person.

We are keeping screenings accessible by offering them at a nominal cost, or for FREE (based on the dictates of the distributors). For free screenings we hope you'll consider making a donation to the JCCC through our website to help us hold things together until the crisis has passed.

Please keep an eye on the JCCC website or social media (Facebook and Instagram) pages for up-coming films. Enjoy the shows!

Send your Haiku poem to us - JCCC HAIKU Contest

In every issue of our newsletter – and on our Facebook pages daily during the COVID-19 crisis - we feature a Haiku Corner with works from masters such as Issa, Basho and Shiki.

Haiku is the shortest form of poetry in the world. It captures a moment of life, or simply expresses the beauty of nature. Haiku poems feature a ki-go, or seasonal word that tells you to what season the poem is referring. For example plum blossoms are a common kigo in early spring with sakura often featured later in the season. A poem without a kigo is called a senryu. The form is the same but it can speak to

non-seasonal themes, feelings and human nature.

Traditional Japanese Haiku has the form of 5-7-5 syllables. But this does not translate as easily to other languages. Instead the general form is 3 unrhyming lines that depict an image as succinctly as possible.

So we now have a challenge for you! We are running a contest and asking you to come up with an original haiku (senryu is fine too). See below for details regarding the rules of the contest.

- This contest is free.
- There is no limit to the number of entries by an individual.
- Every entry must be an original and unpublished work.
- The haiku must be presented in three short lines.
- All rights will be reserved by the JCCC.

Watch for latest news in future issues of the newsletter and on our social media. Winning haiku will be published in future issues of our newsletter and the poets will receive passes for select films at the next Toronto Japanese Film Festival.

To enter, simply submit your Haiku in the comments of our daily Haiku post on our Facebook and Instagram pages; or send an email to jccc@jccc.on.ca

Natsu Matsuri and Kamp Kodomo are cancelled

The JCCC regrets to inform the community that we will not be running our Natsu Matsuri/Obon Festival and our Kamp

Kodomo program this July.

For these events, preparation begins months ahead of time. Not knowing when the current situation will improve and wanting to ensure that we protect the many attendees of these programs, we are erring on the side of caution and cancelling them for this year.

We thank all the many volunteers and vendors who have always been a part of these programs (and any programs that the JCCC runs) for the many years of dedicated support. We hope that everyone stays safe. We look forward to the time that we can gather once again and celebrate together!

JCCC Virtual Classrooms via Zoom

Getting the itch to go back to our Dojo, or return to your favourite cultural class?

Whether you were a continuing student, or have yet to try our programs before, the JCCC realizes that having the opportunity to engage in your interests or pick up a new pastime is a great way to fight isolation during this time of social distancing. The JCCC is working hard with our instructors to bring many of our program (martial arts and cultural arts) online. Please check our website www.jccc.on.ca or connect with us on our social media (Facebook and Instagram) for updates.

A Recipe from our Seniors' Supper Club

The JCCC regrets to inform that our Seniors' Supper Club sessions will be postponed until September.

In the meantime, we hope that our attendees are staying in practice with the recipes that they have been taught. Here's a recipe from August, 2016 we would like to share with the community.

Japanese Hamburger (serves 2)



Ingredients:

- 1/2 lb ground beef
- 2 green onions
- 2 tbsp Panko bread crumbs
- 1 egg
- 1 tsp hoisin sauce

Sauce:

- 1 tbsp shoyu
- 1 tbsp ketchup
- 1 tbsp hoisin sauce
- 1/4 cup water
- 1 tbsp oil

Equipment:

Medium frying pan, cutting board, sharp vegetable knife, medium mixing bowl, small bowl, measuring cups and spoons, wooden spoons

Instructions:

1. Wash and chop green onions finely, reserving the green parts for garnish.
2. Combine ground beef, green onion whites, panko crumbs, egg and hoisin sauce in mixing bowl. Mix just until uniform.
3. Form 2 or 4 equal sized patties and set aside.

4. In a small bowl combine shoyu, ketchup, hoisin sauce and water. Stir well.

5. Heat a small frying pan over medium heat. Add oil and allow to heat. Carefully, placing away from yourself, add patties to hot pan and cook for 3-4 minutes. Carefully flip patties and cook for an addition 3-4 minutes. Add sauce to pan and cook for 3 minutes or until the internal temperature is between 71°C and 77°C (160°F – 170°F).

6. Serve over hot rice and garnish with reserved green onions.

7. Storage and Reheating: Store any leftover Japanese Hamburger in the refrigerator. Leftovers should be eaten or discarded within 3 days. Reheat in a frying pan or in the microwave.

Left overs make great sandwiches!

1,000 Cranes – SENBAZURU Project – Folding Our Way to Recovery



An ancient Japanese legend promises that anyone who folds a thousand origami cranes will be granted a wish by the gods.

The JCCC is building a Virtual Senbazuru for May – Asian Heritage Month. Post a picture of your paper crane on your Instagram and;

- Follow JCCC Instagram
- Use hastags #SENBAZURU, #1000cranes, #JCCC in your post

If you do not have an Instagram account, please email a picture of your paper crane to jccc@jccc.on.ca. We will post your crane photo to the JCCC Instagram page.

Let's get folding and wish for good health and happiness for all.

JCCC Library presents: Kamishibai and Reading

Kamishibai (紙芝居) and Reading for kids (読み聞かせ) / adults (朗読) will be coming soon on JCCC Youtube (live stream and/or videos).

Please check our website www.jccc.on.ca or connect with us on our social media (Facebook and Instagram) for further launch details and announcements. Stay tuned!

Mini-Concert with ANNIE SUMI

The JCCC is proud and excited to offer an exclusive on-line concert with the incomparable Annie Sumi.

Annie is a critically-acclaimed Nikkei folk artist with a gorgeous, ethereal sound shaped by diverse influences, from Joni Mitchell to Feist to Rachel Sermanni. Her music has been played all across Canada on CBC Radio, community radio, and Stingray Music, earning numerous accolades, including a 2018 Canadian Folk Music Award nomination for Emerging Artist of the Year. She was also a member of the award-winning folk/jazz quartet, The Hidden Roots Collective, nominated for a 2017 Canadian Folk Music Award for their debut album, COME UP HONEY.

Annie will perform at the opening of the up-coming new DIASPORA exhibit in our Moriyama Nikkei Heritage Centre and is our soundtrack artist at the 2020 Toronto Japanese Film Festival.

Annie's albums IN THE UNKNOWN and REFLECTIONS have won much critical acclaim and her live performances around the country have won her a legion of devoted fans. If you don't know Annie's music, prepare to fall in love. Enjoy!

Please check our website www.jccc.on.ca for more information. Starting May 15! Learn more about Annie and her music at: <http://anniesumi.com/>



We are accepting registrations and inquiries from Tuesday, May 19 onwards.



ONLINE JAPANESE CONVERSATION

PRIVATE LESSONS IN CONVERSATIONAL JAPANESE!

Would you like to improve your conversational Japanese?

Would you like to expand your Japanese language skills with a private coach?

Would you like to be able to converse about your favourite subjects in Japanese?

1 ON 1 online Japanese conversation might be an answer to your needs.

The Japanese Canadian Cultural Centre is pleased to announce our new 1 ON 1 Online Conversational Japanese Language Lessons. Whether you are a beginner (with some prior basic Japanese language training), intermediate or advanced, here's an opportunity to develop your Japanese conversation skills in a direct one and one basis. All of our instructors are native Japanese speakers who are experienced/certified with Japanese language teaching and are also fluent in English.

All lessons are offered on a remote basis via Zoom. Lesson content and format are customizable on a student by student basis.



LEARN JAPANESE WHILE SUPPORTING THE JCCC

All funds from the 1 ON 1 Japanese Conversation program go directly to supporting the Japanese Canadian Cultural Centre. As a result of the COVID 19 pandemic, activities at the JCCC have been severely curtailed. Our instructors are all donating their time and expertise to support the JCCC until normal activities resume.

This program is suitable for those who have basic knowledge of Japanese and want to practice their conversational skills.

*learn japanese!
have fun!
support jccc!*

SCHEDULE / FEE

LESSONS AT YOUR CONVENIENCE:

Use anytime to best suit you own convenience and preferred schedule. Lesson date and times to be coordinated with your instructor in advance.

