



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

July 2020 2020年7月 Vol. 46 Issue 7

Best Of The Toronto Japanese Film Festival
ベスト オブ トロント日本映画祭

Preparing To Reopen – Exercising “OMOIYARI”
JCCC再開に向けて – 「思いやり」

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SUBMISSION DEADLINE

Deadline for the next issue is: **Tuesday July 14, 2020.**
 次号の締め切りは2020年7月14日(火)です。

Your news is welcome!
 Please email to newsletter@jccc.on.ca

Editors: James Heron, Kathy Tazumi, Yoko Tsumagari

Japanese Canadian Cultural Centre
 6 Garamond Court, Toronto, M3C 1Z5 Phone: 416-441-2345
 www.jccc.on.ca

Dear Readers,

For the safety of our members, community and friends - and in accordance Ontario public health directives - the JCCC is continues to be 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 have the most up-to-date information.

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 look forward to welcoming you again in the near future.

Please stay well.

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Cover Image: © Roberto Maggioni

Contents

Messages from JCCC	3
JCCC Events / Programs	4
Volunteer Spotlight and News	10
The Online Tea Ceremony Relay	11
Renewing JCCC membership	11
Archiving at Home – Part 3	12
Sedai Features	13
変わりゆく新しい日常の中で	13
Thank you – Donation	15
Life is Like a Hockey Game	22
Summer Picnic in Style	23
Embrace @ Home	24
お顔のツボでビューティー&ヘルスマンテナンス 読書の時間～書店が選ぶおススメ本～ 音楽で遊ぼう!	
健やかな老後をめざして その28	28
Best of TJFF program	

For updates, please connect with us on



OMOIYARI

the act of thoughtful consideration to other people



PREPARING TO REOPEN – EXERCISING “OMOIYARI”

Hello everyone,

We don't usually distribute a July issue of our newsletter, rather a 2-month combined summer edition in June. But these are different times and we want to keep you in the know as to the changing crisis situation.

The core Japanese value of OMOIYARI is sometimes translated as “altruistic sensitivity: an individual's sensitivity to imagine another's feelings and personal affairs, including his or her circumstances.” In many ways it is simply a heightened Japanese version of what we would call “consideration for others.” Omoiyari is the basis of our reopening strategy.

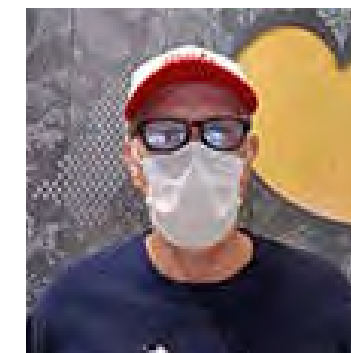
Wearing masks is a gesture of omoiyari. Wearing a mask is not about protecting oneself, it is an act of consideration and a desire to protect others. In that spirit, we will respectfully request that all visitors to the JCCC wear masks.

We are currently studying “best in class” practices and procedures from a number of industries to incorporate in our reopening. For Kobayashi Hall we look to leading cin-

ema chains and performance halls for best practices. Our martial arts program requires us to work with national martial arts organizations while our partnerships with the ROM, the AGO and the Aga Khan Museum mean we have access to leading safety protocols for galleries and museums. We will look to the school boards for the best ways to run our classes. Entry protocols will be thorough but respectful.

Our Omoiyari Promise: We will be sensitive to the needs and safety of our members and visitors, and take every precaution to ensure the JCCC is a safe, clean, hygienic environment.

Our Omoiyari Request: We require all JCCC visitors to wear a mask. Masks drastically reduce the spread to others. For the sake of our members and community we ask for your cooperation. We will be doing the same for you too.



James Heron, Executive Director

(日本語訳を、8ページに記載しています)



KOKUBAN JCCC's Monthly E-Bulletin – School's Out!

School's out! What a bizarre experience it has been for our children in the last few months. In this issue of Kokuban, our new monthly e-bulletin that covers topics from heritage treasures to stories from our community, we are pleased to introduce you to a children's project – Paprika – a creation of the Japanese Canadian community in Toronto has created. To watch the children's wonderful smiles and dances, click [here](#).

We also have an opportunity to watch an [interview with Mickey Matsubayashi](#) reminiscing about schooling during internment – how volunteer efforts have raised and educated the children of that time. And of how one of those wonderful volunteer teachers, Aiko Murakami, went on to become the New Denver Orchard School's principal. Read this issue of the Kokuban to learn more about Aiko's legacy.

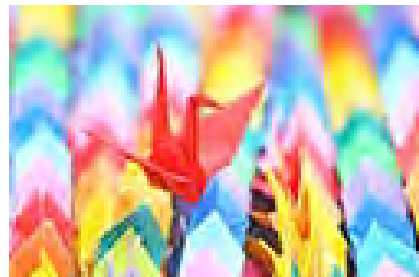


Thank You For Your 1000 Cranes Huge Success for a Community Senbazuru Project

Senbazuru, or one thousand paper cranes, are said to represent hope and wish fulfillment. Thanks to your overwhelming support, we have achieved our goal of collecting photographs of over 1,000 paper cranes.

We will now begin the next step of the project, which will be preparing our Virtual Senbazuru! Please watch for more details about this exciting project!

More details will follow in the next issue of the JCCC Newsletter.



BEST OF THE TORONTO JAPANESE FILM FESTIVAL (THE LIGHTER SIDE)

As we await the post-crisis reopening and the commencement of our rescheduled TJFF 2020 in October, we thought it appropriate to use Japanese film to lift everyone's spirits at this very confusing time. We are delighted to announce a special series representing some of the most popular – and light-hearted – films from the past 8 years of festivals and film program.

These films with subtitles are not available domestically so it is a special treat and a rare opportunity to see them. For the programs, please see [here](#).



Martial Arts Classes Update

Over the summer, our martial arts clubs continue to be committed to connecting with our members through our virtual classes until the JCCC reopens.

Please see below for a listing of classes and class times. If you haven't already, we encourage you to join in when you can as a way to stay fit and to continue to connect with your program, your sensei and your friends. These online programs are free to all our existing martial arts members.

If you are a current student, you should have received an invitation from your course leader to attend classes. If you have not, please email us at onlineclasses@jccc.on.ca and we will put you in touch with the course leader.

Aikido

Sundays – 10:00 am to 11:30 am and 11:45 am to 1:00 pm
Tuesdays – 7:00 pm to 9:00 pm
Thursdays – 7:00 pm to 9:00 pm

Iaido

Contact info@mumonkai.ca to inquire about the class schedule

Judo

Wednesdays – 7:00 pm to 8:00 pm

Karate

(led by Shito Ryu Itosu Kai Honbu Dojo)
Mondays – from 7:30 pm to 9:30 pm
Wednesdays – from 7:30 pm to 9:30 pm

Kendo

Wednesdays – 7:00 pm to 8:30 pm
Sundays – 10:00 am to 11:30 am

Kyudo

Mondays – 8:00 pm to 9:00 pm
Saturdays – 11:00 am to 1:00 pm

The JCCC is extremely grateful to all the instructors who continue to volunteer their time and resources to support club activities. Please keep fit and stay safe! We hope to see you at the JCCC soon.

Subscribe to the JCCC YouTube Channel



The JCCC YouTube channel is home to a vast variety of content, and is one of the ways the JCCC continues to serve our community during this period of facility closure. Much of our class content, such as the collection of our ukulele tutorials, are available for all to view.

Our Virtual Library has also been consistently offering new content, with Toshiki Mori leading us in stories and an 8-week bilingual series on Japanese Proverbs. Know the meaning of "hand from throat"? Check out [Toshiki's videos](#) on our channel for a bit of weekly wisdom.

The JCCC's Virtual Library is currently accepting submissions of online book reading story-telling. Why not make it a fun summer activity to do with your children, and share it with the JCCC. Please contact Haruko Ishihara at harukoi@jccc.on.ca to submit your book reading videos or to inquire further.

Another new addition to our YouTube channel this month is a beautiful tea ceremony by Reid Burrige of Urasenke Tankokai Toronto Association. Reid had carefully chosen the perfect day with cherry blossoms in full bloom to film this video. Although Spring has come and gone, let this video bring you some serenity in these hot summer days.



