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「一世の日」

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Office Space Available for Lease at JCCC

We have 1 or 2 office space(s) available or possibly coming available for lease at JCCC: 1 for 684 sf.f. and the other 1,911 sf. If interested, please contact our property manager, Nao Seko at:

Bus: (416) 444-9900 ext 227
 Cell: (416) 579-6921
 email: nseko@masamigroup.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 this time, 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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JCCC Staff

- | | |
|--|----------------------|
| James Heron
<i>Executive Director</i>
jamesh@jccc.on.ca | 416-441-2345 ext.224 |
| Kathy Tazumi
<i>Chief Accounting/Administration Officer</i>
kathyt@jccc.on.ca | 416-441-2345 ext.229 |
| Sandy Chan
<i>General Manager</i>
sandyc@jccc.on.ca | 416-441-2345 ext.226 |
| Constantin Dutescu
<i>Operations and Technical Manager</i>
constantind@jccc.on.ca | 416-460-3522 |
| Haruko Ishihara
<i>Special Events and Rentals Manager</i>
harukoi@jccc.on.ca | 416-441-2345 ext.228 |
| Christine Takasaki
<i>Community Events Coordinator</i>
christinet@jccc.on.ca | 416-441-2345 ext.221 |
| Yuki Nakata
<i>Volunteer Coordinator</i>
yukin@jccc.on.ca | 416-441-2345 ext.235 |
| Yayoi Kawabe
<i>Website and Database Administrator</i>
yayoik@jccc.on.ca | 416-441-2345 ext.223 |
| Yoshie Watanabe
<i>Community Rentals</i>
yoshiew@jccc.on.ca | 416-441-2345 ext.231 |
| Su Yen Chong
<i>Heritage Manager - Exhibition & Research</i>
suyenc@jccc.on.ca | 416-441-2345 ext.303 |
| Theresa Takasaki
<i>Heritage Manager - Archives, Collections and Programming</i>
theressat@jccc.on.ca | 416-441-2345 ext.300 |
| Yumi Ogasawara
<i>JCCC Receptionist</i>
jccc@jccc.on.ca | 416-441-2345 ext.222 |
| Yoko Tsumagari
<i>Communications and Accounting Associate</i>
yokot@jccc.on.ca | 416-441-2345 ext.227 |

SUBMISSION DEADLINE

Deadline for the next issue is: **Tuesday August 11, 2020.**
 次号の締め切りは2020年8月11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

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For updates, please connect with us on



Message from JCCC

Another month has passed but we can now definitely see some light at the end of the tunnel. As I write the province has just declared the Phase 3 reopening of Toronto. We are tentatively targeting the week after Labour Day for our own reopening. Our new hygiene protocols are now in place and physical changes to the building for increased safety are near completion: washroom doors have been removed, touchless faucets have been installed in all washrooms, plexiglass barriers are in place and new touchless automatic entry doors will be installed shortly. We anxiously await the chance to open to doors once again but it will be a cautious, staged reopening and one carefully aligned with direction provided by the province. The health of the community, our members and many friends is of paramount importance.

The JCCC has been very busy during the crisis, shifting programming online and preparing new content for the autumn. In the last month we have enjoyed an online tanko bushi event with participants dancing not only from all over Canada but also from the US and UK! The online Japanese language program continues to grow also attracting a cross-country and international student base. Our online sake seminars and Yosakoi dance class both attracted enthusiastic audiences. Ukulele, now in its third month of online programming, continues to engage members. The JCCC is also busy planning new online programs for August and beyond. Further seminars in Japanese beer, shochu, sake and whisky are in the planning stages. The Sakura Gala, postponed till 2021, will take the form of an online gala dinner to bring the community together.

The Best of the Toronto Japanese Film Festival is now in full swing, and will continue through to the end of August, offering 6 weeks of light-hearted comedy fare online for streaming from the last 8 years of programming. The opening films LADY MAIKO and RENT-A-CAT both drew a huge audiences. The postponed TJFF 2020 is gearing up for an October 3 launch

and the announcement of the first wave of films can be found in this newsletter.

We are working now with our martial arts clubs and instructors to prepare for the reopening of the dojos. Based on regulations from national and international martial arts bodies as well as city health directives, we are looking at best practices for operating programs in a safe manner. This includes enhanced safety procedures, staggering class times and frequencies, and determining safe dojo capacities.

Since March, we have received countless messages of goodwill and encouragement. As exhausting and confusing as these past months have been, it has

brought out the best in so many and happily confirms just how much the JCCC means to so many people.

Thank you and see you soon.



James Heron, Executive Director



***Please note that the reopening applies to our tenants as of July 31 so it is recommended that you touch base with businesses like Hashimoto Restaurant, Kiai Acupuncture Clinic and Tokyo Beauty Studio to confirm their dates. They will be accessible through our east entrance.*



The JCCC is Building A Virtual Senbazuru

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 an activity often undertaken by a larger group.

Over the past several months, we have received many photograph submissions of folded cranes. We have received photos of several finished senbazuru, as well as photos of individual cranes and groups of cranes.

Our team is now working to construct our virtual senbazuru. While it will not look like a traditional senbazuru, we hope that you understand that uncommon times call for uncommon solutions. This senbazuru will be a reflection of the community's collective wish for the health and well-being of everyone during the Covid-19 pandemic.

Thank you for all of your submissions to this project. We look forward to sharing the finished senbazuru with you soon!



Issei Day 一世の日

For 57 years the JCCC has held Issei Day. This is an opportunity for the JCCC Board of Directors to show their appreciation to all the seniors in our community. It is an event that we look forward to every year.

Unfortunately, the current Covid-19 health crisis would not allow us to bring together the high number of attendees that we would normally host. Additionally, we would not want to endanger the health of our many attendees.

So, for this year, we will NOT be gathering at the JCCC for Issei Day.

BUT, the JCCC is still committed to honouring our seniors! So instead, we will be distributing a FREE bento to those who are 70 years or older to enjoy at home. We will be setting up 5 locations throughout the GTA where you can book a time to pick up your bento. These locations will be:

1. JCCC (Don Mills Road and Eglinton Avenue East),
2. Momiji Health Care Society (Kingston Road and Markham Road),
3. Japanese Gospel Church of Toronto (McNicoll Avenue and Midland Avenue),
4. Toronto Buddhist Church (Sheppard Avenue West and Allen Road) and
5. Kyoda Plastics (Dixie Road and 401).

Please visit our website at www.jccc.on.ca to find the registration link. Pick a preferred

pick up location and time then fill in the form with your information (name, address, birthdate). If a family member or friend is picking up on your behalf, please make a note in the "Pick up instructions" section to let us know or we won't be able to release your bento to them.

Bentos will be distributed on **Sunday September 27**. Our Issei Day complimentary bentos are available to those 70 and over. The number of bento and time slots are limited so please make sure that you register carefully. The deadline to register is **Monday September 21**.

If you have any problems with the registration, or you have any questions or concerns, please contact us at jccc@jccc.on.ca or 416-441-2345 ext. 222.



JAPANESE CANADIAN CULTURAL CENTRE
日系文化会館
6 Garamond Court, Toronto, Ontario M3C 1Z5

ISSEI DAY 2020

A tribute to the Seniors in our Community

Get your FREE 2020 Issei Day Bento!

Available for **pick up only** on September 27, 2020, at 5 locations across the GTA

Registrants must be 70 years or older
Registration deadline is Monday September 21, 2020

To register and for more information visit the JCCC website at www.jccc.on.ca

一世の日



THE TORONTO JAPANESE FILM FESTIVAL IS BACK!

We are very happy to announce that our postponed June festival will be held starting **October 3**. This year's festival will be run as an on-line festival. It is a festival that can be enjoyed across Canada!

As always the festival introduces many great new Japanese films as international, North American and Canadian premieres. Here is our announcement of our first wave of titles featuring top directors, popular hits, award winners and a broad spectrum of genres. For the programs, please see [here](#).



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

STILL 3 GREAT FILMS TO ENJOY!

The first 3 films of the Best of TJFF have been very popular and we have received much great feedback. Our idea was to use Japanese film to lift everyone's spirits at this very confusing and difficult time with 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 otherwise available domestically so it is a special treat and a rare opportunity to see them. Please enjoy the remaining 3 films!



SURVIVAL FAMILY サバイバルファミリー
Fri. Aug 7 @ 9am – Sun. Aug 9 @ 9pm

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 – from the director of *Dance with Me*, *Wood Job!*, *Swing Girls* and *Water Boys* – is guaranteed to please.



KEY OF LIFE 鍵泥棒のメソッド
Fri. Aug 14 @ 9am – Sun. Aug 16 @ 9pm

Kenji Uchida's screwball comedy about a failed actor who switches identities with a stranger in a 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. Touching, brilliantly plotted and simply hilarious, *Key of Life* was named one of the best 10 films of the year by *The Japan Times* and *Kinema Jumbo*, winner of the best screenplay at the Shanghai International Film Festival.



FLY ME TO SAITAMA 翔んで埼玉
Fri. Aug 21 @ 9am – Sun. Aug 23 @ 9pm

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, the son of the corrupt governor and the 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 private academy, the spark of attraction soon lights the fuse for a war between the prefectures. A lunatic satire of the universal tensions between urban and rural; overflowing with energy, hilarity, and over-the-top action.

Bilingual Japan x Canada Online Summer Camp

Missing Japan? The JCCC is bringing Japan into your homes.

For the first time, the JCCC is collaborating with professionals in Japan (and in Canada) to offer a summer camp for children online.

This 3-part series will offer children a chance to:

- Engage in hands-on cooking lessons led by cooking instructor in Japan;
- Explore international cultures with Japanese instructor who have travelled the world;
- Learn the evolutions of the Japanese Canadian community through food and stories.

This camp will offer 3 workshops in mid August (dates to be confirmed). Classes will be taught in English and Japanese. (English translation will be provided for Japanese instructions). More information to follow.

Make the most of the remainder of the summer, and give children an opportunity to engage in wholesome learning and hands-on activities. Spaces will be limited, so be sure to check the [JCCC website](#) regularly for registration details.



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 Private Koto Lessons

by Linda Kakō Caplan



Even as many activities around us are starting to resume, there is still a lot of anxiety about resuming social interactions. With so much to be concerned about, there's no better time to pick up a new skill than from the comforts of your home. Renowned Koto performer and instructor Linda Kakō Caplan is partnering with the JCCC, and kindly offering JCCC members the opportunity to take one-on-one koto lessons at a special discounted rate. Don't miss your chance to learn from a grandmaster. Students of all levels are welcome, from beginner to advanced.

NOTE: Students must arrange their own access to a koto and must also have their own set of tsume (picks).

SCHEDULE / FEE

LESSONS AT YOUR CONVENIENCE:

Private one-hour lessons will be conducted by Skype. Once the JCCC confirms a student's registration with the teacher, a mutually-workable day and time for lessons will be arranged between the student and the teacher. Course level and content will be determined by each student's level of proficiency. Curriculum may include contemporary, folk, and classical repertoire.

There is no dress code. However, for those who enjoy wearing kimono, feel free to put on your favourite kimono, yukata, or haori for your lessons.

FEE

Private lessons are \$50* each and must be purchased in 4-lesson blocks (\$200). The teacher is offering this special lesson fee through to the end of 2020, available only

to those who register directly through the JCCC.

*Regular price is \$90/lesson.

REGISTRATION

Koto lessons are open to JCCC members. If you don't yet have a membership, please contact us at jccc@jccc.on.ca and we can assist you.

TERMS AND CONDITIONS

- Fees are non-refundable.
- Each 4-lesson block must be booked and used within 6 weeks from date of first lesson in each block.
- Lessons may be rescheduled with at least two days prior notice, but missed or cancelled lessons by students will be forfeited. Lessons cancelled by teacher will be re-booked.

REGISTER NOW

<https://jccc.on.ca/online-private-koto-lessons-linda-kako-caplan>

INSTRUCTOR

Linda Kakō Caplan holds the rank of Tobiume Tsukasa Daishihan (Grandmaster) from the Ikuta-ryū Chikushikai koto and shamisen school headquartered in Fukuoka, Japan. She has performed in Canada, Japan, and the US for decades. Caplan directed the York University Japanese Music Ensemble from its inception in 2004 until 2014, and also taught the World Music koto and shamisen courses at York from 2006 to 2016. She has been teaching students of all levels across North America in person since 1987 and online since 2000.



3-day

JCCC Online Summer Camp

Japan X Canada

Collaboration with instructors from Japan

Hands on Japanese Cooking Lesson

Japanese Canadian Comfort Foods and Stories

Learn International Cultures



Theressa Takasaki
Canada
Archivist
Instructor of
JCCC Supper Club



Michiko Tsujita
Japan
Mother to a 5-yr old
Cooking Instructor of
healthy baby foods
& kids recipes



Aiko Komori
Japan
Travelled over 40
countries
Instructor of English,
travelling & more

to learn more, visit
www.jccc.on.ca



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 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.
- Suitable for people who studied and mastered basic Japanese.
- Speaking is the main focus of this program.
- Hiragana reading skills are required.

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
(pricing in Canadian Dollars)

INFORMATION / REGISTRATION

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

*learn japanese!
have fun!
support jccc!*

JAPANESE CANADIAN CULTURAL CENTRE

6 GARAMOND COURT, TORONTO, ONTARIO, CANADA M3C 1Z5

A Recipe from our Seniors' Supper Club

We are very sorry to have to have to inform our members that we will not be running Senior's Supper Club this year. While we had hoped that classes could return in the Fall, we realize that even with a reduction in COVID-19 restrictions it would be difficult to operate this program with social distancing. With this in mind, we made the decision to suspend this program until next year. Still, we urge all our attendees to stay safe and keep practicing their cooking skills. We will continue to publish some of our past recipes to help you through this time.

