



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

June 2020 2020年6月 Vol. 46 Issue 6



遅き日のつもりて遠き昔かな
蕪村

Osoki hi no tsumorite touki mukashi kana

*Slow days passing, accumulating,
How distant they are,
The things of the past!*

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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 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.

2019 - 2020 JCCC Board of Directors

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SUBMISSION DEADLINE

Deadline for the next issue is: **Tuesday June 16, 2020.**

次号の締め切りは**2020年6月16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

Cover Image:

Moon at Ishiyama: Ukiyo-e by Tsukioka Yoshitoshi



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For updates, please connect with us on



1 ON 1

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 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.

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

*learn japanese!
have fun!
support jccc!*

INFORMATION / REGISTRATION

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



JCCC Update from the Board and Management

I hope that you and your family and friends are doing well.

Since the JCCC closed its doors on March 16, we have been working on a survival plan to carry us through until December 2020. In order for the JCCC to achieve this plan we are borrowing \$700,000 to meet our cash flow needs.

We are appealing to the Japanese Canadian Cultural Centre community and friends directly, to help us to get through this difficult time.

With sincere thanks on behalf of the JCCC in advance, the best way to help is to go online to the JCCC website and donate what you can on a monthly basis for the next 12 months or a one time gift.

What Challenge is the JCCC facing?

The JCCC operates as a not for profit cultural organization on a break even budget annually with almost \$2 million in costs for the building and staff alone not including other expenses.

With no positive cashflow as a result of the shutdown we took aggressive steps to reduce operating costs in the building, but we largely preserved employment and believe that it is important to support our staff now and going forward through this uncertain environment. The JCCC has 16 full-time staff and operates with 1,100 volunteers.

I am one of those volunteers as is every member of the board of directors. The greatest challenge facing the JCCC is not so much the current shutdown, but in the months following the re-opening of the economy. Society will be balancing the risk factors of social gathering prior to feeling confident and safe that vaccines and therapeutic treatments for COVID-19 are widely available.

The JCCC revenue model is highly dependent on activities and space rentals that support large gatherings of people

for cultural or martial arts classes, trade shows, meetings and other functions. The slow return of those activities increases and extends the JCCC's financial challenge and a return to normal is not projected until we are well into 2021.

Adding to the financial pressure, we cancelled our largest fundraising events during this shutdown including the:

- Annual bazaar in May;
- Sakura Gala in May;
- Toronto Japanese Film Festival in June;
- Natsu Matsuri and Obon Festivals in July;
- Postponement of the Tokyo 2020 Olympics (the JCCC was to be a major venue supporting a festival like viewing pavilion in partnership with CBC Sports).

Space rentals for third party events have been replaced with refund requests for bookings into the Fall.

The timeframe for recovery is uncertain.

What Steps Has the JCCC Taken to Date?

The JCCC has pursued all applicable government programs for emergency assistance, any deferred tax, bank interest, insurance options, and other negotiated payment terms to extend outstanding payables.

The recent extension of the Canadian Emergency Wage Subsidy Program for a few more months will be helpful to extend our time horizon to manage the borrowed funds into early 2021.

Unfortunately with no work available, we gave sixteen part-time hourly employees their Record of Employment to allow them to take advantage of any other government support available to them at this time.

In order to build up a cash reserve to fund the JCCC for the next several months, we have taken a small business loan for \$40,000 from the Canada Emergency Business Account, borrowed \$160,000

from pledges made to our capital account that was set aside to build a new Taiko Studio this year that we have had to put on hold, and borrowed \$500,000 interest free from the JCCC Foundation. We also launched a short-term Emergency JCCC Relief Fund, which, thanks to the generosity of many supporters of the JCCC, has raised over \$75,000.

Our dedicated staff remain busy with managing the various operational responsibilities at the centre and maintaining contact with our members, particularly our seniors, customers and vendors.

In addition, we are adjusting centre programs for online access and making procedural and physical changes to the building to reopen the JCCC with the highest standards for health safety and guest enjoyment.

All are working hard to develop new ideas and opportunities to prepare the JCCC for a new normal.

What Does the Future Look Like for the JCCC?

The JCCC has some breathing room to operate until the end of 2020 and into the start of 2021 using the newly borrowed funds. These loans will be added to the \$1.3 million that the JCCC still owes the bank for the construction of 6 Garamond Court.

In total we invested \$17 million in our new centre and we had been diligent in paying off our debt when this pandemic hit.

The JCCC financial model developed over the past 20 years relies on three main revenue streams:

1. Cultural/martial arts programming, events, sponsorship
2. Short and long-term Space rentals/leasing
3. Annual community donations and support directly from the JCCC Foundation.

The JCCC now needs to take two key steps to weather the storm and secure its future.

Short-term, expanding our reach

to develop online revenue models will reduce our dependence on large physical gatherings, and financial support from the community will provide some relief.

In the long term, our goal remains to build up the JCCC Foundation for the purpose of sustaining JCCC operations and programming far into the future.

JCCC Foundation (JCCCF)

The JCCC Foundation's ability to lend money to the JCCC has saved the day during the COVID-19 crisis and has proven how critical the Foundation is to safeguard a sustainable future for the JCCC.

An interesting historical perspective on the JCCC Foundation – with the current loan, the JCCC is now being actively protected by the spirit of its community ancestors (Issei-first generation arrived 1877-1907, and Nisei- second generation born 1918-1947).

In 1996 we purchased the new centre at 6 Garamond Court and started renovations.

We committed to the early founders of the JCCC at that time that all proceeds from the sale of the original centre at 123 Wynford Drive (built by the Issei and Nisei in 1962), along with any major gifts received from their estates, would be forever preserved in the new JCCC Foundation and would not be used to construct the new centre.

The Foundation was designed to make an annual contribution to the JCCC of less than its' investment returns to assist the JCCC operations while continuing to grow the Foundations assets.

While we never reached the original goal of funding the Foundation to a level that could support the operations of the JCCC at a self-sustaining level, the Foundation assets have been carefully managed, and now form the base from which we've been able to borrow to deal with the current crisis. Times like this have shown how critical it is to the long term success of the JCCC to continue to build

the Foundation up over time.

The long term plan to grow the Foundation to a level where the annual contribution from the Foundation to the JCCC combined with smaller annual donations directly to the JCCC covers one third of our annual \$3 million total operating costs.

The goal of the Foundation remains to support the JCCC and its programming for generations to come.

Your Support is Needed for this Emergency Relief Campaign.

The best way to help is to go online at www.jccc.on.ca and make a monthly pledge for the next year, or a single donation to help us get through this uncertain time.

The first \$30,000 of your new pledges will be matched dollar for dollar by Naotoshi Seko and his wife Noreen Kuroyama. Thank you Nao and Noreen. Please make your donation [here](#).

Of course you can also make a contribution to the JCCC Foundation to build our future by reaching out to Kathy Tazumi kathyt@jccc.on.ca

I sincerely thank you for supporting the JCCC and for bringing to life our motto of "Friendship through Culture".

Please stay safe and healthy and enjoy the summer.

Yours sincerely,



On behalf of the JCCC Board of Directors



Another month has passed and we continue to deal with the pandemic and perhaps the greatest challenge that the JCCC has had to weather in its nearly 60 year history. As our provincial government starts to unveil plans for the early stages of the gradual reopening, we know will need to adapt to “the new normal.”

In the past month the JCCC has started to provide some of our services in a virtual format and, like other major Canadian culture institutions, we are shifting some offerings on-line. This month we will introduce an on-line sake program (with home delivery!) as well as one-on-one Japanese conversation classes. Six of our martial arts clubs provide on-line content while Shodo calligraphy is using ZOOM to complete its most recent round of lessons. The ukulele club practices regularly and a series of Yosakoi dance workshops commence this month. Our weekly on-line film series has attracted nearly 10,000 viewers to date with a Kore-eda retrospective and a Best of TJFF series planned for the summer. Nikkei folk artists Annie Sumi’s delicately gorgeous on-line concert charmed hundreds of listeners and we are planning more on-line musical fare in the months to come. Bilingual children’s book readings, tea ceremonies and heritage offerings can be found on our social media channels with increasing regularity.