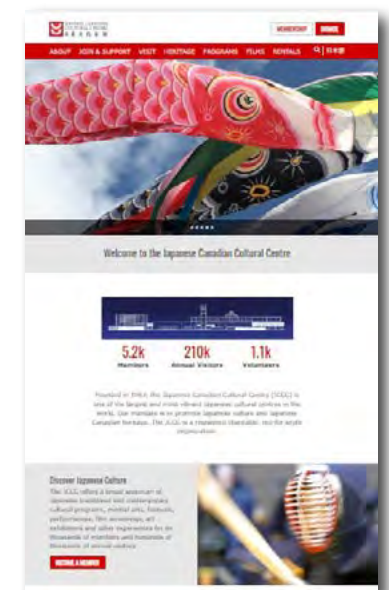
Take a Look at JCCC's New Website!

The JCCC is excited to announce the launch of our new website, redesigned to be more user-friendly, with added features to make member experience more enjoyable.

The revamped website offers a number of new features including:

- Improved [Online Donation Portal](#): it is now even easier to make your donations online.
- Mobile Friendly Interface: fully responsive on all screen sizes, the mobile-friendly website is easy to navigate on your computer, phone or tablet.
- JCCC News: easy access to information about the latest developments at the JCCC.
- Programs and Events: improved navigation to help you find the events and programs you are looking for, and seamless syncing to your calendar so you won't miss another JCCC event.
- Improved Site Navigation: search anything using keywords and instantly find what you are looking for.
- E-Payments [coming soon]: online payment system for events, classes and membership is on its way.

The new website is one of the ways the JCCC continues to work to improve our service to our members and community. We welcome your feedback. Please leave any comments in the "contact" section found at the bottom right of the website.



A Recipe from our Seniors' Supper Club

As Toronto and the GTA slowly move towards recovery from COVID-19, the JCCC urges all stay safe. Here's a simple recipe for our Seniors' Supper Club members, and anyone else staying home, looking to practice their cooking skills.

Summer has officially started, so another recipe fit for the barbeque is in order. If you do not have access to a BBQ, follow the oven instructions below.

Salmon Miso Yaki (serves 2)

- From *Just Add Shoyu Cookbook*, p154

Ingredients

- 2 tbsp miso
- ½ tsp. sesame seed roasted
- 1 tsp minced ginger
- ½ tsp. mirin
- 1 tsp sugar
- ½ tsp vegetable oil

Equipment

Small mixing bowl, Measuring spoons, Small baking pan (optional), Aluminum foil

1 lb – or 2 serving sized filets of salmon (you can easily substitute trout or arctic char, if you wish)

Instructions

1. In a small bowl, combine marinade ingredients and mix until sugar dissolves. Add salmon to marinade and let sit at room temperature for 30 minutes (or refrigerate for 2—3 hours).

If using BBQ –

1. Preheat BBQ.
2. Lightly oil grilling surface of BBQ. Reduce heat to medium.
3. Place salmon, removed from marinade and skin side down, onto the grilling surface.
4. Grill for 2-3 minutes per side.
5. Remove to plate. Serve with steamed rice and veggies.

* You can also grill the salmon on a piece of oiled foil if you are concerned about the salmon sticking to the grill and breaking apart

If using Oven –

1. Preheat oven to 350 degrees F (175 degrees C).
2. Line baking sheet with foil and coat with non-stick cooking spray or oil.
3. Place salmon on baking tray and bake on middle rack for 5—7 minutes. Salmon is done when easily flaked with fork. Serve with steamed rice and veggies.

Storage and Reheating

- Leftover salmon should be kept in the refrigerator and eaten within 1 week.
- Reheat in the microwave for around 1 minute or eat cold.
- Leftover salmon can be frozen for up to 2 months. Let defrost overnight in the refrigerator then reheat in microwave.



ON-LINE SAKE SCHOOL



Join us for a fascinating look into the world of Japan's national drink with international sake sommelier and educator Mariko Tajiri. Mariko will present 90-minute seminars, each addressing a different facet of sake and the culture around its creation and enjoyment.

Seminars are conducted over Zoom. Each is 90 minutes and the fee is \$35 per seminar.

If you want to savour as you study, Sake Study Packs featuring three bottles can be ordered for home deliver (in the GTA) for \$92 through <https://rglrcoffee.square.site/event>

To register and payment, please visit at www.jccc.on.ca

Seminar #2 SERVING SAKE

Thurs. July 9 @ 7:30 - 9:00pm

Looks at how to enjoy sake. How should it be served? How it is best paired with food? How does one select the correct temperature and glassware by season and circumstance?

Seminar #3 REGIONALITY

Thurs. July 23 @ 7:30 - 9:00pm

As with wine, region and terrior are essential to your sake knowledge. Learn about the important regions, what characteristic you should look for from certain regions and who the best producers are.

Tanko Bushi Together!

Are you tired of the same thing day in and day out? Are you missing all the fun and activity of a JCCC event? Did you plan to attend this year's Natsu Matsuri and Bon Odori?

If any of your answers were "YES!" then we have just the event for you!

Come and join the Japanese Canadian Cultural Centre and Toronto Buddhist Church for a VIRTUAL minyo dance.

While many restrictions are still in place and we are not able to hold our annual festival, we still wanted to get together and dance. We will start our event off with a short instructional so that everybody can join in. Then we will let the music play and dance altogether.

This dance is suitable for all ages, the young and the young at heart.

Please join us on Saturday July 11th, 2020 at 7:00 pm for this FREE event.

In order to get the zoom invitation, you must sign up. Space is limited so go to our website and sign up today!

Tanko Bushi Together!

Learn and dance the Tanko Bushi with the JCCC and TBC

Virtual Minyo Dance

SATURDAY JULY 11TH, 2020 7:00 PM

Sign up is mandatory as space is limited.

To sign up, please go the JCCC website at www.jccc.on.ca



開館への準備 ~ “おもいやり” のところで

JCCC館長 ジェームス・ヘロン

皆様こんにちは。通常会館のニュースレターは6月に7月の内容も含めた2か月分を併合して発行しますが、今回は新型コロナ禍による現状を考慮して、会員の皆様に最新情報をお届けしようと特別に7月号を作りました。

日本人が大切に思う“おもいやり”は、“利他的な態度、反応”；相手の感情や立場になって配慮する気持ちと訳されます。いわゆる“他者への配慮”がより高められた日本的な価値観と言えます。この“おもいやり”の気持ちが開館対策の基礎となります。

マスクをつけることは“おもいやり”です。マスクをつけるのは自分を守る為ではなくて、

反対に他の人を守りたいという気持ちの表れです。その精神で、再開後は会館内でのマスク着用の徹底をお願いします。

現在は、他の団体の対応等を参考に、最上の活動や手順を検討しています。小林ホールに関しては、大手映画チェーンやパフォーマンスホールの対応を参考にします。武道クラスについては国の関係団体との連携が必要とされます。ROM, AGO, Aga Kahn Museumとパートナーシップにあるということは、それら一流施設の安全対策を参考にできる関係にあるということです。クラス活動については教育委員会の基準を拠り所に万全を尽くし

ます。入館時の手順は厳密なものとなりますが、利用者の皆様には丁寧に対応します。

“おもいやり”の約束すること：会員やビジターの安全に細心の注意を払い、JCCCの安全、清潔、衛生管理に万全の注意を払います。

“おもいやり”を実行する上でのお願い：JCCCの来館者には、マスク着用の徹底をお願いします。マスクの着用は感染予防に絶大な効果があります。会員とコミュニティの為に、皆様の御協力をお願いします。我々スタッフも例外なくこの基準を守ります。

1 ON 1 ONLINE JAPANESE CONVERSATION OFF TO A VERY SUCCESSFUL START!

The opening of the first series of sessions, starting on June 1, was immediately sold out. This far exceeded our expectations and reflects a big demand for learning Japanese. The volunteer instructors have spent five weeks to build a system for on-line lessons from scratch and gathered as many teaching materials as they could. They were very well prepared for their first lessons and soon found that teaching on-line was very effective yet not complicated. It was also fun to meet people from all over the countries. Thirty minute lessons are offered on a remote basis via Zoom so it attracts students who would not otherwise have access to the centre. As we gained confidence in the program and were ready to accept more students, we posted the opening for the second period starting July 2. Again tickets were sold out, this time in one day.

1 ON 1 Online Japanese Conversation has become one of the most popular programmes of JCCC during the COVID-19 pandemic. Instructors are all donating their time and expertise to support the JCCC during this difficult time. We appreciate their dedication and are hoping they will continue to enjoy their experience.

Student testimonial

– “I enjoy every minute of learning Japanese language from you. Hope I will have improvement in each lesson.”

– “Great service, would recommend to anyone. The JCCC is a little far for me to get to easily, so it's great to be able to engage remotely.”

– 教えてくれてありがとう (Thank you for your teaching!)