With the hot weather like we have been experiencing, staying hydrated is very important. When you sweat you lose electrolytes like sodium. Drinking plenty of liquids like water is important, but some research suggests that eating pickles is another way to help replenish your body. At some summer festivals in Japan, you can purchase lightly pickled cucumbers on a stick as a refreshing snack. Below you will find a couple of recipes for pickles that can be enjoyed alone or on rice. Just be cautious to eat any type of pickles in moderation. Pickles are high in salt content and too much salt can be harmful to your health.

Beer Zuke - Makes 1 jar

From *Just Add Shoyu Cookbook*, p154

Ingredients

3-4 mini cucumbers, cleaned

Equipment

Measuring cups and spoons
1 650ml jar

Sauce Ingredients

1/4 cup miso
3 tbsp sugar
3 tbsp white vinegar
3 tbsp salt
1/2 bottle of beer

Instructions

1. Mix the sauce ingredients together in a clean, sterilized jar.
2. Add the whole cucumbers to the jar.

Cover and write the date and name on the jar lid. Refrigerate.

3. To eat, remove the cucumbers from the souce, rinse and slice.

Pickling time

For lightly pickled cucumbers, let soak for 12-18 hours, adjust according to your taste. Once you have removed your cucumbers, you can reuse the souce to make more pickles. Increase the pickling time by a couple of hours each time you reuse.

Storage and Reheating

The souce will keep in the fridge for about a month.

The sliced pickled cucumbers will keep in a covered container in the refrigerator for about a week. This pickling process also works well with vegetables like carrots and chayote.

One Day Cabbage Tsukemono

- Makes approximately 2 cups

Ingredients

1 small cabbage (approx. 1 lbs)
1 cup water
2 tbsp vinegar
2 tbsp sugar
1 1/2 tsp salt
1/4 tsp grated ginger

Equipment

Measuring cups and spoons
Large bowl
Small pot
Colander
Cutting board
Knife

Instructions

1. Cut cabbage into quarters.
2. Cut each quarter into 1/2 inch slices and place in a large container.
3. Boil remaining ingredients in a small pot and pour over cabbage.
4. Stir periodically until cool.
5. Drain liquid through a colander back into pot.
6. Reheat liquid and pour over cabbage again.

7. Drain and squeeze out the liquid when you are ready to serve.
8. Place any leftovers in a resealable container. Write the name and date on the lid of the container.

Storage and Reheating

This tsukemono will keep in a covered container in the refrigerator for about a week.

You can make this tsukemono using different types of greens like nappa or mustard greens. The pickling time will increase for hardier greens and decrease for more delicate greens.

Connecting On-Line:

ZOOM Ukulele Class

By Lynda Tanaka

Despite the physical distancing mandated in the pandemic, the JCCC's ukulele players have persevered under the leadership of Mr. Harry Kawabe. Mr. Kawabe has led classes on ZOOM since May and the classes are continuing this summer.

To continue his students' learning, Mr. Kawabe has created videos of his playing the new songs he wants the class to learn, including his commentary explaining the new skills he is teaching. The sheet music is distributed electronically by email well prior to the class, so the players can all practice in advance of the class.

Most of the class had no experience with ZOOM before this pandemic so all have had a steep learning curve to make it all work effectively. Despite any difficulties, with the support of JCCC staff, the players have all acquired new ukulele skills and a comfort level with ZOOM. We are all indebted to Mr. Kawabe for making it possible for us to be able to make music together and to retain contact with the JCCC community.

Connecting On-Line: Tanko Bushi Together

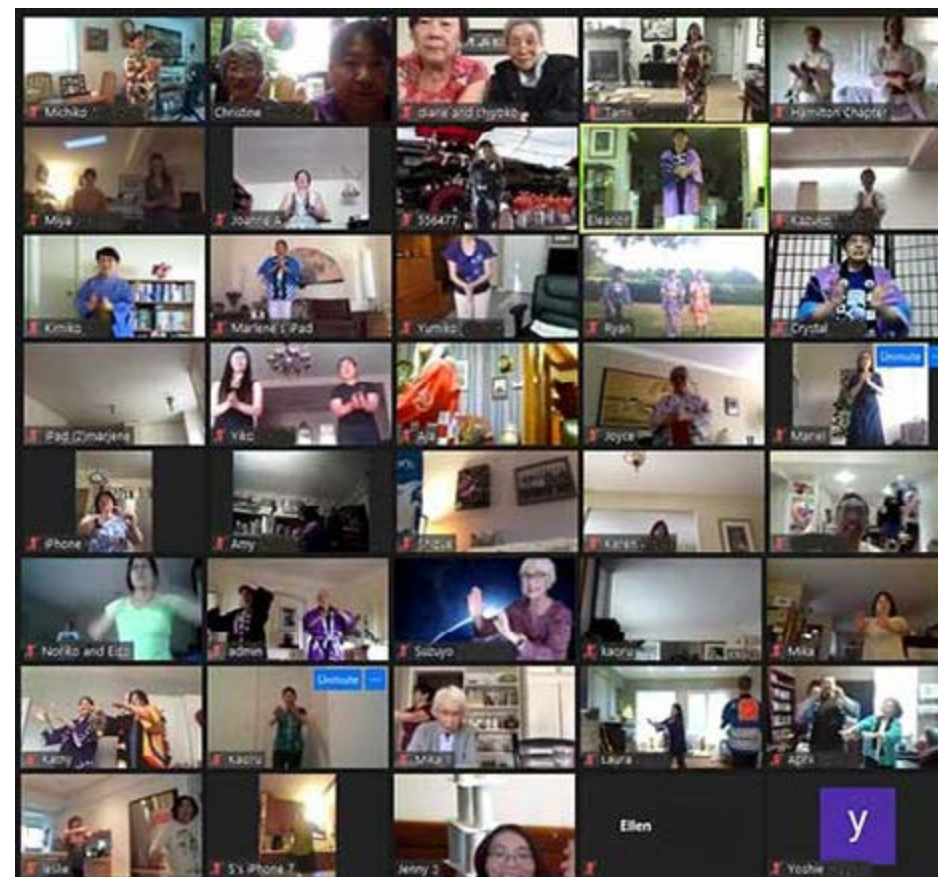
Saturday July 11 would have been the day of JCCC's Natsu Matsuri and Bon Odori. The JCCC was disappointed to have to cancel this event this year, as it always brings so many in our community together. Knowing that many were still feeling isolated as the pandemic continues, the JCCC came up with a way to bring everyone together safely - Virtual Tanko Bushi.

In partnership with Toronto Buddhist Church, we offered a short lesson online where people could learn this simple minyo, and also a time to dance together. We chose Tanko Bushi as it is a dance that is traditionally our audience participation dance at our Bon Odori. It is simple and quick to learn, and also symbolic of the inclusiveness and unity we have as a community. We went through the instructions a couple of times, and then we turned on the music and danced together.

The number of people who participated greatly exceeded our expectations. We had more than 50 families join us for this event. It was great to see the excitement not only for the event, but for

the opportunity to see everyone. Greetings constantly rang out as we waited for everyone to sign in and get started. While we knew some participants would be joining us from far away places, we were surprised to see how far. We had participants from not only the GTA, but from across Canada and from around the world. There was representation from Vancouver (BC), Neḡwíléx̄m (BC), Nainimo (BC), Onoway (AB), Halifax (NS), just outside Seattle (WA), Miami (FL) and even from England (GB).” This was truly an example of our motto “Friendship through Culture.”

To coordinate a first-of-its-kind online event such as this one, a lot of work from the JCCC staff was required. Thank you to the hardworking team for managing all administrative and technical aspects. But more importantly, the JCCC would like to extend our appreciation to the Toronto Buddhist Church for partnering with us, especially to Sensei Eleanor for leading us in the instructional. Most of all, thank you to all who attended. Without your participation, this event would not have been so much fun!



Caring from a Distance - part 3 -

As the COVID-19 pandemic continues, it seems like home as workplace/restaurant/learning place & play place has become the new normal. Now that all of Ontario is in Stage 2 of the Province's reopening plan, our new normal is once again changing.

With Stage 2, we are allowed to increase our regular contact groups to “bubbles” of 10 people. For our household, this meant welcoming my in-laws into our home for regular visits. Our weekly family dinner tradition, which we had been doing through video chat services, are now taking place in person again. We are also now allowed to have socially distanced



gatherings with up to 10 people from different “bubbles”. For us, this meant inviting my husband's aunt to join us for a socially distanced backyard Canada Day picnic. For our children, it means continuing to meet with their friends virtually, while planning the occasional socially distanced meet up in an outdoor space.

Stage 2 has also meant a lot of loosening of the restrictions on stores and other businesses. You may have noticed that there are more people in the stores these days. You may have also been able to book an appointment to visit the ROM or the AGO or one of the GTA's many other cultural institutions. You may have been able to get out and support local restaurants in their “parking lot patios”. Or maybe you feel safer by ordering takeout from your favourite restaurants.

As parts of Ontario move into Stage 3, life is slowly returning to our pre-pandemic normals. It will be a while before we are



able to move freely and without fear, but thanks to the cautious approach of our various levels of government, and the general adherence

to safety protocols by most Canadians, we are moving in the right direction. Please remember that keeping 2 meters apart from those outside of your “bubble” and wearing a mask if you are able are signs of your caring and respect for those in your community who are at higher risk than you are.

Volunteer Spotlight

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

Meet Demetre V.

As you can see below, Demetre's active volunteering and dedication has led to growth in his role here at the JCCC. He is also a great example of how volunteering can fill the needs of not just the individual but also of the organization.

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

I've been a volunteer since May 2013. My first volunteer event was the Toronto Japanese Film Festival.

How did you get involved with volunteering at the JCCC?

Honestly, I was looking for more volunteer opportunities to help strengthen my application for law school. I had been to the JCCC once before for a third-party event, but I thought the space was really beautiful when I first saw it. I figured that since the space was nice and since there were aspects of Japanese culture that I liked (anime, manga, karaoke), it might be fun

to volunteer there. I've learned so much about Japanese culture since then, and have been to Japan twice now (once, ironically, as part of a three-month exchange in my last year of law school).

Seven years later, I'm a lawyer now, but I enjoyed volunteering at the JCCC so much that I decided to stick around. :)

What type of volunteer work have you done?

I've volunteered at the following events, usually as an "Event Leader":

- Toronto Japanese Film Festival (Usually snack booth or admissions)
- Natsu Matsuri (I've been a "floater", helped out with admissions, at the bar, with the Mikoshi etc. I've also helped with the set-up the day before)
- Fuyu Matsuri (I've been a "floater" and I've helped out through admissions and food-related roles, but over the last few years I've hosted the Holiday

Cosplay Contest)

- Oshogatsu Kai (I've been a "floater" and I've helped out through admissions and food-related roles)
- Haru Matsuri (I've been a "floater" and I've helped out through admissions and food-related roles. I've also assisted with the tea ceremony registration and the fortune-telling booth)
- Bazaar (At the Bazaar I'm usually at the bar or at the White Elephant; I've also helped with the set-up the day before)
- Anime Matsuri (I've done a panel at the Anime Matsuri)
- Miscellaneous film screenings (Usually admissions or snack booth)
- JCCC booth at various third-party events (Anime North, KimiKon)

I also serve on the JCCC Marketing Committee, and I've gotten my law firm (Fasken Martineau DuMoulin LLP) to help sponsor TJFF.



Demetre is wearing the red and black shirt.



Demetre is wearing the red and black shirt.

FREE PEA GRAVEL AT JCCC

We have approximately 3 – 4 cubic yards of pea gravel available for free at JCCC on a first-come, first-served basis.

The pea gravel is mixed with a little soil but can be easily separated with a hose. If interested, please bring along your own container.

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 busy preparing for the re-opening of the building once Toronto moves to Phase 3 and changes such as new safety protocols will be put in place.

Changes to better support our volunteers are also happening with the implementation of VolunteerHub. The system is in its final testing stage and when fully implemented, all volunteers will have access to it from the JCCC website. This system will make it easier for volunteers to find volunteer opportunities, register, and manage their own profiles. Groups and clubs will be able to manage the registration of their own groups of volunteers for particular events. This system will improve the efficiency in managing volunteer participation at all Japanese Canadian Cultural Centre events.

Information on the progress of this system will be updated in future

newsletters. We look forward to your support as we move to a new JCCC volunteer database system.

ようやく緊急事態宣言がステージ3まで解除され、JCCC各部署では、大急ぎで再オープンのための準備に取り組んでいます。ボランティアコミティでは、今後活用していく『VolunteerHub』のシステム導入のテスト段階に入りました。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、以前のデータ取り込み作業など、大掛かりなプロジェクトではありますが、これが完了するとボランティア募集要項の設定、事前登録、イベント当日のサイン・インとアウト、又全てのデータ集計と管理を、より効率的で安全にしていける事ができます。

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のでご理解とご協力のほどどうぞよろしくお願い致します。



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.

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

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.

Archiving at Home – Part 4

By Theresa Takasaki,

Heritage Manager - Archive, Collections and Programming



Picture: United Church next to Nakagawa house in Ocean Falls, 1941

A while back, the Heritage Department encouraged you to use the time you had while being at home to journal your thoughts during this crazy time or to begin recording your family history. One of our regular Archives volunteers, Roy Nakagawa, took this advice to heart and has been recording his family history with his son Ron. We will be featuring the Nakagawa's story over the next three issues of the newsletter. This is part one.

