



JAPANESE CANADIAN
CULTURAL CENTRE
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What's On and What's Not at the JCCC
Keep the JCCC Lantern Lit Fundraiser
Maru: Immigration Stories

November 2020 2020年11月 Vol. 46 Issue 11



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Deadline for the next issue is: **Thursday November 12, 2020.**
 次号の締め切りは**2020年11月12日(木)**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

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

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 email: nseko@masamigroup.ca

Dear Readers,

For the safety of our members, community and friends - and in accordance to Ontario public health directives - the JCCC remains closed to the public .

We are continue to monitor the situation and are working towards a staged, selective reopening. For the foreseeable future, the JCCC will continue distributing our newsletter online. Please feel free to share our newsletter as it contains helpful information about the community as well as JCCC online offerings during this time of social isolation. Our website, www.jccc.on.ca, and our social media channels will have the most up-to-date information.

Please note that this closure does not apply to private businesses operating within 6 Garamond Court. We thank you for your understanding and support, and look forward to welcoming you back soon as the crisis abates.

Please stay well.

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Cover Image: © Joshua Hawley



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What's On and What's Not at the JCCC

In light of stricter restrictions that have been announced by the Ontario government, the JCCC would like to provide a summary of the activities that are happening for the upcoming few months.

Contact the JCCC

- While the JCCC facility remains closed to the public, our reception staff will be available during the following times to assist with any enquiries.
Mon, Wed, Fri 10am ~ 12pm; 1pm ~ 3pm

Events

Upcoming Events include:

- November 10 – JCCC Virtual Nikkei Veterans Commemoration (more details on page 7)
- December 6 – Fuyu Virtual Matsuri (more details on page 6)
- December 12 – Keep the Lantern Lit – Virtual Fundraiser (more details on page 4)
- December 31- January 1 – Shin Nen Kai (more details on page 6)

Cultural Classes and Workshop

- All cultural classes and workshops onsite at the JCCC have been cancelled or postponed for the rest of 2020. Some of our classes are working to be available online. Please check our website and upcoming issues of the newsletter for more information. We will also be in touch with you if your registered program will be offering any online workshops or classes.

Martial Arts Classes

- As of Sunday November 1, 2020, all outdoor practices will end. From November onwards, many of our clubs will be conducting Zoom classes. Please check page 9 of the newsletter for details.

Other Online Programs

- Japanese 1-on-1 (currently full)

Exhibitions – all exhibitions are available online only via the [JCCC website](#)

- The Intermedia Work of Nobuo Kubota

KEEP THE JCCC **LANTERN LIT**: An “At Home“ Holiday Fundraiser

- Celebrating at home with bento, sake and cinema on **Saturday December 12, 2020**
- Includes a special gift valued over \$140 from Shiseido Canada for the Holiday Season

The JCCC Foundation invites you to join us for an entertaining evening of music, film, food and sake in the comfort of your own home. Tickets are \$150 each and include delivery of your Holiday package right to your door.

Enjoy an authentic bento prepared by featured restaurants from the Japanese Restaurant Association while you tune in online to a 30 minute exclusive entertainment package which includes a performance by Kyowa Taiko, a brief update on the future of the JCCC and a special musical segment by Annie Sumi. Annie is a yonsei (fourth generation Japanese Canadian) and one of Canada's emerging folk singer/songwriters.

The JCCC has become known internationally for the Toronto Japanese Film Festival and we will be able to give you free exclusive access to two recent favorites.

Finally, twenty lucky participants will be selected to win a copy of the award winning “Just Add Shoyu” cookbook.

Due to the COVID pandemic, the JCCC is in need of your support but we wanted to make sure that each participant was properly rewarded for your contribution as a show of our gratitude.

To participate you can go online at www.jccc.on.ca for more information or to order your ticket for Saturday December 12th. All food preparation, packaging and delivery will adhere to strict COVID protocols.

Thank you for your support. It is very much in need as we extend the JCCC lockdown into the winter season.

Stay safe, healthy and strong.

With appreciation



Gary Kawaguchi

**President
Japanese Canadian Cultural Centre**



Message from the JCCC

In the October Newsletter we announced our plan for a selective reopening of the JCCC in mid-October. However, with the rise in COVID cases and tightening of restrictions over the past weeks we feel the most responsible action is to put the reopening on pause until circumstances begin again to improve. We feel we cannot put our enthusiasm to welcome you back ahead of the health and safety of the community and our many friends.

When the time is right, the JCCC is ready. We have made modifications to our facility to enhance ventilation and minimize contact. We will have a broad spectrum of cultural offerings ready to welcome you back: classes, seminars, film screenings and heritage events. At the same time we continue to expand our online presence through online classes, heritage content. The recent virtual Toronto Japanese Film Festival also far exceeded our expectations in terms of success and engagement.

We are most excited about the completion of the new permanent exhibition in the Moriyama Nikkei Heritage Centre. With the generous support of Raymond Moriyama, our new exhibit, titled MARU: IMMIGRATION STORIES, examines the experiences of the Nikkei diaspora in the Americas from the late 1800s to today, with future plans to explore more stories internationally. In partnership with Nikkei organizations across the North America, South America, and Japan, the exhibition will not only be diverse in its content, it also invites visitors to be individually engaged through their own experiences. The exhibit opens in late November and we look forward to offering tours as one of our first reopening activities.

Please keep an eye on our social media, our monthly online newsletters, our website and your in-box for reopening announcements. Stay well, be safe and see you very soon.



James Heron, Executive Director



To find out more about what the JCCC is doing, please visit www.jccc.on.ca



JapaneseCanadianCulturalCentre



@japanesecanadianculturalcentre

10th Annual Fuyu Matsuri Winter Festival

冬まつり ウィンターフェスティバル

by the Fuyu Matsuri Committee

Mark your calendars, as our 10th annual Fuyu Matsuri Winter Festival is fast approaching! This virtual, online event will provide friends and families the opportunity to experience the fun and joy of Fuyu Matsuri from home, with several of the festival's most popular activities on display. Activities such as Kid's Crafts, Japanese and English Storytelling, and various performances will be available online via the JCCC's website or accessed through [JCCC's YouTube channel](#) throughout the day. In the afternoon, we will be hosting interactive events, including a Holiday Cosplay Fashion Show and a Q&A with Santa himself! Please check the next issue of the JCCC newsletter for more details. Information about the event will also be posted on the [JCCC website](#) as they become available.

Last, but certainly not least, we are pleased to announce that this year's Fuyu Matsuri will be completely free to attend!

Fuyu Matsuri will be held on **Sunday December 6, 2020**. Hope to see you all there!

JCCCの冬季恒例イベント、『冬まつり ウィンターフェスティバル』が**2020年12月6日(日)**に開催されます!記念すべき10周年となる今年は、バーチャル形式にて、各アクティビティ、イベントをご自宅からお楽しみ頂け、さらになんとも嬉しい、全イベント参加費無料です!

当日はキッズクラフト、紙芝居、各種パフォーマンスが[JCCCウェブサイト](#)上からアクセスいただけ、コスプレファッションショー、そしてお待ちかねのサンタQ&Aコーナーを[YouTube Channel](#)で配信いたします。

詳細は次号のニュースレターにてお知らせいたします。また、イベントの情報は[JCCCウェブサイト](#)でもご案内しております。

冬まつりコミティーメンバー一同、皆様のご参加を心からお待ち申し上げております。



SHINNEN KAI 2021

Celebrate New Year's Day the Japanese way - with a feast!

We know that the current world situation will not allow the JCCC to hold our traditional gathering this year. Instead, we have worked with Chef Ishii of Toriichi Catering to develop a specially prepared bento to be available for pick up. This bento will include many of the osechi ryori favourites from our Shinnen Kai that are traditional to eat on New Year's Day. Osechi ryori items are eaten to bring the person a special wish for the New Year. Some of the items that may be included are:

Datemaki (sweet egg roll) - for scholarship and learning

Kuro mame (sweet black beans) - for health

Ebi (shrimp) - for longevity

Kobu maki (Kelp roll) - for happiness

Kuri kinton (Chestnut puree) - for wealth

And so much more!

Bento pick up will be at the JCCC on the afternoon of **Thursday December 31, 2020**. The bento is prepared without rice so that you will be able to refrigerate it to eat with on **Friday January 1, 2021**.

This special edition Shinnen Kai bento will be \$45 plus HST and only be available in limited quantities. Online ticket sales will begin on **Tuesday December 1, 2020**. Please watch for more information on [our website](#) and in our next newsletter.



Nikkei Veterans Memorial Service

Every year, in early November, we gather in remembrance of the many Nikkei who have given their time in service to our country. Since the first World War, Nikkei have fought for the right to serve in Canada's armed forces, even in times when they were considered not to be Canadian citizens.

This year, in consideration of everyone's safety, the Japanese Canadian Cultural Centre will be honouring our Nikkei veterans virtually. We will be paying tribute to our Nikkei veterans on our social media channels, [Facebook](#), [Instagram](#) and [Youtube](#), as well as on the [JCCC website](#).

We ask that you join with us on **Wednesday November 11, 2020** at 11am in observing 2 minutes of silence in honour of our nikkei veterans. Though we will be apart in this observance, we hope that by doing this together, we will continue to feel a sense of community.



2003



2014



2018

黒板 KOKUBAN

In this issue of [KOKUBAN](#), we pay tribute to our veterans with a feature interview with veteran Minoru Yatabe. We also highlight the ongoing work of one of JCCC's long-standing partners, the Nikkei National Museum and Cultural Centre of Burnaby BC. For those looking for a touch of fall, take a tour of our picks for the best spots in Japan for fall colours.