– 素晴らしいレッスンでした。あなたのレッスンを受けて良かったです。勇気が出ました、ありがとうございました。

日本語教師募集

JCCCでは下記の通り、オンライン プライベートレッスンの新プログラム「1 ON 1 Online Japanese Conversation」で日本語を教えてくださいるボランティアを募集しています。

募集要項:

日本語を母国語とする方で、下記の三点いづれかを一つ以上を満たしている方を希望しています。

1. 日本語教師養成講座修了者
2. (外国人に教えるための)日本語文法などを学んだことがある
3. 日本語教授の経験者

ご自身のコンピュータもしくはタブレットをお持ちで、Zoomを扱えるかた (Zoomご使用の未経験者にはこちらでお教えすることも可能)。

ボランティア業務内容:

- Zoomを使用してのオンライン日本語教授 (1レッスン、30分・会話形式を主とする) 及び、レッスン記録記入。
- 担当生徒のZoomスケジュール設定、インビテーション送信。

新型コロナウイルスによる緊急事態宣言下の状況に対応すべく立ち上げられたオンライン日本語レッスンは、インストラクターの皆様がボランティアとしてご参加、JCCC及びコミュニティ支援として活躍いただいております。

ご賛同いただける方で、ご興味のある方は、下記のメールアドレスまでご連絡くださいませ。

おかげさまでプログラムは予想以上の登録数で、生徒さんには「便利で楽しく役立つ」と好評を博しています。またボランティアの皆様からも、楽しくレッスンをし、このような状況下でも充実した毎日が送れているとのコメントをいただいております。

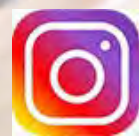
養成講座を修了したばかりの方で、ご経験を積みたい方、以前教えたことがあり、又教え始めたいと思われる方、現役で教えているが、この機会にコミュニティ貢献をとお考えの方、是非ご連絡をお待ちしております。

事務連絡、レッスン共に総てオンラインとなりますが、授業時間は東部標準時を基準とします。時差対応が可能であれば、居住地はカナダ国内のどちらでも構いません。

お問い合わせ・お申し込み連絡先: jponline@jccc.on.ca
1 ON 1 online Japanese Conversation programの詳細は、[こちら](#)

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!



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.

SCHEDULE / FEE

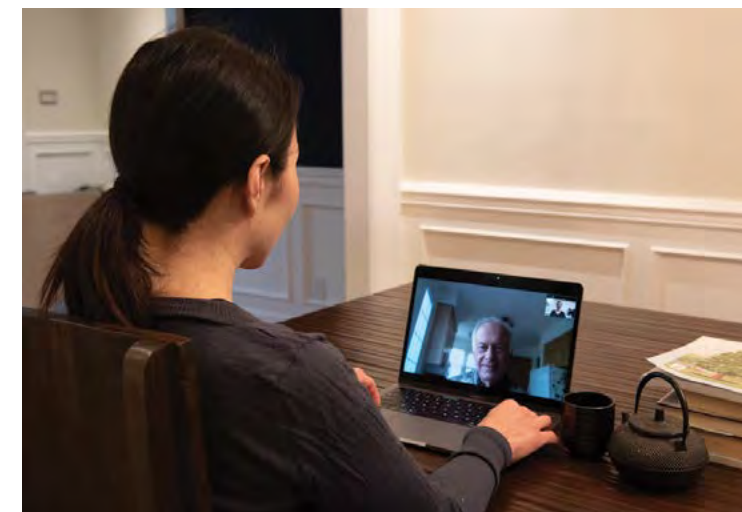
LESSONS AT YOUR CONVENIENCE:

Use anytime to best suit your own convenience and preferred schedule. Lesson date and times to be coordinated with your instructor in advance. Classes may be taken multiple times per week or once every 1-3 weeks according to students' desire (pending instructors availability). All lessons must be completed within a 3 month period (effective from the first lesson date).

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

INFORMATION / REGISTRATION

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



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 students over 15 years of age with a basic knowledge of Japanese and who wish to practice their conversational skills. Students are not required to be a member of JCCC.

learn japanese!
have fun!
support jccc!

Volunteer Spotlight

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

Meet Yosh I.



Yosh can be seen at many festivals behind either a still camera or video camera recording the events for the JCCC. However, here is a man of many talents and great generosity. In addition to being a featured artist in the Art Gallery in 2016, Yosh also works "behind the scenes" in many capacities.

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

I think somewhere around 18 years. I have a bad memory, so I may be wrong.

How did you get involved with volunteering at the JCCC?

Since I arrive in Canada, in 1968, I started visiting the JCCC on 123 Wynford Drive. I enjoyed Friday night disco with sansei friends. Then I got involved with the Annex setting on Danforth with those sansei groups. I was very busy with my work, so I came less to the JCCC in 80's and 90's. In approaching my retirement age, I started visiting the JCCC more often.

Whenever I showed up at the JCCC, I was greeted with big smiles of young (and older) ladies which totally hooked me and here I am. Feeling welcomed and making me feel that I am still worthy for the community (even in my old age) are the main drives to come here.

What type of volunteer work have you done?

I was taking pictures of Kohaku Uta-Gassen for the Shin-Ijusha group. These days, I shoot pictures and videos of events. I help with the "Discover Japan" school group field trip program. I also participate in Heritage Archiving every Wednesday. Oh, yeah, and I help peel shrimp for New Year's Festival.

The JCCC is Implementing a new Volunteer Database System ボランティアデータベースソフトウェア導入

By Volunteer Committee

The JCCC has been preparing for the re-opening of the building. The Volunteer Committee has been training to use VolunteerHub. Once VolunteerHub has been implemented, it will be easier for volunteers to find volunteer opportunities, register, and manage their own profiles. Groups and clubs that always help at the particular events will be able to manage registration of their own volunteers. This will improve the efficiency in managing volunteer participation at events.

Progress of this system will be updated in future newsletters. We look forward to your support as we move to improve the JCCC volunteer management system.

緊急事態宣言が完全に解除されるまでにはまだあともう少しと見通しのつかない状況ではありますが、JCCC各部署では再オープンのための準備に取り組んでいます。ボランティアコミュニティでも引き続きボランティアデータ

管理ソフトウェアの構成、オンラインフォーム設定などを当面のプロジェクトとして進行中です。今後活用していく『VolunteerHub』のサイトからボランティア登録や、イベント当日のサイン・インとアウト、又全てのボランティアインフォメーション管理が可能となります。

クラウドベースのシステムにより、JCCCウェブサイトから直接その『VolunteerHub』のシステムにアクセスできるようになります。いつも決まったイベントのエリアを担当して下さるクラブやグループの皆様には、リーダーの方が直接自分達のグループのボランティア管理をすることも可能になります。

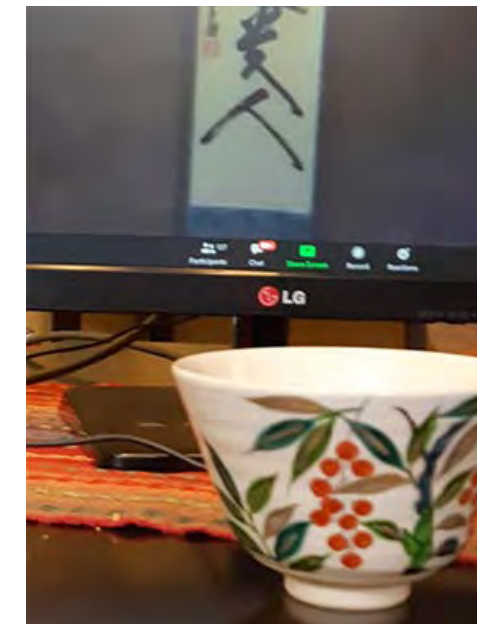
この『VolunteerHub』をスムーズに活用していくにはボランティア皆様のご協力が必要となります。今後しばらくの間、何かとご迷惑をおかけする事もございますが、引き続き進行状況をお知らせしていきたいと思っております。ご理解とご協力のほどどうぞよろしくお願い致します。



The Online Tea Ceremony Relay

By Urasenke Midorikai Alumni Association

It was nice to celebrate tea together with people across the world in a 22 hour tea relay starting from Sydney all around the globe to Hawaii. During this COVID-19 pandemic, tea practitioners were able to connect online and share an ichigo-ichie moment. It was a wonderful way to mark the 50th anniversary of the establishment of the Midorikai.



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 your membership in any of the following ways:

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.

Payments can be made by cheque to;
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 your payment by phone.

*All prices include tax where applicable.