General:

5 x 30 Minute Lesson Package - 5 x \$10.00 = \$50.00

Ages 15-18:

5 x 30 Minute Lesson Package - 5 x \$9.00 = \$45.00

INFORMATION / REGISTRATION

To register, please visit jccc.on.ca
For more information, please email us at jponline@jccc.on.ca



THANK YOU

The JCCC is extremely grateful for the generosity of all who have made donations during this time. The outpouring of support, commitment and kind words of encouragement we have received is a testament to our motto, Friendship through Culture.

Contributions will go towards the sustenance of the JCCC despite the temporary closure of the building. All donations help ensure that we will have the ability to execute all of our programs and events once the facility reopens. We very much look forward to welcoming you back to the Centre. Thank you.

DONATIONS TO THE JCCC

As of Apr 27, 2020

The JCCC gratefully acknowledges the following donations:

JCCC			
Mr. Philip Andrada	20	Mrs. Betty M. Ura	200
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		In memory of Shoko Inokuchi	
		Mr. John and Mrs. Carolyn Armstrong	100
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		Mr. John Ota	1,000
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		Dr. David & Mrs. Erin Tabuchi	93
		Mr. Steven Tazumi	150

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As of Apr 27, 2020

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Ms. Laurie Barker	Ms. Lauren Doi	300	Mr. Robbie Grant	25
Dr. Ray Barker	Mr. Robert and Mrs. Laura Doi	50	In honour of Frontline workers,	
Ms. Ryoko Barnes	In memory of Carol & Miki Doi		Small Business	
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Ms. Sandra Blake	Ms. Yoshiko Dutzak	100	Mrs. Amy Hanada-Nagahara	75
Ms. Lillian Michiko Blakey	Mr. Greg Edwards	100	Ms. Laurie Harada	50
In memory of Roy and Lillie Yano	Mr. & Mrs. Chad Elston	10	Ms. Desiree Harvery	20
Ms. Julie Brousseau	Ms. Reizel Encarnado	10	Mr. James Hay	100
Mr. Wyatt Boutilier	Mr. J-M Erlendson	250	Mr. Kaye Hayashida	200
Mr. Peter Briant	Mr. Jeric Estiaga	100	Ms. Joyce Hayward	100
Ms. Leslie Brindley	Mr. Ben and Mrs. Shirley Eto	50	In memory of Shigeo Stanley Kishimoto	
In memory of my father, Bert Nasu	Mr. George Evans	50	Ms. Heather Henderson	10
Mrs. Sharlene Bruce	In memory of Shoko Inokuchi		Mr. and Mrs. James Heron	100
Ms. Renee Brunton	Ms. Taiko Feldkamp	50	Mrs. Gerry Y. Hewson	50
Mr. Chris Bryant	Mr. Jim Fenn & Ms. Pat Sano Fenn	200	Mr. James Hilborn	50
Mr. Marcus Campbell	Mr. Lawrence Fine	100	Ms. Laura Hill	50
Miss Linda Caplan	Mr. Connor Fitzgerald Furney	20	Mr. Steve and Mrs. Laura Hirano	200
Ms. K Sheila Carleton	Mr. Alan Florence	25	In memory of Tad Miura	
Ms. Diane Carter	In memory of Dixie & Ina		Mr. Mark Hirowatari	100
Ms. Heather Chan	Mr. Josh Fogarasi	100	Ms. Helen Ho	50
Ms. Claudia Chan Garcia	Ms. Mona Forzley	100	Ms. Keiko Hoehn	50
Ms. H. Chang & Mr. A. Au	John, Suzuyo and son David		Mr. and Mrs. Chris Hope	2,001
Ms. Sylvia Chang	and his family, Candice,	100	Ms. Marion Tomoko Hope	100
Mr. Kai Zheng & Ms. Alex Chen	Tyler and Austin from Miami		Mr. Tom Hosie	100
Ms. Xiaoxuan Chen	In honour of Teruko Otani		Mrs. Kunie Hoshino	100
In honour of Charlotte Chenzhu	Mr. and Mrs. Nobby Fujino	100	Mrs. Sonoe Howard	500
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Mrs. Jessica Cheung	Mrs. Mari Funasaka	100	Ms. Eleanor Hyodo	20
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Ms. Rachel Chiong	Mrs. Janine Gallant		Mr. Sid and Mrs. Marie Ikeda	1,000

EMERGENCY APPEAL DONATIONS TO THE JCCC

As of Apr 27, 2020

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Ms. Jo Anne Maikawa	200	In memory of T. E Nishioka	50	Ms. Tracy Sheppard	50

EMERGENCY APPEAL DONATIONS TO THE JCCC

As of Apr 27, 2020

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

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In honour of Kaz and Nao Amemori	Mas and Yuri Mori
Rinzo and Aiko Amemori	Saburo and Nancy Morita
Karen Ruth Chong and Harry Ham Sit Chong	Nete Mowry - In Memory
Susan Lem and Margaret Toy Yuen Wong Chong	Fumiye and Masaharu Mukai - In Memory
Shirley Mitsuko Edamura - In Loving Memory	Isaburo and Noshi Nagasuye - In Honour of Janet Michiko Nagasuye - In Gratitude
From Henry Lorie Robbie Kristi Dean & Families Edamura Kobayashi Sikura Shin	Mae & Shigemi Nagasuye - In Loving Memory
Kokuryo Shintani Ross Schroeder Colman	Michael, Elizabeth & David Nagata
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Yoshiko Jean Goto & Family	Kimiaki and Rei Nakashima - In Memory
Hamade Bunichi & Ito Matsunosuke & Hana Mio	In Memory of Mamoru and Hanae Nishi
Yoshiko & Shigeo Bus Harada - In Memory	Ron and Judy Nishi
Elaine Ishibashi and Keith Smithers	Nana and Tomi Nishimura
Sam and Margaret Ito	In Memory of Ippei and Hama Nishio
Fred and Hedy Iwata In Memory	Dr. Nori Nishio - In Memoriam
Eizo and Fumi Kamitakahara - In Memory	In memory of my parents Etsu and Moichi
Ken and Agnes Kanda	Roy Chukichi and Suzu Oyagi - In Memory
Koji and Elaine Kozuye Kari	Kevin and Nancy Roxby
Mark & Ryan Kari	In Memory of Grace Haruko Sakamoto
Frank and Natsuko Kumagai - In Memory	Nancy Shin - In Memory
Ray and Amy Kutsukake In Memory	In Memory of Nancy Aiko Shin
Kiyoshi and Eiko Maikawa	Emiko Sumi
Sumie (Sugamori) Medoruma - In Loving Memory	Victor and Bev Suzuki
Tommy Medoruma (Kanashiro) and Family	Rick and Kathy Tazumi
In Memory of Margaret Mori	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
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DundeeWealth Inc. - Marty Kobayashi
Endow Dental Arts Studio Inc
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Toronto Kohaku Utagassen
Wynford Seniors Club



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館
EMERGENCY APPEAL

In the face of the COVID-19 outbreak, the Japanese Canadian Cultural Centre (JCCC) is facing unprecedented operating challenges and we need your help.

The JCCC Emergency Appeal is our request for your financial support to weather this unprecedented crisis.

We closed the JCCC on March 16th cancelling all programs, classes and events planned to the end of June.

During this closure the JCCC has no new revenue but still has operational costs to bear.

Please consider supporting the JCCC Emergency Appeal. We know these are tough times for everyone so we welcome any donation.

http://www.jccc.on.ca/en/donate/emergency_appeal.php

Thank you for your support.



Time to Clean Up our Family Photo Albums

By the Archives at the JCCC and our partners at the Nikkei National Museum and Cultural Centre.



During this time of social isolation, we are all searching for things to do to help us feel purposeful and connected. Many of us have collections of photographs, both that we have taken and those that have been handed down to us. This is a perfect opportunity to take the time to look through those memories and begin the process of organizing them. Storing photos in a proper way that will ensure that your memories are preserved for years to come.

– Find what you have

Below are a few simple steps that you can take now to ensure that your photos are enjoyed in a meaningful way for generations to come. For the time being, we will focus on printed photographs.

Supplies:

- A soft pencil (3B) or any regular pencil will do if used with a soft hand
- An eraser (white)
- Computer/Notepad for note taking
- Loose printer paper
- A clean work area

The first step is to determine what you have. Do a quick look-through, and on your notepad or computer, list important details like who took the photo and compiled the album, dates and events. Make note of the type of album (ie plastic sleeve, black paper, magnetic/adhesive). Also make note of how many photos you have of specific events or places.