Fall Colour Viewing in Japan 日本の秋の風景

Fall gives us much to appreciate and be in awe of. To celebrate, here are enjoy Japan's fall colours while you cozy up under a blanket at home.

Takeda Castle in Hyogo Prefecture is often referred to as the Machu Picchu or the real life Iaputa, from Hayao Miyazaki's animated movie "Castle in the Sky". You'd understand why if you see the castle on a foggy autumn day. 日本のマチュピチュとも、「天空の城」と呼ばれる竹田城。秋には薄い霧が立ち上り、海に浮かんでいるように見えます。

Or hop onto their [official website](#) to see the castle grounds live. If you're able to catch the castle "floating on the clouds" in real time. 公式サイトでは、ライブカメラも用意されており、遠くよければ雲海に浮かぶように見られるかもしれません。

If you thought fall was all about leaves, you would be mistaken. A popular fall destination is the **Kumakura Higabana Fields** in Higaka City, where millions of amaryllis, or commonly known as spider lilies, cover the grounds in a brilliant red. While they are closed to visitors this year, sights of their wonder can be viewed online. 秋に美しく咲く花のひとつに、曼珠沙華（red spider lily, cluster amaryllis）があります。日南市高岡原は、毎年50万本の曼珠沙華に彩られます。

JAPANESE CANADIAN CULTURAL CENTRE
日系文化会館

黒板 KOKUBAN

Volume 1, Issue 6

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Guest Feature: Minoru Yatabe - A World War II Veteran
Then, Now and the Future - Getting to Know Nikkei National Museum & Cultural Centre (Burnaby, B.C.)
Fall Colour Viewing in Japan 日本の秋の風景

The JCCC is pleased to bring you KOKUBAN - our monthly e-bulletin that covers topics from heritage treasures to stories about this unique community.

Remembrance Day

Remembrance Day "I've done my last duty to my comrades. They are gone but not forgotten." (Masumi Mitsui, 1985)

With Remembrance Day only weeks away, we would like to take a moment to commemorate members of the armed forces, specifically the Japanese Canadian veterans. In Stanley Park, Vancouver, the [Japanese Canadian War Memorial](#) stands paying tribute to all Japanese Canadians who have served Canada during times of need. The monument was erected in 1920 to remember 222 Japanese Canadians who fought for Canada during WWII.

JCCC AGM - Report

On Monday September 28 2020, the JCCC held its' Annual General Meeting for the fiscal year ended March 31, 2020.

President Gary Kawaguchi noted that this has been a difficult year for the JCCC and for the community. The JCCC has been closed since March and there were plans to be able to do a re-opening in mid October, however in light of current COVID-19 cases and restrictions, we are now re-assessing how we will proceed.

Since March, when the JCCC closed its facility due to COVID, the board arranged to borrow funds in tranches from the Taiko Capital Fund (\$160,000) and the Japanese Canadian Cultural Centre Foundation (\$500,000) to cover costs initially through to Labour Day 2020 and then to Dec 31, 2020. We are now planning to take on additional \$500,000 credit from the Foundation to carry the JCCC to the end of June 2021 resulting in total credit facilities of \$1.2 million. The government subsidies, particularly the CEWS, have been very helpful and based on the September speech from the throne, we are hoping that the federal government

will pass legislation to continue this into 2021. We are diligently focusing on a plan for the future given the set back from COVID.

We are pleased to announce the 2020-2021 Board of Directors. Every year 6 Directors are nominated for a 3 year term: Ann Ashley, Jiro Fukushima, Karen Gordon, Seiji Ichii, Cary Rothbart and Elaine Shigeishi. The rest of the Board are: Jonathan Carter, Mark Hashimoto, Gary Kawaguchi, Kristin Kobayashi-Reid, Keiichi Kubo, Sharon Marubashi, Jan Nobuto, Linda Ono, John Ota, Miki Rushton, Brian Toda, Karen Webb. We also accepted Ryan Lang who will be representing Nikkei National Museum and Cultural Centre in Burnaby BC. Past President is Marty Kobayashi, and current Advisors are Steve Oikawa, Sid Ikeda, Christine Nakamura, Connie Sugiyama, Bill Hatanaka and Mackenzie Clugston.

The JCCC Board of Directors appreciate your support and patience as we cautiously and diligently work on plans for the future of the centre during these unprecedented COVID times.

Thank you JCCC Members

Thank you to those who have continue to maintain an active membership despite our facility closure. As you know, in consideration of the safety of our community, the JCCC has made a painful decision to further delay its opening. Nonetheless, we continue to serve you through a broad spectrum of services, events, heritage initiatives and programs that make up our mandate. To the many of you who renewed your memberships during the closure, we are very grateful. It is your support that has made our ongoing programming possible.

For those of you whose memberships

have lapsed during the crisis, we sincerely invite you to consider renewing your membership as a way of supporting the JCCC. Your renewed membership will have a new renewal anniversary month that reflects your new payment date.

Please also note that, effective immediately we have also changed our membership expiry date to the end of the month (e.g. memberships that have an expiry date of December 1, 2020 will now expire December 31, 2020).

Again, please accept our thanks for your thoughtful support and we look forward to meeting you again soon.

JCCC Martial Arts Update

With the rising COVID-19 case numbers and the return of stricter limits in the Toronto area, the JCCC will be postponing the resumption of indoor classes for the martial arts programs at this time.

Additionally, with the turn towards cooler weather, the outdoor practices will also come to an end.

The JCCC would like to thank all the instructors for their work running the outdoor classes. We couldn't have done it without your support, dedication and cooperation.

We would also like to thank the students, who braved increasing cool conditions, for their participation. We miss you and can't wait to welcome you back to the JCCC!

As a result, some programs will continue with their online practices. We encourage all registered students to join in when you can, as a way to stay fit, and to continue to connect to your program, your sensei and your friends.

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

Please keep fit and stay safe! We hope to see you at the JCCC soon.

Aikido

Sundays – 10:30 am to 12:00 pm

Tuesdays – 7:00 pm to 8:30 pm

Thursdays – 7:00 pm to 8:30 pm

Iaido

Contact info@mumonkai.ca
to inquire about class schedule

Judo

Wednesdays – 7:00 pm to 8:00 pm

Kendo

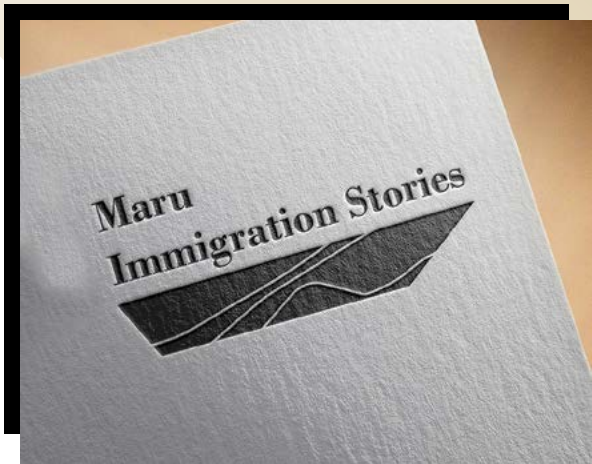
Wednesdays – 7:00 pm to 8:30 pm

Sundays – 10:00 am to 11:30 am

Kyudo

Mondays – 8:00 pm to 9:00 pm





Maru: Immigration Stories

In 2003, the 5 Generations exhibit was unveiled at the JCCC and a decade later, when the Moriyama Nikkei Heritage opened its doors to the public as a space for research and learning, the 5 Generations exhibit became an educational tool to tell the history and stories of Japanese Canadians. Through the 5 Generations exhibit, the JCCC was able to engage in conversations about Japanese Canadians' past and present alongside the community.

The next permanent exhibit, Maru: Immigration Stories, will build and expand on the dialogue started by the 5 Generations exhibit. As we look toward Nikkei communities beyond Canada, we also continue our research on the Japanese Canadian

community. We hope to continue engaging in plural conversations about the past, present, and the future of the Nikkei communities once you are able to experience Maru: Immigration Stories.

We would like to get the ball rolling and show you a sneak preview of the exhibit. The exhibit will include a variety of visual presentations, one of which is illustrations, including representations of well known individuals in our community! Can you guess who is the inspiration behind this character? ? We will give you a clue - she is always seen with a camera as she capture stories of the Nikkei community! Tell us who you think this character is by emailing heritage@jccc.on.ca.

Maru
Immigration Stories



Illustration by Dayanara Rodriguez



The History of the Collection

The Japanese Canadian Cultural Centre has been an idea since the late 1950's and the Collection at the JCCC has been in existence for almost as long. Since the initial planning stages of the JCCC at the Seaway Conference in 1962, community members have been offering pieces of art, pieces of their family history and pieces of Japanese culture to help to expand the beauty of the JCCC and the programs we offer.

In 2010, led by Peter Wakayama, then Vice President of Heritage, the Archives Committee was founded. The committee was comprised of volunteers from all walks of life and included 2 archivists and a museum professional as well as interested community members. The first task of the committee was to create a set of policies and procedures which would govern the future actions of the committee. Once that was in place, the second task was to recruit volunteers, both with and without experience, who could help with the cataloguing of the photographs, artefacts, artwork and archival materials.

Our first volunteer session was held in the late Spring of 2011. Volunteers were trained in the Care of Collections and the specific processes they would be required to follow while cataloguing the Collection. For many who had no prior training, the wearing of gloves, use of Archival materials and the specific language used for descriptions was a very new concept. Our volunteers caught on very quickly and we settled into a routine of hosting Archiving sessions twice a week on Tuesdays and Wednesdays. To date, we have had more than 100 volunteers of all ages and stages of life work with us in the Nikkei Heritage Resource Centre. Before Covid-19, we were regularly hosting about 20 volunteers on a weekly basis.