Community in Hiding

As told by Roy Nakagawa and documented by Ron Nakagawa

Japan's bombing of Pearl Harbour on December 7, 1941 had a huge impact on our lives and our community.

I was born in Ocean Falls in 1928 and my sister four years later. Ocean Falls was a beautiful town hidden in a remote inlet off the Pacific Ocean in northern British Columbia. It was built on the side of Mount Caro Marion near a crystal blue lake. We lived in a small, plain house in the segregated Japanese part of town where everyone knew everyone. Our house was the one right beside the United Church. We went to church every Sunday. Dad worked hard at building a career as a millwright and Mom made extra money doing laundry. My life was full of school, picnics, fishing, swimming, and other activities in a close knit Japanese community.

In February 1942, an order was issued by the federal government to remove all Japanese from the protected area within 150 miles from the coast of B.C. I was in grade eight and my sister was in grade four. Dad's 15 year career as a millwright was suddenly over. We were no longer allowed to live in the town I was born. We

had to pack up and leave the only place I knew as home.

It was a long 19 hour trip by boat to Vancouver. This was the first time that I had been in a big city. At 52 years old, Dad was unemployed and using his life savings to pay for our exile. All of our belongings were packed up and stored at a friend's farm. We lived in a rooming house where the four of us slept horizontally in one bed. Dad went into the local Japanese community to plan our next move. My sister and I continued to go to school. At Strathcona Public School, I felt alone in one of the five grade eight classes. In Ocean Falls, I was one of just ten kids in the only grade eight class. I missed the kids I grew up with. I was so happy to meet Dick Okumura at Sunday school. Going to church every Sunday was one of the few things that had not changed.

Japanese had to pay for their internment which meant Dad had to find work. Japanese who were not naturalized were classified as aliens. They were the first to be interned in road camps in the interior of B.C. building the Trans Canada Highway. Other families found work in sugar beet farms in Alberta and Manitoba. Dad was still in possession of the tools he had as a millwright. So, he was able to get a job as a plumber helping to build the relocation centres. Relocation centres or internment camps were being established mainly in ghost towns left over from the mining era. The towns were Kaslo, Sandon and Slocan. Internment forced Japanese to trade in their lives for low paying jobs. We were classified as less than the second class citizens we already were.

Continued in the September issue of the JCCC newsletter.

Sedai Features

A Story of an Issei Family



Mary Akiko Kawasaki. 2011-259. Sedai Oral History Collection.

Today, Japanese Canadians are found working in all professions across Canada. While they are exemplary of migration in Canada influencing many major sectors today, one wonders if this was always the case? Questions like the type of professions the issei generation were in during the late 20th century and how they climbed the socio-economic ladder in this new home come to mind. Not surprisingly, their stories are never straight forward, with choices of occupation varying from one region to another within British Columbia itself. In the Fraser Valley, the issei community worked to eventually produce 85% of the berries grown in the region. For contract workers in mining, they were obligated to work in dark mining shafts for at least a few years. These are just two of the many examples. What about the rest of the issei generation?

This month's Sedai feature explores this topic through the interview of Mary Akiko Kawasaki (nee Mori). Like Manzo Nagano, the first documented immigrant from Japan to Canada, Mary's father arrived in New Westminster, BC from Shiga-ken in 1897

as a teenager. He worked in various trade including fishing, sawmill, and lumber. Like most issei men, he would marry and with Mary's mother, have children and form a family of their own. By 1930, they were able to start a small business with their savings. Listen to Mary as she recalls her family's business near Granville Street in Vancouver. She remembered her father's gleeful anticipation of profits and the hustle and bustle of the store where all the children except for Mary were involved and had important responsibilities. To watch the interview, click [here](#).



View of Vancouver, ca. 1901, JCCC Original Photographic Collection. 2001.15.48.

COMING TO TVO

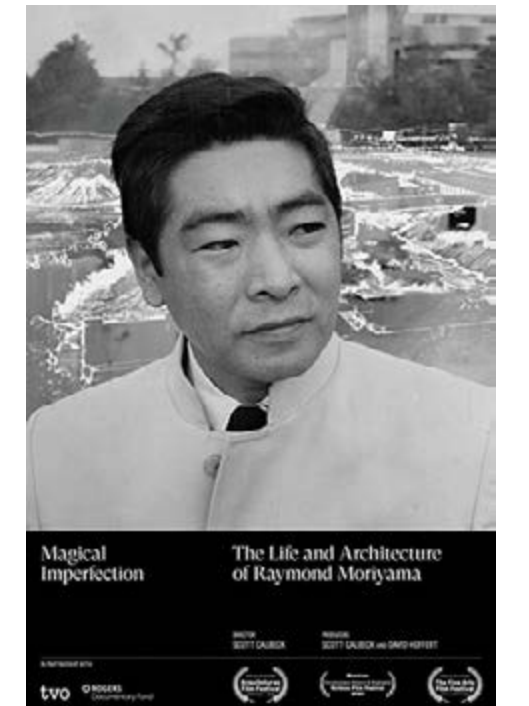
WEDNESDAY AUGUST 12, 9PM

Great news! TVO has announced that the world broadcast premiere of **MAGICAL IMPERFECTION: The Life and Architecture of Raymond Moriyama** will be on Wednesday, August 12. Share this with your friends and family. From the safety and comfort of your own home, you can watch as internationally-renowned architect Raymond Moriyama describes his incredible journey.

Imprisoned in his own country during the 1940s because of his race, Ray found the strength to combat injustice by devoting his career to social justice and equality. His monumental works, including the Ontario Science Centre, the Canadian War Museum, and the Canadian Embassy in Tokyo are used by thousands of people every day, and each building reflects Ray's unshakable belief in the need for inclusion of all people in our world.

Perhaps his crowning achievement is the Canadian War Museum in Ottawa. Inspired by Ray's own wartime experience, the striking architecture uses non-symmetrical design elements to challenge the public into thinking about war and peace, and to express a feeling of hope that he believes is still unfulfilled in all of us.

It is the perfect embodiment of the credo passed down to him from his grandfather – the pursuit of "perfect imperfection."



SEDAI, the Japanese Canadian Legacy Oral History Project's goal is to share with you the unique history and experiences of Canadians of Japanese ancestry using oral histories, text, archival photographs and related material. The JCCC vimeo site is dedicated with respect, admiration and gratitude to the Issei, the pioneering generation who came to Canada after 1877, the year the first recorded Japanese immigrant, Manzo Nagano, landed on our shores. They worked hard, embraced the best values of their new country and triumphed over adversity to secure a place in Canada for their children and future generations. In so doing, they have set an example for all Canadians.

Please visit [JCCC vimeo site](#) to watch more videos.

75 years: Canada, Nuclear Weapons and the UN Ban Treaty

Hiroshima-Nagasaki Day 75th Anniversary Commemoration with Setsuko Thurlow & Friends

Thursday, August 6, 2020 at 7:00 PM – 8:30 PM EDT

by Hiroshima Nagasaki Day Coalition (Toronto)



Photo by Paule Saviano

TORONTO: On August 6 at 7pm the Hiroshima-Nagasaki Day Coalition invites the public to participate in the 75th Anniversary Commemoration of the Atomic bombings of Japan. The commemoration will focus on 75 years of living with the threat of nuclear war. The 75th commemoration will also focus on the role that Canada played in the Manhattan project. The keynote speaker will be A-bomb survivor [Setsuko Nakamura Thurlow](#), who jointly accepted the [Nobel Peace Prize](#) on behalf of the International Campaign to Abolish Nuclear Weapons (ICAN) in 2017. Peace activist and historian [Phyllis Creighton](#) will sketch Canada's role in creating the atomic bombs dropped on [Hiroshima](#) and [Nagasaki](#), Canada's continued sale of uranium and nuclear reactors enabling more countries to become nuclear armed, and its full commitment to NORAD and NATO, both nuclear alliances relying on nuclear weapons. The event will include music by Grammy-nominated flautist Ron

Korb and photos, animation and brief excerpts from documentaries that will show major highlights of the 75-yearlong effort to abolish nuclear weapons. Giving us hope for their eventual elimination is the UN Treaty on the Prohibition of Nuclear Weapons, now with 40 of the 50 nations needed to sign and ratify it before coming into international law. Thus far, Canada is not a signatory. The co-hosts for the commemoration are [Katy McCormick](#), artist and professor, and [Steven Staples](#), Chairperson of [PeaceQuest](#).

Little known to many Canadians, Prime Minister Mackenzie King entered into a partnership with the U.S. and Great Britain in the Manhattan Project's development of the atomic bombs, including mining, refining, and exporting [the uranium](#) necessary for their success. Here in Canada, Dene workers from Great Bear Lake were hired to transport the radioactive uranium in cloth sacks from the mine to barges. They were never

warned about radioactivity. Peter Blow's documentary [Village of Widows](#) chronicles how the atomic bomb program impacted that [indigenous community](#). At the bottom of Great Bear Lake is over a million tons of tailings that will remain radioactive for the next 800,000 years.

On August 6, Little Boy—a single Atomic bomb—demolished the city of Hiroshima, killing 70,000 people, and causing the deaths of 70,000 more by the end of 1945. On August 9, 1945, [Fat Man](#), a plutonium bomb, devastated Nagasaki, exploding near the largest Catholic cathedral in Asia, killing 70,000 non-combatants. Setting a pattern, US Occupation censorship hid the true impacts of nuclear weapons—still unknown to many today.

You can find the interview with Setsuko Thurlow [here](#).

Registration for the online event can be found [here](#).

For further information about the commemoration, please visit the website <http://www.hiroshimadaycoalition.ca/>

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.

DONATIONS TO THE JCCC

As of July 28, 2020

The JCCC gratefully acknowledges the following donations:

<u>JCCC</u>		<u>In Memoriam</u>			
Dr. Judith Balogh	100	In memory of Alice Sakaguchi		Mr. Michael Shiomi	100
Mr. Jerry & Mrs. Sue Hikida	50	Mrs. Yasuko P. Kusano	30	Mr. Rick Shiomi	50
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Ms. Yoshie Nagata	60	Ms. Toni Osbourne	100	Mr. James H. Kobayashi	100
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				Mr. and Mrs. Krisztian Szabo	93

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In honour of Kaz and Nao Amemori
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Susan Lem and Margaret Toy Yuen Wong Chong
Shirley Mitsuko Edamura – In Loving Memory
From Henry Lorie Robbie Kristi Dean
& Families Edamura Kobayashi Sikura Shin
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Yoshiko & Shigeo Bus Harada - In Memory
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Frank and Natsuko Kumagai - In Memory
Ray and Amy Kutsukake In Memory
Kiyoshi and Eiko Maikawa
Sumie (Sugamori) Medoruma - In Loving Memory
Tommy Medoruma (Kanashiro) and Family
In Memory of Margaret Mori

Mas and Yuri Mori
Saburo and Nancy Morita
Nete Mowry - In Memory
Fumiye and Masaharu Mukai - In Memory
Isaburo and Noshi Nagasuye - In Honour of
Janet Michiko Nagasuye - In Gratitude
Mae & Shigemi Nagasuye - In Loving Memory
Michael, Elizabeth & David Nagata
Asako and Tsunenharu Nakanishi - In Memory
In Memory of Rei and Kim Nakashima
Kimiaki and Rei Nakashima - In Memory
In Memory of Mamoru and Hanae Nishi
Ron and Judy Nishi
Nana and Tomi Nishimura
In Memory of Ippei and Hama Nishio
Dr. Nori Nishio - In Memoriam
In memory of my parents Etsu and Moichi
Roy Chukichi and Suzu Oyagi - In Memory
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Nancy Shin - In Memory
In Memory of Nancy Aiko Shin
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As of July 28, 2020

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Mr. Chris & Mrs. Kristin Kobayashi-Reid	Anonymous	Ms. Claudia Chan Garcia
In memory of Tsugio and Fumiko Ito	Anonymous	Ms. H. Chang & Mr. A. Au
	Anonymous	Miss Irene Chang
Associations, Clubs, and Organizations	Anonymous	Ms. Sylvia Chang
AJC (Association for Japanese Culture)	Anonymous	Mr. Kai Zheng & Ms. Alex Chen
The Art of Change	Anonymous	Mr. Mervin Chen
Canadian Shorinji Kempo Federation	Anonymous	Ms. Xiaoxuan Chen
Hiroko Barall Room Wednesday	Anonymous	In honour of Charlotte Chenzhu
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As of July 28, 2020