This might look like:

Box 1, 3 small photo albums of photos from 1940s, album 1 shows Vancouver, album 2 & 3 show mother's (use full names whenever possible) family in Bay Farm, all are black paper albums.

From this initial survey, you can decide which photos you want to look through more closely. Let's choose Box 1, album

1. Going through each of the photos, list in your notes how many there are and identify any people or places that you are able to.

E.g. Album 1 contains 23 pages of photos of circa 1940's Vancouver. Photo on page one shows 3 young children outside of a house. Middle child is my mother, Firstname, Lastname. Page 7 holds a formal family portrait of Lastname family. Back of photo shows stamp of Columbia Photography Studio.

As you are going through any albums or loose photos, use the pencil to lightly mark the position of any photos on the back of the photo in the upper right hand corner, or as close to it as possible. If the photos are glued into the album, use a narrow strip of the loose printer paper tucked into the album to identify the position of any photos. For the photos above, write Album 1 page 3, and Album 1 page 7. This will help you to know which photos you have referenced in your notes.

– Re-connect your friends and family

If you are able, share the photos that you are looking at with friends and family either by email, video chat or social media. Sharing of photos can often lead to conversations and sharing of memories that we never expected! They can also help you to identify people and places that you might not recognize. Also, consider sharing your photos with the JCCC Archives. We are always looking for photographs showing the lives of Japanese Canadians from the late 1800's through to more modern times.

The JCCC and the Nikkei National Museum in BC have worked together to create instructions and supplies lists for caring for your photos at home. The detailed instructions can be found [here](#).

HerStory

How Japanese Canadian women built the community we enjoy today



2001.7.112, The JCCC Women's Auxillary preparing for Bazaar, 1964

Maryka Omatsu, Mary Kitagawa, Shizuye Takashima, Tomie Nishimura... so begins a long list of women who have made, and or continue to make, incredible contributions that have impacted our local and national Japanese Canadian community and beyond. To honour these women, the JCCC's Heritage Department is planning an exhibit titled, "HerStory", highlighting their contributions to the community and life we live today. The exhibit is being planned for late November 2020 and will be held in the JCCC Art Gallery.

Is there a woman you know who has made a contribution to the Japanese Canadian community locally or nationally? If you would like to nominate someone, please complete the attached nomination form and send it, along with a photo to heritage@jccc.on.ca by July 3, 2020.

The exhibit is being planned for late November 2020 but final dates will be determined after the JCCC resumes regular operations.

What kind of records will we have on these times?

Journal: noun | a written record of the things you do, see, etc. every day – From <https://www.oxfordlearnersdictionaries.com/>



In times of near overwhelming uncertainty many of us find it helpful to record our thoughts, daily activities and feelings. Many students are being assigned journals to help them process the many changes to their daily lives. It helps to sort through the new experiences and frustrations that we are experiencing. It can also serve as a record for us to look back on from the future. In the JCCC Archives, we have several examples of journals from the Internment Era of WWII.

One example, from the Shige Yoshida Collection (2014.04.87), is a pair of autograph books in which Yoshida collected autographs, drawings and notes from friends. This record details Yoshida's life as a Scout Master while interned in the Tashme Internment Camp.

Another example from the Archives is the Victor Ohashi Notebooks (2010.72.06.01). Ohashi was incarcerated in P.O.W. Camp 101 in Angler, Ontario. Ohashi's notebooks contain sketches of life in Angler, menus and his own reflections.

Both of these journals are beautifully done and serve as a look into the daily life of Japanese Canadians during WWII.

What kinds of records are we going to leave once COVID-19 is behind us?

Shige Yoshida ;

http://nikkeimuseum.org/www/item_detail.php?art_id=A24823

http://nikkeimuseum.org/www/item_detail.php?art_id=A50251

Victor Ohashi

http://nikkeimuseum.org/www/item_detail.php?art_id=A20889

Sedai Features

The Japanese Canadian Community in Ontario

This month Sedai spotlights oral history interviews that revolve around the Japanese Canadian Community in Ontario. The first feature is Dr. Fred Sunahara (1924-2019) who was one of the founders of Momiji Health Care Society. Momiji was originally established to serve the aging issei generation in Toronto. In this month's featured clip, Dr. Sunahara recounts the early days of Momiji.

Sid Ikeda, a past president of the JCCC, discusses how the Japanese Canadian's centennial celebration in 1977 brought the community together in Ontario. In this clip, Ikeda expressed his gratitude as he was able to participate with the planning of the celebration during his tenure as president of the Japanese Canadian Cultural Centre. The centennial celebration that brought the Japanese Canadian community together had an enduring influence on the community including the fight for redress and the establishment of the Momiji Health Care Society.



The Heritage Department is very excited to announce that transcripts of select Sedai Oral History interviews, including interviews with Dr. Fred Sunahara and Sid Ikeda are now available on the JCCC website.

Get to know the lives of our interviewee, from the marriage of Rose Kutsukake and Asahi player, Ken Kutsukake to the fight for redress for the Japanese Canadians during the 70's and 80's.

Please visit the JCCC website to access the interview transcripts: <https://jccc.on.ca/sedai-oral-history/>



Japanese Canadian Centennial Celebration at the Japanese Canadian Cultural Centre. JCCC Original Photographic Collection. 2001.1.8.4.

Obon Odori 2020

Due to the COVID-19 pandemic and the associated restrictions, the Toronto Buddhist Church has cancelled Obon religious services and Obon odori for 2020. This very difficult decision was not made lightly but made for the best interests of the community.

We look forward to seeing everyone for Obon odori when Obon is celebrated in 2021.

COVID-19 Puts J.C. 3-Pitch Season In Jeopardy

by Bob Doi

The Blue Jays should be well into their season by now, but the only sports on TV are replays of past games and events. These are crazy unprecedented times and we all hope that you and your families are safe and are managing as best as you can.

We wanted to reach out to all of you to say that the safety and health of all the JC3-Pitch players and families are our first priority. To this end, we believe that the 2020 season is at best delayed and possibly cancelled.

The City of Toronto has said that the diamonds are closed until the end of June and we believe that the City of Markham will follow shortly (currently until June 1st).

We will endeavor to update the JC3P website as things continue to develop, but for now, our best guess is that we will have a shorter season, if any. What and how

that works will depend on how long the COVID-19 pandemic lasts. You can also email us for updates at: JC3Pitch@gmail.com.

Please stay healthy and continue to practice social distancing.

JC3-Pitch Committee:
JC3Pitch@gmail.com, www.JC3Pitch.com



Volunteer Spotlight

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

Meet Camber, an instructor with the JCCC Aikikai Aikido club.



How long have you been a volunteer here at the JCCC?
I have been volunteering regularly at the JCCC with Aikido instruction since 1999. Before that there were occasions when I volunteered with the Aikido club at special events at the JCCC such as Caravan, the bazaar, etc.

How did you get involved with volunteering at the JCCC?
My regular volunteer work started with assisting in the children's Aikido class. There was a need for extra help in the class. It was an opportunity for me to give back to the centre for all that it had provided to me.

What type of volunteer work have you done?
Teaching Aikido, helping to run the Aikido club, working at the plant table during the bazaar, helping with parking for festivals and the bazaar, moving items in preparation for the bazaar, setting up tables and chairs for special events, cleaning the dojos, participating in Aikido demonstrations.

How to renew JCCC membership during the closure

"Friendship Through Culture" is the JCCC's mission. Regardless of whether times are good or tough, our community has persevered with our commitment to build friendships, promote culture and serve our community.

These are unprecedented times and the JCCC Board and Staff are working hard to ensure that the JCCC will always be there for you and the community. But this will take your help.

We hope that you will renew your membership and because of these times, if you are able, we ask that you please consider renewing at one of the Supporting Member levels.

You can renew our membership in any of the following ways: Payments can be made by cheque to;

1. In support of the JCCC, renew your membership now, understanding that the JCCC facility is closed, but many initiatives are continuing online.
2. Pay for your membership renewal now, but have your membership activated beginning when the Centre resumes its operations.
3. Renew my membership when the Centre resumes operations.

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

or you can call the JCCC at 416-441-2345 ext. 222 to leave a message, and our staff will return your call to process payment by phone.