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

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

Archiving at Home – Part 3

By Theresa Takasaki,

Heritage Manager - Archive, Collections and Programming



Although archiving, and the stewardship of the items that people leave behind, are what I trained for in University and College, I have not had the time to dedicate to the practice for a number of years. Working in an Archive has been wonderful! Interacting with the individuals who come to volunteer, who come to research or who just come into the Moriyama Nikkei Heritage Centre to learn has been one of the highlights of my job at the JCCC.

These past months though, I have gained a new appreciation for the physical work of archiving. Looking through a collection of items, scanning them and describing them, entering them into the nikkeimuseum.org database; transforming them from cherished family memories into a resource to be shared.

The collection that I am working on now is the Mike and Eleanor Maruno Collection. Mike Maruno was an Asahi baseball player in the 1940's. During World War II he spent time in road camps, eventually ending up in Revelstoke, BC. He married Eleanor Tsuchiya in a lovely outdoor ceremony (their wedding pictures were the poster image for the Something Old, Something New exhibit). Their collection of photos, clippings and collectibles spans decades, from pictures of them as a young married

couple to memorabilia from the days when the Asahi were being remembered. (The collection even contains the Sakura Award given to all Asahi Baseball Players in 2016.) Through the wide variety of photos, newspaper clippings, magazines and memorabilia in the collection, it is possible to see how important baseball and family were to this couple.

The collection came to us as several large envelopes within a shopping bag (as many collections do). It is now housed in acid free folders within a large archival box. Although, in some ways, this neatening of the collection seems to minimize its size, I know that the collection will be better preserved in its new home. The family hoped that by having the collection reside within the Moriyama Nikkei Heritage Centre it would be readily available to any family member, researcher or the public that wanted to view it. At this point, 95% of the collection has been scanned. Later this week I will begin on the data entry so that it is available for public viewing. In the meantime, I wanted to share how privileged I feel to have been entrusted with family history. Here are a few of the scans that are in the collection to tide you over until I have all of the data entry complete.

Sedai Features

Japanese Canadians:
Developing Tourism in Canada

In the past few decades, tourism between Canada and Japan have thrived. For international travellers, Canada is well known for its natural beauty from the lush forests of British Columbia's coastal regions to the grand mountainous terrain of the Canadian Rockies in Alberta. In 2018, Canada welcomed over 251,000 Japanese visitors and reciprocally, Japan is an immensely popular destination for Canadian tourists. Not surprisingly, the Japanese Canadian Cultural Centre's members toured Japan as a group in 1973.

However, Canada is not always known as a top tourist destination for international travellers.

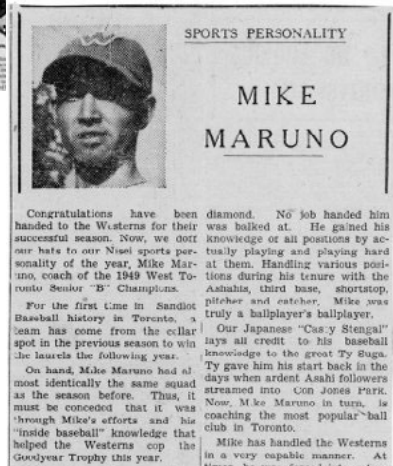
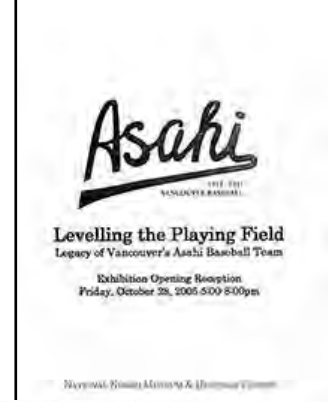


Joe Ohori. 2011-258. Sedai Oral History Collection.

In this month's Sedai feature, Joe Ohori talks about his work in developing Canadian tourism during the summer and winter months in the 1960s. It is indeed hard to comprehend Canada not being a top skiing destination! Joe, who worked for the Canadian Pacific Airlines, was part of a team that was instrumental in cultivating Canada as the destination for skiing especially for Japanese travellers. Listen to Joe as he recalls how his team worked tirelessly to bring Yūichirō Miura, one of Japan's finest skier who took on Mount Everest, to promote Canada's tourism when everybody else scoffed at their small budget. To watch the full interview, [click here](#).



A Group Portrait of Japanese Canadian Cultural Centre's Tour to Japan, 1973, JCCC Original Photographic Collection. 2001.12.5.



変わりゆく新しい日常の中で

by 新日系コミッティー Co-Chair 原あみず

4年間の日本での生活に一旦区切りがつき、すぐさまトロントでの事情があわだしくなったため、去年の10月末に久しぶりにトロントに戻りました。そのとたんにコロナウイルスパンデミックの非常事態に出くわし、ただでさえ身の回りがドタバタ忙しい最中であったのに、日本でみてもらった占い師の予言である年明け以降運気上昇は大外れとなりました。最近ではこの予期せぬ非常事態の中に起きるラッキーな出来事に対して、これが運気上昇か!と、色々とかじつけたりするようになりました。(笑)

今は緊急事態宣言の解除が待ち遠しく、すでにダウンタウンの街並みも人の活気がチラホラうかがえるようになり、家族での外出が増える分、我が家のマスクの数も4人分で40枚近くにも膨れ上がりました。また、パンデミックということで、毎日世界の情報をひたすら聞き続けているせいか、頭の中だけ世界中を駆けめぐらるようで、身体は家の中に置き去りという非現実にとまどいながら、家族で健康に過ごす幸せにあらためて感謝する自粛

生活を送っています。緊急事態宣言の解除に向けて、一気に生活が変化し、日々の現実を再確認するとともに、それが以前とは違う「新しい日常」であることを受け入れ、家族4人それぞれの生活に合った対策を考えているところです。

このようにして、久々にもどってきたトロントの日常が、日々変化する非日常へと変わり、今は収束に向かって新しい日常が訪れています。

そして、そんな新しい日常を送ることにゆるぎない安心感があるのは、ここに変わらぬ居場所があるからであり、私にとってはその一つが新移民者社会を含む日系社会であり、JCCCであります。この20年間はここで生きる新移民者である日系人として日系社会の先輩たちに育てていただいたようなものです。思えば、20年前の新移民者の先輩たちは血気盛んで、日系社会拡大のために、日本語教育と日本文化の継承を中心に画期的な組織活動で突き進み、トロントに移住したばかりの私はその激しい情熱に導かれ、今後の生活

に希望を見出し、時として、その深い思いやりに救われました。

こうして戦後の新移民者社会は発展し、私たちの世代が新日系二世を育て始める頃から一気に多様化に向かいました。そして現在、先輩たちは「シニア世代」として新移民者の新境地を築き、その止まらぬ勢いに驚くばかりです。私はまたその先輩たちを追いかけながら、自分の将来について考えさせられています。今のところ私には3つの国それぞれに居場所があり、それは今後私と夫の古い先の人生や、子供たちの成長とともに、どう変化するのはわかりません。でも、今ここにいる限りは先輩たちが築くシニア社会に寄り添ってみたいと思います。当時の先輩たちの年齢に近づいた私は、次世代に継承していくもの、時代と共に世代と世代が繋がってきた日系社会がこれからも時代に合った日系社会として発展していけるように何ができるのか考え続けたい、と、この変わりゆく新しい日常の中だからこそあらためて実感しています。

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As of June 28, 2020

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Mr. Nobby Miura	In honour of my grandson, Toa Maruzaki, who lives in Sapporo	Mr. John Shaw
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		Ms. Sumie Kinoshita	100	Mrs. Sally Miyazaki	127
		Mrs. Dianne Kitazaki	30		



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

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 sustainment 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.

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

Individuals/Couples

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	Fumiye and Masaharu Mukai - In Memory
Chong	Isaburo and Noshi Nagasuye - In Honour of
Shirley Mitsuko Edamura - In Loving Memory	Janet Michiko Nagasuye - In Gratitude
From Henry Lorie Robbie Kristi Dean	Mae & Shigemi Nagasuye - In Loving Memory
& Families Edamura Kobayashi Sikura Shin	Michael, Elizabeth & David Nagata
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Hamade Bunichi & Ito Matsunosuke & Hana	Ron and Judy Nishi
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Yoshiko & Shigeo Bus Harada - In Memory	In Memory of Ippei and Hama Nishio
Elaine Ishibashi and Keith Smithers	Dr. Nori Nishio - In Memoriam
Sam and Margaret Ito	In memory of my parents Etsu and Moichi
Fred and Hedy Iwata In Memory	Roy Chukichi and Suzu Oyagi - In Memory
Eizo and Fumi Kamitakahara - In Memory	Kevin and Nancy Roxby
Ken and Agnes Kanda	In Memory of Grace Haruko Sakamoto
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In Memory of Margaret Mori	In Memory of Ethel Midori Wakayama

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Tsutae Yamamura - In Loving Memory
In memory of Amy Shizuko Yoshida

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Life is Like a Hockey Game

by Matthew Shintani



不老不死の薬は無い

There is a remedy for everything, but death.