In 2013, we were presented with the opportunity to work on the Moriyama Nikkei Heritage Centre, with several of our members taking active roles in the planning of the space and the exhibit that would be housed

within. The 5 Generations exhibit opened in the Moriyama Nikkei Heritage Centre on June 2, 2014. Thanks to the work of our wonderful volunteers, we were able to enhance curator David Fujiwara's original exhibit with pieces from the Collection which have been displayed in the display cases throughout the space.

The opening of the MNHC was not the end of the work for the Archives Committee though. Since then, the group has been active with cataloguing items that were already in the Collection, as well as cataloguing new donations as they come in to the JCCC. Over the past 10 years we have found many treasures which we have shared with the community through temporary exhibits and through the Found in the Archives column in the newsletter. We have also collaborated with other organizations like the ROM (Being Japanese Canadian February to August 2019), the Campbell House Museum (Redefining Home March 2019) the Canadian Baseball Hall of Fame and the Nikkei National Museum and Cultural Centre. We are also building relationships with institutions like the Faculty of Information at the University of Toronto as a way to enhance our collections capabilities by providing research and exhibition opportunities as course work options for their students.

Throughout all of this, our goal of cataloguing the collection at the JCCC has never wavered. We have been actively adding entries to the database we share with three other Canadian Nikkei institutions, nikkeimuseum.org. We have been creating new temporary exhibits to highlight the items and information that we have found in our Collection. We have used the Collection as both an inspiration and a rich source of content for the upcoming exhibit Maru: Immigration Stories. During all of this, we have been supported by our community and by visitors to the JCCC through congratulatory notes, new volunteers and generous donations both financial and physical. There is nothing more rewarding than hearing first hand the story of an item being donated or listening as someone recognizes a friend or family member in a photograph.





Maru: Immigration Stories

Getting to Know

Nikkei National Museum & Cultural Centre (Burnaby, B.C.)

In our latest issue of KOKUBAN (Link to kokuban please), there was an interview with the Nikkei National Museum and Cultural Centre of Burnaby B.C.. As a continuation of that interview, we sat down with Sherri Kajiwara to learn more about their exhibits and community engagements.

JC – JCCC, **SK** – Sherri Kajiwara

JC: Hi Sherri, can you tell us how the Nikkei National Museum and Cultural Centre (NNMCC) work actively engage the community on different levels?

SK: We work with community on many levels. Our building is multi-purpose and we have tenants from the community that include the Gladstone Japanese Language School, the GVJCCA office, and Agape church. We also have one small space dedicated to used Japanese language books, a dojo, and we rent out our mixed usage rooms for a myriad of events, meetings, and cultural programming. Our community extends beyond just the Japanese Canadian to all of Metro Vancouver physically, and much further afield digitally.

JC: As with most cultural centres, we look to our seniors for their guidance. Can you tell us more about the senior members who are involved with NNMCC.

SK: Until the pandemic locked down Nikkei Home next door, we encouraged elders to visit the museum, and one, Shoji Nishihata, was a dedicated volunteer in our archives for many years. Sadly, he passed away this year and we miss him terribly. Prior to the pandemic, we actively included senior programming into our schedules, and even throughout, we are indebted to the NNMCC Auxiliary which is a committee of primarily seniors who volunteer to make food for NNMCC fundraising events.

JC: Can you talk a little about the importance of museum and their work for the Japanese Canadian community?

SK: We take the 'national' in our name seriously, and while we are situated on the westcoast, we aspire to be a resource for and about Japanese Canadians all across the country. We are not federally funded, but we are national in our scope. Locally, the Nikkei National Museum is active on Japanese Canadian community groups including but not limited to the War Memorial Committee that looks after the cenotaph in Stanley Park (celebrating 100 years this year), the Japanese Canadian legacy committee that saw the successful recognition of sites of significance in BC, and we partner often with the Powell Street Festival, Vancouver Japanese Language School, and Steveston Japanese Canadian Cultural folks on a variety of initiatives. Since 2000, the museum has worked collaboratively with academics as well as community, particularly in community engaged research.

JC: What are some of the most memorable projects that you were involved in?

SK: In that regard, during my tenure, we have partnered on 2 courses of Right to Remain, we were a community partner with Asian Canadians on Vancouver Island, and for the past 7 years we have partnered on the Landscapes of Injustice (LOI) project that our current exhibit Broken Promises comes from. LOI is a massive research and public history project that looks at the dispossession that Japanese Canadians endured in the 1940s and has incredible legacy outputs that will benefit our community for years to come.



Nikkei National Museum and Cultural Centre. Photograph courtesy of the NNMCC.

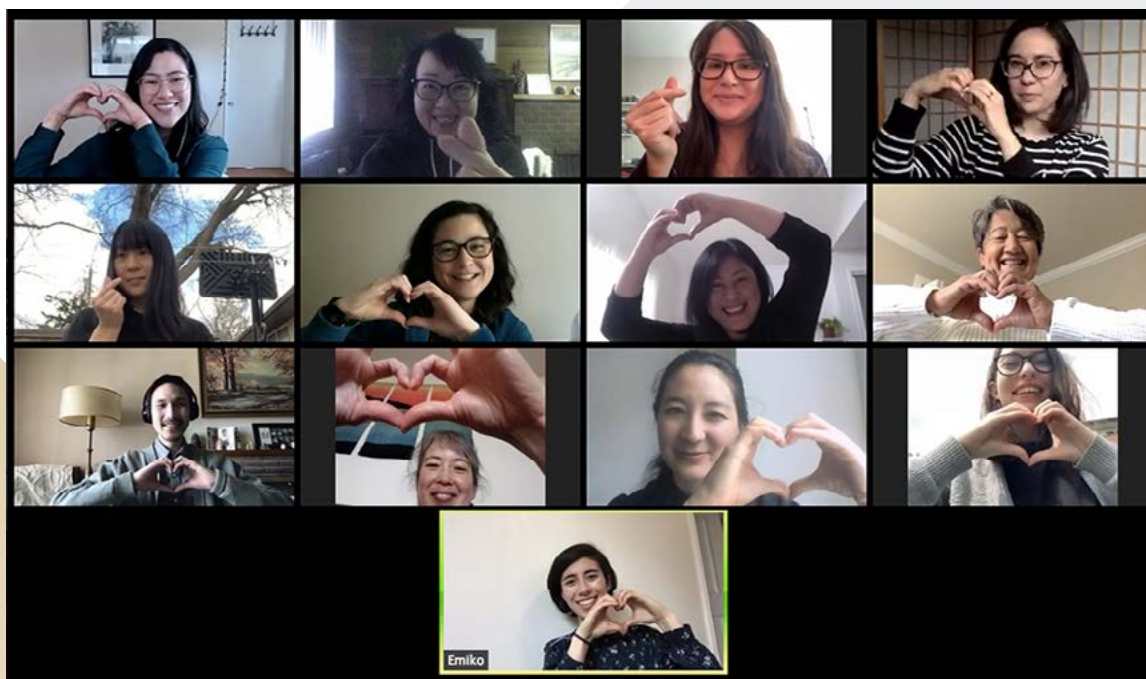
JC: Speaking of LOI, can you tell us about NNM's latest exhibition, Broken Promises?

SK: Grounded in research from Landscapes of Injustice – a 7 year multi-disciplinary, multi-institutional, community engaged project, the Broken Promises exhibit explores the dispossession of Japanese Canadians in the 1940s. It illuminates the loss of home and the struggle for justice of one racially marginalized community. The story unfolds by following seven narrators. It contextualizes the dispossession by illustrating life for Japanese Canadians in Canada before war, the administration of their lives during and after war ends, and how legacies of dispossession continue to this day. It is a traveling exhibit that will continue on from us to the JCCC, and we hope it will have national exposure before or after it's 'finale' at the Royal British Columbia Museum in 2022. We had to pivot radically this year thanks to COVID, but there have been many silver linings, including an e-pub exhibit catalogue, a digital education kit, a self-guided tour app, and the production of a condensed version of the traveling exhibit that will work for spaces 500 sq ft or smaller. The e-pub can be downloaded for free on our exhibits page now at <https://centre.nikkeiplace.org/exhibits/broken-promises/>. The other items will be coming soon.

JC: The museum exhibition and program at the NNM is robust. As a curator yourself, can you elaborate on why NNM sees exhibits as a vital tool to the communication of stories and what value/function do exhibits serve?

SK: I come from a professional background in contemporary art and have always had an interest in visual storytelling. So exhibits as a tool for communication is a personal passion, but I also feel that with the complex and often difficult conversations that are so important now, and that the Japanese Canadian historical experience is so relevant to, exhibits insert the visitor directly into the narrative. They can come in at their own comfort level and take away what they need. I feel exhibits help make the invisible visible, and create opportunity for dialogue. We can experience with all of our senses and hopefully open our hearts in the process to engage with the content viscerally. With any exhibit there are many kinds of visitors. As my colleague and co-curator of Broken Promises Leah Best at the RBCM cites, there are streakers, strollers, and studiers. A good exhibit offers something for all of them. We aspire to that.

The first part of this interview with Sherri Kajiwara was published on Kokuban Vol. 6. [Click here](#) to read more about NNMCC's history and its expansion over the course of 20 years.