As our members and followers begin to experience these new formats, some are offered for an appropriate fee while others, where possible, are free with an invitation to donate to our JCCC emergency relief appeal. As we continue to expand our on-line presence, please remember financial support is critical in helping us provide our cultural programming and preparing for the new normal. We will continue to deliver

on the JCCC’s mandate but we need your help.

As programs shift online, we must also prepare the JCCC for reopening. Working with partners in the Wynford Cultural Corridor (including the Aga Khan Museum and the Ontario Science Centre) we are investigating “best practices” for operation in a post-COVID world. Our reception desk is being fitted for a plastic safety barrier, some washrooms will go “touchless”, new hygiene and cleaning protocols will increase the frequency of sanitization. Space allocations are being realigned to allow for social distancing and limited attendance at gatherings. We have always prided ourselves on a clean and well-maintained space but we are redoubling those efforts to ensure members can enjoy the Centre secure in the knowledge that it is safe environment.

So as you can see, things are very hectic and there is a great deal to be done as we prepare for the future. 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.

A handwritten signature in black ink, appearing to read "J. Heron". The signature is fluid and cursive, written in a professional style.

James Heron, Executive Director

MARIE IKEDA AND PETER WAKAYAMA AWARDED ORDER OF THE RISING SUN

Conferment of Decoration on Foreign Nationals Ms. Marie Meiko IKEDA

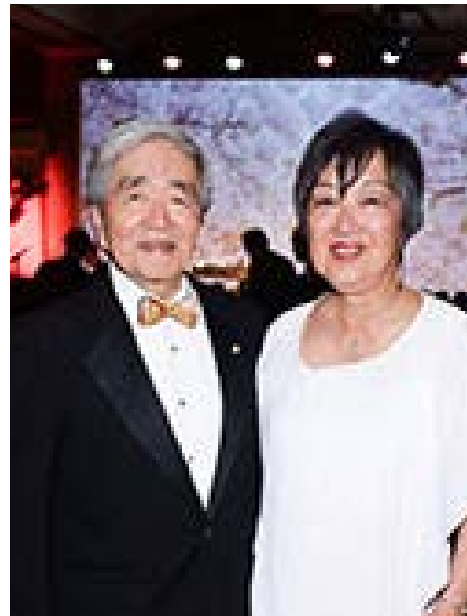
On April 29, 2020 the Government of Japan announced the recipients of the 2020 Spring Imperial Decorations. Among them were two very special members of the JCCC: Marie Meiko Ikeda and Peter Hiroshi Wakayama. Both are recognized for their contributions toward promoting Japanese culture in Canada and friendship and goodwill between Japan and Canada.

Marie is awarded the Order of the Rising Sun, Gold and Silver Rays. She worked to establish the Ontario Chapter of Sumi-e Society of America in 1980. When the Chapter was replaced by the Sumi-e Artists of Canada in 1984, she began serving as an Executive Board Member. She also served as its President for three years starting in 1998. Giving lectures and demonstrations on sumi-e (ink brush painting) at the JCCC and working as an instructor for sumi-e classes, she conveyed the appeal of the art form to a wide variety of people spanning generations. Marie served as Vice-President of Shodo Canada from 2008 to the present. Her work over the years has contributed greatly to the organization's growth and the promotion of shodo (calligraphy) in Canada.

Peter receives the Order of the Rising Sun, Silver Rays. Peter began to manage the historical and cultural artifacts of the JCCC in 2000, and was appointed as Vice-

President of the JCCC in charge of heritage in 2009. The JCCC's Moriyama Nikkei Heritage Centre, opened in 2014, is the fruit of his tireless work and now the largest institution dedicated to the history of Japanese Canadians. He also established a permanent art gallery at the JCCC to exhibit Japanese culture and works of Japanese artists. In addition to his contribution towards the establishment in 2008 of Shodo Canada, founded to popularize and promote understanding of Japanese calligraphy, he has served as the organization's Vice-President for 12 years from the start of the organization to the present. In particular, he secured the venue within the JCCC for Shodo Canada's annual exhibition, the largest shodo event in Canada. Now in its 12th year, the exhibition features entries from a nationwide competition, and has provided an annual opportunity for shodo students across Canada to improve their skills and showcase their work. It also has provided a venue for countless attendants to deepen their appreciation and understanding of Japanese culture.

The JCCC offers its heart-felt congratulation to these two great friends, supporters and leaders. They exemplify the spirit upon which this centre was built and continues to thrive.





Kokuban, a new monthly E-Bulletin

In order to keep everyone up-to-date with our latest, and to share more of our news with you all, the JCCC is launching Kokuban, an e-bulletin, in conjunction with our monthly newsletter. Kokuban, meaning *blackboard*, will include information about programs and events, but on top of that, the bulletin will have a focus on celebrating community – which includes our history, our people and our accomplishments. Our maiden issue was distributed on May 28, and featured videos of two very special members of our community - the young Maia and the young-at-heart Mr Harry Kawabe. If you missed it, [here's the link](#).



The JCCC is pleased to bring you Kokuban - our new monthly e-bulletin that covers topics from heritage treasures to testimonies from our community members.



School Bells: Ring! Ring! Ring!

One of the most memorable part of schooling is the loud ringing of the school bell, signaling the start of class or lunch break. The sounds and memories of school bells vary across the board.

One of the most memorable part of schooling is the loud ringing of the school bell, signaling the start of class or lunch break. Within the JCCC's diverse staff, it became clear that the sounds and memories of school bells vary across the board. However, one consistent memory can be summarized into a feeling of joy when the bell rang indicating it was time to go home. Listen to the school bell. Within the JCCC Collection is a wonderful brass school hand bell from the 1900s with its wooden handle intact. The handle is engraved, "Shizu Kai 29th Graduates Japanese School 1934". This school bell is a treasure amongst other treasures and is the primary inspiration behind this archival research project.

Since sound has the power in creating social spaces and affect individual memories, we would like to invite you to

Let's Create a Virtual Senbazuru Together

A senbazuru is a hanging collection of 1000 origami cranes meant to inspire hope and the fulfillment of dreams. Due to the daunting nature of folding 1000 cranes, it is often a communal activity undertaken by a larger group.

The JCCC is inviting you to help us create a virtual senbazuru by folding cranes and taking photographs of them to send to the JCCC. Younger enthusiasts can also colour the crane drawing at <https://jccc.on.ca/event/virtual-senbazuru/>. Folding instructions and a video tutorial are also available on the website.

Once we have collected 1000 cranes, we will be compiling them into our virtual senbazuru with a wish for the continued health and safety of all who are experiencing the effects of Covid-19.



THANK YOU ANNIE!

For one week in May, many hundreds of JCCC friends and community members enjoyed an on-line concert from the extraordinary Nikkei folk-artist ANNIE SUMI. She sang, read from her Grandfather's haiku and offered words of comfort and positivity. Thank you Annie for your gorgeous music and your calm, genuine presence. It was something we all needed in these troubled times. We look forward to opening our doors and inviting you for an in-person concert soon! Thank you too to everyone who made a donation to the Centre after the show. For those of you who want to learn more about Annie and her music please go to: <http://anniesumi.com/>



Winner of the JCCC's Haiku Contest

Since the commencement of social isolation in March, the JCCC has been posting a haiku on our social media daily, using it as a form of expression, and a reflection of these times.

Last month, the JCCC launched a haiku contest to invite the community to come up with your own haiku. We were overwhelmed by the number of entries, and the variety of themes, topics and ideas.

We have carefully reviewed the submissions, and have selected a winner for this contest. The decision was based on whether it is faithful to the seventeen (5-7-5) syllable structure of a haiku, and how vivid the imagery is.

We are pleased to announce that the winning haiku is this one submitted by Chris Bryant.

**spring blossoms open
and, stirred by wayward breezes,
seen - or unseen - fall**

Congratulations Chris! Chris will be receiving a pair of tickets to an upcoming Toronto Japanese Film Festival screening.

Thank you everyone for your submissions. Although the contest has ended, that does not mean creativity has to stop. We would love for you all to continue to share your haiku with us in the comment section of our daily haiku posts on JCCC's Facebook page.