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Mr. Jeric Estiaga	In appreciation of Taeko's mask	Mrs. Naomi Ikonomou
Mr. Ben and Mrs. Shirley Eto	Ms. Mami Goto	Mr. Brian and Mrs. Sandy Imada
Ms. Danielle Faulkner	Dr. and Mrs. David Gotlib	Ms. Nadia Gigi Inara
In honour of the beautiful Mary Ellen Matsui	Mr. Robbie Grant	Ms. Kikuye Inouye
Ms. Taiko Feldkamp	In honour of Front line workers, Small Business	Ms. Stacey Inouye
Mr. Jim Fenn & Ms. Pat Sano Fenn	Mr. Martin Griffith	The Sanaye Inouye Family
Mr. Michael Filosa	Mr. Mike Guan	Sanaye Inouye's 99th birthday in August 2020
Mr. Lawrence Fine	Mr. Nazim Guliyev and Mrs. Nargiz Guliyeva	Mr. Yosh (Yoshitaka) Inouye
Mr. Connor Fitzgerald Furney	Mr. Ronald Gwynne	Mrs. Neli Iordanova
Mr. Josh Fogarasi	Ms. Rie Hamamoto	Mr. Kevin Isaacs
Ms. Mona Forzley	Mr. Gary Hamasaki & Ms. Gloria Baxter	On behalf of myself, my siblings and my cousins
John, Suzuyo and son David and his family, Candice, Tyler and Austin from Miami	Mrs. Miyoko Hamasaki	Mrs. Teresa Isaacs
In honour of Teruko Otani	Ms. Jing Han	Mr. Roland Isberto
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Mrs. Carole Galligan	Ms. Helen Ho	Mr. Brian Kai & Ms. Dee Dee Piercey
Vadim Garbuz	Ms. Keiko Hoehn	In celebration of Sue Sumi Kai, Sedai interview in JCCC E-Bulletin July 2020 Edition
Mr. Enore Gardonio	Hal Holt	Ms. Masayo Kakihara
Mr. Sebastian Gawrysiak	Mr. and Mrs. Chris Hope	Mr. and Mrs. Nori Kanashiro
Ms. Brigitte Geisler	Ms. Marion Tomoko Hope	Ms. Meg Karper
Mr. Donald Gibson and Mrs. Azusa Kijima	Mr. Tom Hosie	Jun Kasai
Ms. Maryann Gibson	Mrs. Kunie Hoshino	Ms. Betty Kashima
Ms. Eiko Giese	Ms. Esther Hotta	Mr. and Mrs. Anthony Katsuno
Mr. Trevor Gittins-White	Mrs. Sonoe Howard	In honour of The Otani Family
Mr. Jeffrey Glaister	Mr. Nicholas Howell	Ms. Debbie Katsumi
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Ms. Rebecca Goldberg	Mr. Frank Huff	Ms. Yayoi Kawabe
	Mr. Eric & Mrs. Narumi Hyatt	
	Ms. Eleanor Hyodo	
	Ms. Paula Ibuli	

EMERGENCY APPEAL DONATIONS TO THE JCCC

As of July 28, 2020

The JCCC gratefully acknowledges the following donations:

Mr. Gary Kawaguchi and Ms. Gayle Taguchi	Mr. Wenshu Luo	Ms. Yufuko Mochizuki
Mr. Kevin K. Kawaguchi	Mr. Michael Lustins	Mrs. Kazuko Moghul
Mr. Yoshiro Kawamura	Mr. Robert Lyng	Mrs. Rose Mokbel
Ms. Arlene Kawasoe	Mr. Derek Ma	Mr. David Mondoux
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		Ms. Mika Nonoyama & Mr. Tim Bishop

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As of July 28, 2020

The JCCC gratefully acknowledges the following donations:

Ms. Velva Nystrom In honour of my grandson, Toa Maruzaki, who lives in Sapporo	Ms. Chizuru Sato	Mr. Victor & Mrs. Bev Suzuki
Ms. Jen Obokata	Mr. David Saxby and Ms. Julie Suyama	Mr. and Mrs. Krisztian Szabo
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Mr. Takeo Saito	Mr. Kyohei Sugihara In appreciation of Taeko's mask	Ms. Carolyn Tateishi
Ms. Satoko Sakai	Mrs. Ayako Sugino	Mr. Rick and Mrs. Kathy Tazumi
Mr. Yao Ryan Sakauye In recognition of Darrell Sakauye	Miss Gwen Sugiyama	Mr. Gary & Mrs. Laurie Tehara
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		Ms. Yaroslava Timoshenko
		Mr. and Mrs. Hok Oen Tjoa
		Mr. and Mrs. Brian Toda

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As of July 28, 2020

The JCCC gratefully acknowledges the following donations:

Mr. Michael and Mrs. Naomi Tomczak
 Mr. Sebastian Toncu and
 Ms. Keiko Simose
 Mr. Harry Tonogai
 Mr. Matheus Torres
 Mr. Wayne and
 Mrs. Susan Towle (Hatanaka)
 Mr. Denny Tran
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 Danny, Jerome and Yoko
 Mrs. Yoko Tsumagari
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 Mr. Akira Yoshikawa
 Mr. Toshi and Mrs. Donna Yoshimatsu
 Mr. Paul Yu
 Mrs. Min Zhou
 Mo Zhu
 Mr. Aliaksandr Zhukau
 Mrs. Lily Zou

In Memoriam**In memory of a student in Japan**

Yi Su

In memory of Anthony "Tony" Tonegawa

Ms. Gayatri Anand
 Mrs. Chris & Mr. Mark Asadoorian
 Ms. Bonnie Curran
 Dodie Muir

In memory of Alice Sakaguchi

Ms. Cheryl Grieve

In memory of Andrew Siu

Mrs. Susan Siu

In memory of Arnold Takamori

Ms. Mayumi Lashbrook

In memory of Ayako Takeda Myers

Mr. Frank Myers

In memory of Banjiro & Tsurue Eto, Fred & Mary Kato

Mr. Benjamin Eto

In memory of Bert Nasu

Ms. Leslie Brindley

Ms. Alison Nasu

In memory of Betty Kiyoye Sugiman

Ms. Momoye Sugiman

In memory of Bruce Ettinger

Mrs. Diane Carter

In memory of Carol & Miki Doi

Mr. Robert and Mrs. Laura Doi

In memory of Connie Mende

Mrs. Janice Bennink

In memory of Corteo

Ms. Maria Jose Garcia

In memory of Dixie & Ina

Mr. Alan Florence

In memory of Faye Harafuji

Mr. Edward Kennedy

In memory of Frank Obara (2015)

Mr. Jonathon Obara

In memory of Fumiko Ito & Tsugio Ito

Ms. Margaret Fulford

In memory of Fusae & Mitsuo Ohashi

Ms. Beverley Ohashi

In memory of George Toshio Sato

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In memory of Geri & Richard Shiozaki

Mr. Jesse Shiozaki

In memory of Harry K. Nishio

Miss Amy Nishio

In memory of Haruko Nakashima

Mr. Glen Nakashima and

Ms. Banasha Shah

In memory of Kaneko (Connie) Hoy

Mr. Peter Hoy

In memory of Kay Morishita

Ms. Janet Aitken

In memory of Ken and Ruth Tanino

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In memory of Kilo Aida and George Obokata

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In memory of Kimiye Hayashi

Mrs. Kay Doi

In memory of Kuniko (Kay) Iwasa

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In memory of Kunio & Larry Suyama

Mr. David Saxby

In memory of Lawrence Heron

Mr. Gary Kawaguchi &

Ms. Gayle Taguchi

Mr. Toby and Mrs. Haruko Ishihara

In memory of Margaret Mori and Joyce Nishio

Mr. Greig Nishio & Ms.Carolynne Mori

EMERGENCY APPEAL DONATIONS TO THE JCCC

As of July 28, 2020

The JCCC gratefully acknowledges the following donations:

In memory of Masaaki Dazai

Mrs. Aiko Murphy

Mrs. Mitsuko Dazai

In memory of Masami Tsukamoto

Anonymous

In memory of Masayasu Mine

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In memory of Muneo and Martha Miike

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In memory of Ritz Kinoshita

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In memory of Roy and Lillie Yano

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Mr. Michael Kitagawa

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Mr. Karl Otani and Mrs. Sawako Elston

In memory of Shigeo Stanley Kishimoto

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In memory of Tad Miura

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In memory of Tom Oyagi

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In memory of Tom, May & Bill Oyagi

Mr. and Mrs. George Oyagi

In memory of Tony and Kimi Takenaka

Mr. Regan Takenaka

In memory of Tosh and Terry Sakura

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In memory of Toshio Ryoji

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In memory of Mr & Mrs Toyoshi Hiramatsu

Ms. Marion Yanase

In memory of Tsutomu Tanaka

Mr. Akira Fukuri

In memory of Yuriko Inouye

The Sanaye Inouye Family

In memory of Yoshikatsu Nagami

Mr. Tony & Mrs. Kumiye Gardiner

In memory of Zoya (Sophia) Karpa

Miss Su Yen Chong

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Mrs. Sonoe Howard

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Ms. Yoshiko Nakao

Mr. Eizo Oka

Mrs. Noriko Oka

Mrs. Kimiko Teh



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 16 cancelling all programs, classes and events planned to the end of August.

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.

Momiji & JSS Online Learning & Social Series: August 2020

by Chie Takano Reeves, RSW (Community Outreach Worker), Japanese Social Services (JSS)

JSS is still operating remotely, and some programs have been moved to online. We also recently started to offer new program in collaboration with Momiji Health Care Society – Online e-Learning series since June 2020. Japanese cooking, art, health – we try having different topics to attract people to gather, learn, and see faces of other attendees, which is great for one's mental health well-being especially during current pandemic situation and restriction to protect each other. Join us for the August e-Learning (online) sessions!

Never attended online session? We are more than happy to teach you how to download Zoom (online meeting platform) on your device and use it, or how to attend our session via your phone. We have number of senior individuals attending to our sessions after receiving one-on-one Zoom practice from us. There is nothing that could make us happier than seeing a person's smile on Zoom video who did not believe she/he could!

Please click each link to see more details and registration. All sessions are held on Wednesday afternoon via Zoom (online meeting platform). Click [here](#) to see

this information on the JSS website.

1. COVID-19 & Mask

Aug 5 (in English) 2 – 3 pm
Learn how to choose, wear and care your mask properly, from Yuka Okada, Momiji Health Care nurse.



2. Immunization for Adults and Older Adults

Aug 12 (in Japanese) 2 – 3 pm
Toronto registered nurse, Tomoko Fukushima, talks about types of immunizations for adults and older adults, frequency, where to receive, OHIP coverage, etc.



3. Natto Making:

Aug 26 (in Japanese) 2 – 3 pm
Toronto mom / full-time student / business owner / JSS volunteer, Wakaba Hoshino, talks about how to make natto at home.

4. Shio Kouji & Miso Making

Aug 26 (in English) 3:30 – 4:30 pm
Toronto mom / full-time student / business owner / JSS volunteer, Wakaba Hoshino, talks about how to make shio kouji and miso at home as well as how to use them for your cooking.

Note:

- Pre-registration required by 2 days before each session (Monday). Click each date to see more details and register.
- First-time Zoom user? Contact Keiko to book your Zoom practice session! Momiji 416-261-6683 ext.249 ciw@momiji.on.ca
- Contact JSS/Momiji for any question or any difficulty registering.

** This online series is hosted by Momiji Health Care Society and Japanese Social Services (JSS), supported by Halton Japanese Senior Lunch Group and Family Talks Forum (FTF).

モミジ & JSS オンライン講座シリーズ：2020年8月

by 高野千恵, RSW (コミュニティ・アウトリーチ・ワーカー), Japanese Social Services (JSS)

JSSはパンデミックにて3月中旬よりリモートで個別相談を提供してきました。その後、一部の既存プログラムのオンライン化、6月よりモミジヘルスケア協会と共同でのオンライン講座を提供しています。料理、アート、健康など、みなさんに興味を持っていただけそうな、またはリクエストをとりあげ、パンデミックで家にこもりがちのこの時期に、お互いの顔を見ながら集い(必須ではありませんが、心の健康のためにぜひ!)、共に学べる機会を提供することを目指しています。

オンラインは初めて、と躊躇していませんか?参加のためのZoom入手や参加方法など、ご希望があれば1対1でのお手伝いをしています。今までも、ご自身で・家族で・私たちとの練習を経てなど、多くのシニアにも参加いただいています。できないと自ら思い込んでいた人が繋がった瞬間に満面の笑顔となるのを見るのは、何物にも代え難い喜びです。ぜひあなたも8月の会に参加してみませんか?(水曜午後)

※講座一覧をJSSウェブサイトで見るとこちら

1. COVID-19とマスクについて

8月5日(英語) 2~3時
様々なマスクについて、手作りマスクの選び方や、マスクをする際に気を付けることなど、モミジヘルスケア協会勤務の看護師、岡田由佳氏より伺います。

2. 大人・シニアの予防接種

8月12日(日本語) 2~3時
大人とシニア向けの予防接種の種類、頻度や受けられる場所、OHIP有効かどうかなど、認定看護師の福島朋子氏より伺います。



3. 納豆を作ってみよう

8月26日(日本語) 2~3時
リクエストの多かった納豆の作り方講座です。便利なキッチン家電なしでも自宅で簡単に納豆を作れます。Local Koji Co.のオーナー星野若葉氏をお迎えします。

4. 塩麴と味噌を作ろう

8月26日(英語) 3時半~4時半
過去好評だった発酵食品講座から、日本食以外にも幅広く使える塩麴と味噌の作り方を英語でお届け。Local Koji Co.のオーナー、星野若葉氏をお迎えします。



参加方法:

- 締切(実施2日前)までにお申込み下さい(各講座の日付リンクより詳細ページ・登録フォームへ)。
- Zoomの事前練習は、モミジのけいこまで416-261-6683 ext.249 ciw@momiji.on.ca

※このオンライン講座シリーズは、モミジヘルスケア協会とJapanese Social Services (JSS)により提供、ハルトンシニア昼食会とFamily Talks Forum (FTF)により支援を受けています。



Ready To Serve

At Kaiseki Yu-zen Hashimoto, we care for our customers health and safety by providing Japanese hospitality, *Omotenashi* and ensure that by creating a social and physically distanced dining experience that is curated to each guest.

We look forward to serving you again in person as it's time to dine again and experience A Moment Together, *Ichigo-Ichie*.



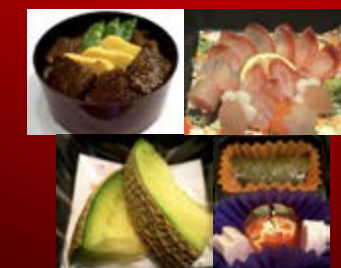
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or email us at rsvp@kaiseki.ca



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漆喰
Shikkui



by Shannon Mishimagi, Living Green Homes Inc.