NNMCC staff and volunteers sending love remotely from B.C..Left to right, top to down: Lisa Uyeda, Sherri Kajiwara, Lindsey Hoy, Karah Goshinmon Foster, Kaoruko Sasaki, Carolyn Nakagawa, Yukiko Pretty-Nishikawa, Linda Kawamoto Reid, Jeffrey Chong, Nichola Ogiwara, Trisha Roberson, Lindsey Jacobson, Emiko Greenaway. Photograph courtesy of NNMCC.a



Tsutomu Hanabusa



Kazuya Shiraishi



Naofumi Higuchi



Yukiko Mishima



Yoshihiro Nakamura

TJFF PIVOTS SUCCESSFULLY TO ONLINE FORMAT

Amid the ongoing COVID crisis, our Toronto Japanese Film Festival was postponed from its usual June dates and finally pivoted to an online edition in October. We are happy to announce that the resulting festival has just been nominated by NOW Toronto as Best Virtual Film Festival along with TIFF and Hot Docs.

This year's festival was enjoyed by many thousands of people across the country and "visited" by virtual guest directors greeting audiences through video messages from Japan. It has been an exciting experience and something we hope will develop into a hybrid festival in years to come. Our usual live screenings, guest star appearances and excitement in the Kobayashi Hall will be accompanied by online access for Canadians not able to join us at the JCCC in person. We are planning our 10th anniversary for June 2021 and thank all of you who joined us from your homes for this year's edition.

Virtual guests included Kazuya Shiraishi (One Night), Yukiko Mishima (Shape of Red), Yoshihiro Nakamura (47 Ronin in Debt), Naofumi Higuchi and Hiroyuki Ono (The Master of Funerals) and Tsutomu Hanabusa (Project Dreams).

TJFF SCREENS 11 TITLES IN TOKYO

The Toronto Japanese Film festival also travelled to Tokyo to present 11 nights of programming as part of the Hibiya Cinema Festival held at the magnificent Tokyo Midtown Hibiya cultural and commercial complex. It is our second year presenting the "TORONTO JAPANESE FILM FESTIVAL IN HIBIYA" and each screening is preceded by a video introduction to the JCCC and the history of the Japanese Canadians. This year's festival, was presented October 16 – 30 and was visited by nine directors who took the stage to introduce their films.

In person guests include top directors Kiyoshi Kurosawa (To the Ends of the World) Shinichiro Ueda (One Cut of the Dead), Isshin Inudo (Bucket List), Yoshihiro Nakamura (47 Ronin in Debt), Koichiro Miki (The Travelling Cat Chronicles) and Shoichiro Komatsu (Fujzko Hemming: Pianist of Silence and Solitude).



Kiyoshi Kurosawa



Renpei Tsukamoto



Shinichiro Ueda





A Ceremony To Confer The Order Of The Rising Sun, Silver Rays To Mr. Peter Wakayama



Consul-General of Japan SASAYAMA Takuya conferred the Order of the Rising Sun, Silver Rays, to Mr. Peter Wakayama.

https://www.toronto.ca.emb-japan.go.jp/itpr_ja/11_000001_00121.html



Mr. Wakayama with his partner, Ms. Kathy Okawara, along with Consul-General Sasayama and his wife

A Ceremony To Confer The Order Of The Rising Sun, Gold and Silver Rays To Ms. Marie Ikeda



Consul-General of Japan SASAYAMA Takuya conferred the Order of the Rising Sun, Gold and Silver Rays, to Ms. Marie Ikeda.

https://www.toronto.ca.emb-japan.go.jp/itpr_ja/11_000001_00119.html



Ms. Ikeda with her husband, Mr. Sid Ikeda, along with Consul-General Sasayama and his wife and staff.

PRIVATE LESSONS IN CONVERSATIONAL JAPANESE!

Would you like to.....

improve your conversational Japanese?

expand your Japanese language skills with a private coach?

have convenient "no commute required" online-virtual lessons?

Learn Japanese! Have fun! Support JCCC!



1 ON 1

ONLINE JAPANESE CONVERSATION

LESSONS AVAILABLE FOR
A VERY REASONABLE FEE

5 x 30 Minute Lesson Package:

5 x \$14.00 = \$70.00 + HST

(Pricing in Canadian Dollars)

ONLINE CONVERSATIONAL LESSONS FOR INTERMEDIATE-ADVANCED STUDENTS:

Geared to intermediate or advanced students, 1 ON 1 Online Japanese Conversation is the JCCC online program (via Zoom) that focuses on conversation based learnings. This will help you to develop your Japanese language skills in a direct one on one basis.

All of our instructors are native Japanese speakers who are experienced/certified with Japanese language teaching techniques and are also fluent in English. Lesson content and format are customizable on a student by student basis.

This program is for students 18 years of age or older. Hiragana reading skills are a requirement.

LESSONS AT YOUR CONVENIENCE:

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

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.

- 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.

REGISTRATION & CONTACT INFORMATION

To register and, for more information, please visit our website at www.jccc.on.ca or contact us at jponline@jccc.on.ca



Volunteer Spotlight

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

Bev F. is a “newer” volunteer to the JCCC. But she has quickly jumped in and volunteered in many different areas and many different ways.

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

I started volunteering at the JCCC when I retired from my occupation as a legal assistant. Volunteering at the JCCC has been an enjoyment and has enabled me to meet some very wonderful people.

How did you get involved with volunteering at the JCCC?

My first opportunity of volunteering was from my association with the Wynford Senior Group. Once I retired, I would drive my mother and aunt to the Wynford Senior meeting and rather than going back home I stayed for the meeting. There was always something I could help out with for the seniors.

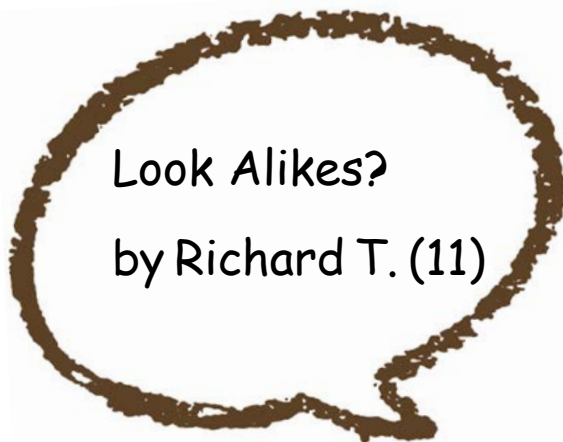
What type of volunteer work have you done?

I really enjoy the Wynford Senior Group and got more involved with the seniors. I became involved with the White Elephant section of the bazaar, which is organized by the Wynford Seniors. The seniors really work hard to make the White Elephant a success. The manju bees I found is a great event to learn how to make manju and the amiable atmosphere of the volunteers is wonderful. Through Ohana Hula, I have volunteered at the festivals, for example hula dancing, helping to sell tickets for the silent auction, help make mochi cake for the Winter festival, and bake goods for the bazaar.

Meet Bev F.



Kids Photo Contest



Thanks everyone for your submissions.



Issei Day

For 57 years the JCCC has held Issei Day on-site, but the Covid-19 pandemic prevented this from occurring this year. Rather than cancelling completely, the JCCC Board of Directors decided to offer the traditional bento for pick up. This allowed many of our community seniors the opportunity to enjoy the delicious bento but at home where they would be safe.

With the assistance of Toriichii Catering, some JCCC staff, Board Members and selected volunteers, more than 380 bento were prepared, packed and distributed from 5 locations across the GTA.

Many thanks to:

Our community partners, Japanese Gospel Church of Toronto, Kyoda Plastics, Momiji Health Care Society and Toronto Buddhist Church, who allowed us to use their locations as pick up points.

Thank you to Mrs. Dawna Kobayashi, Mr. Eizo Oka and Mrs. Karen Webb for delivering bento to 3 local senior's residences and Chef Ishii, his family and staff for preparing the food.

Much appreciation goes out to JCCC staff, board members and volunteers, who assisted with packing and distribution.

This pandemic has been difficult for everyone, but it has been especially difficult for our seniors. Many have been isolated within their homes and out of contact with the community. The JCCC is grateful to have had the opportunity to brighten the lives of even a few members in the community.



– Kabocha (or Squash - Japanese style) –

We apologize for missing out last month, but we are excited to be returning to the newsletter this month.

The arrival of fall means that our recipes can now reflect this the cooler weather season and can feature produce that is readily available from fall harvesting.

Kabocha is a type of winter squash typically used in Japanese cuisine. It is a sweeter cousin of the pumpkin. It is very similar to Buttercup squash, which is often easier to find in North America.



Ingredients (Serves 2)

1/4 squash (kabocha or buttercup)
1/2 cup water
1 tsp shoyu
1 tsp mirin
2 tsp brown sugar or honey

Equipment

Cutting board
Sharp knife
Spoon
Medium pot with lid



Instructions

1. Wash the outside of the squash, then cut** in half and remove seeds with a spoon.
2. Cut into 1 to 1 1/2 inch pieces, with or without the skin.
3. Put squash pieces into the pot with the 2 cups of water. Cover the pot and boil for 8-10 minutes; then lower the heat and simmer 10-15 minutes or until squash is fork-tender.
4. Add remaining ingredients to the pot and stir; continue cooking until liquid is reduced to 1/3.
5. Stir and serve.

**to make squash easier to cut, microwave the whole squash for 3—4 minutes.

Alternatively, many grocery stores sell pre-cut squash which you can use in this recipe.