"Under Cherry Tree" by Takeuchi Keishu

At the Virtual JCCC Film Series... HIROKAZU KORE-EDA RETOSPECTIVE

For those of you – there have been many – who have been enjoying our weekly anime film screenings, we are trying something a little different in June.

Hirokazu Kore-eda is arguably Japan's finest contemporary directors and screenwriters and certainly the most celebrated internationally. He won the Jury Prize at the 2013 Cannes Film Festival for *Like Father, Like Son* and the Palme d'Or at the 2018 Cannes Film Festival for *Shoplifters*.

"Japanese filmmaker Hirokazu Kore-eda ranks among the best-known and most acclaimed directors in world cinema today. Each of his films is marked by a subtle dramatic touch, a gentle yet assured feeling for the profundity and emotional charge of everyday life, and an enduring fascination with the role of the family in contemporary Japanese society. Kore-eda has varied his approach to exploring his signature themes, resulting in a consistently touching and truly humanist oeuvre." - Film at Lincoln Center, 2018

"Kore-eda's films typically explore universal themes—memory, the passage of time, the nature of happiness, what it means to be a family—through nuanced narrative structures. Circling back over events, they slowly reveal new perspectives on how characters and stories can be interpreted and understood. It is this distinctive combination of thematic concerns and formal strategies that gives Kore-eda's films their richness and depth." - BAMPPFA, 2019

Over the month of June the Virtual JCCC film series will feature 4 of his films, all dealing with themes of family and its meaning: *Like Father, Like Son*; *Our Little Sister*; *After the Storm* and *The Third Murder*. For detail, please see [page 23](#).

We are keeping screening fees low (\$4.99) and the admission you pay will help us hold things together until the crisis has passed. Many thanks to our great friends and supporters at the Japan Foundation Toronto and our film program lead sponsor NTN Bearing Corporation.

Please check our website for more detail on screening dates and times.

Martial Arts Classes Update

While the JCCC building remains closed to the public, some of our martial arts classes have begun to hold practices virtually. Some programs are offering a full workout and others are limited to a short exercise routine as they are restricted by space and equipment.

Please see below for a listing of classes and class times. We encourage you to join in when you can as a way to stay fit and to continue to connect to your program, your sensei and your friends.

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 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.

A Recipe from our Seniors' Supper Club

While we are starting to see a reduction in the Covid-19 restrictions in Ontario, our Seniors' Supper Club is still suspended until at least September. Until that time, we urge all our attendees to stay safe and keep cooking.

In honour of our approaching summer, a recipe fit for the barbeque is in order. If you do not have access to a BBQ, follow the oven instructions below.

Teriyaki Chicken (serves 2)

This marinade can also be used with chicken wings or chicken breasts or even beef and fish.

Ingredients

4 boneless chicken thighs
½ cup shoyu
1 tbsp mirin
3 tbsp sugar
¼ tsp fresh grated ginger

Equipment

Cutting board, Sharp knife, Small mixing bowl, Measuring cups and spoons, Plastic bag for marinating, Small pot, Foil for cooking

Instructions

1. In a small mixing bowl, combine shoyu, mirin, sugar and ginger to make the marinade.
2. Pour marinade into the plastic bag.
3. On cutting board, cut chicken thighs in half. Place halves into the marinade. Place bag into the refrigerator for at least half an hour to marinate.



If using BBQ –

1. Preheat BBQ.
2. Remove chicken to a plate and pour remaining marinade into a small pot and bring to a rapid boil. Reserve to use to baste the chicken.
3. Lightly oil grilling surface of BBQ. Reduce heat to medium.
4. Place chicken thighs, removed from marinade, onto the grilling surface.
5. Grill for 5-7 minutes per side, basting with boiled marinade at each turn.
6. Remove to plate and baste again. Serve with steamed rice and veggies.

If using Oven –

1. Preheat oven to 350°F (175°C).
2. Line baking tray with foil and place chicken on tray.
3. Pour remaining marinade into a small pot and bring to a rapid boils. Reserve to use to baste the chicken.
4. Place chicken in oven for 30 minutes, turning and basting the chicken every 10 minutes.
5. Remove to plate and baste again. Serve with steamed rice and veggies.

Storage and Reheating

Store leftover chicken in the refrigerator-not longer than 3 days.

Reheat leftover chicken in the microwave on medium for 1-2 minutes.

Leftover chicken can be frozen for up to 2 months. Let defrost overnight in the refrigerator then reheat in microwave.

Online Bookreading/Storytelling

Despite temporary closure of the JCCC, the JCCC Library continues to provide on-line book reading/storytelling on the [JCCC YouTube channel](#). New content is uploaded weekly. Please visit the site for new videos.

Please check in regularly on our online channels (website and social media) regarding the latest updates on re-opening of the JCCC and the JCCC Library.

閉じこもり生活でいまこそ本が読みたい!というこの時に、ライブラリーが閉館を余儀なくされているのは、仕方がないとはいえ、残念な状況ですね。再オープンができるようになりましたら、JCCCウェブサイトやSNSにてお知らせを流しますので、もうしばらくお待ちください。

よみ聞かせやブックリーディングをJCCC Youtubeチャンネルで配信していますので、良かったらのぞいてみてください。現在は週一回のペースです。



Subscribe to the JCCC YouTube Channel

Missing the JCCC? Whether you were used to participating in our JCCC classes,



or attended many of our events and performances, you'll be able to get a taste of some of the great things about the JCCC on our YouTube Channel. The JCCC has invited many of our program leaders, as well as community partners to share their skills, talents and ideas through series of videos. Hop onto our YouTube Channel and browse for yourself. Content is continually being enriched, so check in regularly for your fix of all things Japanese and Japanese Canadian.

<https://www.youtube.com/channel/UC0E4hjyHxskal46aG-L9Waw>

ON-LINE 酒 SAKE SCHOOL



Join us for a fascinating look into the world of Japan's national drink with international sake sommelier and educator Mariko Tajiri. Starting June 25 Mariko will present three independent 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 however connoisseurs taking all 3 seminars will be charged just \$95.

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

To register and pay seminar fee, please visit at www.jccc.on.ca

Seminar #1: SAKE 101 **Thurs. June 25 @ 7:30 - 9:00pm**

Looks at the basics in terms of how sake is made, the varying types and grades of sake and its history.

Seminar #2 SERVING SAKE **Thurs. July 9 @ 7:30 - 9:00pm**

Looks at how to enjoy sake. How should it be served? How is it 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 terroir 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.



ONLINE YOSAKOI KIDS WORKSHOPS

Ages between 6 and 12

The JCCC is excited to announce a series of Yosakoi dance workshops offered in partnership with Sakuramai Toronto!

Yosakoi is an energetic Japanese style dance that is fun and easy to learn. During this difficult time of social distancing, let's connect through Sakuramai Toronto's fun online workshops and keep our community alive!

Joining an online Yosakoi dance class is a fun way to get your children to be active at home, and interact with other children. Who knows, they may even make new friends. Or if they miss their old friends, why not get together and register as a group? If they have friends they want to connect with, sign up as a group and take advantage of the group discount.

To learn more, please visit [here](#). Registration ends Friday, June 12.

桜舞トロント よさこいオンライン キッズワークショップ 対象年齢: 6歳~12歳

トロントを拠点に活動中のよさこいダンスグループ「桜舞トロント」の協力のもとオンラインワークショップが開催されることになりました!

新型コロナウイルス感染拡大に伴い外出自粛が続く毎日。そんな時こそエネルギーなよさこいワークショップを通してコミュニティと繋がり、親御さんまたお子さんの毎日に今よりもっと笑顔そして活気をお届けできたらと願っています。ぜひ、桜舞トロントと一緒に楽しいよさこいを踊りましょう!

「みんなの顔がみたい!」そんなお子さんにはお友達同士での参加も大歓迎です。4名以上ご登録の場合グループ割引あり!新しいお友達も作れるチャンスです☆

参加ご希望の方はワークショップ申込みページまでどうぞ

<申込み締切> 6月12日(金)



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.

For updates,
please follow us on



Volunteer Spotlight

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

Meet Toshiki M.