Membership Types and Annual Fees*

Regular	Individual (18 or older)	\$33.90
	Family (including children 17 and younger)	\$56.50
Senior (65 or older)	Individual	\$22.60
	Couple	\$39.55

Supporting Member**	Partner	\$150
	Leader	\$500
	Ambassador	\$1,000

*All prices include tax where applicable.

**For supporting membership, an income tax receipt will be issued for the highest allowable amount within CRA guidelines.



Growing plants for a little happiness in this Spring!

植物から幸せをもらいましょう!

by Haruko Ishihara, JCCC

We are all currently faced with a challenging global situation that we have never experienced before. Under these difficult times, there are still many ways to bring a little bit joy into everyday life. At least, I believe so.

この様な事態が起こることを誰が予想したでしょう。あれよあれよという間に広がった新型コロナウイルスで世界中がこれまで経験したことない試練と対面しています。まるで、私たちの力を試されているかの様にも思える毎日ですが、JCCCはコミュニティの皆様が健やかに過ごしていらつしやることを心より願っています。

そして、こんな状況下でも、ちょっぴりの幸せ感を毎日の生活に取り入れることができるのではないかと私たちは考えています。

– Communing with your plants

One of the ideas I would like to suggest is “communing with plants”.

Coincidentally it is now Spring (I love Spring) and all living things are now awakening from our long cold winter.

It is the perfect timing to start growing plants in our back/front yards, balconies, window sills and even in environments where natural light is limited (such as basements).

Being in touch with nature, earth and plants, can be very soothing and energizing. Many people feel exhilarated after physical work in the garden!

So what can we do?

その一つの方法としてご提案したいのが、「植物とふれあう」です。

時は春。太陽の光がこんなにも暖かかったのかと実感する春です。雪や枯れ葉に埋まっていた土から緑が顔を出し、色とりどりの花を咲かせ、木々が芽吹き、自然界の生き物たちが活動を開始するこの時期は、裏庭や玄関先、ベランダ、窓辺で植物の手入れや種や苗

を植えるのに最適。光があまり入らない(地下などの)スペースでもできることはあります。

土や植物の自然に触れることにより、心落ち着き、エネルギーをもらう。庭いじりなどで体を動かした後に爽快感を感じる人はとても多いでしょう。

では、具体的に何をしましょうか?

– Practical and delicious produce

Growing vegetables/fruits at home have been more popular these days. Regardless of your living space it is always possible to grow some form of produce. It might be backyard garden beds (if you are lucky), containers/pots on patio/deck, window sills, etc.

We can grow all sorts of vegetables, assorted leafy greens, tomatoes, cucumbers, watermelons, root vegetables, pulse, you name it.

This can also be one of the ways to help reduce your supermarket trips this summer.

未だかつて無かったほどの人気の家庭菜園。大きな庭がなくても野菜や果物を育てることはできます。裏庭や玄関先が広い(ラッキーな)場合は畑で、デッキやパティオ、ベランダではプランターや鉢、窓辺には小さい鉢を並べて、といった具合に、まずはスペースの確保です。

葉物、トマトやきゅうり、スイカ、根野菜、豆類、育てる野菜や果物は何でもいいのです。スペースにあったものを選ぶ、これがポイントです。

もしかするとこの夏、買い物量の減少につながられるかもしれないですね

– Enjoy edible flowers

Edible flowers are my favourites! You can enjoy viewing them and eating them. Also many of them repel unwanted insects but

attract beneficial ones.

Colourful nasturtiums, calendulas and borages are pretty and are great for dressing up salads and other dishes.

食用花は私のお奨めです。カラフルな花で畑を彩ってくれる食用花は、害虫を追い払い、必要な蝶や蜂を誘ってくれる。ナスタチウム、カレンデュラ、ボレッジなどは代表的な食用花で、咲いているその姿は可愛らしく、摘んだ花をサラダに混ぜたりお皿を飾ったりすると、お料理をより一層引き立たせてくれること間違いなしです。

– Essential items in the kitchen

For limited space, herbs would be a good choice.

Culinary herbs such as parsley, thyme, oregano, tarragon and basil are versatile and convenient to have in the kitchen. In the middle of summer, herbs like mint, lemon balm and chamomile can also be used in herbal tea (cold and hot).

育てるスペースがほんの少ししか取れない場合にはハーブがお勧めです。料理に使えるパセリ、タイム、オレガノ、バジル、タラガンなど、キッチン窓辺にあるとクッキングの途中で切り取って使えるのでとっても便利。それにミントやレモンバームなどは花壇に植えると蔓延ってしまうので、鉢やプランター向きで、これらのハーブで入れるお茶は夏の午後のリフレッシュに最高です。

– Flowers for eyes and hearts

Flowers (potted/garden) are another option that you might want to consider.

They may not be as practical as vegetables and fruits but they do have the strong ability to make people happy.

The whole process of growing flowers is fun. Planting seeds or plants, nurturing them and watching their growing processes are so enjoyable. When we actu-

ally see flower buds and those first flowers actually start to open, we experience the excitement and smiles that go with it!

鑑賞花はもちろん取り入れるべき植物の候補でしょう。

野菜や果物の様に食用にはできませんが、心を満たし、幸せ気分をくれると言ったら花の右に出る物はないかもしれませんね。

花を育てる過程は実に楽しいものです。種や苗を植え、肥料や水やり、その成長を見守る。そして蕾が膨らみ、開花した時の喜びは言葉に尽くせないものです。

– Green for clean air and mind

Many people recognize that the colour green is soothing.

Even if some of us cannot access outside easily from our homes, house plants can still be planted and admired. There are variety of sizes and species and they are super easy to take care of.

Many of houseplants help improve air quality and green plants can also create feelings of peace and harmony.

Just by having one plant at home can allow us the possibility of creating our own spiritual sanctuary in our homes!

自然の緑を見ると心が落ち着く人は多いでしょう。

屋外のアクセスがない住まいでも観葉植物なら楽しむことができます。お手入れ簡単な観葉植物は種類も大きさも豊富です。

観葉植物の中には空気浄化作用のある物もあり、又、葉の緑からは鎮静効果が期待できます。

住まいに植物を一つ置くことで、なんと家の中にパワースポットを作り上げることができるかもしれませんね(!?)

I believe that so many people already have plants at home and have been doing some of the suggestions above.

So why don't we take extra care of them?

By changing soil, pot size or even just trimming old leaves would help in cheering our souls.

But, let's say there is no where to grow plants.

No problem! Colourful flowers, blossoms and new tree foliage are now showing their faces in our neighbours' front yard and streets!

多くの方が既に植物を育て、文中で提案していることは実際にやっぴらつしやることでしょう。

それなら、今は特別にお世話をしてはどうでしょうか?

新しい土に変える、肥料をあげる、大きくなった苗は株分けや一回り大きい鉢に植え替え、古い葉っぱを取り除く。簡単なことでも、沈んだ気分をアップさせるには十分なのです。

それでも、自分の住まいには植物を置くスペースがどうしてもない!という場合。大丈夫です!可憐な花々や木々の新緑がご近所さんの玄関先や通りで自由に楽しめます。

It is Spring! It is the time to start fresh! Let's all do something small in our current situation that is limiting everyday life! I hope you will make new discoveries about the joys of gardening this Spring.

春です!新たな出発の季節。限られた今の毎日の生活の中、小さいことから始めてみませんか。





Films on streaming

by James Heron

If you are happily addicted – as we are – to Japanese films and are frustrated by not being able to get to the Kobayashi Hall, here are reviews of some strong Japanese titles available via streaming and VOD services. NOTE: these reviews originally appeared in Nikkei Voice in October 2019.

37 SECONDS

Writer/director Hikari's feature length debut won the Audience Award in the Panorama section at the Berlin Film Festival and made its North American premiere at TIFF 2019. Yuma is a 23 year-old manga artist living with cerebral palsy and harbouring dreams of success and independence. In a world filled with obstacles, she finds herself suffocated by a loving but overprotective mother, and exploited by a blogger and influencer who excludes her from the limelight while passing Yuma's work off as her own.

Yuma quietly rebels and finds herself in the offices of adult manga editor who encourages her to find sexual experience if she wants to produce authentic works on sexuality. Yuma's own emerging sexuality, and a prostitute who takes her under her wing, lead to a journey through the sexual underbelly of Tokyo and much farther afield where she discovers unlikely friendships, family secrets and a new sense of self.