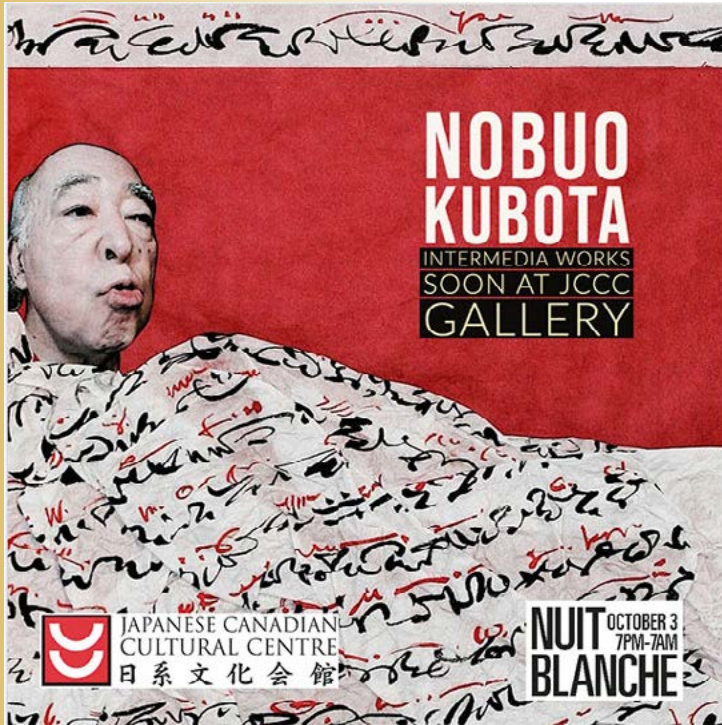
Cooking times may decrease depending on the type of squash.

Storage and Reheating

- Store leftover Kabocha in the refrigerator – not longer than 3 days
- Reheat leftover Kabocha in the microwave for 1 – 2 minutes

Calendar of Exhibitions

October 1 – December 31, 2020



The Intermedia Work of Nobuo Kubota

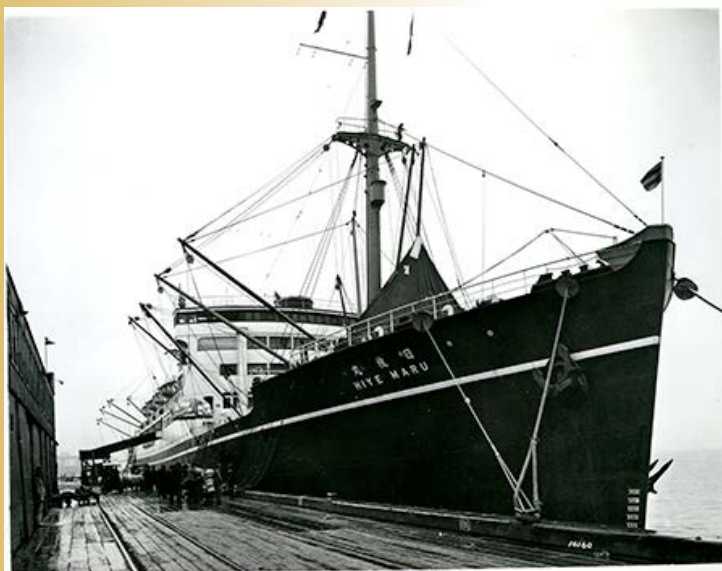
A JCCC Art Gallery Virtual Exhibition

Curated by Katherine Yamashita

Nobuo Kubota's work combines sound, music, installation and film, a practice that he labels 'Intermedia'. He received the Governor General's Award for the arts in 2009. His work is held in numerous collections including the National Gallery of Canada and the Art Gallery of Ontario.

To access the virtual exhibition, click [here](#).

November 25, 2020 - Ongoing



Maru: Immigration Stories

The Japanese Diaspora in the Americas has over 150 years of history.

Possessing only ambition, they sailed to lands far away including Canada, US, Hawaii, Peru, and Brazil. Today, millions of people of Japanese ancestry live in different countries around the world. Although disconnected from each other for decades, they now commonly identify as Nikkei. This rebirth of discovering a common history, culture, and memories transcends borders. It is a coming together and you will be able to explore stories from various Nikkei communities in this exhibit at the Moriyama Nikkei Heritage Centre.

AGO Acquires Art of Akira Yoshikawa

"I was stunned," he says. "I had no idea what they were going to ask me."

These are the words of Japanese Canadian artist Akira Yoshikawa describing his meeting with the Art Gallery of Ontario (AGO) this past summer when they asked to acquire his elegant art piece, Spirit of Kendo. Stunned or not, Yoshikawa agreed to part with the 8' X 5' contemporary work on paper (media: steel bar, graphite stick on paper). Afterwards he was walking on air.

"Two hours later when I told my wife Nancy, I was still stunned."

Spirit of Kendo reflects Yoshikawa's love of kendo. "I started in the mid 1980's," says the likable and compact-looking artist. "I wasn't doing any physical exercise and I wanted to get more active. I jumped into it after learning about it from a friend. And once I started – I loved it." Yoshikawa became addicted to the meditation, physical exercise and discipline of kendo. "I liked the continuity of all these things."

To represent kendo, Yoshikawa determinedly applied three layers of graphite stick on art paper to echo the meditation, exertion and discipline of the martial art. "I liked the repetitive action of kendo. You had to practice and repeat and repeat to become good at it."

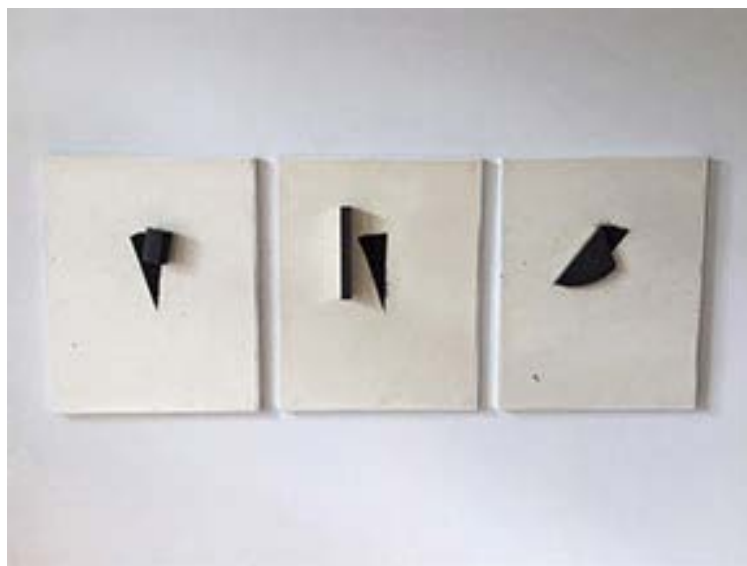
The drama of the art piece comes with a heavy steel rod that Yoshikawa leans against the graphite mass – a homage to the shi-nai stick used in kendo.

Yoshikawa's art reflects his admiration for his hero, American sculptor and oil stick artist Richard Serra. Serra is best known for his black, minimalist, steel ribbon sculptures that swerves across broad landscapes. "Serra was a jumping off point for me," he says with conviction. "I wanted to do something that alluded to him, but I could add something new and original."

Georgiana Uhlyarik, Head Curator of the AGO Canadian Historical Collection and Renée van der Avoird, Assistant Curator of the AGO Canadian Historical Collection also acquired 3 smaller works of Yoshikawa - but Spirit of Kendo is the star.

Akira Yoshikawa's art is well known in art circles and is in some of the country's best collections. He has also been a constant supporter of the JCCC Gallery and initiated the highly successful Ochawan exhibit four years ago.

Yet he remains humble, modest and grateful about his work and place in the art world - all characteristics true to the spirit of kendo.



“Nikkei of the World Overcoming the Challenging Time of Covid-19 Pandemic” - Online Forum 2020 -

Date & Time: October 31st (Sat.) 2020, 21:00~23:00 (Japan time)

Part 1: “Nikkei of the World Overcoming the Challenging Time of Covid-19 Pandemic”

Part 2: Forum “Multicultural Coexistence and Cooperation among Nikkei societies challenged by the Covid-19 Pandemic”

Session 1: “On Reports from Nikkei societies around the world”

Session 2: “Nikkei Society in Japan and Multicultural Coexistence”

Please view through Our [YouTube Channel](#)

After above mentioned time, anyone may access the recorded event on the [Kaigai Nikkeijin Kyokai YouTube channel](#).

海外日系人大会 オンライン・フォーラム 2020

～コロナの時代を乗り越える世界の日系人

2020年 **10月31日(土) 21:00** より配信開始！(日本時間)



ONLINE FORUM 2020-The Convention of Nikkei & Japanese Abroad

October, 31st, 2020 21:00 !! (JST)

日加学園とトロント国語教室の卒業式が、JCCCで行われました。

トロント国語教室 校長 木田美智子

予期せぬパンデミックが起り、3月の学芸会の当日から休校となり、主な行事である学芸会と運動会、更に卒業生の修学旅行、そして卒業式までがキャンセルとなりました。しかし、この度、JCCCのご厚意により、小林ホールにて10月3日卒業式を執り行うことができました。

卒業生は第37期11名、将来を嘱望されている生徒達を、立派な小林ホールで卒業式をあげ送り出せるとは夢にも思っていませんでした。出席人数には制限があるため、卒業生と保護者、そして一部の教師のみの参列、ソーシャルディスタンスを保ち席も離れ、大きな小林ホールが贅沢とも感じました。生徒達の答辞、保護者への一言には涙がこぼれそうになり、卒業式の重さを感じたひと時でした。

卒業式の後、JCCCの正面玄関前で記念撮影をし、卒業生と保護者の皆さんから、いい卒業式だったとお褒めの言葉をいただきました。写真は一生の宝物となることでしょう。コロナ禍において卒業式が実施できたことは、JCCCのお陰と感謝しております。本当に有難う御座いました。ここに深くお礼を申し上げます。



トロント国語教室 卒業生 八戸 桜

厳しい状況の中、無事に卒業式をする事が出来、半年ぶりに先生、友達みんなに会えて嬉しかったです。10年間通った国語教室の事が色々と思い出されました。ここで学んだ事はこれからの人生に役立つと思います。サポートしてくれた先生方、お母さんに感謝の気持ちでいっぱいです。ありがとうございました。

日加学園 十二組担任 竹田 孝子

本来であれば、六月の卒業式に、九人の日加学園卒業生の晴れやかな姿が壇上に見られたはずでした。三月七日を最後に、授業が再開されることなく卒業の日を迎えることになるとは、だれも想像できなかったでしょう。晴れの日を待ちに待っていた卒業生、そして、長い間、支え続けて下さったご父母の皆さまは、どんなに残念な思いをされたことでしょうか。このような残念な状況にはなりましたが、幼少の頃より十二年間、日加学園に通い続け、日本語と日本の文化を学ぶ場で、クラスメートと時間を共有してきた事実に何ら変わりはありません。最後の年も元気に登校し、パークセールやクリスマス発表会で活躍したことなど、きっと、楽しい思い出として記憶に残ってくれることと思います。

今回のパンデミックにより人々の価値観も変わっていくのではないのでしょうか。これからの人生、さまざまな難にぶつかることがあると思います。一つ一つ、自分らしく、たくましく乗り越えていってほしいと思います。

長い間、よく頑張りましたね。卒業、おめでとう!