Toshiki has brought traditional Japanese storytelling to our festivals and has most recently begun recording some stories for the JCCC's virtual library – Japanese and English.

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

I have been volunteering since 2018.

How did you get involved with volunteering at the JCCC?

It was my first year in Canada and I was looking for places to perform kamishibai storytelling.

Luckily, I got an offer to perform for Natsumatsuri and we've been cooperating in many events since then.

What type of volunteer work have you done?

Not only have I done the kamishibai storytelling but I've also worked as guide at the bazaar.

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

JCCC Staff have been hard at work developing and planning the implementation of the new Volunteer Database system that will better support our volunteers and events. This system promises to be easier and more efficient for volunteers to use and it will safely protect and secure all volunteer information. It may take some time for the system to become fully operational, but once in place it will make registering for events and the administration work easier.

Our goal, during this time, is to test the system so it will be ready to use for events after the JCCC is reopened.

We will update you on our progress in future newsletters and look forward to your support as we improve our volunteer database system.

JCCCでは、今年ようやくボランティアデータベース管理ソフトウェアを導入する運びとなり、只今、ソフトウェアの構成に取り組んでいます。晴れて緊急事態宣言が解除され、JCCC再オープン後のイベント開催が可能になるまでに、このソフトウェアの使用テストを行い、実際イベント時に活用していけることを目標にしています。

このソフトウェア導入により、事務管理面だけでなくボランティアの皆様にも沢山のメリットを感じていただけたと思います。簡潔で効率的なボランティア登録や、イベント当日のサイン・インとアウトが可能になります。更に、個人情報の管理が徹底され、安全に保管されます。

今後しばらくの間、システムを変えるうえで、ボランティアの皆様には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。



SHODO CLASS is now virtual!

<http://www.norikomaeda.com/>



未曾有の事態に、まるで全てが止まってしまったような状況の中、JCCC書道クラスはオンラインに移行する思い切った決断をしました。

バーチャルな環境にも関わらず、和気藹々、かつ集中力の凝縮した収穫の多い授業が5週間続きました。いつもとは違う「非日常」な設定の中で、参加した生徒さんそれぞれの創意工夫と熱意が上達の成果をもたらしました。

「未知との遭遇」のように出発した書道のオンラインクラスは「未来への足跡」を着実に残しました。

When everything was being put on pause, we took a leap of faith into the world of virtual classes. What we found was that students who participated became amazingly immersed in and focused on the study of calligraphy. The classes were filled with wonderful discussion on calligraphy and of culture at large. And of course, the virtual classroom is always filled with laughter.

Each and every student who took part in the Shodo classes contributed an enormous amount of focus and dedication. I was amazed to see the incredible growth in each and every student who participated.

We started with uncertainty, but what resulted from the classes was clarity that as long as there was a will to immerse ourselves in our communities, culture will find a way to survive.

By Noriko Maeda, 前田典子 書道インストラクター



Stay Connected

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!

For updates, please follow us on



Japanese Social Services

Pandemic within a Pandemic: Domestic Violence and Abuse

The increase of domestic violence (DV), child abuse, and elder abuse during the current COVID-19 pandemic has been reported across the world, including Canada.

Under the current measures taken to combat the spread of COVID-19, victims and abusers are inevitably spending more time together at home. The additional likelihood of abusers experiencing more stress over financial pressure, loss of jobs, as well as the constant threat of infection, increases the incentive for abusers to maltreat their victims. As the victims are forced to remain behind closed doors without many opportunities for them to leave their homes, such as for work, for school, or to meet with friends, has made this pandemic time more challenging for victims to seek help.

Victims of abuse are faced with a difficult predicament under the current circumstance. Even when they decide to

seek help by leaving their home, by leaving their home they face the risk of contracting the Coronavirus. However, seeking help is the first step for victims to start their journey of life without abuse.

If you are suffering from abuse of any kind, please contact JSS (Japanese Social Services) or the resources listed below. Some of the listed resources can be accessed by Texting or by use of a messaging app. With friends, decide a hand gesture that you can use over video chat or in-person as a gesture to communicate that you need help.

It is more essential than ever for friends, neighbours, or anyone around victims to reach out to victims of abuse. If you suspect anything unusual or suspicious about your friends or neighbours (e.g., loud disturbing noises, crying, change in appearances or stressed facial expressions), please reach out to that person. Be mindful that the abusers may be listening to your

communication with the victims, and to ask victims yes or no questions, for example, "Would you like me to call 911 or a shelter for you?"

JSS accepts calls and inquiries about DV, child abuse, and elder abuse. Please contact JSS regarding the details of the support and services the following agencies provide. JSS counsellors will assist you to connect with the appropriate resources.

JSS is providing services via phone and online. Counsellors are accepting phone calls at 416-385-9200 during business hours (Monday through Friday, 10am to 6pm). If you receive the voice messaging system, please leave your name, phone number, a brief description of your inquiry, and the best time and method for to be contacted. Or send an email to Takanori.Kuge@jss.ca or Junko.mifune@jss.ca.

外出制限で増加するドメスティック・バイオレンスや虐待

3月末に発令された非常事態宣言下で、また外出制限が長期化されることで、ドメスティック・バイオレンス(DV)や児童虐待及び老人虐待の更なる深刻化が危惧されています。

被害者が加害者と家に居る時間が増えることに加え、加害者にも経済的なプレッシャーや失業、感染や将来への不安などのストレスから、暴力や虐待をふるう要因が増える為です。また失業や在宅勤務又は学校の閉校で、加害者も家にいる時間が増えることで、被害者が助けを求めにくい状態に陥っていることが懸念されています。外出制限のある現状では、助けを求めるチャンスになっていた学校や職場、または友達と会ったりする機会がなくなっているからです。

被害者が助けを求めて家を去る決心をしても、外へ出て助けを求めることで、コロナ・ウイルスに感染するかもしれないという不安とも戦わなければならない現状です。それでも、助けを求めることは、虐待を受け続ける状況から逃れ、安心して暮らせる将来への第一歩

です。虐待を受け悩んでおられる方は、ジャパン・ソーシャル・サービス(JSS)にご相談ください。

下記のリソースには、電話をかけられない状況におられる方のために、テキストやメッセージのアプリなどで連絡を取る選択もあります。また友人などと、予め助けを求める際のジェスチャーや合い言葉を決めておき、ビデオや対面で、その合言葉をつかいヘルプを求めるという方法もあります。

被害者が助けを求めづらい状況下では、回りのサポートやヘルプがとても重要になります。被害者が助けを求めづらい状況に置かれて事を考慮し、近所や友人知人で暴力の被害が疑われる際には(例えば、隣家の不信な物音や鳴き声、友人知人の表情に異変を感じるなど)、助けの手を差し伸べましょう。加害者も一緒にいて、あなたの電話や呼びかけに、被害者が本当のことを伝えられない状況にあるかもしれません。助けを求められない被害者の為に、下記のリソースに連絡をしましよ

う。加害者があなたとのコミュニケーションを聞いているかもしれないことを考え、被害者が「はい」「いいえ」で答えるように、例えば「911かシェルターに代わりに電話しましょうか?」などと質問しましょう。

JSSでは、DV(パートナーからの虐待)のご相談、及び、児童虐待や老人虐待のご相談を受け付けております。下記以外のリソースの詳しい情報についても、JSSまでご相談ください。

JSSでは電話とオンラインでご相談及び情報サービスを提供しており、営業時間内(月曜～金曜、10am-6pm)はカウンセラーが電話対応しております。留守番電話に、お名前、お電話番号、ご用件、いつどのような形でお返事するのがご都合良いかなどを簡単に残していただくか、Takanori.Kuge@jss.ca または Junko.mifune@jss.ca まで、メールにてご連絡ください。

- **911(Police Stations also are open for walk-ins for DV victims)**
- **DV Crisis Line: 24 hour Help Line: 416-533-8538, TTY: 416-533-3736**
- **Assaulted Women's Helpline: 416-364-4144 www.awhl.org**
- **ShelterNet: <https://www.sheltersafe.ca/ontario/>**
- **KIDS HELP PHONE: 1-800-668-6868 [https://kidshelpphone.ca/\(Text, Live chat\)](https://kidshelpphone.ca/(Text, Live chat))**
- **Children's Aid Society of Toronto: 416-924-4646**
- **Seniors Safety Line: 1-866-299-1011**
- **The 519 Anti-Violence Program: 416-392-6874 www.the519.org (LGBT community support)**



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.