At Living Green Homes Inc. we believe your home should make you feel good, after all this is where the majority of us spend most of our time. For this reason, we believe in using natural and eco-friendly building materials in our homes. Shikkui has been our main product due to its durability, numerous health benefits, its Cradle to Cradle certification and its resistance to influenza & coronavirus. You can learn more about Shikkui and the natural ingredients it is made from on our site, <https://www.livinggreenhomes.org/shikkui>. While there is speculation surrounding sick house syndrome and the effects on our health there is no denying that the harsh chemicals found in the walls and floors of our homes can be replaced with natural building products. Allowing us to create healthier spaces where we can live and breathe without compromising our health and wellbeing.

In addition to offering our clients Shikkui we also offer other natural building materials so you can feel good about what you are putting into your home. From natural hardwood floors treated without chemicals to non-toxic insulation. To help our clients create healthier spaces within their homes, we also offer renovations services and interior design services. We make sure we're with you every step of the way when transforming your home, from choosing materials that are right for you to maximizing your space and incorporating visually pleasing design elements that help increase your property value. Visit our site to request a quote, <https://www.livinggreenhomes.org/renovation-services>

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

SAFELY MAKE A MOVE (during COVID-19)

While it has always been important to have a plan when moving, COVID-19 has made it crucial. You have to think well ahead to ensure you have ALL the right supplies. What if stores shut down again before your moving day?

Most movers are operating with enhanced safety measures... but double check! Ask what their protocols are for the pandemic. Do they clean & sanitize their moving equipment (blankets, straps, etc.) and their trucks for each customer? Do they monitor their staff for symptoms? What if you become ill within 14 days of your move?

To guide you from start to end, here's a checklist to help ensure the whole process goes as smoothly as possible.

6 WEEKS OUT

- ☑ Set a budget for the move
- ☑ Confirm your moving date then book your mover
- ☑ Sweet-talk your social cluster to see who's willing to help
- ☑ Create a floorplan of your new home and plan where to place your furniture
- ☑ Arrange insurance coverage for your new home
- ☑ Arrange to transfer school and medical records
- ☑ Donate and remove unwanted possessions

4 WEEKS OUT

- ☑ Gather packing supplies (boxes, bubble wrap, tape, etc.) Best not to use free boxes right now since the **virus can survive on cardboard for up to 24 hours**, so not worth the risk. Buy new boxes or rent plastic boxes instead
- ☑ Start packing what you can. Number and identify which room each box should be moved to. Also, in a notebook, keep a general record of what's in each box
- ☑ Keep essentials separate, and if you can, transport them yourself, so they'll be easy-to-find when you need them
- ☑ Discontinue or transfer utilities and essential services to your new address (hydro, gas, water, internet, etc.)
- ☑ Notify banks, post office, credit card companies, CRA, etc. of your change of address
- ☑ Reserve an elevator for move day (if necessary)

2 WEEKS OUT

- ☑ Review plans with your moving company
- ☑ Confirm any services that may be required on moving day (house cleaners, etc.)
- ☑ Take photos of any valuables (furniture, appliances you are taking) – these would be for filing claims should any damage occur during your move
- ☑ Put room labels on your furniture to help make moving day go smoother

1 WEEK OUT

- ☑ Finish packing your belongings and keep a box or bag aside for your essential bedding. You'll definitely want a comfortable bed after moving!
- ☑ Make sure you have all the essentials for moving day – snacks, [disinfectants](#), garbage bags, water, etc. – and keep them easily accessible

MOVING DAY!

- ☑ Go through your old home and make sure everything has been cleaned up. Remove all garbage and recycling
- ☑ Have soap & paper towels by every sink. Hand sanitizer at all entryways and exits and anywhere else you feel would be helpful
- ☑ If you can thoroughly clean your new home before your arrival, that would be ideal. If not, start with the most frequently touched surfaces – doorknobs, handles, railings, light switches, faucets, countertops, tables
- ☑ At your new home, set up and make the bed(s) first. At the end of day, you'll be glad you did!
- ☑ Unpack essentials first and store any boxes you don't need right away in the basement, garage or locker. This way you can enjoy your new space right away
- ☑ Before the movers leave, ensure all of your belongings have arrived and nothing has been damaged
- ☑ Recycle empty boxes and dispose of garbage
- ☑ Eat, relax and enjoy the first night in your new home!

Moving is stressful enough, and COVID-19 definitely elevates safety concerns, but it can (and has) been done.

If you have any questions, please never hesitate to get in touch. I would be happy to help in any way I can.



Signature Realty
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WINTER – WATER – FUSHIMI (Kyoto and Nara)

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

It has been fun to learn the basics one day, during a lecture and tour of Gekkeikan, one of the largest sake breweries in Japan; and then, have my mind blown the next day with all the experimentation going on at nearby micro-breweries like Masuda Tokubee Shoten. Maybe, it was a lack of adjectives, a bit of boastful pride, or objectively a recognized truth; but what I heard the most during this leg of my journey was “we have the best water for making Sake”: despite many of the producers sourcing their water from different locations. At the very least, the take-away is that WATER is very important to SAKE.

This is sort of a new thing for me having come from a wine background. Grape wine is made by pressing the juice out of whole grapes. There is no water added or used in the wine-making process. With Sake, the process of brewing involves a lot of water! There is a good breakdown of the role of water at this website:

<https://sake-world.com/about-sake/how-sake-is-made/the-water/> “The rice is washed, rinsed, and soaked before it ever gets close to the steaming process. Water is then added to the fermenting moromi in the tanks at each of the (typically) three “shikomi,” or additions of rice, water and koji. Finally, a little water is almost always added at the end to bring the alcohol down from the naturally occurring twenty percent or so to around sixteen percent”.

It is because of the importance of water that Hyogo Prefecture has so many breweries: their water has an ideal balance of minerals to both promote good fermentation and yield a fine flavour to the finished product. If you want to be

knowledgeable (or even just look like you know what you are talking about) then you need to ask what the source of the water is that made the sake you are drinking. Mt. Rokko’s water, for instance, is known as “Miyamizu” – Heavenly Water. As a canoeist, I pride myself on having many times dipped my cup directly into the water of a pure northern Ontario lake to drink. The abundance and purity of our waters is part of my national identity as a Canadian. I could really relate to why everyone kept making claims about why their water was the best when we were shown a 3-D map of the Fushimi water basin that underlies the entire district. Wow, what a revelation! Perhaps, if we showed more people our own water basin under the G.T.A., we, too, might honour the land with stricter protections.

Proud traditions reigned in the historic district for our evening reception, hosted by the Fushimi Sake Brewers Association, as we were invited to break the lid of the sake barrel using wooden mallets in a ceremony known as Kagami-biraki. Like the quest to pair Sake with international cuisine, I saw this event as a very important way of demonstrating the desire of the Sake industry to truly open themselves to international participation, not just through consumption but by experience of the culture at a higher level. Refined rice that is polished, pure water that supports life and koji (which is almost mystical) are more than just ingredients in a recipe: they bind in a way that harmonizes the families

behind the brands. This was very evident at the reception and during the tours when multiple generations interacted with us in a long flow of samples and stories.

Do you know about Sugitama? That is the ball of cedar branches that hang above sake breweries (and often retail shops or restaurants that serve sake). My tour was in February, the height of brewing and finishing the newest fine sakes. Sake brewing traditionally takes place in January and February when the temperatures are coolest and most suitable for brewing. Once the new sake is ready for sale a fresh Sugitama that is still green will get hung and as the sugitama slowly turns brown throughout the remaining part of the year the sake itself is maturing and mellowing in the bottles. There are some breweries who use stainless steel tanks with cooling jackets so that they can brew year-round.

You might assume that it is only the largest most commercial breweries who do this because they need to maximize their production; however, in the case of Matsui Shuzo in Kyoto they use this technology for different reasons—one, because they have a very small land footprint and do not have the space to house many tanks for brewing; and two, so that they can craft all different sorts of small volume house specialties with different characters as often as they want to try a new or unique method or style.

Given the volume of alcohol produced in the world, an outsider could be excused for thinking that it is a faceless, nameless,

industry. Reality is that the more global that it gets the more all our paths intermingle and cross. In March of 2019, I had the pleasure to tour wine regions in France (Loire, Champagne, and Alsace) as well as attend a massive trade show in Dusseldorf, Germany called “Prowein”. Prowein has seventeen buildings that each feel like they are the size of Toronto’s Better Living Centre on the Exhibition grounds. Each building was filled with the products of a single country or style of alcohol.

Japan was well represented but, of course, I managed to find the one renegade who had a booth in the Sprits building instead of the Sake/Japan hall. Ile Four Modern Sake caught my eye with their very easy to read and understand labels. Being new to sake meant that I was able to easily see that each product was different and being away from the experts, who were crowding the sake tables in the Japanese hall, gave me the confidence to ask some neophyte questions without being too embarrassed. Junmai? Junmai Ginjo? Daiginjo? Shochu? It turns out that Ile Four was made for people like me. It is the invention of a Swiss/German marketing company with Sake/Shochu sourced with the help of their Tokyo-based partner. Imagine my surprise when one of the producers on my JETRO tour was the producer of the Ile Four Sake: Umenoyado Brewery of Nara Prefecture. Long story short, Ikuo-san of Ile Four (even though the pandemic was ramping up by this time) travelled to Kyoto by train and then we

both took a tour of Umenoyado together with the current director.

By this time, I knew enough to recognize that their region was (like others) one of if not the oldest known regions for producing sake, that they used the best Yamada-Nishiki rice (like others but with the advantage of having their own polishing equipment which is very unusual), and that their water was ideal (arguably the best) from Mt. Katsuragi. Who am I to argue good-better-best? But at this point, I had consumed at least 20 sake a day for six days and I was at least starting to figure out my own personal preferences and to differentiate between styles, along with beginning to use the correct terminology to ask questions.

**The pictures that accompany this article show part of my tour in Kyoto and Nara, the Fushimi reception, and examples of water wells. The next installment will focus on Spring – Koji - Tottori. Laura Dijana Higgins is the CEO & Sommelier at amethystwine.ca*



Sugitama



Gekkeikan Well



Umenoyado Brewery Nara



Ume Tree at Umenoyado



Mr. Tokubee Masuda



Kagami-biraki Ceremony Fushimi



Ile Four Sake

Orange Farmers in Ontario!

by John Mernagh



This story begins with Eiko and I meeting in Japan. We married and Eiko moved to Canada.

One night, shortly after moving to Canada, Eiko had a dream. She dreamt that her father, who had passed away several years earlier, had come to visit her in Canada. The next morning Eiko called her mother to tell her of her dream. Her mother was amazed saying Eiko's father never liked airplanes or even cars. But despite this had chosen to come from Japan to look in on his daughter. Eiko thought that he may have been worried about his daughter coming to Canada alone.

Eiko's parents were orange farmers in Japan. When Eiko told me about her dream I decided that we should have orange trees growing in our house. So, we decided to become orange farmers in Ontario. In doing so I thought it would

be a good memory for her parents and remind Eiko of her childhood in Japan.

Growing oranges in Ontario is an obvious problem due to the long winters. We started by buying several trees. They did fairly well during the winter in our sunroom, despite the short daylight hours. In the spring we would take them out into the garden. The trees continued to grow making transfer from inside to outside every year difficult but we manage. The rewards are that in the spring the house and garden are filled with beautiful flowers and the smell of orange blossoms. Even better, for the first time in my life after growing up in Toronto, I am able to eat fresh oranges right off the tree. Much better than what you get at the grocery store.

We first planted four trees: mandarin, tangerine, valencia and lemon. Some of the trees have since died and had to be

replaced. At the present time we have a tangerine and two lemon trees. We plan on getting more in the future.

We presented several lemons to Mr. Masaki Hashimoto, owner of Kaiseki Yu-zen Hashimoto at the JCCC. He planted the seeds and grew a number of baby trees. He presented one of the trees to us. Now the mother and baby lemon trees are both flourishing, and look very happy together. Thanks Hashimoto-san!



マスクづくりから生まれる繋がり

by 妙子ルイス



コロナ禍でも前向きに生活。「自分にできることで」とFashion Masks Fundraisingを企画され、JCCCをご支援くださるルイス妙子さん

– きっかけは、自作のマスクを褒めてもらったこと

Family talk forum(FTF)創始者の三浦さんがJCCCの緊急支援呼びかけメールの中で“チリも積もれば山となる”と言うお言葉に私もチリになれないだろうか(笑)でも、ただ寄付するだけでは本当にチリで終わってしまうので山にするにはどうしたらいいだろうかと考えました。

その頃世間は丁度マスク不足で、私が家族にマスクを作っていました。それを買い物や散歩先で、誰かから「そのマスク素敵ね」と褒められたりしてちょっと気分がいいではありませんか!!と、コロナブルーでもちょっとしたオシャレは人の心をウキウキさせてくれ免疫力も上がるのではないかと。そして、そうだならマスクを必要としてくれる人達もいるだろうし、そのマスクを私が作れば、マスク代の金額を寄付金に回してもらって寄付者の負担も軽くなり、寄付がしやすい環境になるじゃない!と自転車漕ぎながら閃いたのでした笑

– 試行錯誤してたどり着いた自分スタイルのマスク

ネットに出ている立体マスクを元に、自分なりに試行錯誤して今のスタイルになっています。

工夫した点は、リバーシブルタイプにした事と、依頼者に率直尚且つ全力で対応する事

です。難しかった点は、家にある材料だけで作る事とゴム紐が無く紐を自分で作った事です。

– 使ってくださっている方からの言葉が励みに

最初5月にマスクを提供させていただいた方々からは、ほぼ素敵ですなと言うお言葉で、2回目(夏バージョン)の際には、とても丁寧に作られている、おしゃれでセンスが良くシック、耳の部分が痛くない、柄が気に入っています等等、有難いお言葉を頂きました。

– 目標は390枚!