37 SECONDS is a revelation. Cinema, and the world itself, too often imposes identity on people with disabilities based singularly on those disadvantages, smothering them in pity and condescension or imbuing them with a mawkish wisdom or saintliness. Hikari's script and direction rejects this pattern and deals with Yuma's disabilities in a manner both bold and matter-of-fact. Lively, emotionally honest and stunningly frank, it is a film built around a charming and unsentimental central performance by Mei Kayama – who is herself lives with cerebral palsy.

Other characters find less focus and seem perfunctory, in particular the "hooker with the heart of gold" who becomes a major narrative driver. Minor quibbles aside, 37 SECONDS is something special and definitely a must-see.



37 SECONDS



FIRST LOVE

FIRST LOVE

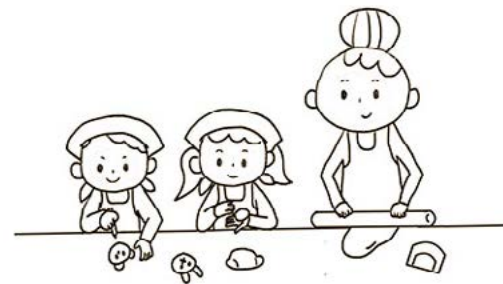
FIRST LOVE is Takashi Miike's 104th film and coincides with his 7th visit to the Toronto International Film Festival. The director is best known for transgressively violent epics such as Ichi the Killer, Audition and Gozu and more formal historical dramas such as Harakiri and 13 Assassins. When he is not making these he creates comedies, musicals, westerns and children's films. With an output this prolific there is certain to be the occasional dip in quality control (Sukiyaki Django Western and Yakuza Apocalypse are lesser entries) but we are happy to report that FIRST LOVE is a very strong addition to the Miike cannon.

The action is set over one night in the red light district of Kabukicho. A drug deal between a yakuza punk (Shota Sometani) and a corrupt cop (Nao Omori) goes disastrously wrong as an escalating series of bad decisions and absurd circumstance lead to an all-out war between yakuza gangs, Chinese mobsters and assorted maniacs. At the center of the maelstrom a doomed young couple meet by happenstance: he, a boxer with a stage four brain tumour and she, a captive call-girl haunted by hallucinations of her near-naked father as she withdraws from drug addiction. Writer Masaru Nakamura's tight script sets the table nicely in the first 20 minutes, providing clarity and neat through-line for the furious chase through the underbelly of Tokyo that makes up the rest of the film. Hyperbolic slapstick violence, buckets of blood, bursts of anime and some truly insane characters – Becky's unstoppable terminator-like revenger Juri being a highlight – make for some memorable lunacy. TRUE LOVE is very funny and surprising moving with as the doomed lovers – played with sincerity by (Masatak Kubota and Sakurako Konishi) by a quietly poignant counterpoint to a gallery of that surround them. If you like your romance with a few decapitations added to the mix then we recommend you search out FIRST LOVE among your streaming options.



What should children learn at home?

by Tomoko Uramaru, Toronto Kokugo Kyoshitsu



All of us have been affected and impacted in various ways by the COVID-19 pandemic. My children (5 and 8 years old) have been staying at home with me since their school closure in March. I hear concerns from many parents on how they can recreate classroom learning at home. Some give worksheets and Math drills to make sure their children keep up with their grade level in addition to the e-learning tasks provided by their teachers. Are these extra worksheets necessary?

One of the big concepts I learned from teacher's college was that children come to school with "funds of knowledge". Students grow up in different families, communities, and culture and therefore they have their own knowledge and expertise they can bring to school. The knowledge is helpful as different students learn from each other. For e-learning, public teachers are focusing on providing support for core subjects such as math and language. In my opinion, "sub" subjects such as social studies, arts, science and phys-ed are as important as "core" subjects because those are the subjects children can meaningfully enhance with their knowledge from home. Here are some activities directly connected to the Ontario elementary school curriculum that I do with my own children at home.

Social studies

– Create a map

How much and how well do you know about your neighbourhood? Draw out a map of your own community with colourful landmarks. Indicate your home, your classmates' homes, your favorite park, a treat store, library, and community centre and more. You can write all the street names in katakana to make it a Japanese infused map.

– Create a family tradition/history video

What do you celebrate and what is your own family tradition? Call your grandparents/uncles/aunts to interview their historical moments in Canada or Japan. With your interview scripts, you can create a beautiful video on Adobe Spark with music and

photos of your choice. You can create your video in bilingual subtitles/voice-overs to share it with your family members across the oceans!

<https://spark.adobe.com/>

STEAM

– Grow plants/vegetables

This is the perfect time to observe how seeds germinate, form leaves, and grow each and every day. The best part is that you can eat those plants (if vegetables) in a few weeks!

– Baking

Recipe writing and reading are great ways to learn math and procedural writing. Compare English recipes with Japanese ones and you will know how many millilitres are in a 1 cup in each country, different ways of reading fractions, and you can create your own recipes to share with friends.

– Natural tie-dye

Use vegetables to change the colours of your old towels, pillowcases and T-shirts! Boiling the materials with salts will retain colour when washing in the future. Add pink using beets, purple with blueberries, red with frozen cherries, yellow with carrots, green with spinach, and gold with onion skins and turmeric.

*1:4 (1 cup of your chosen vegetable/fruit and 4 cups of water and a small amount of vinegar will help create beautiful colours!) I hope these activities will help create some memorable family learning moments for you.

tomoko.muinuddin@gmail.com

<https://www.torontokokugokyoshitsu.com/>



読書の時間

～書店が選ぶおススメ本～

AX (アックス)
伊坂幸太郎 / 著
出版社名 KADOKAWA
出版年月 2020年2月

「兜」は超一流の殺し屋だが、家では妻に頭が上らない。一人息子の克巳もあきれられるほどだ。兜がこの仕事を辞めたい、と考えはじめたのは、克巳が生まれた頃だった。引退に必要な金を稼ぐために仕方なく仕事を続けていたある日、爆弾職人を軽々と始末した兜は、意外な人物から襲撃を受ける。こんな物騒な仕事をしていることは、家族はもちろん、知らない。物語の新たな可能性を切り拓いた、エンタテインメント小説の最高峰!



上記書籍は、Blue Tree Booksよりお求めいただけます。

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**ぼくはイエローで
ホワイトで、
ちょっとブルー**
The Real British Secondary School Days
ブレイディみかこ / 著
出版社名 新潮社
出版年月 2019年6月

優等生の「ぼく」が通い始めたのは、人種も貧富もごちゃまぜのイカした「元・底辺中学校」だった。ただでさえ思春期ってやつなのに、毎日が事件の連続だ。人種差別丸出しの美少年、ジェンダーに悩むサッカー小僧。時には貧富の差でギスギスしたり、アイデンティティに悩んだり……。何が正しいのか。正しければ何でもいいのか。生きていくうえで本当に大切なことは何か。世界の縮図のような日常を、思春期真っ只中の息子とパンクな母ちゃんの著者は、ともに考え悩み乗り越えていく。連載中から熱狂的な感想が飛び交った、私的で普遍的な「親子の成長物語」。

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漆喰 Shikkui

by Shannon Mishimagi,
Living Green Homes Inc.

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These unprecedented times have allowed us to reflect more on family, friends and our environment; the things that matter most to us. We can see it is more important than ever to be mindful of our own wellbeing and that of our planet. Stay safe!



For more information about Shikkui please visit www.livinggreenhomes.org or by email at info@livinggreenhomes.org. We can also be reached at 416-474-6580.

GARY TEHARA
Sales Representative
Serving the JCCC community

YOUR TRUST IS MY PRIORITY

BUSINESS IS NOT AS USUAL IN REAL ESTATE



In this unprecedented time, there isn't anything that is 'usual'. People are facing job losses, business shut-downs and financial challenges they never could have imagined.

When the Government of Ontario updated its list of non-essential businesses, real estate services were not on the list. However, because of COVID-19, real estate has had to adapt and change how our services are provided. This is why I wanted to answer some questions that I've been receiving.

Are houses still selling?

Yes. However listings have sharply declined, and those still on the market could be in a must-sell situation. Similarly, the buyers looking right now might have-to-buy. While this can happen at the best of times, the pandemic has created an environment that has never existed before.

Can properties still be viewed?