EMERGENCY APPEAL DONATIONS TO THE JCCC

As of May 31, 2020

The JCCC gratefully acknowledges the following donations:

Associations, Clubs, and Organizations

AJC (Association for Japanese Culture)
The Art of Change
Canadian Shorinji Kempo Federation
JCCC Karaoke Club
Kumamoto Kenjin Kai
New Japanese Canadian Association
Ping Pong Club
Toronto Japanese Garden Club

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Finn Chen-Quigley
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Ms. Su Yen Chong
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The Crosby/Chen family
in St. John's, Newfoundland
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Mr. & Mrs. Chad Elston
Ms. Reizel Encarnado
Mr. J-M Erlendson
Mr. Jeric Estiaga
Mr. Ben and Mrs. Shirley Eto
Ms. Danielle Faulkner
In honour of The beautiful Mary Ellen
Matsui
Ms. Taiko Feldkamp
Mr. Jim Fenn & Ms. Pat Sano Fenn
Mr. Lawrence Fine
Mr. Connor Fitzgerald Furney
Mr. Josh Fogarasi
Ms. Mona Forzley
John, Suzuyo and son David and
his family, Candice, Tyler and
Austin from Miami
In honour of Teruko Otani
Mrs. Irene T. Foulkes
In honour of 99th birthday
- Frances Yaeki Nakamura
Mr. Steve Fraser
In honour of Eiko
Mr. and Mrs. Nobby Fujino
Ms. Denise H. Fujiwara
Mr. Jiro Fukushima
Mrs. Sanae Fukushima
Mrs. Mari Funasaka
Ms. Yumi Funk
In appreciation of Taeko's mask
Mr. and Mrs. Larry Furukawa
Mrs. Lois Fuse
Mr. Filipe Pedrosa & Mrs. Janine Gallant
Vadim Garbuz
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Mrs. Azusa Kijima
Ms. Maryan Gibson
Ms. Eiko Giese
Mr. Trevor Gittins-White
Mr. Jeffrey Glaister
Mr. and Mrs. Shinya Godo
Ms. Rebecca Goldberg
Mr. Mabilia Gondo
Mr. Robert Gossage
Ms. Akiko Goto
In appreciation of Taeko's mask
Ms. Mami Goto

EMERGENCY APPEAL DONATIONS TO THE JCCC

As of May 31, 2020

The JCCC gratefully acknowledges the following donations:

Dr. and Mrs. David Gotlib	Mr. Delano Ishida	Ms. Shirley Lau
Mr. Robbie Grant	Ms. Haruko Ishihara	Mr. Stephen Lau
In honour of Front line workers, Small Business	Mr. Arthur and Mrs. Tomo Ishii	Ms. Samantha Lavigne
Mr. Martin Griffith	Ms. Ellen Ishikawa	Mrs. Joanne Law
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Mr. Nazim Guliyev and Mrs. Nargiz Guliyeva	Ms. Takako Ito	Ms. Kimiko Leslie
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Mr. Tom Hosie	Mr. and Mrs. Herbert Kikuta	Ms. Jackie Matsui
Mrs. Kunie Hoshino	Mrs. Nobuko Kitamura	In honour of Jack Matsui
Mrs. Sonoe Howard	Dr. Susan Kitchell	Mr. David Matsumoto
Rui Hua	Ms. Grace M. Kobayashi	Mr. and Mrs. Rick Matsumoto
Mr. Frank Huff	Mr. James H. Kobayashi	Ms. Akiko Matsuura
Mr. Eric & Mrs. Narumi Hyatt	Mr. Jim Kobayashi and Ms. Karen Yamada	Ms. Noriko Matsuura
Ms. Eleanor Hyodo	Ms. Lynn Kobayashi	In appreciation of Taeko's mask
Mr. Toshiyuki Ijichi	Mr. Isao Kobo	Mr. Connor McBrine-Ellis
Mr. Sid and Mrs. Marie Ikeda	Ms. Gail A. Kondo	Ms. Bennett McCardle
Mrs. Mari Ikeno	Ms. Judy Kudo	Mr. Michael McCartin
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Ms. Kikuye Inouye	Ms. Naomi Kuru Hyodo	Mr. Steve McFarlane
Ms. Stacey Inouye	Mr. Edward Hamel & Mrs. Victoria Kusano-Hamel	Dr. John & Dr. Eiko Mernagh
Mr. Yosh (Yoshitaka) Inouye	Mr. Paul & Mrs. Nellie Kuwahara	Mr. Richard Mielke
Mrs. Neli Iordanova	Mr. Charles Laframboise	Mr. Robert Minardi
Mr. Kevin Isaacs	In recognition of the great work of the JCCC	Mr. Gianfranco Minnella
On behalf of myself, my siblings and my cousins	Ms. Kimberley Lam	Mrs. Kyoko Minnery
Mrs. Teresa Isaacs	Mr. Peter Lam	In appreciation of Taeko's mask
Mr. Roland Isberto	Mr. Andre Langdon	Ms. Barb Misiurski
In appreciation of Yayoi Kawabe of the JCCC	In honour of Harold Kojima	Ms. Saori Mitchell
Ms. Elaine Ishibashi	Ms. Barbara Laplante	Mrs. Kay Mitsui
		Mr. Nobby Miura
		Ms. Kayoko Miyamoto
		Mrs. Mitzi Miyasaki
		Mr. Kazuo Miyazawa

EMERGENCY APPEAL DONATIONS TO THE JCCC

As of May 31, 2020

The JCCC gratefully acknowledges the following donations:

Mrs. Kazuko Moghul	Ms. Carole Ono	Mr. Jeffrey & Mrs. Tomiko Smyth
Mrs. Rose Mokbel	Mr. and Mrs. David Ono	Mr. and Mrs. Norman Soley
Mr. David Mondoux	Ms. Toni Osbourne	Ms. Mayumi Soundy
Mrs. Joyce Moore	Mrs. Haruyo Ota	Mrs. Keiko St. Marie
Mrs. Ruth Mori	Jamie Papanastasiou	In appreciation of Taeko's mask
Mr. Frank & Mrs. Betty Moritsugu	Dr. Paul Pencharz	Mr. Markus and
Mr. Steve Motomura	Mrs. Shirley Peterson	Mrs. Janice Stadelmann-Elder
Ms. Yaeko Munemasa	Ms. Ayla Phinnemore	Mr. Bart Stanczyk
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As of May 31, 2020

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In memory of Anthony "Tony" Tonegawa

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 Mrs. Chris & Mr. Mark Asadoorian
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 Dodie Muir

In memory of Arnold Takamori

Ms. Mayumi Lashbrook

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 In Memory of Ippei and Hama Nishio
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 In memory of my parents Etsu and Moichi
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Four new JCCC Archive collections are viewble

By Theresa Takasaki,

Heritage Manager - Archive, Collections and Programming



In last month's newsletter, the JCCC and NNMCC gave tips and suggestions for archiving and sorting your family photographs at home. This month, I will share how I am continuing my work for the JCCC from home.

When I was last in the Heritage Office in March, I made some decisions about the items that I was going to bring home to work on. I brought one large collection (the Toda Family Collection) and several smaller collections (Tsushima Collection, the Sugamori (Onizuka) Collection and the Kathryn Okawara Collection). I also brought a laptop and one of the scanners that we use in the Archives. Finally, I brought a collection of tools which I felt would be helpful.

Over the course of the past 2 months, I have been carefully unpacking, scanning and describing these various collections so that they can be entered into our shared database at <http://nikkeimuseum.org/index.php>. As I have been cataloguing

these items, I have been logging information such as the creation date, who is in the photograph, where the photograph was taken, any damage to the photograph, etc.

Making these, and any items received at the JCCC Archives, available to the public is part of the mission of the JCCC and the Heritage Department. The information contained in personal photo albums, and on the backs of photos, can tell us a lot about the daily lives of Japanese Canadians. It can also provide a valuable connection to the past for the descendants of the people shown in the photographs.