数えたら190枚作りました。目標設定は、サンキューとかけて390枚以上で、今年一杯迄は、この活動(Fashion Masks Fundraising以下FMF)を続けていこうと思っています。

皆さん今回のコロナショック(パンデミック)で、世界中の人々が“これからの一体どうなるんだ?”と言う不安や恐怖に駆られたのではないのでしょうか?私もその一人で不安の中、悩んで悩んで行き着いた答えは、トイレトペーパーを奪い合うのではなく、自分のできる範囲で誰かの役に立てれる人間であろうという事を選びました。

– 震災で知った人との繋がり

ところで私たち日本人は、忘れもしない9年

前の3月11日に起きた福島原発で今と似た様な状況、心境になりました。そして、その時も大切なのは、人との繋がりがなかったのではないのでしょうか?

2年前の3月11日に息子が生まれ、一児の母となった今、自分はどの様な親の背中で見たいのか?

そして自分の両親は、私に何を見せてくれたのかと。

– JCCCのボランティアからFMFへ

ところで私は以前、JCCCの図書館のボランティアを一年ちょっとさせてもらいました。図書館の本の多くは日本人の方々の寄付から成り立っていて、とても興味深い本が多く素晴らしい図書館です。私はこの図書館を利用して色々なジャンルの本を400冊以上も読みました。そしてカナダにいたからこそ、これだけの本を読む事が出来たし、今回のFMFも本を読んでたからこそ出来た企画だと思います。本は私の人生を豊かにしてくれました。

最後に、この企画に賛同してくれた皆様、それに応援物資、声援までくれた方々、ほんまに感謝しています。多分一番心が救われたのは私だと思います。そして、こんな状況でも文句一つ言わずに支えてくれている主人ポールにこの場を借りて有難うと言わせてもらいます。

*妙子さんの活動、Fashion Masks Fundraisingにご興味のある方は、妙子さんの連絡先 (taekocookingitaly2003@gmail.com)宛てに直接ご連絡ください。



日焼けと虫刺されの 予防とアフターケア

by Keiko Itoh, Tokyo Beauty Studio Inc



カナダの夏をいかがお過ごしでしょうか？
今年は例年になく草木植物の成長のエネ
ルギーが旺盛で小動物、虫達もそれに比例
するかのよう 活動が活発に感じます。ト
ロントもようやくステージ3に向け だ
いぶ制限が緩和されてきて野外のパ
ティオでお食事されたり、この貴重
な夏をアウトドアで過ごすされる
方も多と思います。ビーチや山に
ドライブに、そしてゴルフやハイ
キングガーデニングなど 屋外で
強い日差しを長時間浴びる時間
もふえてきていると思います。

さて 前は 日差しからのサンプ
ロテクションのお話をさせていた
だきましたが、今回は 日焼けで
痛んだお肌のアフターケアと
この時期に多い虫刺され防止
対策及びアフターケアについて
ご紹介いたします。

日焼けのアフターケア

シミやシワなどの肌の老化の原因
になる紫外線。
ダメージを負った肌はバリア機能
が低下し、ちょっとした刺激にも
弱い肌になってしまいます。日
焼けをしたら放置しておかず、
日焼け直後のケアが重要で 遅
くとも72時間以内のアフター
ケアが勝負です。

- 火照りや赤み 炎症を起こしてい
たら、まず冷やして下さい。(濡ら
したタオルや保冷パックなどで)
- 日焼けした肌は脱水状態になっ
ているので、刺激の少ない保湿
力の高い化粧水、ジェルなどで
保湿を十分にしてください。
- 唇も皮膚が薄く乾燥しやすい部
位でダメージを受けやすいので、
リップクリームでしっかり保湿
してください。
- 赤みが強く炎症を起こしている
場合は、抗炎症カーミングジェ
ルなどもヘルプになりますが、
痛みや痒みが酷い場合は皮膚
科の先生にご相談される事も
お勧めします。
- 赤みが落ち着くまで冷却と保湿
を数日続けてください。
- 外側からだけでなく内側からの
ケアも必要です。脱水症状のお
肌に水分が行き渡るように、常
温のお水をこまめに飲んで水
分補給も忘れずに。そして ビ
タミンC.E.Aなどのサプリメント
を1週間位は続けて摂るのも
効果的です。

- 皮膚の火照りや炎症が落ち着
きましたら、いつものスキンケア
に美白効果と保湿効果のある
化粧品(ビタミンCやヒアルロン
酸配合)をプラスしてお使いに
なるのも、シミや色素沈着を
防ぐヘルプになるでしょう。

虫刺され防止とアフターケア

アウトドアでのアクティビティ
で この時期欠かせない虫除け
スプレー。虫に刺されそうな
場所に行く時は、なるべく素
肌を出さないよう長袖長ズボン
など服装を心が蹴る事も必
要ですが、まずはスプレーで
プロテクション!!刺されてしま
ったらとにかく 掻かないよ
うに気をつけてください。虫
に刺されたら 痒み痛みの症
状を アフターケアで、症状を
早く抑え、跡を残さない為にも
次の項目を避けてください。

1. 高温や体温が上昇すると痒
みが増す為、シャワーや入浴は、
ややぬるめにする。
2. 飲酒も控えめにしましょう。
3. プジョ アブなどに刺され
症状が重く腫れがひどい場合
は 安静第一で、激しい運動も
避けましょう。

市販の虫除けスプレーもござ
いますが、肌の弱い方には強
すぎて 逆に痒みや炎症を起
こす心配のある方にお勧めの
アロマオイルを使った簡単手
づくりの虫除けスプレーと虫
刺されジェルの作り方をご紹
介します。

◎虫除けスプレー

(まずは予防のために虫が嫌
う香りを身体や服に着けてお
きましょう)
手足や首元にも数回スプレー
してみましょう。(刺されて
しまったら直ぐに毒素の解毒
、中和、抗炎症、鎮痒作用
のあるアロマオイルを使用
する事で腫れや痒みも軽減
されます。

アロマオイル

- ユーカリプス(シトリオドラ)8
滴
- ラベンダー(アングステイ
フォリア)8滴
- ゼラニウム4滴
- クローブ3滴(このうち1、
2滴をレモングラスに変更
可能)
- アルコール(70%)10ml
- デイステイル(蒸留水)ウ
ォーター90ml
- スプレーボトル(100ml用
又は それより少し大きい容
量のもの)

作り方

容器にアルコールを入れてア
ロマオイルを加えて蒸留水を
加えてよく振ってから使用
します。

◎虫刺されアフタージェル レシピ 1

- ラベンダー(アングステイ
フォリア)10滴
- ティーツリー10滴
- ゼラニウム又はユーカリ
プス(シトリオドラ)2滴
- ホホバオイル10ml
- アロエジェル20g
- クリーム容器30g位用

作り方

ホホバオイルとアロエジェル
を混ぜ、アロマオイルを加
えてよく混ぜる

◎レシピ2(超簡単)

- 市販のハンドクリーム20g
- ティーツリーオイル10滴
(痒みが激しく場合はパ
チュリ2滴プラス)

作り方

ハンドクリームにアロマ
オイルを加えてよく混ぜる。

注意事項

- 6歳以下のお子様にはア
ロマオイルの量を半分にし
て作ります。
- 手作りのスプレーやジェ
ルは1~2ヶ月以内に使い
切りましょう。
- 使用するアロマオイルは
100%純粋で天然のもの
を使用しましょう。
- 敏感肌の方はパッチテ
ストをしてから使用して
ください。
- 赤ちゃんは基本的に使
わないようにしましょう。
小さなお子様 ペット 妊
娠中の方は仕様に関して
はお問い合わせください。

今回ご紹介した虫刺され
アフタージェルは、虫刺
されとその後の痒み対策
には有効性がありますが、
刺された虫によっては(毒
性の強いもの)効果が期
待出来ない場合もござ
います。

その場合は ステロイド
系の外用薬が必要にな
ったり、皮膚科の先生に
見てもらう事もお勧め
いたします。とにかく
掻かないように! 掻き
始めると その後に細菌
感染を起こしたり、傷
跡が濃い染み跡になっ
てしまいます。

今回仕様のアロマオイルの紹介

ラベンダー

刺激や毒性がなく用途が
広い万能薬、抗ウイルス、
抗菌、抗炎症、抗鎮痛
痕形成作用。敏感肌子
供にも使いやすい利
点があります。

ティーツリー

抗菌作用が強く、化膿
した傷にも役立ちます。
防虫効果、抗ウイルス
効果、皮膚再生作用、
消炎作用/解毒作用

ユーカリプス

抗菌、殺菌、抗感染、
抗ウイルス、駆虫、創
傷緩和、虫刺され緩和

ゼラニウム

殺菌消毒作用、細胞成
長作用、ホルモン分泌、
自立神経のバランス調
整、虫除け作用

クローブ

鎮痛効果、抗菌作用

パチュリ

解毒作用、抗菌、抗感
染、抗炎症、痕形成作
用、細胞再生、解熱作
用、皮膚再生

レモングラス

殺菌、虫除け、(妊
娠初期は禁忌)

当サロンでも、美白保湿
オリジナル美容液、カナ
ダ国内で丹精込めて精製
されたハイクオリティの
アロマオイルとハンドサ
ニタイザー 虫除けス
プレー及び、虫刺され
アフターケアオイル等も
入荷しております。ご
質問やご要望がござ
いましたらご連絡下さ
い。日焼けも虫刺され
もまずはプロテクショ
ン、そしてアフター
ケアをしっかり行な
って、お肌を守って
あげてください。

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。当
サロンでは カナダと
日本製の敏感なお肌
の方にもお勧め基礎
化粧品 感染予防補
助製品、オーガニック
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読書の時間

～書店が選ぶおススメ本～



ホワイトラビット

伊坂幸太郎／著
出版社名 新潮社
出版年月 2020年7月
店頭価格 \$15.90+TAX

仙台の住宅街で発生した人質立てこもり事件。

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syunkonカフェごはん7

山本ゆり／著
出版社名 宝島社
出版年月 2020年4月
店頭価格 \$21.20+TAX

日本で一番売れている料理レシピ本、山本ゆりさんの最新刊!

記念すべきシリーズ10冊目にあたる今回は、人気の電子レンジレシピはもちろん、3年分のレシピの中からTVやTwitterで大反響を集めた絶品レシピを集めた「人気BEST30」、めんどくさくない献立特集、圧倒的簡単な「だけ」レシピなど、大充実。山本ゆりさん自ら「最高傑作!」と言う自信の一冊。

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7月半ばに突入し、最近はヒートウェーブの影響をうけて、ここロントでも日本のような蒸し暑い日が続いていますね。私は夏の間も温かいお茶を飲むのが比較的好きなのですが、そんな私でもここ最近では冷たいお茶について手がのびています。お気に入りのガラスのコップへお茶をそそぎ、氷を浮かべてカラコロンと風鈴の音を聴いているような涼やかな気分で、裏庭でお茶を飲む時間が好きです。

「冷茶」と「水出し煎茶」の違い

ところで、日本でも夏になると耳にする「冷茶」と「水出し煎茶」、実は違いがあります。正式には「冷茶」はお湯で淹れたお茶を冷やしたものであり、「水出し煎茶」は冷たい水で時間をかけてじっくりと淹れたお茶です。この二つの抽出方法でお茶を淹れると、同じ茶葉でも味が違うのです。

「冷茶」は冷えているだけで、味はお湯で淹れたお茶と同じです。苦みや渋みもそのまま冷されます。その一方で「水出し煎茶」は水の中で茶葉を抽出することにより、苦味や渋味の成分があまり出てきません。結果、旨味と甘味の強いお茶になるのです。

味だけでなく、体への効果の違いもあります。日本茶に含まれる代表的な成分にカテキンがありますが、温かいお湯を注ぐと、苦みや渋み成分の高いカテキンとカフェインが抽出されるのです。

一方、旨味成分のあるテアニンなどのアミノ酸類は、冷水でじっくり浸すことにより抽出されます。この方法で抽出されたお茶は免疫力アップとリラックス効果があるのです。

「水出し茶」の美味しい淹れ方

では、このお勤めの「水出し」、どのくらいの温度が理想なのでしょう。

苦み成分の強いカテキンと、カフェインは、10°C前後(冷蔵庫の温度)の冷水で淹れると、通常温かいお湯で入れたときと比べて半分の量になります。更に0°Cに近い氷水で淹れるとお湯で淹れた時と比べて約80%減らすことができます。ゆえ、苦みが少なく旨味の強い「水出し煎茶」の特徴を最大限引き出す淹れ方は、「氷水で茶葉を抽出する」ことが理想といえます。

次に茶葉と水の分量です。私のオンラインストアで扱っている水出し煎茶は三角のティーバッグに8gづつ入っており、1L~1.5Lの水に一晩おいておくと次の日には美味しい水出し煎茶が完成します。

「水出し煎茶」として売られている商品は、「水に抽出されやすい」ようにつくられているので、茶葉が切断され、細かいものが多いです。(水には抽出されやすく便利なのですが、逆に温かいお湯を注ぐと苦みが強くなってしまふので気を付けて下さい。)

「水出し」として売られていなくても、例えばご自宅の棚に眠っている茶葉でも簡単に「水出し煎茶」をつくることができます。その際の目安ですが、まずは5~8gの茶葉に対して1Lで試してみてください。お茶パック(だしパック)へ茶葉をいれて、水の入ったピッチャー(麦茶いれ等)へ放り込む。または茶葉をそのままパラパラとピッチャーへいれ、抽出する際に茶こしで茶葉を取り除いてもいいと思います。

必ず冷蔵庫保管。もし可能であれば、氷水にして冷蔵庫で寝かせてみて下さい。抽出時間は、できれば6時間。夜仕込んだら次の日、完成しているはず。出来上がったお茶は、自然の旨味と甘みが強く、きっと驚くことでしょう。

「焙じ茶」「玄米茶」も水出しで

また、煎茶だけでなく、私は焙じ茶、玄米茶も水出しをして、常に冷蔵庫へ常備しています。その日の気分でも飲み分けるのもお勤めです。作った水出しは冷蔵庫保管で2、3日は美味しく飲めます。(必ず冷蔵庫保管をしてください)

カフェインが弱い方も、この方法で抽出した「水出しのお茶」ならあまり体への影響をうけることなく楽しめると思います。また、やはり温かいお茶が好き、という方、「水出し」をしたあとに、温めるという裏技を試して下さい。

いかがでしたでしょうか?この記事を読んで、「水出し」を試してみたい方いたら嬉しく思います。

私は日頃はサラリーマンをしており、コロナの前は週末にイベント出店などしてお茶の販売をしていました。今年は3月後半から予定していた全てのイベントが中止になり、その分週末にゆっくりとお茶を飲む時間が増えました。そんな私のお茶タイムをインスタグラム&フェイスブックを通して発信していますので、良かったら覗いてみて下さい。

お茶は心に安らぎを与えてくれる飲み物だと思います。皆さんも素敵なお茶時間を、

基礎疾患がある人は新型コロナに感染すると重症化しやすい!?