Remember when ...

- A gallon of gas cost 55 cents?
- Minimum wage was \$2.25 per hour?
- A new car cost \$4,400?

If you do, then you are at least 44 years old or born in 1975 or earlier. "Time flies" whether you are having fun or not, right? It's no secret that most things are more expensive tomorrow than it is today. It's a universal truth. At a certain age, most people tend to look back at the many years of personal history and acknowledge that there may be fewer years ahead than behind. We can learn a lot from our past and use this experience to plan for the future.

知者は惑わず、勇者は懼れず

A wise man does not lose his way, a brave man does not fear.

Life is like a hockey game. You get three periods. Usually, the game is over after the third period. If you are fortunate enough to make it to your 80s, then you are in "overtime." In your 90s, you are in "double-overtime." At any point in the game during the overtime, somebody is going to score that goal and then suddenly the game is over! That's why it's called "sudden-death" overtime.

一期一会

Cherish every moment because every encounter is precious.

When was your best vacation? Maybe it was 20 or 30 years ago when you were much younger. Your memory of it is so vivid that it seemed like it was only last month or last year, right? Time flies again.

Matthew Shintani is a Licenced Cemetery & Funeral Pre-Planning Professional at Arbor Memorial Inc. serving the Greater Toronto Area with 21 cemeteries and 49 funeral homes.

email: MShintani@ArborMemorial.com

If you wait until you feel like you are in the mood to pre-plan your own arrangements, then time will fly again, and before you know it, another 10 years have flown by and it's "overtime." A plot is still a plot and a memorial is still a memorial. The only thing that will change is that you will be older and the prices will be higher. Or even worse, somebody scored that goal and the game is over and it's too late to take advantage of all of the benefits of pre-planning.

雨降って地固まる

After the rain, the earth hardens. Adversity builds character.

Death is a harsh reality, and the death of someone we knew and loved is never easy. Following the death of a family member, there are many important decisions that will need immediate attention, usually within the first 24 hours. The hardest part about pre-planning your final arrangements is getting it started. After all, this is not a product and service that a family might need, it is a product and service that a family will need.

My job is to help families take care of their own final arrangements well ahead of time and then assist their parents with theirs, thereby not leaving the emotional and financial burden on anyone else when they pass. I help them to discuss their plans together today, to ensure their final wishes are captured in the way that each person wishes.

旅は道連れ世は情け

No road is too long in the company of a friend.

Summer Picnic in Style

by Kiki Pau, Oomomo



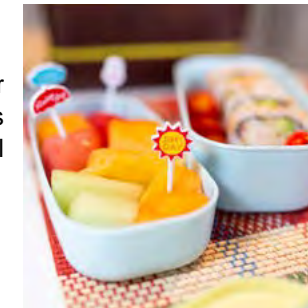
Prepare cute bento boxes for your appetite and THE PICNIC PHOTOS!



With the help of our rice molds and cutters, you can easily turn your bento into a piece of art!



Fruit is a must-have for summer picnic – use our colorful food picks to make them even more colorful and more convenient to eat.



Keep your bento in order with dividers or silicone food cups to separate your food so they don't get mixed up during transport. And don't forget your soy sauce with those cute sauce bottles.

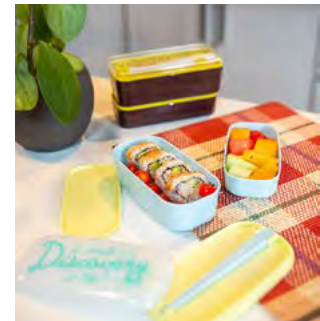


Picnic has always been the most anticipated activity during the summer time. It is an event to enjoy the beautiful weather and food with friends and family. Want to prepare a perfect picnic? We've got your back!

Pack your food in 2-tier / 3-tier boxes to keep them fresh under one roof.



Did you miss Spring picnics? We can also re-create the cherry blossom themed picnic with our sakura sushi mold and set bento boxes.



A Perfect Picnic would be incomplete without drinks -- get some Japanese bottled tea and keep them cold beforehand! Instead of a fizzy drink, tea is obviously a much healthier option, which also keeps you cool and hydrated under the hot sun.



Now you are good to go. Packed bento boxes, snacks, drinks and your choice of picnic mat in our stylish picnic bag - they come in good sizes, so you can pack all your stuff in one go.



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お顔のツボで ビューティー&ヘルス メンテナンス

by Keiko Itoh, Tokyo Beauty Studio Inc



トロントもあつという間に7月になりました。夏を迎え一年で一番過ごしやすい季節がやってきましたね。毎日を心地よく穏やかに過ごせるよう 美容と健康にも目を向けてセルフメンテナンスをしてみませんか？
そこで今回は 美容と健康に効果のあるお顔のツボをご紹介します。

顔ツボを刺激して不調を改善

身体には約360以上のツボがあるといわれ、頭部には70以上、顔面には60以上のツボが集まっています。

顔のツボは身体の臓器と繋がっています。身体の内側の不調は、身体の表面の関連するツボに何かしらのシグナルとして お顔にも 顔色 むくみ、ニキビ、吹き出物、色素沈着などとして現れます。

お顔(外側)のトラブルと身体(内側)の不調を顔ツボを刺激する事によって調整改善していきましょう。

今回フォーカスするお顔のツボは、長時間によるパソコンやスマホの使用が原因で起こりうる ①疲れ目、眼精疲労、目の周りのシワ、くすみ、くま、たるみを解消するツボ、そして長時間のマスクの使用により起こりやすい、②口元のたるみ シワ ニキビ 吹き出物に効果のあるツボにフォーカスしていきます。

ツボを押すタイミングとコツ

ツボを押すタイミングは できればお風呂上がりや歯が効果的ですが、朝晩のスキンケアの一番最後に行うのも良いでしょう。

ツボを押すときのコツは、人差し指 または中指の腹で、ツボに圧をかけつつ、力を入れ過ぎないように痛気持ちいい位を目安にゆっくり5秒くらい押したら一度離す。これを5回位繰り返して押してください。

(押す以外にタッピング又はツボのポイントからはみ出さないようグルグルと指の腹で円を描くように押してあげても効果はあります)

実際にツボを押してみよう

お顔のツボの図を参考に左右同時に指先を使って是非試してみてください。

- 各ツボの場所と効能 -

① 瓊竹(さんちく)

<位置>
目頭の内側の端少し凹んでいる所
<効能>
・まぶたのむくみ/目の周りのシワ、くま
・眼精疲労/頭痛

② 陽白(ようはく)

<位置>
瞳の真上眉毛から親指一本分程上
<効能>
・おでこのシワ
・疲れ目/近視/乱視/老眼/視力回復

③ 魚腰(ぎょうよう)

<位置>
眉毛の真ん中から少しだけ下に降りた所の凹み
<効能>
・肌の色艶/額のニキビ吹き出物、シワ/目の周りのシワ
・疲れ目

④ 絲竹空(しちくくう)

<位置>
眉毛の端少し凹んだ所
<効能>
・顔のむくみ/おでこ、目尻のシワ
・頭痛/めまい/まぶたの痙攣

⑤ 睛明(せいめい)

<位置>
目頭と鼻の骨との間にある凹み
<効能>
・まぶたのむくみ/目の周りのシワ、くま、たるみ
・疲れ目/ドライアイ/充血

⑥ 太陽(たいよう)

<位置>
目尻と眉尻の間で親指の幅分外側にある凹み(こめかみ位置)
<効能>
・目の周りのクマ、シワ/目の下のたるみ/おでこのニキビ吹き出物/目、口の歪み
・眼精疲労/頭痛/偏頭痛/老眼

⑦ 承泣(しょうきゅう)

<位置>
真っ直ぐ前を向いた時の瞳の真下骨の縁
<効能>
・口、目の歪み/まぶたのむくみ/目の周りのシワ、くま、たるみ
・疲れ目

⑧ 四白(しはく)

<位置>
「承泣」より真下に1.5cm程下ったところ。頬骨の一番高い所
<効能>
・目の下のクマ/顔のむくみ、シワ
・ニキビ吹き出物
・まぶたの痙攣、目の充血、目の疲れ