If you would like to take a look at any of these collections in more detail, please use the links below.

[Toda Family Collection, click here](#)

[George Tsushima Collection, click here](#)

[Sugamori \(Onizuka\) Collection, click here](#)

[Kathryn Okawara Collection, click here](#)

Sedai Features

Japanese Canadians:
Growing Up in British Columbia

Childhood is a period of immense growth as children gain communication skills and learn to gain a sense of self and independence. The nisei generation in Canada were still children and teens when most were forcibly removed from their homes in the coastal areas of British Columbia during the outbreak of World War II. But what was life in B.C. like during the first half of the 20th century when they were still living in their homes? This month Sedai spotlights two stories that focuses on childhood experiences from the lens of Japanese Canadians prior to World War II.

Mits (Mitsuyoshi) Ito was born on August 20, 1924 in Mission, British Columbia. In this month's featured clip, Mits speaks about his experience growing up in Mission, British Columbia, from attending Japanese school to playing marbles with

his friends.

Sue Kai was born on January 26, 1925 in Vancouver. Sue speaks about her favourite childhood home in the Powell Street Area of Vancouver and the various activities in Stanley Park, Hasting Park, and Kitsilano Beach. She also remembers the excitement of watching the Asahi baseball team, a Japanese Canadian baseball team in Vancouver as she lived close to the park where the beloved baseball team held their games.

Select Sedai Oral History interview transcripts are now available on the JCCC website. This include interviews of Mits Ito and Sue Kai. Please visit the **JCCC website to access the full interview transcripts.**



Mits Ito. 2010-008. Sedai Oral History Collection.



Sue Kai. 2010-021. Sedai Oral History Collection.

In Memory of Dr. V. Jeanne Ikeda-Douglas

By Candace Ikeda-Douglas



Dr. V. Jeanne Ikeda-Douglas, 87, of Unionville, ON went peacefully May 9th, 2020 due to Covid-19. She was born to parents Teruko & Somatsu Ikeda June 1, 1932 in Vancouver.

Jeanne grew up in the internment camps of BC during WWII and worked to help her widowed mother Teruko. She graduated from the University of Guelph, achieving her dream of becoming a vet. Jeanne also managed the Infectious Diseases Lab for The Ministry of Health and was a popular team leader, tracking disease in Northern communities while contributing to developing new vaccines. Later, she ran the Dept of Comparative Medicine at U of T, working with researchers and hospitals to ensure the safety of new drugs and therapies.

Jeanne was always busy tending to animals and shuttling her children to many

activities, sewing skating outfits for them, using what time was left to enjoy the arts or go to popular restaurants.

Jeanne was well-rounded and energetic. She loved sports like distance swimming, tennis, golf and was a certified SCUBA diver. She taught Aquafit classes into her 80s to help other seniors stay active. Jeanne is survived by her husband of 62 yrs Foch, their four children Teruma, Bonnie, Darlene, Candace and their three grandchildren Nolan, Mason and Cole.

A celebration of life will take place when permitted. In lieu of flowers, in memoriam gifts can be made to: The U of T Covid-19 fund, University of Guelph – OVC Pet Trust and The Toronto Western Hospital and the Japanese Canadian Cultural Centre.

Caring from a Distance Vol. 2

by Theresa Takasaki



As this newsletter goes into publication, I have been working from home for over 11 weeks, since about March 10. In that time, I have left my home only once or twice a week, usually to delivery groceries, cooked meals or other treats to someone in my extended family. In a podcast that I listen to while on these excursions, the host talked about "quarantine fatigue". Though a Wikipedia definition did not come up in a Google search, a whopping 88 million other results did, many of which talk to ways to combat it. In an effort to vary the routine that we have establish, my family has been exploring other ways to keep in touch with, and to celebrate with, our family and friends.

May is a busy month for our friends and family, with many birthdays happening in a short time, including 4 in a single day! Recently, we participated in a "birthday parade" for the first of these birthdays. A drive by birthday celebration with decorated cars, honking horns and cupcakes left at the end of the driveway for the birthday boy. We are currently planning another for next week.

Another way that we are keeping in touch with our friends and family is through Video Conference calls. A Mother's Day

call had us in contact with people in the GTA, in Ottawa and even in London, England. The kids regularly have video playdates with their friends, playing different board games or cards games, or sometimes just hanging out. We are also all attending exercise classes of some kind, yoga for me and karate for the rest, on a regular basis.

With the recent announcements of schools continuing with online learning through June, and the cancellation sleep-away summer camps, we have also embarked on finding a project for the summer. Something that we can research and undertake as a family. Our plan is to put any and all ideas into a jar and then choose one that we think will work for us over the course of the next few months.

Our lives have changed a lot in just a short period of time, and some of those changes are going to stay with us. But at the same time, we are forging deeper connections with each other, learning new things on an almost daily basis and thinking about both personal and community safety in ways that we have never had to do before.

Tired of Cooking Day-in and Day-out? Here are more meal options from our partners.



Events at the JCCC would not be possible without the faithful partnership of many restaurants and caterers. With the Covid-19 restrictions in place, many of these caterers and restaurants had to make changes to accommodate the restrictions. As a result, there are many new food service options available. If you are looking for an alternative to cooking, want something different for a change or want a meal for a special occasion, we hope that you will consider supporting some of our associates when you make that decision.

If you have any questions, please contact the business directly



Calvert Catering

Meals to Go and Wholesale Catering
www.calvertcatering.com
Toronto 416-755-5244
Durham 905-837-0417

MaRo Catering

Delivery Menu
www.marocatering.com
416-444-5154

TOBEN Food By Design

Home Delivery Menu
www.tobenfoodbydesign.com
647-344-8323

Toriichi Catering **

Take out and delivery may be arranged
416-399-9991

Gushi Japanese Street Food**

Ubereats and Doordash for delivery; Ritual for takeout
www.eatgushi.com
437-241-1710
Cabbagetown Mon. to Sat.
296 Gerrard St E
Kensington Tues. to Fri.
707 Dundas St W

Kaiseki Yu-zen Hashimoto **

Social Distancing Carebox – pick up only
www.kaiseki.ca
6 Garamond Court
(416)444-7100

Kingyo **

Take out and Uber Eats/Door Dash
www.kingyotoronto.ca
51b Winchester St
647-748-2121

Mon K Patisserie**

Pre-order, Take out, and limited Walk-in
www.monkpatisserie.ca
1040 Coxwell Ave
416-696-8181

Nakamori **

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www.nakamori.ca
2801 Eglinton Ave E
416-265-7111

Oak Park Deli

Take out and delivery in East York
www.oakparkdeli.com
213 Oak Park Ave
416-424-3354

Sakawa Coffee **

Take out and Uber Eats
www.sakawacoffee.com
867 Danforth Ave - 647-347-4932

Yamato **

Take out and Uber Eats
www.yamatorestaurant.ca
24 Bellair St
416-927-0077

**Japanese Food

JCCC Website - New Look, New Features



The JCCC will be launching its new website with features that will make your online experience with us more convenient and pleasurable.

Visitors will be able to navigate the site with more ease and find information about events, programs and membership at your fingertips.



HOW MUCH IS YOUR HOME WORTH NOW?

FIRST - AND MOST IMPORTANTLY – I HOPE YOU ARE DOING WELL.

Looking back at the last couple of months, it wasn't surprising that home sales in the GTA plunged because of the lockdown – by almost 67% – the steepest annual decline since 1997. Prices stood tough though, remaining flat, or [equal to prices of April last year \(click to see chart\)](#).

Also interesting is that, prior to March 17th, the market was actually super hot. Sales were up 32% from 2019 and prices were accelerating at a pace similar to the first few months of 2017. From Jan.1st to March 31st, 2020, sold prices for all home types increased by 14.8%.

WHAT DOES THIS MEAN IF YOU NEED TO SELL NOW?

There are already signs that things are improving. Well-priced properties in high demand locations are seeing multiple offers. Homes are taking an [average of 22 days to sell](#), which is only 3 days more than a year ago. However, what has changed is the shift in activity to lower-priced homes – specifically detached houses under \$900K and condo apartments under \$500K – indicating a pent-up demand for affordable housing.