While showings are still permitted, buyers are encouraged to leverage virtual options before viewing them in person. These include virtual tours, 360 walk-throughs, mobile measurement applications and digital floorplans. And at all times, the health and safety of all involved must be kept paramount.

Are there other services available, like home inspections & legal services?

Many of the people providing these services are still working, but using technology to conduct their business. For example, home inspections may be virtual walk-throughs instead of in-person. Legal services are also still available, with firms managing closings on a case-by-case basis.

Can properties still close?

Yes! Properties can still close. Along with real estate agent services, the Government of Ontario has ruled the Land Registry Service an essential service so properties can close as scheduled.

Can you sell tenanted properties?

Tenant-occupied properties pose particular challenges. Tenants and landlords have respective rights under the Residential Tenancies Act and particular attention must be paid to the tenant's health and safety. Buyers are encouraged to explore virtual options first, and if still interested, work out a plan to safely view a property – only with the tenant's consent, however.

If you'd like to discuss how any of the above questions affect you, or if you have other questions and would like to talk about your personal situation, please don't hesitate to reach out to me.

Above all, please stay safe!

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Japanese Social Services Announcement of Free Services During the Emergency Period

by Takanori Kuge, JSS Counsellor:

Japanese Social Services (JSS) is a nonprofit charitable organization providing culturally sensitive, professional social services, such as counselling, information services, case management and a variety of other programs, mainly to members of the Japanese ethno-cultural community in GTA. JSS provides all of its services in English and Japanese.

Current Services and How to Reach JSS

Though JSS is not operating out of its offices, we are still offering counselling and information services via the phone/internet. Further, during the State of Emergency, all JSS services will be offered free of charge for the people experiencing hardship related to COVID-19.

Counsellors will be available to answer calls during our regular business hours. If you are not able to reach one of our counsellors, and are forwarded to our

voicemail service, please leave your name, phone number and a brief description of your inquiry and we will call you back as soon as we can. Alternatively, you can also reach out to us via email.

Examples of some common enquiries

- Employment/Income issues (e.g. EI, CERB, labor-management issues, etc.)
- Family/Domestic issues (discord among family members, domestic violence, parenting, etc.)
- Mental health issues (increased stress & anxiety due to COVID-19, depression, etc.)
- Housing issues (issues between tenants and landlords, issues between tenants, etc.)

JSS Wants to Help You

Everyone in the world is experiencing

Office Hours: Mon-Fri 10am-6pm
Contact: 416-385-9200 | takanori.kuge@jss.ca

anxiety and stress in some form due to the unprecedented situation caused by the COVID-19 pandemic. Jobs, education, hobbies, and relationships—almost every aspect of our life is now very different than how it was just a few months ago.

As our level of stress and anxiety goes up, we tend to lose our ability to cope, which causes us to become easily irritated or emotionally affected by even the smallest of things. If we don't properly address our stress and anxiety, however, we can find ourselves going deeper and deeper into a state of despair. This is why, more than ever, it helps to have someone to talk to.

Whether you are having trouble coping with the COVID-19 pandemic, or are in a situation where you just need some advice, JSS is here for you.

Please be well.

営業時間: 平日10時~18時
連絡先: 416-385-9200 / takanori.kuge@jss.ca

て、受け入れましょう。不安であったり、ストレスを感じたりしていてもいいんです。不安やストレスと向き合うのが怖いあまりに見て見ぬふりをしたり、逆に必要以上に増幅させ巨大化させてしまうと「適切な対応」が取れずに状況を悪化させてしまう可能性が高くなります。

1. 不安・ストレスをしっかりと分析し、不安やストレスの原因を明確化しましょう。
2. 不安やストレスの正体がはっきりすれば、「適切な対応」がとりやすくなります。その不安やストレスを軽減するための具体的かつ実行可能な作戦を立て、ステップ・バイ・ステップで実行していきましょう。(例) 悩み=やることなく、孤独感が増し、ストレスを感じる

作戦1: 自宅のできる息抜きや新しいアクティビティを見つけ、実際にとりくんでみる。
作戦2: 電話やビデオ通話で家族や友人と積極的につながる。文章にしようとする不安やストレスが大きいほど、自分一人を組み合わせるのは難しいこともあるかもしれませんが、そんなときにはぜひお電話ください。JSSがお手伝いします!

JSSカウンセラー 公家孝典

Caring from a Distance

by Theresa Takasaki

One of the things that keeps me going during this period of isolation is thinking about ways to make others smile. Though I am mostly at home with my husband and two kids, we are still trying to “see” and “get together” with people as much as we can. And thanks to technology, we have been able to do a lot of visiting without ever leaving the confines of our home.

The only thing that we leave our home for these days is groceries. Food has always been that thing that brings humans together, and now is no different. In addition to shopping for ourselves, we are shopping for friends who were out of the country when this began. We are also sharing the shopping for my parents, whose age and health puts them at a higher risk should they be exposed to COVID-19.

Are there ways that you can help out the more vulnerable in your community? Can you shop for a neighbour to reduce the number of people in stores? Can you shop for a health care professional who might not be able to get into a store that has reduced hours? Can you call a friend, maybe one whom you haven't spoken to recently, just to say hello? Can you video chat with a young friend and maybe read them a story or play a quick game? Anything that you can do to help someone in your circle is likely to bring a smile to their day.



Treat Yourself and Support our Partners

Over the years, the JCCC has partnered with many restaurants and caterers to bring delicious food at our events to you. COVID-19 and social distancing has impacted the operations of many of our caterers and restaurants and have made changes to accommodate the current situation. As a result, many of these food services have become available to us in our homes. If you want a night off, and try something different or if you are looking for a meal for a special occasion, consider trying one of the following.

If you have any questions, please contact the businesses directly.



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**Japanese Food

コロナ禍を乗り切ろうーJSS相談受付中

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JSSは平常の営業時間で営業中です!

COVID-19による非常事態宣言下にあります。JSSは電話/オンラインでの相談業務・カウンセリング・情報提供サービスを提供しています。営業時間内は、相談員が電話およびEmailにて相談を受け付けています。留守番電話になった場合、折り返し希望の方は、必ずお名前、電話番号、ご用件を簡単に残してください。

*当面(少なくとも非常事態宣言の発令期間中)、COVID-19に関する上記サービスは無料で対応させていただきます。その他のご相談も料金に関しては常に“応相談”ですので、ご用の方はご連絡ください。また、すべてのプログラムおよび対面でのカウンセリングは停止しております。

よく寄せられる相談

・仕事・収入に関すること(雇用主とのトラブ

ル、EI、CERBについてなど)
・家族に関すること(夫婦/パートナー/親子間の不和、DV、子供との関わりなど)
・メンタルヘルスに関すること(上記の問題やCOVID-19に関する不安の増大など)
・賃貸に関すること(大家とのトラブルなど)

心の健康を保つために

COVID-19のパンデミックとそれに伴う非常事態宣言の発令による社会状況と生活スタイルの変化により、私たちはいま多大なるストレスと不安にさらされています。仕事の時間や内容が激変し、それに伴い収入にも影響があります。趣味のアクティビティに出かけることや友人と会うことすらも難しくなりました。

ストレスや不安のレベルが上がると、私たちは“心の余裕”がなくなり、普段なら気にならないちょっとしたことにイライラするようになったり、知らず知らずのうちにマイナス思考が強くなり気分がふさぎ込みがちになります。こうなると、家族間のケンカが増えたり、独り暮らしの方は一人で考え込んでしまうことで孤独感が強まります。ただでさえ不安な状況がさらに深刻になり、まさに悪循環です。さて、この悪循環を断ち切るためにはどうすればよいのでしょうか?