⑨ 巨(こ)りょう

<位置>
瞳の真下に引いた線と鼻の下縁から横に向かって引いた線が交わる位置
<効能>
・目の周りのクマ、たるみ/顔のむくみ、シワ、ニキビ吹き出物
(小顔美肌のツボ!)
・顔の麻痺

⑩ 印堂(いんどう)

<位置>
左右の眉頭の中心
<効能>
・眉間のシワ/美肌
・ストレス/鼻炎/疲れ目/頭痛/不眠

⑪ 下関(げかん)

<位置>
耳の前方3cmくらいで頬骨の下の凹み
<効能>
・顔のたるみ、シワ/口、目の歪み/ニキビ吹き出物

⑫ 迎香(げいこう)

<位置>
小鼻の両脇にある少しへ凹んだくぼみ
<効能>
・小じわ/肌荒れ/肌のたるみ/ほうれい線/ニキビ吹き出物
・鼻詰まり/鼻水/鼻の不調の解消

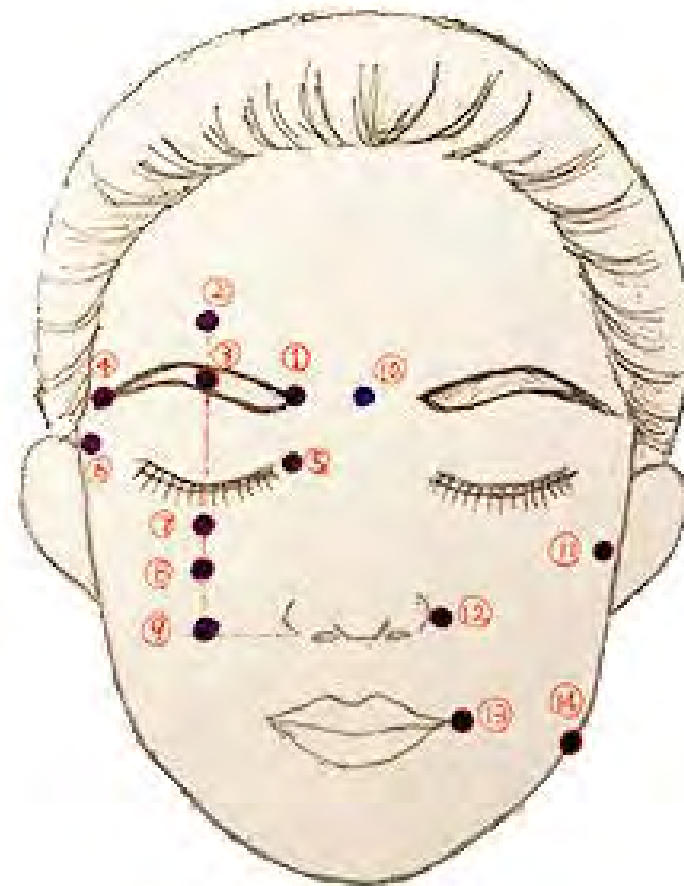
⑬ 地倉(ちそう)

<位置>
口の端から0.5cm位外側に離れたところ
<効能>
・顔のむくみ/二重顎改善/ほうれい線/口の周りのシワたるみ、ニキビ吹き出物
・歯の痛み、口内炎

⑭ 大迎(だいげい)

<位置>
下顎のエラから骨の縁に沿って指を前に進めていくと骨がくぼんでる部分。拍動があるところ
<効能>
・小顔効果!
フェイスラインのたるみ/むくみ
口の歪み/口の周りのシワ、ニキビ吹き出物

心も身体も 心地よく穏やかに過ごせませう皆様のご健康とご安全を願っております。



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Tokyo Beauty Studio Inc

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読書の時間

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カエルの楽園 2020

百田尚樹／著
出版社名 新潮社
出版年月 2020年6月
店頭価格 \$13.90+TAX

ネットで大反響の寓話を緊急刊行!! コロナ禍の日本に投げかける、警告と希望の書。

二匹のアマガエルがたどり着いた夢の楽園は悲劇的な末路を迎えたはずだったが、悪夢から一夜明け、二匹はなぜか再び平和な地にいた。今度の世界では、ウシガエルの国で「新しい病気」が流行っていたものの、楽園のカエルたちは根拠なき楽観視を続ける。しかし、やがて楽園でも病気が広がりはじめ……。国難を前に迷走する政治やメディアの愚かさ、滑稽さを浮き彫りにし、衝撃の三通りの結末を提示する。『カエルの楽園』の続編として新たに書き下ろされた寓話小説。ネット公開時に大きな反響を呼んだ作品に加筆修正を施した完全版。

太平洋を渡った杉原ビザ カウナスからバンクーバーまで

高橋文／編著 バンクーバー新報／企画・編
出版社名 岐阜新聞情報社
出版年月 2019年3月
店頭価格 \$36.70+TAX

1939年9月、ナチス・ドイツによるポーランド侵攻を引き金に第二次世界大戦が勃発。多くのユダヤ系避難民が隣国リトアニアに流れ込んだ。翌40年8月、前年にドイツと不可侵条約を結んでいたソ連がリトアニア併合。窮地に追い込まれたユダヤ人はヨーロッパ脱出を図る。

だが、最終目的国や通過する国々からのビザが手に入らない。ソ連からの命令で、在リトアニア各国公館が次々と閉館したからだ。しかし、同国カウナスにあった日本領事館は開いていた。領事代理・杉原千敏(すぎはらちうね)が、日本政府からの訓令に背くことを承知で、群れをなすユダヤ人に、懸命に日本通過ビザを発給していた。40年8月末、日本領事館もついに閉館。

数千の「杉原ビザ」受給者が、ソ連を横断し極東の港ウラジオストクから日本の敦賀港に上陸。その中にはカナダ入国ビザを得て、バンクーバーを目指した人々もいた。

「杉原ビザ」を手に、カナダをはじめとする国々まで逃亡を果たしたのはどのような人々だったのか。ビザ受給前後の状況とは。戦後の暮らしは。子孫は今どこに。



音楽で遊ぼう!

by Sayaka Morita
さやか音楽教室
Sayaka Music Studio
sayakamusicstudio.com



私には2歳になる娘がおりますが、自粛生活が長引く今、娘と一緒にいる時間も長くなり、家にいるとどうしてもスクリーンタイムが長くなりがちです。それでなくても、今日子供たちの周りには、電子音メロディの流れるおもちゃ、ゲーム、テレビなどスイッチ操作ひとつで聞こえてくる機械音で溢れています。この度はこの場をお借り致しまして、同じくお子様をお持ちの方々に、私がお家でやっている音楽を楽しむ工夫をご紹介させていただきたいと思っております。

自然の音を聞いて、歌ってみよう

お天気が良くなってきましたので、お外遊びをするときは、なるべく自然の音に耳を傾けるようにしています。鳥のさえずりや木が風にゆられてサワサワと鳴る音、虫の声など…一緒にその音の真似をして声で表現してみましょう。そして見たものにちなんで歌を歌いましょう。例えば、鳥の音が聞こえたり、鳥を見たら、『小鳥はとつても歌が好き』『鳩ぼっぼ』『かもめの水兵さん』『七つの子』ありを見たら『おつかいありさん』はちが飛んでいたら『ぶんぶんぶん』チューリップが咲いていたら『チューリップの歌』…雨が多い日が続いた時、庭でカエルを発見しました!すかさず『カエルの歌』を歌って、娘とカエルが鳴いてくれるのを待ちました。

楽器を使って自然の音を表現しよう

家にピアノなどの楽器がある方や、少し大きなお子様には、自然の音を楽器で表現してみましょう。鳥の音なら、お好きな高音隣同士の二音を交互に早く弾いてみましょう。風の音には、ペダルをふんで、高音の黒鍵をホウキではくようにさっと撫でてみましょう。手でピースサインを作り、ありの様にその二本の指で鍵盤をちょこちょこ動き回ってみましょう。カエルのように、指で鍵盤上を元氣よく飛び跳ねてみましょう。また、表現した音を聞きながら、その動物や虫、風になって動いてみましょう。何かを音で表現することは、今後、楽器演奏していく上での想像力を培うとてもいいトレーニングになりますし、音楽を聴き、感じるまま自由に動くということはリトミックの基本と言えます。リズム感も養いながら、抽象的な音楽を理解していく上で大切なプロセスの一つとなります。



Please contact Sayaka:
TEL: 416-807-8276 or email: sayakamusicstudio@gmail.com
*Currently we offer online music lessons.



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北米の大自然の「贈り物」をそのまま日本へ
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適切な睡眠で心身ともに健康に!