WHAT IF YOU HAVE TO BUY NOW?

Although experts aren't predicting a significant drop in prices, there may be rare opportunities for financially sound buyers to take advantage of situations where sellers are in a have-to-sell situation. Interest rates are also still historically low, and overall inventory is starting to creep up, which is good news for buyers.

CAN YOU MOVE SAFELY NOW?

It can be done, but before you make any kind of buying or selling commitment, it's critical to understand how the market is behaving and be aware of what adjustments you need to do to make a move safely in these uncertain times.

SO... HOW MUCH IS YOUR HOME WORTH NOW?

TD Bank economists are saying that “house prices in Canada are immune to COVID-19”, so as life shifts toward a new normal, your home could be back on the rise!

I would be happy to answer any questions you may have, so please never hesitate to get in touch.

Gary



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お肌と身体の セルフケアアドバイス ～ 心も身体も心地よく～

by Keiko Itoh, Tokyo Beauty Studio Inc

今回は「お肌と身体のセルフケアのアドバイス」と題して 紫外線対策と免疫力アップ*をテーマにお伝えしていきたいと思います。

Covid-19感染予防の為 ご自宅での自粛生活の時間が増え、生活リズムの変化によるストレス、季節の変わり目によるホルモンバランスの乱れによるお肌や身体の不調を訴える方もいらっしゃると思います。

お肌も身体の不調も外側の要素と内側の要素から起こることがほとんどです。それだけ心と身体は深く繋がっています。ですので、セルフケアも外側からと内側からの両方からのアプローチが効果的です。

こんな時こそ、心と身体に向き合って内側を整え外側のお肌と身体のセルフメンテナンスをしてみませんか？

まずは、免疫力を上げる!!ストレスは免疫力を下げます。

免疫力が下がると

*身体の抵抗力が落ちウイルスに罹りやすくなります。

*お肌の抵抗力も落ち肌荒れトラブルの原因になります。

免疫力を上げると

*外から侵入した病原体などを撃退してお肌と身体の抵抗力や回復力が高まります。

では 免疫力を上げるには？

シンプルに 運動、睡眠、食事といった基本的な生活習慣を整える事で 神経系の働きやホルモンバランスが調整され、免疫力も高まります。

笑ったり、楽しさを感じたりするとその働きが高まり、心の状態によって変わる脳内の神経伝達物質やホルモンが免疫に直接影響を与えます。

1. 食事(バランスの取れた栄養摂取)

2. 睡眠(質の良い睡眠)

規則正しい睡眠によりホルモンバランスや自律神経が整い代謝促進、アレルギーの緩和にも

3. 腸内環境を整える

免疫細胞の6割は腸内にも言われています。腸内の免疫細胞を活性化させる事で免疫力が上がります。

食物繊維、発酵食品の摂取など積極的に取り入れましょう。

4. 適度な運動

10分から1時間を目安に体の力を抜いて五感で自然を感じながら ゆっくり歩く。

5. ストレートコントロールアイデア (五感に心地の良い快の刺激的を与える)
視覚:自分が心地よいと感じる色を見たり自然の中で青空や木々や花など美しいものを見たりする。

聴覚 好きな音楽を聞いてみる。
心地よく感じる音楽を聴いたり、鳥のさえずりや自然の中で耳に入ってくる音に耳を澄ませてみる。

臭覚 心地の良い好きな香りやアロマオイルを嗅いでみる。

味覚 身体が欲しているものや美味しいと思うものを味わってみる。

触覚 風を肌で感じ 足の裏の感覚を感じてみる。肌に触れる着心地の良い物、肌着や服、寝具などを選んでみる。

紫外線について

カナダは今年のうちで最も過ごしやすい気持ちの良い季節になりました。外に出て日光浴をされる方も増えると思います。

紫外線を浴びる事は肌の表面にビタミンDが作られ骨を丈夫にしたり免疫力を上げる為にはとても有効的です。

その反面 紫外線は肌表面や内部の細胞を傷つけ皮膚の老化を早め皮膚癌を引き起こす事もあります。

紫外線には、
(UV-A)⇒肌の奥まで届きシワやシワなどの肌老化を引き起こす。

(UV-B)⇒エネルギーが強く日焼けしてすぐ皮膚が赤なったりシミや色素沈着、炎症や皮膚癌の原因になるとも言われています。外出の際は必ず日焼け止めローションを使用する事をお勧めします。

日焼け止めのお勧め基準:

*SPF30-50/PA++++

(SPFとはUV-Bの防止効果を表す目安の数値です。)

PA++++(+は多ければ多いほど可)

(PAとはUV-Aの防止効果の高さを+で示します)

香料や紫外線吸収剤(肌荒れ、炎症の原因となる)の入っていない物が良いです。日焼け止めの有効時間は約3-4時間ですのでこまめに3、4時間毎に塗り直し、帽子などで紫外線をブロックする事も大切です。パウダー状の日焼け止めもありますので、塗り直しが難しい方は パウダーを上からつけ直してあげるのも効果的です。

最後に

スキンケアの基本ですが今の季節は空気も室内も乾燥してます。メイクをしない時でも一日の終わりには、丁寧に優しくクレンジング、洗顔、化粧水、保湿クリームなどしっかり与えあげてください。

そして両手で優しく包み込んで かがみの前で笑って(微笑んで)みてください。唇の両端の口角が上がる事で身体の免疫力は上がりますので是非試してください。

長時間によるマスク着用や過剰なハンドサニタイザーの使用によって肌荒れを起こしているケースが多いと思います。手作りマスクは刺激の少ない素材で、こまめに洗ったりマスク内側にガーゼ又はティッシュを口元に挟んで入れてあげるのも良いでしょう。手洗いやハンドサニタイザーを使用した後は保湿クリームをつけて十分な保湿を心がけて下さい。

心も身体も心地よく過ごせますよう、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

Japanese Canadian Culture Center #245

Tel:Text (647)643-3939

www.tokyobeautystudio.com

info@tokyobeautystudio.com

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:

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 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.



読書の時間

～書店が選ぶおススメ本～

素敵に日本人

東野圭吾／著
 出版社名 光文社
 出版年月 2020年4月
 店頭価格 \$16.30+TAX

豊饒で多彩な短編ミステリーが、日常の倦怠をほぐします。意外性と機知に富み、四季折々の風物を織り込んだ、極上の九編。読書の愉楽を、存分にどうぞ。

息を呑むミステリー、心に沁みる親子愛や、驚きのSFまで。1編たりとも読み飛ばせない傑作揃い!短編集最新刊、文庫版で登場!



レンタルなんもしない人のなんもしなかった話

レンタルなんもしない人／著
 出版社名 晶文社
 出版年月 2019年4月
 店頭価格 \$27.30+TAX

「ごく簡単な受け答え以外、できかねます」
 twitter 発、驚きのサービスの日々。
 本当になんもしないのに、次々に起こる
 ちょっと不思議でこころ温まるエピソードの
 数々。

行列に並ぶ、ただ話を聞く、絵画のモデルになる、一人カラオケに付き合う、掃除をしているのを見ている、ドラマに出演する、行けなかった舞台を代わりに見る、カレーと一緒に食べる、ヘッドスパを受ける、裁判の傍聴席に坐る、映画を見る、ボウリングに付き合う、ブランコをこぐのを見守る、ラーメンを食べる、深夜の徘徊に同行する、言われたとおりのコメントをDMで返す、離婚届に同行する、なんもしないホストになる……etc 「なんもしない」というサービスが生み出す「なにか」とは。

上記書籍は、Blue Tree Booksよりお求めいただけます。 www.bluetreebooks.com



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HIROKAZU KORE-EDA RETOSPECTIVE

by James Heron



Hirokazu Kore-eda is widely considered Japan's finest contemporary director. Internationally celebrated, he won the Jury Prize at the 2013 Cannes Film Festival for *Like Father, Like Son* and the Palme d'Or at the 2018 Cannes Film Festival for *Shoplifters*.