日加学園 ほまれ組担任 今坂 竜士

卒業生の皆さんにとって将来、この2020年は忘れがたい年となるでしょう。コロナの影響で学期半ばで学校が閉鎖され、卒業式も開かれなかった。そんな中でわがほまれ組の生徒は、GoogleClassroomで日本語学習を継続し、最後まで勉強をやり続けた。本当に素晴らしいことです!

これからは「Withコロナの時代」といって、生活のあり方、勉強進学のかた、働き方、新しい友人との出会い方など、さまざまな常識が一変する時代に入ります。古い考え方ではなく、全く違った考え方が求められるでしょう。日本語を勉強することは、全く違う文化や価値観を学ぶことです。君たちは、カナダにあって異なった思考を勉強したのです。ぜひ未来に向かって、人と違う「異人」であり続けてください。そこに君たちの創造性が発揮されると信じて。

ご卒業
おめでとう
ございます



DONATIONS TO THE JCCC

As of October 28, 2020

The JCCC gratefully acknowledges the following donations:

<u>JCCC</u>		In memory of John Kitamura		Mrs. Theresa Horvath 50	
Anonymous	90	Mrs. Sarah Horvath	50	Mr. Rick and Mrs. Kathy Tuzani	30
Anonymous	50	Grant, Brenda and Austin Gerow	50		
Nia exercise class		Mr. Ken and Mrs. Agnes Kanda	50	<u>Chris Kono Taiho Studio</u>	
Mrs. Christine Chiba	300	Mrs. Gail Kitamura	1,000	Mr. David Weiss	10
Mr. Tsumo Eguchi	300	Mrs. Jane Kayata	30	In memory of Tomoko Geroni	
Mrs. Christabel Felinger	100	Mr. Allan & Mrs. Jane Masukawa	50		
Toronto Japanese Film Festival		Mrs. Kay Mizuo	50	<u>Heritage</u>	
Mrs. Irene T. Foulkes	300	Mrs. Yuki Newbold	25	Mrs. Koko Kinoshita	500
Mr. Douglas Fujimura	50	Mrs. Ester Saltzman	20	In memory of Rita Kinoshita	
Mr. & Mrs. Katz Fukuda	43	Mr. and Mrs. Glenn Shimoda	100	Mr. Raymond and	25,000
Mrs. Kazuyo M. Goshima	60	Mr. Hideo & Mrs. Naemi Takesaki	30	Mrs. Sachiko Mariyama	
Mrs. Dianne Hotta	100	Mr. Donald Takeshima	100	Mrs. Tomi Okawara	50
Mrs. Theresa Horvath	77	Mr. Mel and Mrs. Kim Tsuji	50	In memory of John Kitamura	
Mrs. Sharon Horvath	20	Mrs. Betty Tsuyuki	50	Mr. Carl & Mrs. Virginia Salomon	25
Mrs. Meg Karper	10	Mrs. Jennifer Webb	100	In memory of Tomoko Geroni	
In honour of The Otani Family		Mrs. Ursula Yokota	30	Mrs. Lydia Yatabe	350
Mrs. Sumiko Sue Kasahira	30	In memory of Liliana Kawahara		In honour of Miriam Yatabe	
Mrs. Noriko Kato	100	- 5th Year			
Mrs. J. Mitome & Mr. G. Hoyerhant	50	Mr. Grant Gerow &	100	<u>Corporate and Foundation</u>	
Mr. Peter Delever &	100	Mrs. Brenda Nakata-Gerow		The Frank H Hari Charitable Foundation	
Mrs. Joyce Nakagawa		In Memory of Mark Sans		Keep the Lantern Lit Holiday Fundraiser	
Mrs. Jessica Y. Nakamura	300	Mrs. Nancy Kimura	50	Masumi Holdings Inc.	
Mr. and Mrs. Ronald Nishi	300	In memory of Masako Nakamura		Puyu Matsui Sponsorship	
Mr. Masumi Gishi	300	Mr. Greg Bellbeck	200	PayPal Giving Fund Canada	
Mr. Stephen Quinlan	25	Mr. Brian Hackey	100	Toronto Japanese Film Festival	
Mr. Kenzo and Mrs. Evelyn Sekiya	300	Mr. and Mrs. Mitsugoro Karasawa	250	SHISEIDO (Canada) Inc.	
In honour of Marie Ikeda		Mr. Gary Kawaguchi and	100	Sobaru Canada Inc.	
the Rising Sun Gold & Silver Rays		Mrs. Gayle Taguchi			
Mrs. Arlene Sans	50	Mrs. Dale Miller	50	<u>Support Member</u>	
Mr. Paul & Mrs. Theresa Takasaki	350	Naomi Thomson	50	<u>Ambassador</u>	
Mrs. Ruby Tenaka	25	In memory of Kiko Kinoshita		Mr. Martin Kobayashi	1000
Mr. and Mrs. Joe Wani	50	Mrs. Mary Sans	100	<u>Partner</u>	
		In memory of Terry Nakamura - 1 year		Mr. and Mrs. Sid Bocka	150
<u>In Memoriam</u>		Mr. Stanley & Mrs. Aileen Yokota	50	Mrs. Frances Akiko Nakamura	110
In memory of Anthony (Tony)		In memory of Tomoko Geroni		Mr. and Mrs. Stephen Gilman	110
Tomagawa		Mrs. Debbi Arnold	90	Mr. & Mrs. Tad & Jerry Oyagi	145
Mrs. Jeanne Mayeda	100	Bill and Louise Guffe	25	Mr. Cary Rothbart	110
In memory of Fumi Sasaki		Mrs. Fumiko Koyama	100	Mr. Richard and	95
Mr. George & Mrs. Mary Sasaki	100	Mrs. Penelope Pong	50	Mrs. Stacey Takashima	
In memory of Jura Kiyako Hirano		Mrs. Ruth Rubin	25	Mrs. Lydia Yatabe	127
Mrs. Kiyomi Kay Asada	30	Michelle & Randy Kofelein	50		
Mrs. Davis Fujisaka	30	Mr. Kevin Swartz			
Mrs. Dianne Kitazaki	30	Mrs. Dyanash Yousefi	10		
Mr. Mas Mari	25	Shelley Zane, Chuck and Ryan	10		
Mrs. Irene T. Wakayama	25	Gohman			
Mr. Satoshi and Mrs. Sally Yano	30	In memory of Yuko Kobayashi			
		JCCC Karaoke Club	50		

Issei Day donations are greatly appreciated. The individuals' name will not be published in the newsletter.

Thank you, JCCC

EMERGENCY APPEAL DONATIONS TO THE JCCC

As of October 28, 2020

The JCCC gratefully acknowledges the following donations:

-
- | | | |
|---|--|--|
| Mr. and Mrs. Brian Devins
In honour of 私達の日本語の先生 | Ms. Yumi Funk
In appreciation of Taeko's mask | Mr. Mark Hirowatari |
| Mr. Simon Christopher Dew | Mr. and Mrs. Larry Furukawa | Ms. Helen Ho |
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Small Business | Sanaye Inouye's 99th birthday
in August 2020 |
| Mr. Jim Fenn & Ms. Pat Sano Fenn | Mr. Martin Griffith | Mr. Yosh (Yoshitaka) Inouye |
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| Mr. Lawrence Fine | Mr. Nazim Guliyev and
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| Mr. Connor Fitzgerald Furney | Mr. Ronald Gwynne | On behalf of myself, my siblings
and my cousins |
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Their children and families

Marni and Martin Shintani

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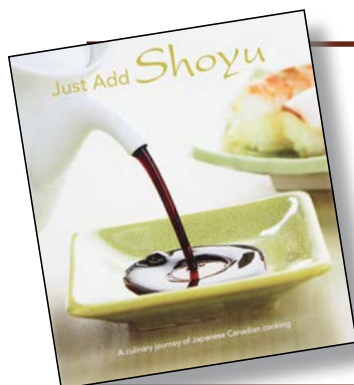
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 Masaji and Kazue Endo - In Memory
 Shinya and Masumi Godo
 Yoshiko Jean Goto & Family
 Hamade Bunichi & Ito Matsunosuke & Hana Mio
 Yoshiko & Shigeo Bus Harada - In Memory
 Elaine Ishibashi and Keith Smithers
 Sam and Margaret Ito
 Fred and Hedy Iwata In Memory
 Eizo and Fumi Kamitakahara - In Memory
 Ken and Agnes Kanda
 Koji and Elaine Kozuye Kari
 Mark & Ryan Kari
 Frank and Natsuko Kumagai - In Memory
 Ray and Amy Kutsukake In Memory
 Kiyoshi and Eiko Maikawa
 Sumie (Sugamori) Medoruma - In Loving Memory
 Tommy Medoruma (Kanashiro) and Family
 In Memory of Margaret Mori
 Mas and Yuri Mori