COVID-19による行動制限の続く日々においては、日常生活のリズムは乱れがちです。特に心配になるのが睡眠。一般的に加齢に伴い、睡眠に関する悩みが多くなります。不眠(眠れずに苦しむこと)には寝つきが悪い、眠りが浅い、よく目が覚める、早く目が覚めるなど様々なタイプがあります。

若い世代は、いつでもどこでもしっかり睡眠がとれ、不眠感をもつことはほとんどないでしょう。勤労世代は、忙しくて十分な睡眠を確保できずに睡眠不足を感じているかもしれません。シニア世代になると、睡眠時間が短くなったと感じ、不眠に悩む人がけっこう多いのです。

生理学的に加齢により睡眠時間は短くなります。15歳前後で約8時間、25歳で7時間、45歳で6.5時間、65歳で6時間との調査報告もあります。しかし、年齢のみでなく、体質、活動、仕事や自然環境などにより一人ひとりの培ってきた睡眠様態は異なります。ですから、理想と言われる睡眠時間を意識しすぎないことです。シニアになれば短かく浅い眠りは誰にでも起こるもの、グレイヘアや老眼と同じ加齢変化です。若者に比べエネルギー消費量が少なくなるので、長く深い睡眠をとらずとも身体維持(休養)には大丈夫なのです。「睡眠はこうあらねばならない」という考え方にとらわれないことが大事です。眠れないことが気になり始めると尚更に寝つきが悪くなった経験はありませんか?深刻に悩むほど悪循環に陥りやすいのです。

とは言っても、今まさに不眠によって昼間のだるさ、疲労感、頭痛などがあればやはり辛いものです。さあ、一緒に対策を考えてみましょう!まずは生活習慣の見直しです。そ

の中にヒントがあるかもしれません。睡眠と覚醒リズムをコントロールするのは脳の体内時計。朝に日光をたっぷり浴びると、朝型生活に調整されていきます。これこそが「時差ボケの際は眠くても朝には起きて光を浴びよう!」の理由です。でも、あまりにも早朝に目が覚め、その後に眠れなくなる場合は、体内時計を後ろにずらすために午後光を浴びながら散歩や運動を行えば、適度な疲労が入眠を助けてくれます。また、就寝時間をなるべく遅目にしましょう!

寝つきが悪く、眠りも浅いためについつい起きるのが遅くなっているのであれば、まずは遅くせずに一定時間に起きましょう!そして、朝に光を浴びて適度な運動を行い、午後の早い時間に昼寝を30分程度。運動と休養のメリハリが大事です。

寝つきが悪い時にとりあえずベッドに入るのもっとも良くない対処方法。「目を閉じていればそのうち眠くなるはず」と思えば思うほど、ますます頭は冴えてきます。ベッドで悶々とするのはよくないと指摘されています。居間で交感神経がゆるむような方法(音楽を聴く、読書する等)で過ごし、眠くなってから寝室へ行きましょう。就寝の1時間半~2時間前にぬるめの風呂にゆっくり入ると、寝る頃には深部体温が下がり、眠りを促すメラトニンが分泌し始めて入眠しやすくなります。

夜のスマホやPCの長時間操作は脳を刺激し、メラトニン分泌を減少させます。私は、原稿締め切りの仕事を沢山抱えていた50代後半に不眠を経験。夜のPC作業をなるべく日中に行うようにしたら、不眠は改善しまし

た。30~40代の頃はそれ以上の仕事量をこなしていたのに、不眠に苦しんだ記憶はありません(睡眠不足感には常にあった...)。60歳近くになって経験した不眠には加齢も影響したものと考えられます。

睡眠の量と質が認知症はじめ様々な病気に関連していることが最近の研究で明らかになっています。健やかな老後を送るためには、若い頃より睡眠不足や不眠の影響について知っておくことが大事。多くの病気が何十年もの時間をかけて進行するのですから!現代の子どもたちの生活スタイルはどうしても睡眠不足になりがちです。彼らが壮年期や高齢期になった時の健康状態がとても心配になりますね。

さて、不眠に長期間苦しんでいるのであれば、ホームドクターに相談し、薬物治療を活用することもできます。もしかしたら、不眠は他の病気の症状の1つであるかもしれません。薬物治療に関しては、睡眠薬に関わらず、どのような薬も医師の指示に従って正しく服用しましょう。副作用には個人差がありますが、特に高齢の場合は起床時のふらつきや転倒に注意してください。日本に住む母(当時90歳)が安定剤・睡眠導入剤を服用していた折には「夜中や朝にトイレに行く時、まずはベッドに腰かけたまま1、2、3とゆっくり数え、それからゆっくりと立ち上がってね!」と、頻りに電話で伝えていました。

薬物治療を受けていたとしても、基本はやはり生活習慣の見直しです。薬を必要としない生活を望むのであれば是非によ〜く見直し、出来ることから対処してみましょう。健康問題の解決には、何よりもあなた自身の行動変容がカギとなります。



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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!



BEST OF THE TORONTO JAPANESE FILM FESTIVAL (THE LIGHTER SIDE)

As we await the post-crisis reopening and the commencement of our rescheduled TJFF 2020 in October, we thought it appropriate to use Japanese film to lift everyone's spirits at this very confusing time. We are delighted to announce a special series representing some of the most popular - and light-hearted - films from the past 8 years of festivals and film programming. These films (with subtitles) are not available domestically so it is a special treat and a rare opportunity to see them. Please enjoy and see you in October!

ABOUT THE JAPANESE CANADIAN CULTURAL CENTRE

Now in its 57th year, the Japanese Canadian Cultural Centre (JCCC) serves as the gathering point for the Japanese Canadian community and for those of non-Japanese ancestry who have an interest in things Japanese.

The JCCC offers a wide variety of Japanese cultural programs for its 5,000 members and 210,000 annual visitors: film screenings, traditional and contemporary Japanese performances, festivals, art and history exhibitions, Japanese language classes and a wide range of courses and workshops in traditional Japanese cultural arts and music. The JCCC also boasts a state-of-the-art Dojo where over 600 members pursue 8 different martial arts disciplines. The JCCC houses the Ikebata Nursery School, Japanese Social Services, Nikkei Voice, Tokyo Beauty Studio, Sayaka Music Studio, Kiai Acupuncture Clinic, the Canadian Race Relations Foundation and one of North America's finest Japanese restaurants, Kaiseki Yu-zen Hashimoto.

While the majority of Japanese Canadians are born in Canada, the past 10 years has seen a large influx of new Japanese immigrants. The JCCC helps these new Canadians connect to a larger community network and facilitates friendship with Canadians from all segments of society. The Japanese Canadian Cultural Centre is truly a multicultural centre which, in the spirit of its motto 'Friendship through Culture', also hosts numerous events in collaboration with cultural groups that do not have cultural facilities of their own.

The JCCC model is based on inclusion - in fact, almost half of the Centre's members are of non-Japanese ancestry. The JCCC is also home to the Discover Japan Educational Program which hosts 15,000 school children annually. Among the many guests we have welcomed in these 50-plus years were Their Majesties, the Emperor and Empress of Japan, who graced us with a visit in the summer of 2009 and Her Imperial Highness Princess Takamado in 2019.

Now approaching its 60th year, the Centre has evolved into one of the largest and most vibrant Japanese cultural centres in the world. Through our ever expanding facility and programming, of which the Toronto Japanese Film Festival plays an important role, we look forward to continuing to share the story of the Japanese Canadians, and connecting all Canadians to the exciting richness of Japanese culture, both traditional and contemporary.



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LADY MAIKO 舞妓はレディ

Available on Demand: Friday July 17 @ 9:00am – Sunday July 19 @ 9:00pm
135 min / 2014 • Director: Masayuki Suo • In Japanese with English Subtitles

A delightful geisha version of Audrey Hepburn's *My Fair Lady* from the director of *Shall We Dance?*. For as long as she can remember, Haruko has wanted to be a geisha. Approaching a teahouse in Kyoto's famous geisha district to become an apprentice geisha, or *maiko*, she is rejected due to her country bumpkin dialect and uncultivated demeanor. By chance, her accent catches the interest of Professor Kyono, a linguistics specialist and regular patron at the teahouse. He strikes a deal with the teahouse proprietor, promising to transform Haruko's strong dialect into lady-like speech within 6 months.

Starring: Mone Kamishiraishi, Hiroki Hasegawa, Sumiko Fuji, Eri Watanabe, Tamiyo Kusakari.