COVID-19クライシスは瞬間に世界中に拡散し、第2波や第3波を考えると今なお予断の許さない状況にあります。時間の経過とともに、各国の臨床研究を通して「心血管系疾患(狭心症、心筋梗塞、拡張型心筋症など)、呼吸器・肝・腎疾患、高血圧、糖尿病、がんなどの基礎疾患があると重症化しやすい」ことが明らかになってきました。

現時点において、重症化の理由としては免疫細胞異常(サイトカイン ストーム)が起り、肺のみならず全身の正常な細胞にまで炎症が生じることが原因と考えられています。ウイルスが血管を傷つけて血栓を生じさせ、血流に乗って運ばれて心臓や脳の血管を詰まらせ、肝臓や腎臓などに急性障害を生じさせ、やがて全身が多臓器不全に陥るというメカニズムです。

シニアになると、生活習慣病や何らかの病気を有している人が多くなります。皆さまは緊急事態宣言が発令されて以降、特に食事、運動と休養、継続中の薬物治療に心がけて生活していることでしょうか。新型コロナウイルス感染症対策は、人々との接触を避け、手洗いをきちんと行い、必要時にマスクを使用することであり、その基本は子どもからシニアまで同じです。シニアの場合は、それらに加えて持病の自己管理をしっかり行うしか手立てはないのです...

本章では、この数年とても気がかりになっている腎臓疾患について取り上げたいと思います。高血圧や糖尿病については日常的に話題にすることが多いようですが、腎臓の機能や病気についてはいかがでしょうか? 腎臓の働きが低下していく状態(慢性腎臓病)は静かに深く進行し、だるさ、食欲不振、むくみ、動悸や息切れなどの自覚症状が現れた頃にはかなり悪化しているのです!

腎臓は、大動脈から流れてきた血液から余分な水分や塩分を除去し、尿として排泄します。また、体内にできた老廃物も除去し、

尿として排泄します。機能が低下すると、十分に排泄できなくなって全身の血液量が増えるために、心臓はより強く血液を送り出さねばならず、相当に負担がかかり心不全が起りやすくなります。また、全身の血管の石灰化や動脈硬化が進み、脳卒中や心筋梗塞も起りやすくなるのです。

機能低下の主な原因は、糖尿病や高血圧(生活習慣病)、腎臓自体の病気(慢性腎炎など)や加齢です。糖尿病や高血圧は全身の血管に影響を与えます。特に腎臓は血管の塊のような臓器なので、糖尿病や高血圧があると長い年数をかけて血管や組織が破壊され、そのダメージは大きいのです! 腎臓が高度に障害されて透析治療が必要になる原因の第1位は糖尿病との報告もあります。

ともかくも早期発見が大事です。あなたは自身の腎機能レベルを知っていますか!? 観察できない身体内部にも関心を向け、これからの老後を支えてくれる臓器をいたわることが大切ではないでしょうか。何も考えずに飲み食いする日々の中でもう悲鳴を上げているかもしれない。私はその声に耳を傾けたいなあ、とついつい思うのです。休むことなく働き続けてくれることに感謝して...

まずは、尿検査により尿たんぱくを、血液検査で血清クレアチニン値(creatinine)を調べましょう。通常は尿中にたんぱくは排泄されず、腎機能が低下すると尿中に漏れ出てきます。また、排泄されなくなった老廃物の1つであるクレアチニンは血液の中に増えてきます。クレアチニン値から糸球体ろ過量(eGFR)がわかります。例えばeGFR60%と指摘されたら、正常時の60%の働きを表します。尿たんぱくと血清クレアチニン値が早期診断の指標です。受診する際、是非に検査項目に加えるよう依頼してください。

日本に住む兄は高血圧のために定期的に受診していたにもかかわらず、急激に腎臓とすい臓の機能が低下し、透析療法が必

要になる一歩手前と宣告されました! 血圧管理はうまく行っていると聞いていたので、本当にビックリしました。よくよく電話で話してみると「腎臓とすい臓の機能が悪いと指摘されたことはこれまでにない」と言うのです。「どんな検査を受けてきたの?」とさらに尋ねると、どうも包括的な内容ではありませ

ん。オンタリオ州のホームドクター制とは異なり、日本では循環器科、胃腸内科外科、脳外科、泌尿器科などのクリニックがホームドクター的な役割をもち、風邪、胃炎、高血圧など様々な病気を診察しています。兄の場合は、脳こうそくの疑いを感じて脳外科クリニックを直接に受診し、CT検査で軽い脳こうそくが見つかりました。高血圧を指摘され、それをきっかけに薬物治療を10数年続けていたのです。率直に言えば、フォローアップに関しては総合的に身体を診る(健康診断)という視点にかけていたように思えます。もちろん医師にもよるでしょうが、長い薬物治療期間だったにも関わらず、加齢や高血圧により確実に低下していく腎機能をなぜチェックしなかったのかについては疑問を感じます。

機能レベルを知り、その維持に心がけておかないと、体調悪化や新型コロナウイルス感染などが起こると、腎臓は一気に重篤化し、腎不全に陥ります。さて、あなたの腎臓は何パーセント働いているのでしょうか?“こんなに低下!”と驚く人がけっこう多いかもしれませんよ。医師任せではなく、自ら健康を守るという自覚がわたし(あなた)に求められています。



マーナ豊澤英子
医学博士 老年看護スペシャリスト
mernagh@rogers.com

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THE SHAPE OF RED

123min/2020 • Director: Yukiko Mishima
CANADIAN PREMIERE • In Japanese with English Subtitles

Based on the devastating best-seller from Naoki-Award winning novelist Rio Shimamoto. Toko is married and raising a lovely daughter in her husband's luxurious family home. Her life is comfortable but she feels an emptiness. At a wedding reception she meets the handsome and mysterious Kurata, her lover from 10 year ago. Falling helplessly into the throes of a deep passion, they embark on an intense and doomed affair that takes them far into "snow country" and the extremes of emotion.

Starring Kaho, Satoshi Tsumabuki, Tasuku Emoto, Shotaro Mamiya, Reiko Kataoka.

センセーショナルな描写で新境地を開いた本作が禁断の実写化。誰もが羨む夫に可愛い娘、"何も問題のない生活"を過ごしていたはずだった塔子は10年前の恋人・鞍田に再会する。渦巻く感情、さまよう身体。妻夫木聡と夏帆が官能に挑んだ官能的な大人のラブストーリー。

監督:三島由紀子『幼な子われらに生まれ』
出演:妻夫木聡、夏帆、柄本佑、間宮祥太郎、片岡礼子

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AT THE END OF THE MATINEE マチネの終わりに

124min/2019 • Director: Hiroshi Nishitani
NORTH AMERICAN PREMIERE • In Japanese with English Subtitles

Satoshi Makino is a brilliant classical guitarist who performs at the world's top concert theaters. On tour, he meets Paris-based journalist Yoko Komine and their attraction is immediate and intense. But Yoko has a fiancé. Together they must navigate a twisting road of passion, loyalty and guilt. Sweeping in scale and gorgeously photographed, this international romance – filmed in Japan, Paris and New York – boast charismatic performances from some of Japan's leading actors. Based on Keiichiro Hirano's best-selling novel.

Starring Masaharu Fukuyama, Yuriko Ishida, Yusuke Iseya, Yuki Sakurai, Ikko Furuya.

東京、パリ、ニューヨークを舞台に音楽家とジャーナリストの愛の物語を描いた芥川賞作家・平野啓一郎の同名ベストセラー小説を福山雅治、石田ゆり子主演で映画化。パリでの公演を終えた世界的なクラシックギタリストの時野聡史は、パリの通信社に勤務するジャーナリストの小峰洋子と出会う。2人は出会った瞬間から惹かれ合うが、洋子には婚約者がいた。40代の2人をとりまくさまざまな現実を前に、時野と洋子の思いはずれ違っていく...

監督:西谷弘『容疑者Xの健診』『昼顔』
出演:福山雅治、石田ゆり子、伊勢谷友介、桜井ユキ、木南晴夏、古谷一行



SAMURAI SHIFTERS

引越し大名!

120min/2019 • Director: Isshin Inudo
CANADIAN PREMIERE • In Japanese with English Subtitles

Under the Tokugawa shogunate, political dominance is maintained by forcing lords to move their clans from domain to domain. When the Echizen Matsudaira clan is called upon to make a particularly tough relocation, the undesired role of relocation officer falls to Harunosuke Katagiri, a socially inept samurai librarian. Under the threat of forced *harakiri*, he accepts the near impossible task with the aid of his childhood friend Genemon, and Oran, the beautiful but headstrong daughter of a former magistrate. A lavish and hilarious period comedy that pokes gentle fun at the famous Japanese work ethic.

Starring Gen Hoshino, Issey Takahashi, Mitsuki Takahata.

江戸時代の姫路藩。書庫にこもって本を読んでいた引きこもり侍・片桐春之介は、突然【引越し奉行】に任命される。引越し奉行とは、すべての藩士とその家族全員で別の国に引越し(国替え)をする際の総責任者である。失敗すれば、即、切腹!という状況の中、全くノウハウのない春之介は、果たして国の存亡をかけた超難関プロジェクトをクリアできるのか?!

監督:犬童一心『最高の人生の見つけ方』『のぼうの城』
出演:星野源、高橋一生、高畑充希、及川光博、濱田岳、松重豊



TORA-SAN, WISH YOU WERE HERE

男はつらいよ お帰り 寅さん

116min/2019 • Director: Yoji Yamada
CANADIAN PREMIERE • In Japanese with English Subtitles

Japan's most beloved comedy film series celebrates its 50th anniversary with its 50th film. At the 7th annual memorial service for his wife, novelist and father Mitsuo struggles with the next steps in his life. Conversation turns to lively reminiscences of the past, especially about their incorrigible uncle, Tora-san and his many unrequited loves (as documented in the first 49 films). Two women enter Mitsuo's life: one a thoughtful coworker, the other his long-lost first love Izumi. Can Tora-san's experiences guide Mitsuo to the right decision? Lovingly blending nostalgic scenes for the original series with new footage featuring original cast members master director Yamada creates a moving and wistful tale of family, love and memory.

Starring Hidetaka Yoshioka, Hiyori Sakurada, Chieko Basho, Gin Maeda, Runiko Asaoka, Kumiko Gotō, Kiyoshi Atsumi.

サラリーマンを辞めて、念願の小説家になった満男は中3の娘と二人暮らし。亡くなった妻の七回忌の法要で久しぶりに葛飾の実家を訪れる。伯父・寅次郎(渥美清)との日々を懐かしむ満男だが、その後自身のサイン会で初恋の人・イズミに再開する。山田洋次監督による国民的人情喜劇「男はつらいよ」シリーズの50周年記念にふさわしい、笑いと涙あふれる感動作。

監督:山田洋次『家族はつらいよ』『小さいうち』『たそがれ清兵衛』
出演:渥美清、倍賞美津子、吉岡秀隆、後藤久美子、前田吟、浅丘ルリ子



BENTO HARRASSMENT 今日も嫌がらせ弁当

106min/2019 • Director: Renpei Tsukamoto
CANADIAN PREMIERE • In Japanese with English Subtitles

A film about the love between a mother and daughter told with much laughter and many tears. Futaba going through a rebellious phase and refuses to speak to her single mother Kaori. Kaori retaliates with "bento harassment" – sending Futaba to school each day with an elaborate home-made box lunch incorporating messages of love and encouragement. Over the next 3 years, Futaba overcomes her initial embarrassment and comes to appreciate these expressions of the undying support of her mother.

Starring Ryoko Shinohara, Kiyoko Yoshine, Rena Matsui, Kenta Sato, Ryuta Sato.