1. 不安やストレスを感じていることを認め

Fall – Rice - Hyogo

by Laura Dijana Higgins, CEO & Sommelier at amethystwine.ca



Rice Sheaves



Nishiyama Shuzojo Brewery

In the spirit of Multiple Parallel Fermentation (to be explained later) this storyline will attempt to simultaneously weave elements of people, places and things together to relay to you my recent experience in Japan. Before Christmas, my agency (Amethyst Wine Agency) was invited by JETRO (Japanese External Trade Organization) to apply for an opportunity to tour two Sake brewing regions on the island of Honshu. What a gift -- one that ended up having many layers to it that I gleefully kept opening as each experience polished my knowledge about Sake down to the pearls of wisdom that I have taken home with me to Canada. The entire trip was smoothed out by good fortune during a time that was becoming very turbulent for the world with the advance of the novel coronavirus. My flight from Toronto to Tokyo then on to Osaka happened on February 17th, when the only notable cases in Japan were on the Diamond Princess but people had already started to cancel their trips; so, each of the three airports that I travelled through were (sadly for the industry but good for me) empty. But wait, I did mention good fortune and many layers. Let me give one of the first layers now: after being accepted to visit two brewing regions in Kansai, Hyogo and Kyoto, over the course of one week, I was then upgraded to join a second tour in Chugoku's San-in region that included the prefectures of Tottori and Shimane. Now, my trip was over two weeks and included four regions.

This account of my travels is being split into four sections over the course of four newsletters written for the JCCC. The

first one, here, weaves my observations about RICE and the breweries that I visited with in Hyogo.

The JETRO tour, for the most part, had a consistent format for each region that usually started with us meeting as a group of visiting liquor agents, staff, and interpreters to go over the agenda for the day; our Kansai group only had two other agencies, one from Poland and one from Switzerland. We met individually with export managers and owners, in an office space set up for the purpose, with a break for lunch and then a short break before an official 'reception' was held. And then, the second day was all about in-person visits to breweries and important institutions or museums to see the history and the process of sake brewing. Each prefecture had some slight variation of this but overall, I met with about 60 breweries over two weeks with about a dozen on-site tours.

Now would probably be a good time to mention my very limited background in Sake. To continue the metaphor, it was as flimsy as the chaff that gets separated from the rice. I don't think I could even claim to be the bran that gets polished away. Maybe, I had a germ of an idea about Sake. Probably, every one of you knows more about Sake than I did so please humour me if what I write is only at the vegetative stage. After asking 20 questions at each brewery during our tours, I'm feeling much more confident to speak authoritatively on the topic (thanks again, JETRO)!

Rice: the raw version.

101 – Rice is used to brew sake.

201 – SAKE rice is used to brew Sake. Sake brewing rice has a longer stalk and roots and has a grain and texture that withstands polishing & fermenting better than eating rice.

301 – the different polishing rates that take it from 100% down to 60%, 50%, 40% of the kernel... determine the category and style of Sake that can go onto the label. (We will talk more about that later).

401 – Yamada Nishiki, Yamada Nishiki, Yamada Nishiki. It's sort of like saying 'location, location, location' when it comes to real estate deals. Most famous in the Hyogo Prefecture, Yamada Nishiki is the gold standard of rice to use for brewing what is arguably recognized as the best quality of Sake made in Japan.

501 – but then there are all the exceptions to the statement in 401. Brewers are also: reviving lost strains of rice that were traditionally used locally, making hybrids to create unique flavours that are not just regional but proprietary, and even using eating-rice varieties to create bolder flavours in Sake that can pair with cuisine differently than current recipes or that lend

themselves to different temperatures for service.

Speaking of food pairing, the reception held in Kobe aimed at communicating a foundational message from JETRO, and the various sake brewing associations, to the world. "Our Japanese Sake can pair with all International cuisine". Understandably, in order to increase consumer awareness of the qualities of Sake, it's time for this beverage to break out of the confines of being just a hot bottle of alcohol that only gets consumed après-ski at that quaint restaurant you only go to once in a blue moon. Our reception hosts treated us to a table spread with Japanese food pairing options along with food stations representing cuisines thought to reflect national dishes from each of our visiting countries. It made the point of their message even if it missed the target just a little. The effort was very much appreciated and ultimately makes a second point: just like brewers are experimenting with rice production this is a rule-breaking time for all of us to think outside of the lines of sake and food pairing. Our Canadian dishes

served that night? Lobster with a cream sauce, Roast Turkey, and Poutine. I have to say that I didn't mind performing my national duty to eat lobster on behalf of my country.

*The pictures that accompany this article show part of my tour in Hyogo, the reception, and examples of sheaves of rice for comparison.

**The next installment will focus on Winter – Water – Kyoto.



Kobe Reception fruit sake



Nishiyama Shuzojo Co (Kotsuzumi)



Nishiyama Shuzojo bottles

3 Must-Have Legal Documents Ensuring Your Peace of Mind

安心して暮らすために必要な法律文書3点セット

by Nozomi (Zoe) Smith スミス希美*

An estate plan prepares you for the “what ifs” in your lifetime. In the midst of the COVID-19 pandemic we realize more than ever the importance of having our proper plans in place.

When you are Genki – well and capable, you can express your wishes to your family and friends. However, you may become incapable of making your own financial or medical decisions due to serious illness. If you die, your family would want to know what your wishes were. In Ontario, there are three documents you should have in place to deal with the unexpected.

エステートプランは、あなたの人生の「もしもの」事態に対応するための準備です。新型コロナウイルス感染のパンデミックにより、「もしも」のために必要な書類をしっかりと準備しておくことの大切さをこれまで以上に痛感する人も多いことでしょう。

あなたが元気なうちは、自分の希望を家族や友人に伝えることができます。しかし、重い病気により、自分の財産や医療について自分で判断ができない状況になるかもしれません。また、もし亡くなってしまった場合、ご家族は生前にあなたが何を望んでいたか、きっと知りたいことでしょう。オンタリオ州では、「もしも」の事態に対応するために用意しておくべき三つの法律文書があります。

1 A Continuing Power of Attorney for Property is to be used if you become incapable of managing your own affairs. Your “attorney for property” (attorney here doesn’t mean a lawyer), who is named in this document, is authorized to manage your finance, such as day-to-day banking, paying taxes and debts, managing your investments, and dealing with financial institutions and government offices.

「財産管理のための継続委任状 – Continuing Power of Attorney for Property」は、あなたが自分で財産管理ができなくなってしまった場合に使われます。あなたがこの文書の中で任命する「財産代理人 – Attorney for Property」(注: Attorneyは弁護士という意味ではありません)は、日頃の銀行取引、税金や債務の支払い、投資の管理、金融機関や政府機関とのやり取りなど、あなたの代わりになって、あなたの財産一般を管理することになります。

2 A Power of Attorney for Personal Care is to be used if you become incapable of making your personal care decisions. Your “attorney for personal care” named in this document will make your personal care decisions on your behalf such as health care, housing, meals, clothing, and other aspects of your quality of life.

「身の回りの世話に関する委任状 – Power of Attorney for Personal Care」は、あなたが自分で身の回りの世話(ケア)について決めることができなくなった場合に使われます。この文書の中で任命された、「身の回りの世話のための代理人 – Attorney for Personal Care」は、あなたの医療、衣食住をはじめ、あなたの生活の質に関わる全てのことを決めることとなります。

3 A Will is a legal document that sets out your wishes on the disposition of your assets after your death. In your Will, you appoint your Executor who will carry out your instructions on how your assets will be distributed.

「遺言書 – Will」とは、あなたの死後にあなたが残した財産をどう処分するかという希望を明記した法律文書です。遺言書の中で任命された「遺言執行人 – Executor」は、あなたが残した財産分配の指示に従い、実現する人です。

Without proper documents, no one is legally authorized to step into your shoes to deal with your affairs and make decisions for you.

これらの文書を用意せずに、万が一の事態が起こった場合、あなたの代わりになってあなたの財産・ケアに対応する法的権限がある人がいないという困った状況になります。

Signing your Will and Powers of Attorney While Social Distancing

As of April 7, 2020, the Ontario Government issued the Emergency Order allowing Ontarians to execute their Wills and Powers of Attorney in the virtual presence of witnesses by video during the COVID-19 pandemic.

Normally, to make a valid Will and Powers of Attorney, you must sign your documents in the physical presence of two witnesses. The said Order was passed in response to the challenge that while practicing social distancing, it may be impossible to arrange two independent witnesses in person. During the duration of the state of emergency, your Will and Powers of Attorney can be witnessed by videoconferencing such as Zoom, only if one of the witnesses is a lawyer or certain paralegals licensed to practice by the Law Society of Ontario. Please note that this Order does not allow you to make a digital Will or Powers of Attorney. For the safeguard of your documents, there are certain steps to follow when your documents are virtually executed.