『Shall we ダンス?』の周防正行監督が、舞妓をテーマに撮り上げた本格エンターテインメント大作。京都を舞台に舞妓に憧れる少女・春子が、古いきたりや言葉遣いといった様々な困難を乗り越えて、一人前の舞妓になると奮闘する姿を描いたミュージカル仕立てのお茶屋ファンタジー。

監督: 周防正行

出演: 上白石萌音、長谷川博己、富司純子、草刈民代、渡辺えり、竹中直人



RENT-A-CAT レンタネコ

Available on Demand: Friday July 24 @ 9:00am – Sunday July 26 @ 9:00pm
110min/2012 • Director: Naoko Oigami • In Japanese with English Subtitles

This gentle, whimsical comedy by director Naoko Oigami (Kamome Shokudo, Megane) celebrates self-discovery and explores the importance of finding companionship, both human and otherwise. Sayoko defies the stereotypical "cat lady." Young, single, tallish and attractive, she befriends any and all stray cats. In turn, she rents out cats to lonely hearts of all kinds. Pushing her handcart of cats along the riverbank, she announces from a megaphone, "Cats for rent! If you're lonely, rent a cat!" Finding customers is not a problem: an old lady would like to buy a pet but fears that it will outlive her; a henpecked father; a rental company employee hoping a cat will ease her loneliness. But ever since her grandmother's death, Sayoko is lonely too. Until one day, when a mysterious young man from her past appears on the riverbank...

Both touching and hilarious, Rent-a-Cat premiered at the 2012 Berlin Film Festival and has become a festival favourite internationally..

監督: 荻上直子 出演: 市川実和子 草村礼子 光石研

かめめ食堂』『めがね』の荻上直子監督最新作。「レンタネコ。寂しいヒトに、ネコ、貸します」と拡声器で呼びかけながら、猫たちをリヤカーで引っ張るヒロイン、サヨコ。猫の貸し出し業を営むサヨコと、彼女が出会う心の寂しい人々が繰り広げる心温まる物語。2012年のベルリン国際映画祭パノラマ部門正式出品作品。



CHEF OF THE SOUTH POLE 南極料理人

Available on Demand: Friday July 31 @ 9:00am – Sunday August 2 @ 9:00pm
125min / 2009 • Director: Shuchi Okita • In Japanese with English Subtitles

A heart-warming comedy, based on the poignant essays of Nishimura Jun, who in real life served as a Japan Coast Guard cook for 8 team members at an Antarctic scientific observation team. Meals are the only source of pleasure in their lives, so the responsibility of the cook is a heavy one. But, without being able to procure fresh supplies, maintaining variety in the daily menu is a herculean task. While longing for his wife Miyuki and two children back in Japan, Nishimura goes to great lengths to keep the table filled with delectable meals. From full-course French cuisine to hand-made “ramen” noodles, the meals that fill the team members’ bellies and hearts are unforgettable. Starring Masato Sakai, Katsuhisa Namase, Naomi Nishida, Kitano.

南極観測隊に料理人として参加した、西村淳原作のエッセー「面白南極料理人」を映画化した。南極の基地内で単身赴任生活を送る8人の男性たちの喜怒哀楽を、堺雅人演じる料理人の作るおいしいような料理とともに見せる。西村(堺雅人)は南極の昭和基地からも遠く離れた陸の孤島、南極ドームふじ基地に料理人として派遣される。基地では雪氷学者(生瀬勝久)をはじめ、雪氷サポート隊員(高良健吾)らが彼の料理を心待ちにしている。

Co-presented by:  JAPAN FOUNDATION



SURVIVAL FAMILY サバイバルファミリー

Available on Demand: Friday August 7 @ 9:00am – Sunday August 9 @ 9:00pm
117min / 2017 • Director: Shinobu Yaguchi • In Japanese with English Subtitles

When an extended global electrical blackout occurs, the world grinds to a halt. Salaryman Yoshiyuki Suzuki decides to escape from Tokyo with his wife and two kids. Their hilarious and heartfelt journey teaches them independence and cooperation as the kids grow up and the parents learn the error of their rigid paternalistic ways. They must also face an array of challenges including furious rainstorms, rabid dogs and runaway poultry!

This feel-good family-friendly, disaster comedy – the latest from the director of Wood Job!, Swing Girls and Water Boys – is guaranteed to please.

Starring: Fumiyo Kohinata, Eri Fukatsu, Yuki Izumisawa, Wakana Aoi.

『ウォーターボーイズ』『ハッピーフライト』などの矢口史靖が原案、脚本、監督を務めて放つサバイバルドラマ。ある日突然電気が消滅し人々の生活が危機を迎えた世界を舞台に、生き残りを懸けて東京脱出を試みるバラバラだった一家が、過酷な生活を通して、絆を取り戻していく姿を描く。鈴木家は、父・義之(小日向文世)、母・光恵(深津絵里)、息子の賢司(泉澤祐希)、娘の結衣(葵わかな)の4人家族。ある朝、目を覚ますと突然全ての電化製品が停止しており、さらに電車も車もガスも水道も止まってしまい、家族全員途方に暮れる。ついに父は東京脱出を決断。生き残りを賭けたサバイバルライフがはじまる……。

監督: 矢口 史靖

出演: 小日向文世、深津絵里、泉澤祐希、葵わかな



KEY OF LIFE 鍵泥棒のメソッド

Available on Demand: Friday August 14 @ 9:00am – Sunday August 16 @ 9:00pm
128min/2012 • Director: Kenji Uchida • In Japanese with English Subtitles

Kenji Uchida 's screwball comedy about a failed actor who switches identities with a stranger in bath house accident — only to find himself filling the shoes of a ruthless underworld assassin. The killer, suffering amnesia from the encounter, applies himself to learning the actor's method. Named one of the best 10 films of 2012 by The Japan Times and Kinema Jumpo, winner of best screenplay at the Shanghai International Film Festival and a favourite at the 2012 Toronto International Film Festival, Key of Life definitely deserves an encore screening.

Touching, brilliantly plotted and simply hilarious, Key of Life features Masato Sakai, Teruyuki Kagawa and Ryoko Hirose.

監督:内田けんじ 出演:堺雅人 香川照之 広末涼子

売れない貧乏役者と記憶を失った殺し屋。二人の人生が入り替わり悲喜劇が幕を開ける!銭湯で頭を強打し、記憶を失った羽振りのいい男。居合わせた売れない貧乏役者・桜井は、出来心からロッカーの鍵をすり替え、彼になります。が、その男は誰も顔を見たことがない伝説の殺し屋コンドウだった!

2013年度日本アカデミー賞で最優秀脚本賞受賞、キネマ旬報読者選出日本映画ベスト・テンで1位に選ばれた他、ハワイ映画祭で最優秀作品賞、第15回上海国際映画祭において脚本賞を受賞など、国内外で数々の賞を受賞した本作は、昨年のトロント国際映画祭でも高い支持を得た。

Co-presented by:  JAPAN FOUNDATION



FLY ME TO SAITAMA 翔んで埼玉

Available on Demand: Friday August 21 @ 9:00am – Sunday August 23 @ 9:00pm
107min / 2019 • Director: Hideki Takeuchi • In Japanese with English Subtitles

From the director of *Thermae Romae* and *Color Me True* comes a wild comic fantasy based on Mineo May's popular manga. In a luxurious, kingdom-like Tokyo lives Momomi, son of the corrupt governor and possessor of striking feminine beauty. He, like all Tokyoites, looks down on the unsophisticated neighboring prefectures, especially Saitama. When mysterious student Rei transfers into the same private academy, the spark of attraction soon ignites the fuse for a war between the prefectures. A lunatic satire of the universal tensions between urban and rural; overflowing with energy, hilarity, opulent design and over-the-top action.

Starring Fumi Nikaido, GACKT, Yusuke Iseya, Kumiko Aso, Ryo Narita, Naoto Takenaki.

「パタリロ!」の作者、魔夜峰央x「テルマエ・ロマエ」シリーズの武内英樹監督による愛と爆笑の“埼玉ディス映画”!!かつて東京都民からひどい迫害を受けた埼玉県民は、身を潜めるように暮らしていた。ある日、東京屈指の高校・白鷗堂学院の生徒会長で東京都知事の息子・壇ノ浦百美(二階堂ふみ)は、容姿端麗なアメリカ帰りの謎の転校生・麻実麗(GACKT)と出会い、互いに惹かれ合う。しかし、麗は実は埼玉出身だったことが発覚し、二人は東京と埼玉の県境で引き裂かれてしまう……。

監督: 武内英樹

出演: 二階堂ふみ、GACKT、伊勢谷友介、麻生久美子、成田凌、竹中直人

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