Amebaブログで1位の栄冠を手にしたキャラ弁の人気ブログ、エッセイの映画化。自然と人情が豊かな八丈島で、反抗期の次女・双葉と暮らしているシングルマザーの持丸かおりが、そんな娘への逆襲にと、双葉の嫌がる「キャラ弁」を作り続けているのだが、双葉は「ウザい」とほやきながらも、毎回残さず食べ続ける。やがてそのお弁当は、会話のない娘への大切なメッセージへと変わっていく。

監督:塚本連平 『ほくたちと駐在さんの700日戦争』
出演:篠原涼子、芳根京子、佐藤隆太、松井玲奈、佐藤寛太



FUJJKO: A PIANIST OF SILENCE & SOLITUDE
フジコ・ヘミングの時間

115min/2018 • Director: Soichiro Komatsu
CANADIAN PREMIERE • In Japanese with English Subtitles

This remarkable documentary looks at Ingrid Fuzjko Hemming and a life of tribulations; her separation from her Swedish father, her mother's strict piano lessons, the segregation she endured as a Eurasian in Japan, the poverty she experienced as a piano student abroad and finally the devastating loss of her hearing. None of which deterred her from reaching for her dream. The film examines the life and music of a woman who never gives up on her dreams. Following Fuzjko Hemming from Paris to New York, Argentina, Berlin and Kyoto, we get up-close with her on her emotive world tour and in her private life in which she surrounds herself with her beloved cats.

Starring Ingrid Fuzjko Hemming.

60代になってから世界に見いだされ、80代になっても精力的に世界の舞台で演奏を続け、高い評価を得ているピアニスト、フジコ・ヘミングを追ったドキュメンタリー。日本人ピアニストの母とロシア系スウェーデン人のデザイナーである父を両親に持ち、母の手ほどきによって5歳からピアノを習いはじめたフジコ。ピアニストとしての評価が高まる中、突然聴力を失うという大きなアクシデントに見舞われるなど、数奇な人生を歩んできた。ワールドツアーで各国を巡る姿や、パリの自宅でお気に入りのアンティーク家具や猫に囲まれて過ごす時間など、公私にわたるフジコの素顔に密着。厳しい母のレッスン、ハーフへの差別、父との別離、貧しい留学生活や聴力喪失など、様々な困難に立ち向かいながらも、夢を捨てずに人生を歩んできたフジコの人間性と音楽に迫る。

監督:小松莊一良 キャスト:フジコ・ヘミング



THE PROMISED LAND 楽園

127min/2019 • Director: Takahisa Zeze
NORTH AMERICAN PREMIERE • In Japanese with English Subtitles

Takeshi, devoted to his mother and a village outcast, mends and sell used items. At a Y-shaped intersection in the middle of a rice field near the village, a schoolgirl, Aika is kidnapped. Aika's friend Tsugumi is traumatized, having been with Aika only minutes before she was kidnapped. On the same day, 12 years later, another girl disappears at the same intersection and villagers suspect Takeshi. In another part of the village, Zenjiro, a widower beekeeper, lives in growing isolation that pushes him towards committing a terrible crime. A devastating mystery and exploration of the limits of trust based on Shuichi Yoshida's crime stories.

Starring Go Ayano, Hana Sugisaki, Koichi Sato, Akira Emoto, Reiko Kataoka, Asuka Kurosawa, Nijiro Murakami.

ベストセラー作家・吉田修一の短編集『犯罪小説集』の映画化。青田に囲まれたY字路で少女誘拐事件が起こる。事件は解決されないまま、それから12年後、同じY字路で再び少女が行方不明になる。犯人として疑われる孤独な男、12年前の事件で心に傷を負った少女、そして限界集落で暮らす養蜂家の男の、三人の犯罪をめぐる喪失と再生を描く。

監督:瀬々敬久『64 ロクヨン』『ヘプンスストーリー』
出演:綾野剛、杉咲花、片岡礼子、柄本明、村上虹郎、佐藤浩市



THE JOURNALIST 新聞記者

113min/2019 • Director: Mitsuhiro Fujii
CANADIAN PREMIERE • In Japanese with English Subtitles

Winner of the Japanese Academy Awards for Best Film, Best Actor and Best Actress

Erika Yoshioka is a reporter for the Toto Newspaper. Obtaining an anonymous fax containing highly confidential information related to the building plan for a new university, she decides to investigate.

Meanwhile, Takumi Sugihara is a bureaucrat in the Cabinet Intelligence and Research Office whose job is to control the media and prevent unfavorable coverage of the government. He is shocked when his esteemed former superior Kanzaki commits suicide. When Erika Yoshioka and Takumi Sugihara connect with each other, a shocking truth is revealed. Inspired by the controversial non-fiction book by Tokyo Newspaper journalist Mochizuki Isoko.

Starring Tori Matsuzaka, Eun-kyung Shim, Tsubasa Honda, Tetsushi Tanaka.

優秀作品賞含め第43回日本アカデミー賞で6部門を受賞した社会派サスペンス。東京新聞記者・望月衣聖子の同名ベストセラーを原案に、若き新聞記者とエリート官僚の対峙と葛藤をオリジナルストーリーで描き出す。新聞記者としてある事件の真実に迫ろうともかく吉岡と、内閣情報調査室で働く中、政権の暗部に気づき選択を迫られる官僚の杉原。そんな2人の人生が交差する時、ある衝撃の事実が明らかになる。

監督:藤井道人『ダイヤモンド』『青の帰り道』
出演:シム・ウンギョン、松坂桃李、本田翼、田中哲司、西田尚美



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THE MASTER OF FUNERALS 葬式の名人

99min/2019 • Director: Naofumi Higuchi
NORTH AMERICAN PREMIERE • In Japanese with English Subtitles

Inspired by Nobel Literature Prize-winner Yasunari Kawabata's *Soshiki no Meijin*. Single mother Yukiko who lives with her son in Ibaraki, receives notice that her high school classmate Yoshida has passed away suddenly after returning from America. Old friends including Yoshida's baseball teammate Toyokawa get together and decide to bring the coffin to their former high school and hold the wake at the school. They share stories about their lives since graduation and the mysteries around Yoshida's death begin to reveal themselves.

Starring Atsuko Maeda, Kengo Kora, Jin Shirasu, Asuka Hinoi.

ノーベル文学賞作家・川端康成の作品群をモチーフにし、川端の出身校である茨木高校を舞台にした青春群像ファンタジー。ある日、高校時代の同級生の訃報が届いたシングルマザーの雪子は通夜の席に足を運ぶ。高校卒業から10年、久しぶりに顔を合わせた雪子と同級生たち。同級生が些細なことで葬儀屋と喧嘩をしまい、母校の中でお通夜をする羽目になってしまう...

監督:樋口尚文
出演:前田敦子、高良健吾、白洲仁、樋井明日香



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ONE NIGHT (HITOYO) ひとよ

123min/2019 • Director: Kazuya Shiraishi
NORTH AMERICAN PREMIERE • In Japanese with English Subtitles

One night, a beleaguered wife murders her alcoholic and abusive husband. She tells her three children, who he has beaten regularly, "You are free," and turns herself in to the police. The children are haunted by their traumatic past and each follow divergent paths in life. Fifteen years later, their mother returns. Burdened by inner conflict and confusion, the family struggles to revive their ties to each other as the town turns against the retiring murderess. A powerful examination of the strength of family bonds, inescapable destiny, and the ultimate form of love and sacrifice. The latest masterpiece from the director of *The Blood of Wolves and Birds without Names*.

Starring Takeru Satoh, Ryohei Suzuki, Mayu Matsuoka, Yuko Tanaka, Kuranosuke Sasaki.

ある雨の夜、タクシー会社を営む稲村家の母こはるは3人の子供たちを守るためDV夫を殺害し、子供たちとの15年後の再会を誓って家を後にした。事件後、残された長男大樹、次男雄二、長女園子は、心に傷を抱えたまま成長する。やがて刑期を終えたこはるが帰ってくる。再会を果たした彼らがたどり着く先は、...

監督:白石和彌『彼女がその名を知らない鳥たち』『孤狼の血』
出演:佐藤健、鈴木亮平、松岡茉優、田中裕子、佐々木蔵之介



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HIT ME ANYONE ONE MORE TIME 記憶にございません!

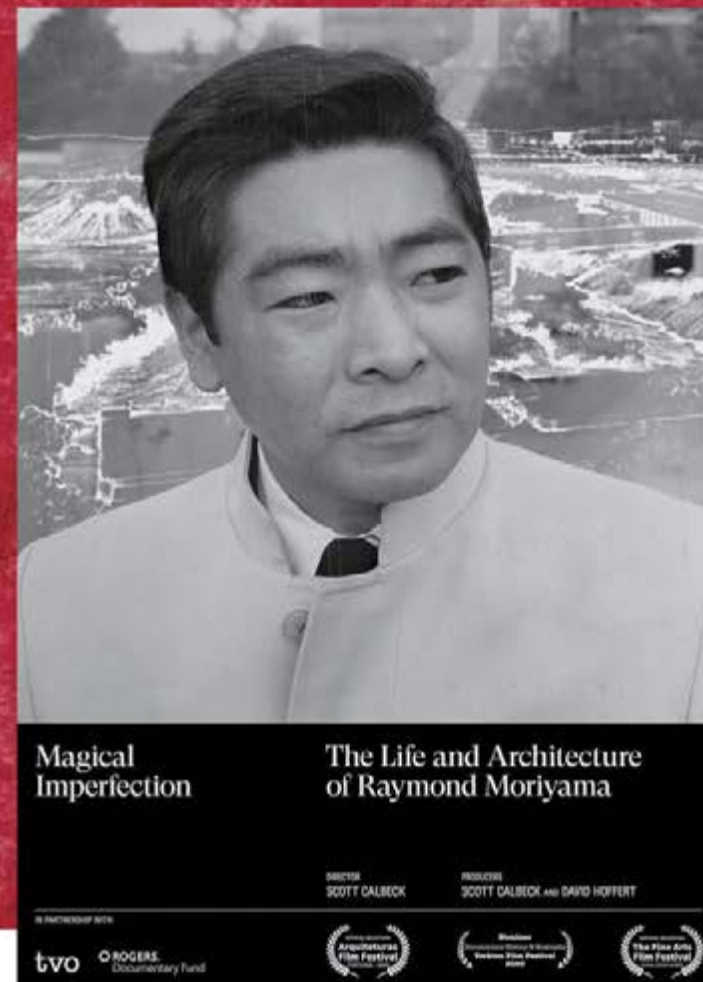
127min/2019 • Director: Koki Mitani
NORTH AMERICAN PREMIERE • In Japanese with English Subtitles

Keisuke wakes up in a hospital bed with a lump on his head, unable to remember who he is. Fleeing the ward, he spots himself on a TV and realizes he is the prime minister of Japan! In fact a very unpopular prime minister. He is spirited back to the official residence and his three secretaries attempt to hide the situation, even from his wife. But loss of memory gives him new perspectives and he decides to change the country for the better. Master of comedy Koki Mitani's all-star political farce took the Japanese box office by storm. Hilarious and timely!

Starring Kūichi Nakai, Dean Fujioka, Yuriko Ishida, Koichi Sato, Eiko Koike and Yo Yoshida.

三谷幸喜の長編映画監督8作目で、記憶をなくした総理大臣が主人公の政界コメディ。国民からは史上最悪のダメ総理と呼ばれた総理大臣の黒田啓介は、演説中に一般市民の投げた石が頭にあたり記憶喪失になってしまい、一夜にして悪徳政治家から善良な普通のおじさんに変貌してしまった。記憶を失ったことは国民には隠され、秘書官のサポートによりギリギリ日々の公務をこなしていく。

監督:三谷幸喜『ザ・マジックアワー』『THE有頂天ホテル』
出演:中井貴一、ディーン・フジオカ、石田ゆり子、佐藤浩市、草刈正雄、小池栄子



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MAGICAL IMPERFECTION: THE LIFE AND ARCHITECTURE OF RAYMOND MORIYAMA

マジカル インパーフェクション:レイモンド・森山の人生と建築

Date • 0:00pm • 59min/2020 • Director: Scott Calbeck
In English

The inspirational story of Raymond Moriyama. Imprisoned in his own country during the 1940s because of his race, world-renowned Canadian architect found the strength to overcome injustice and prejudice on his journey to artistic excellence. His ground-breaking works, including the Ontario Science Centre, the Canadian War Museum and the Canadian Embassy in Tokyo are used by thousands of people every day, and each building reflects Ray's unshakable belief in the need for inclusion and social justice in our world. Ray's first major commission was the original Japanese Canadian Cultural Centre built in 1963 and the Moriyama Nikkei Heritage Centre provides the heart of the new JCCC.

Followed by a Q&A with Raymond Moriyama and director Scott Calbeck

レイモンド・森山氏のドキュメンタリー。1940年代、人種偏見の為に自国政府から強制収容所に入れられた経験のある、世界的にその名を知られるカナダ建築家。その経験を通して、不当や偏見に打ち勝つ力を身に付け、芸術的卓越性を認められる存在となるその軌跡を自ら語る。氏の手掛けた画期的建築の代表には、オンタリオサイエンスセンター、カナダ戦争博物館、東京のカナダ大使館等がある。いずれも氏の多様性の受容と社会的公正に対する揺るぎのない信念を反映しており、日々何千という人々に利用されている。氏の初期の作品の一つが、1963年に建てられた最初の日系文化会館である。森山日系ヘリテージセンターは、今のJCCCの中心となっている。

本編上映後にレイモンド・森山氏とスコット・カルベック監督によるQ&Aがあります。