Over the month of June the Virtual JCCC film series will feature 4 of his films, all dealing with themes of family and its meaning. Find us at www.jccc.on.ca

OUR LITTLE SISTER (2015)

June 5-7

A story that revolves around three sisters who live in their grandmother's home in Kamakura. They travel to the funeral of their father who they have not seen in 15 years and discover they have a 14 year old half-sister. At the train station they spontaneously ask the young girl to come and live with them. She agrees and boards the train. Starring Haruka Ayase, Masami Nagasawa, Kaho, Kirin Kiki, Suzu Hirose



AFTER THE STORM (2016)

June 12-14

After the death of his father, Ryota, a once-celebrated author turned private detective, struggles to find child support money and reconnect with his son and ex-wife. A sudden storm traps the family overnight at the home of Ryota's mother. They depart the next morning changed. Starring Hiroshi Abe, Yoko Maki, Satomi Kobayashi, Lily Franky.



LIKE FATHER LIKE SON (2013)

June 19-21

Ryota is a successful workaholic businessman. When he learns that his biological son was switched with another boy after birth, he faces the difficult decision to choose his true son or the boy he and his wife have raised as their own. Starring Masaharu Fukuyama, Machiko Ono, Yoko Maki

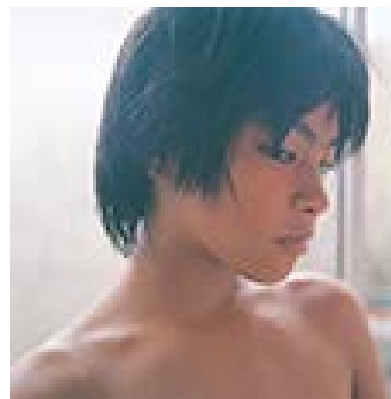


NOBODY KNOWS (2004)

June 26-28

Preteen Akira Fukushima and his young siblings are abandoned by their mother, who has moved in with a new lover. Akira is left in charge of his brother, two sisters and a whole apartment, with little money and food to see them through. Akira and the other children, who were never enrolled in school, struggle to survive without basic amenities as they cope with a strange, solitary existence in a Tokyo apartment building. Quietly heartbreaking and sensitively-directed. Lead Yuya Yagira – only 14 years-old - won the award for Best Actor at the Cannes Film Festival for his performance.

Starring Yuya Yagira, Ayu Kitaura, Hiei Kimura, Momoko Shimizu



体調を整えることがとても大事！



COVID-19との闘いはよいよ長期戦の様相を呈してきました！「救急受診した際の担当医が感染していたと連絡があり、2週間の自己隔離を要請された。家族の臨終に立ち会えなかった。受診予約がキャンセルになった」など、身近な人たちから知らせが入ります。今なお医療機関を利用することが難しい状況です。また、感染リスクの高い場所と考えられるので、なるべく訪れたくはありません。となると、通常より注意深く自身と家族の体調管理を行い、病気にならないことが大事です。

私は週1回の買い出し以外は外出しません。夫Johnは大学病院で働く画像診断専門医です。感染者が増えれば必然的に院内感染のリスクは高まるので、我が家は緊張感をもって暮らしています。彼が帰宅し玄関を開けた途端に「Wash your hands first!」と叫んでいます。清潔観念の違う日本人の私としては、本人は心がけていると言うけれど行動変容がきちんとできているか・・・どうしても気になるのです。教育指導のもっとも手ごわい相手はパートナーとわかっているの（大笑）。

この時期を二人して元気に乗り切らねばなりません。何といってもその基本は、生活のリズムと体調を整えて、体力を落とさないことです。自宅で過ごす私の場合、普段のスケジュールを維持するように努めています。起床したらまず検温と血圧測定を行い、体調変化があればメモしています。受診が必要になった場合、それらの記録を提出できます。午前には主に洗濯、掃除、植物の世話、メールのチェック、記事の執筆、リサイクル

企画の熟考、ピアノのレッスン、午後には歌と日本舞踊のレッスン、30分の昼寝、読書、筋トレといった具合です。食事の準備と片付けが加わるので、けっこう忙しい毎日です。

運動は日課の合間、あるいは日課そのものに組み込んでいるので、無理なく継続できます。TVのラジオ体操、歌レッスン中のクネクネ体操、大好きな曲に合わせて日本舞踊、モダンダンスやフラダンスを楽しむ「めっちゃくちゃ踊り」など様々です。なるべく交感神経のオンとオフの切り替えを意識し、免疫力を落とさないよう配慮しています（2020年5月号その27）。

また、抗酸化&抗炎症作用をもつナノバブル水素水を1日2リットル摂っています（2017年その8～13で報告）。飲水や料理に使い始めて7年。風邪などひかなくなり、胃腸や皮膚状態なども改善されて（健診で確認）全く薬要らなくなり、我が家における体調管理の強い味方です。たかが風邪、されど風邪・・・凄いことだと思いませんか！

外食が大好きなJohnの場合、行動制限が続いてレストランやバーに行けない暮らしはやはりストレスになっているかもしれません。若い頃から職場帰りに、喧騒としたスポーツバーでビールを飲みながら軽食を楽しむのが一番のストレス解消方法だったからです。結婚するまで日本に暮らしていた私はそれに気づかず、結婚（移住）後に毎日食事を作っていました。あることがきっかけでその事を知って適当に主婦業をさぼるようにし、美味しいお店の発見やワイナリー巡りなど楽しむようになりました。人生を面白くする方法を一緒に探すこと、そのものを楽しん

でいます。

ところが、今は自宅で楽しみを見出さないとはいけません（笑）。ここ数年は日本酒や焼酎など味わう会を12月末に開いており、日本各地の酒を所蔵しています。それらを夕食時に論評しながら味わい、「退職したら日本酒ソムリエのコースと一緒に受講しよう」と話したりしています。私は洋酒、日本酒を問わず香りや味は大好きなのにとでも弱く、彼は（予想外に）自宅で飲む量は少ないので、二人とも飲みすぎるとい事はありません。自宅にばかり居ると酒量が増えることもあるので、皆さま、飲み過ぎには注意しましょう！

さて、制限された生活の中で体調を整えるために最も大事なことは、何かしらの願いや夢（目標）をもって暮らすことだと思います。心身が動かされる（ワクワクする）何かに取り組むことです。家や庭の改装、植物栽培、裁縫や編み物、アルバムや記録の整理、長編シリーズの読破、身体づくり、楽器レッスン、ホームページ作成、自分史・家族史の編さん、小説の執筆など・・・日頃できなかったことや挑戦したかったことを始めるまたとないチャンスです。

Johnは土日に時間をかけて庭や林づくり、私は初めての作詞・作曲に取り掛かっています。ピアノ弾き語りオリジナル曲を発表したいと思っています。出演予定のコンサートが次々と中止になり、プロ歌手としての活動はできない状況が続いていますが、「コロナに打ち勝って、2021年こそは初リサイタルを主催し、弾き語りを実現するぞ!」という気持ちが沸々と湧いてきます。シニアの夢は尽きませ〜ん。



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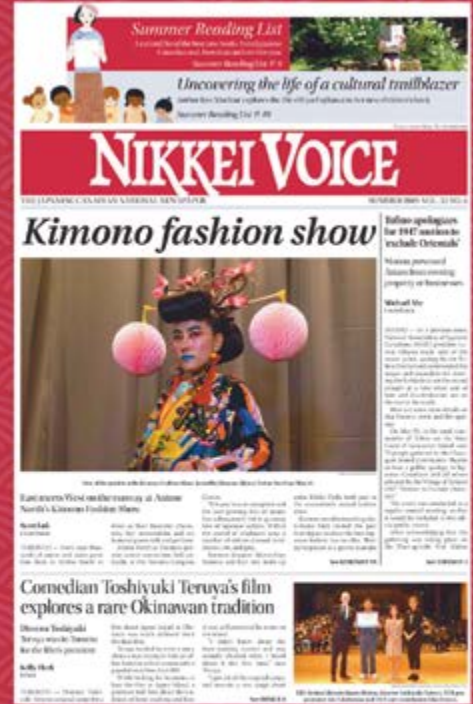
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For these challenging times.

For when this crisis is behind us, I will always
be grateful for the spirit and dedication of
all the people who made it possible for us
to safely move forward – together.

Kiotsukete
Please take care



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