Saburo and Nancy Morita
 Nete Mowry - In Memory
 Fumiye and Masaharu Mukai - In Memory
 Isaburo and Noshi Nagasuye - In Honour of
 Janet Michiko Nagasuye - In Gratitude
 Mae & Shigemi Nagasuye - In Loving Memory
 Michael, Elizabeth & David Nagata
 Asako and Tsuneharu Nakanishi - In Memory
 In Memory of Rei and Kim Nakashima
 Kimiaki and Rei Nakashima - In Memory
 In Memory of Mamoru and Hanae Nishi
 Ron and Judy Nishi
 Nana and Tomi Nishimura
 In Memory of Ippei and Hama Nishio
 Dr. Nori Nishio - In Memoriam
 In memory of my parents Etsu and Moichi
 Roy Chukichi and Suzu Oyagi - In Memory
 Kevin and Nancy Roxby
 In Memory of Grace Haruko Sakamoto
 Nancy Shin - In Memory
 In Memory of Nancy Aiko Shin
 Emiko Sumi
 Victor and Bev Suzuki
 Rick and Kathy Tazumi
 Sachio and Betty Tomihiro
 Ray and Edna Uda
 In Memory of Toshiko & Frank Usami
 In Memory of Ethel Midori Wakayama
 Beaver & Michi Yamamura - In Loving Memory

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

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Asahi Baseball Ichigun
 Ayame-Kai Odori Group
 Chado Urasenke Tankokai Toronto Association
 DundeeWealth Inc. - Marty Kobayashi
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THANK YOU

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



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

13th Japanese Calligraphy Competition in Canada

日本書道公募展

Award Presentation | Nov. 8, 2020 | 2PM
The ceremony will be broadcast via Zoom

Exhibition | <https://shodocanada.com>

Competition organized by **SHODO CANADA**
Follow us @   /shodocanada

Opening Ceremony and Awards Presentation:
[Sunday, November 8 2020](#) at 2pm (Online broadcast via Zoom)
*Please register at [Shodo Canada website](#) to attend.

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

Surimono: Extravagant Little Things

by Mark Burkeitt, Era Woodblock Prints

mark@erawoodblockprints.com

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



Surimono, literally “printed things,” have been with us for hundreds of years. Around the turn of the nineteenth century, these small woodblock prints were produced on a commissioned basis to illustrate poems or to announce events and so were not widely available to the public. Fast forward to the twentieth century, undeniably awash in printed matter, and the possibilities for *surimono* were myriad. By then, the fashion of flowery letter writing was tapering off, and people began to embrace more succinct ways of communicating – like postcards and greeting cards. But sometimes, “Having a great time. Wish you were here” accompanied by a snap of Mt. Fuji does not quite cut it, and one wants to send something sufficiently elegant to become a keepsake. Enter *surimono* – beautiful enough to display but presented unframed; “multiples” but by no means mass-produced.

The manufacture of *surimono* woodblock prints is quite an undertaking. As with the more familiar large format woodblock prints, an artist paints a water-

color, and a carver carves the design into a series of blocks. The printer inks the blocks and uses a *baren* tool to press the paper to the blocks. In most cases, multiple impressions are required to create the final image. The entire process is overseen by a publisher.

In the 1930s and '40s, publishers Watanabe Shozaburo, Doi Hangaten, and others produced wonderful original *surimono*. These works were created by many of the *shin hanga* movement's best artists, including Kawase Hasui, Takahashi Shotei, Ohara Koson, Shiro Kasamatsu, and Tsuchiya Koitsu. Some of these high-quality prints were sealed mysteriously with names of artists who may or may not have existed as individuals – such as “Tomoe” in the case of Watanabe Shozaburo. Prints by Tomoe tend to be similar in composition and style to the designs of other Watanabe artists. Collectors like to play the parlor game of guessing if a particular oddly sealed design is by an anonymous house artist or might have been produced by one of the aforementioned greats them-

selves. The publishers did not leave traditional *ukiyo-e* fans out of the *surimono* mix, catering to them by issuing recarved and reinterpreted nineteenth century designs.

In the urgent rebuilding of the Japanese economy after the war, the blocks from these 1930s and '40s designs came in handy. Publishers needed to get product out quickly and were able to skip the arduous process of creating new designs and carving new blocks. They used the existing pre-war blocks to print new editions to affix onto greeting cards. It is not uncommon to find cards signed by high Japanese government and company officials or by US military personnel. As cultural connections grew, the little works of art became popular with tourists, teachers, academics, and artists.

But it was not just holiday wishes. *Surimono* turned up as art book inserts, or in the form of accordion-style books illustrating the steps in the woodblock printing process, or even as score tallies for the card game of bridge. Extravagant little things!



Like everything else, COVID-19 has had a significant impact on mortgage rates. Back in March, in an effort to cushion the economy, the Bank of Canada drastically reduced its key lending rate, which means... if you're shopping for a mortgage, you're going to enjoy fixed and variable rates that are about as low as they're going to go. And economists are expecting these rates to stay this low right into 2022.

But which type of mortgage is right for you? Before you decide, take a look at the differences between them.

FIXED RATE MORTGAGE

A fixed rate mortgage is exactly what its name implies. The interest rate of the mortgage is 'fixed', or does not change until your mortgage comes up for renewal again. 5-years is the typical length of one mortgage term, but this could vary,

THE BENEFITS

The amount of your payments will not increase for the entire term of the mortgage. Month after month, you will be paying the same, so you'll have peace-of-mind knowing exactly how much is going toward interest, and how much is paying down the principle.

VARIABLE RATE MORTGAGE

Because interest rates fluctuate throughout the term of a variable rate mortgage, this option is better suited to people who do not mind a little risk. If you opt for a variable mortgage, it means your interest rate will be set at 'prime' plus/minus a premium or discount.

THE BENEFITS

If the prime rate goes down during your mortgage term, your rate will also decrease. But keep in mind, the reverse could also happen! However, if you look back over the last 30+ years, variable mortgages consistently outperformed fixed mortgages. You also have the option to lock into a fixed rate at any time, should your variable rate start creeping up.

WHICH ONE SHOULD YOU GET?

Your choice could actually be easier right now. Even though variables offer the lowest rates, when compared to fixed rates, the difference is so small right now that most brokers are saying that it makes sense to go with a fixed mortgage for the stability it offers. You could argue that there isn't much risk if you do decide to go with a variable for the time being, but as soon as inflation starts to grow, you'll want to lock into a fixed rate – right away!

Of course, there likely will be other variations depending on your personal situation, so definitely consult a reputable broker and ask lots of questions before deciding on the right mortgage product for you.

In the meantime, please continue to take care! And do not hesitate to contact me if you need a recommendation, or just feel like chatting. I'm always available!

Gary



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スモールビジネスのための

SNS・ウェブ マーケティング

TORJAで培ってきたSNSマーケ・ウェブマーケやネットワークを貴社のビジネスに活かします。当社が運営するメディア・SNS・ウェブとの連携やネットワークの構築と活用、情報提供など様々なサポートを通じて、マーケティングだけでなく売上・営業活性化に貢献できる経営者視点のサポートを提供いたします。

- マーケティングを行いながら強力なブランドを育て経営力に組み込みたい
- 新規事業のスピードをアップしたい
- マスマーケットとセグメントしたターゲットに向けてアプローチしたい
- 何かウェブやSNSでの取り組みが必要だと思うが何から取り掛かって良いかまいち分からない
- SNSのツールは無料ゆえに自社で運営するつもりがなかなかうまく機能していない
- 忙しくて最低限のプロモーションすらできていない
- SNSやインフルエンサーを活用したい
- 日本と関連するビジネスのネットワークを構築したい



など、スモールビジネスを営むオーナー様が抱える様々な課題と一緒に取り組みます。



また必要に応じてTORJAのデザインチーム・ウェブチームと連携し、制作物のデザインから印刷まで、ウェブサイトの構築・管理など、貴社のご要望にあらゆる場面で応えることが可能です。

お問い合わせ・ご相談 info@torja.ca

トロント移住者の活動

by Nobby Miura, 三浦信義

COVID-19 pandemic下、NJCC各組織はJCCC会館を活動に使えない状況が続いていますが、それぞれで有益な活動を続けております。以下、活動内容をご紹介します。

トロント歌声喫茶の会

JCCCの室内での活動が出来ない為、屋外の公園での集いや本の貸し出し(with pandemic safety measures)、およびメールリングリストで情報交換をしています。

- 夏の「森の歌声喫茶・親睦会」ー 8月8日(土)にWilket Creek公演で開催した様子は[こちら](#)。
- 秋の「紅葉の歌声喫茶・親睦会」ー 9月26日(土)にWilket Creek公演で開催した様子は[こちら](#)。

Toronto Senior Net

Pandemicの最中、お年寄りの方々の唯一のおしゃべりの窓口を提供しています。活動内容が口コミで広まり、入会希望者が増えております。活動の詳細は[こちら](#)。

Family Talks Forum (FTF)

COVID-19の感染拡大防止のため、Play Groupsや学校などが、活動中止となりました。しかしながら、時間が経つにつれvirtual (online)で行われることが増え、最近では、そのようなお知らせが多く掲載されております。