社会的距離の維持と遺言書・委任状の署名
去る2020年4月7日に、オンタリオ州政府が発令した緊急命令により、コロナウィルスパンデミックの期間中は、ビデオ会議を利用した遺言書と委任状の立会・署名が可能になりました。

通常、遺言書と委任状が有効となるためには、2名の立会人が実際に本人の面前で立ち会い、署名する必要があります。しかし、現在の社会的距離(social distancing)の維持を余儀なくされている状況下では、2名の立会人を用意することが不可能かもしれません。この現状を踏まえ、州政府は本命令を発行しました。これにより、緊急事態宣言下にある期間は、立会人のうち1名が、オンタリオ州法律家協会(Law Society of Ontario)から資格を授与された弁護士、または、一定のパラリーガルである場合に限り、Zoom などを使ったビデオ会議による、遺言書と委任状の立会・署名が可能になりました。なお、本命令は、デジタルの遺言書・委任状の作成を可能にするものではありません。また、ビデオ会議での立会いについては、書面保護のため一定のステップを踏む必要があります。

Ensuring Your Peace of Mind

If your wishes are clear, let’s have your intentions properly laid out in your documents so that you can leave your loved one with a clear roadmap and help them navigate through the difficult time.

安心して暮らすために

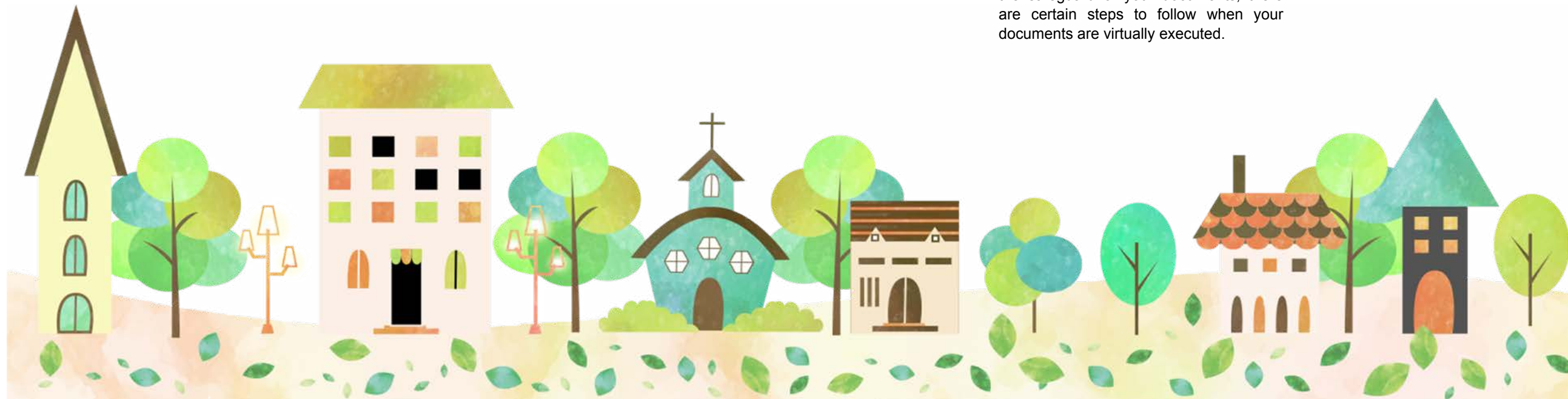
もしあなたの希望がすでに決まっていれば、その希望をきちんとした書面で用意しておきましょう。そうすれば、困難な時期に、残されたご家族の助けになるでしょう。



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**本記事は、一般情報の提供を目的としており、筆者による法的助言・意見ではないことをご理解ください。個別の事情については、各専門家にご相談ください。



免疫力を高めて、 感染リスクから身を守ろう！



シニアの場合は、特に新型コロナウイルスやインフルエンザなどの感染症に注意しなければいけません。持病があり、体力や免疫力が低下している人が多いため容易に肺炎を起こし、死亡率が高くなります。肺炎の典型的症状は38℃以上の発熱、強い咳、色のついた痰、息苦しさや胸の痛みなど。しかし、シニアにはそれらの症状が顕著にみられない場合もあります。「身体がとてもしんどい、食欲がない、元気がない、呼吸が浅く速い」など、いつもと異なる様子に注意しましょう。

感染症にかかっても重症になるかどうかは免疫機能に大きく関連しています。未知の感染症が次々と押し寄せてくると予想されるので、免疫力を高める取り組みが大切です。年齢に関わらず、その基本は生活習慣病を予防する、持病をうまく管理する、免疫力を高める健康行動に努める、の3点と言えます。

本章では「免疫力を高める暮らし」について考えてみましょう。免疫細胞にはいくつかありますが、特に侵入した病原体を強い攻撃力でやっつけるのがリンパ球です。その働きには交感神経が関係しています。「交感神経のオンとオフがうまく行われるとリンパ球の働くシステムがアップ、多忙な生活では交感神経の休まる時間帯は減少」などが既に明らかになっています。一般的に現代人の免疫力は弱まっているのです。

スマホやTVを見ながらコロナ情報に混乱し不安に駆られる生活では神経が休まらないのでは、と懸念されます。私自身の暮らしを考えてみても、交感神経をゆるめるのは難しいものです。このように集中して原稿を

執筆、メールにあれこれ返信、大きな声で歌のレッスンなどの行動は交感神経を刺激します。一方、音楽を静かに聴くと交感神経はゆるみます。立っているだけでも交感神経は働いているので疲れたら横になる、30分程度の昼寝をする、瞑想するなど効果的。それらを取り入れながら暮らすように心がけています。

オンとオフの切り替えが鍵となるので、オフの多い生活もよくありません。COVID-19によって自宅生活を余儀なくさせられる日々では、普段に比べてどうしても活動量は低下します。体力が落ちるとやはり免疫力も低下！昼間に軽い運動を行い、夜に睡眠を十分にとる生活が大事です。私のお気に入りの対策は、様々な音楽を聴きながら曲調に合わせて盆踊り、日本舞踊、モダンダンス、フラなど踊る、名付けて“めっちゃくちゃ踊り”です。どんなジャンルの曲も踊りも大好きなので、三日坊主にならずに継続することができます。心も身体も解き放たれる感覚が幸せ感も運んでくれます。皆さまも自分に合った方法を探してみましょう！

最近の研究から、睡眠の意義が色々明らかになってきました。リンパ球は常に身体を巡回しているのではなく、昼間のリラックスした時間帯や夜の睡眠中に働くのです。ですから、睡眠の十分でない状況が続くと免疫力は低下することが指摘されています！老いも若きもあらゆる場で脳が刺激され、交感神経の休まる時間が減少している現代人の生活では睡眠の量と質が大きな課題と感じています。行動制限の多い生活はついつい不規則になりがち。睡眠の確保に心がけたいものです。

余談ですが、認知症や腎臓に関する研究からも睡眠が重要な役割を果たすことが明らかになっています。睡眠中に生理学的機能のバランスを保つ（正常にもどす）働きが行われていることを示唆しています。

さて、食生活についてはどのように留意していますか？基本は規則正しい食事とバランス良い栄養です。それらに加えて、今回は鉄分に注目しましょう。加齢により男女ともに鉄不足の傾向になりますが、特に女性は要注意です。鉄は、骨髄で免疫細胞を増殖させて免疫力を高めます。また、細胞が生きるために必須の酸素を全身に運びます。血液検査の「HGB: hemoglobin」「ferritin」の項目で鉄分の不足(貧血)をチェックできます。

鉄分が多いのはまぐろ、牛肉、レバー、貝類、大豆製品、パセリ、青菜(ホウレンソウなど)、オクラ、トウモロコシ、ヒジキなど。ニンニクやショウガにも含まれるので料理に組み合わせましょう。ビタミンCと一緒に摂れば、鉄分の体内吸収率は2倍ほどアップ！私は食卓にレモンやユズ酢を準備し、フルーツを添えています。お酒はたしなむ程度ですが、ホワイトビールにレモン汁を入れて楽しんでます(美味しい!)。また、ケトルに鉄たまご(魚や野菜の形)を入れて湯を沸かし、鉄鍋も時々使います。10分ほどの加熱で溶けだし、鉄分を補ってくれます。

2020年1月号(その24:腸が免疫力の鍵)も参考にしてくださいね。この記事がお手元に届く頃には、世界のCOVID-19状況が少しでも改善に向かっていきますように！



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we thought about it”
“We were curious ... so we asked a specialist”

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Kiotsukete
Please take care



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