FTFは、このような情報交換の場として、大きな役割を果たしてまいりました。現在の会員数は1461家族、さらに増加中です。

以前のような活動が、早く再開できることを心より願っております。



2020年 第21回 JSSホリデードライブ

ジャパニーズ・ソーシャル・サービス

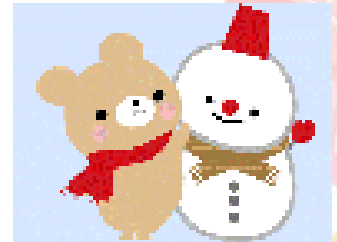
ホリデーシーズンを数週間後に控え、ジャパニーズ・ソーシャル・サービス(JSS)は、恒例のホリデードライブ(歳末助け合い運動)を開始いたします。JSSでは、コミュニティにお住まいの高齢の方、日々の生活に不自由を強いられている方など、助けを必要としておられる方々に、「Holiday Drive」を通じて少しでも楽しい年末年始を迎えていただきたいと考えています。

通常は各協力団体のみなさまにドネーションボックスの設置をお願いし、コミュニティの皆様からの寄付品を集めて分配し配達していますが、今年はパンデミックによりこのプロセスが不可能なため、みなさまからの寄付金で食料品や生活必需品をJSSが購入してお届けすることになりました。従いまして、みなさまにはぜひ、寄付金という形でご支援いただけましたら幸いです(方法を以下に記載)。また、ホリデードライブに寄せられた必要額を超える寄付はJSSのカウンセリングサービスに割り当てられ、年間を通じて困っている人々をサポートし続けることができます。

誰もが楽しいホリデーシーズンを過ごすことができるように、また皆で幸せを分かち合い、お互いに助け合えるコミュニティを作るため、皆さまのご協力と温かいご支援をお待ちしております。お問い合わせはJSS(416-385-9200又はholidaydrive@jss.ca)まで。

寄付の方法について

- PayPalによるオンライン寄付 (www.jss.ca/holidaydrive2020 より)
- info@jss.ca へe-Transfer
- * Holiday Driveと明記(お名前、住所、メールアドレスまたは電話番号をお知らせいただく必要があります)
- 小切手をJSSオフィスへ郵送 ※小切手の受取人欄に「Japanese Social Services」、メモ欄にHoliday Driveと明記



The 21st Annual Holiday Drive Japanese Social Services

Our Annual Holiday Drive is just around the corner. It is the time of the year when members of the Japanese ethno-community embrace the holiday spirit and give to the less fortunate among us.

In the past, the Holiday Drive has centered around the community gathering and donating various toys, gifts, and non-perishable food items. This year, since large gatherings won't be possible due to the pandemic, JSS will be purchasing and delivering food and essential items for families in need while ensuring everyone's safety. Also, any donations in excess of the amount our goal will be allocated to JSS' counselling services to ensure we are able to continue supporting those in need all year round.

Therefore, we are asking all our supporters to provide financial donations to help facilitate Holiday Drive purchases. Please see below for the available methods of donation. We look forward to your participation and kind interest!

How to make a donation

- Online by PayPal (credit/debit card) - visit www.jss.ca/holidaydrive2020
- e-Transfer to info@jss.ca (Please note as Holiday Drive and make sure to let us know your name, residential address, and email address and/or phone number)
- Cheque payable to "Japanese Social Services" (Please note as Holiday Drive and mail to the office)

*Please feel free to ask JSS 416-385-9200 or holidaydrive@jss.ca, if any questions regarding Holiday Drive.



冬に向けての乾燥と ウイルス対策

スキン&ボディーケア

by Keiko Itoh, Tokyo Beauty Studio Inc



Tokyo Beauty Studio Inc

Japanese Canadian Culture Center #245
Tel:Text (647)643-3939
www.tokyobeautystudio.com
info@tokyobeautystudio.com

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、オーガニックの高品質な健康、免疫力向上の介助のアロマオイルなど扱っております。

お肌のお悩み、ストレスコントロール、リラクゼーションについてのご相談、商品についてのご質問などございましたら、いつでもお問い合わせください。

美しい紅葉の季節も終わり11月に入りめっきりと気温が下がって参りました。今年ほどカナダ自然の恵みに、そして秋の美しい紅葉に魅了された方も多かったのではないのでしょうか？

四季のサイクルは、あっという間にひと回りし、さてさて冬の時期が巡って参りました。お顔も身体も一年に中で最も乾燥する時期の突入です。この時期になると乾燥が原因で肌荒れ、痒みといった皮膚のトラブルが生じやすくなります。

お肌が乾燥する原因は？

皮膚は身体の一番外側にあり、様々なアレルギーから守るバリアーの役目を果たしています。

寒くなると皮膚は毛穴を閉じて発汗を停止させてしまい、皮脂の分泌も軽減され、皮脂膜が上手く形成されない為、皮膚内部の水分が保たれなくなり外部からの刺激を守るプロテクトが十分でなくなります。

又、寒さの為肌の表面温度が下がり血行不良を起こしお肌に十分な栄養を届ける事ができない為、代謝の乱れ、肌の老化に繋がっていきます。

年齢と共に顕著になる肌の乾燥は身体の免疫力に、とても関係しているようです。

お肌の身体の健康の為、そしてウイルスから身体を守るには、乾燥を防ぎ免疫力をあげることです。お肌のトラブルも身体の不調も起きてから対処するのではなく、予防から始めましょう。

乾燥を防ぐには？

- 加湿器やアロマデヒューザーなどで、お部屋の湿度を適度に保ちましょう。
- 適度な水分補給も忘れずに(常温がベター)。カフェイン、アルコールは、水分を身体の外に出してしまう作用が強いので、なるべく控えめに。
- スキンケアはいつもより保湿成分の多

いものを選び、唇にはリップクリーム、口元の乾燥には、バセリンがおすすめです。手足身体にも保湿クリームなど、乾燥が気になる部位には、こまめに塗ってあげてください。

- お肌のクレンジングが終わったら、しっかり保湿をして、美容液で栄養を与え乳液クリーム等で水分が外に逃げないように蓋をしてあげてください。

免疫力が下がる主な原因は？

- 睡眠不足
- ストレス
- 疲労の蓄積

免疫力を上げるには？

(ストレスを感じている時は普段よりも早く栄養素を消費しますので、食物やサプリメントによる栄養素を補うことで、免疫系の機能の低下を防ぎます)

- (サプリメントですと)ビタミンA.B.C.E.カルシウム.マグネシウム、セレンウムなど
- 良質のタンパク質(植物性がお勧め)を摂る
- 発酵食品や繊維質の物を多めに摂る
- 全粒穀物シリアル
- 良質な睡眠
- リラックスする時間を増やす
- 身体を冷やさないように暖かくする。(冷たい物を極力摂らないよう温かい物、身体を温める作用のある物を摂るよう心がける)

免疫力アップに効果的なアロマオイルブレンドは？

ティーツリー、ラビンステラ、ユーカリプスレモンが、お勧めです。

アロマオイルはデヒューザーに(デヒューザーの大きさによりアロマの量も変わります)各オイルを3滴ずつ垂らして使用すると、お部屋の抗菌や免疫力アップにも役立ちます。

小さなミストボトルにアルコールとアロマオイルを10:1の割合で混ぜた物を手やマスクに吹きかけると、抗菌対策にもなります。

セルフハンドマッサージ

最後にストレスリリースのヘルプになる、セルフハンドマッサージのご紹介です。

ストレスを感じている時や寝る前など、保湿クリームを塗ったついでに、両方の手に2-3回ずつマッサージをします。

是非お試しください。





読書の時間

～書店が選ぶおススメ本～



「織細さん」の本 「気がつきすぎて疲れる」が驚くほどなくなる

武田友紀／著
出版社名 飛鳥新社
出版年月 2018年8月
店頭価格 \$26.30+TAX

「まわりに機嫌悪い人がいるだけで緊張する」
「相手が気を悪くすると思うと断れない」
「疲れやすく、ストレスが体調に出やすい」
「細かいところまで気づいてしまい、仕事に時間がかかる」そんな「織細さん」たちから、
「人間関係も仕事もラクになった!」と大評判。
予約殺到の「HSP(とても敏感な人)専門カウンセラー」が教える初めての本!

第1章 織細さんがラクになれる基本(こんなあなたは「織細さん」「人」といって疲れる)のはなぜ? ほか)
第2章 毎日のストレスを防ぐカンタンなワザ(「刺激」から自分を守る工夫 五感別!刺激の予防方法 ほか)
第3章 人間関係をラクにする技術(織細さんにとって「最大の罠」とは?自分を出せば出すほど、自分に合う人が集まってラク

になる ほか)
第4章 肩の力を抜いてのびのび働く技術(織細さんが仕事で消耗するのは体よりも「頭」マルチタスクを乗り切るシンプル習慣 ほか)
第5章 織細さんが自分を活かす技術(私が自分の「織細さ」と仲良くなるまで 織細さんに共通する「5つの力」 ほか)

それでも、日本人は「戦争」を選んだ

加藤陽子／著
出版社名 新潮社
出版年月 2016年7月
店頭価格 \$17.70+TAX

膨大な犠牲と反省を重ねながら、明治以来、四つの対外戦争を戦った日本。
指導者、軍人、官僚、そして一般市民はそれぞれに国家の未来を思いなお参戦やむなしの判断を下した。
その論理を支えたものは何だったのか。
鋭い質疑応答と縦横無尽に繰り出す史料が行き交う中高生への5日間の集中講義を通して、過去の戦争を現実の緊張感のなかで生き、考える日本近現代史。
小林秀雄賞受賞。

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

Hello! This is Blue Tree Books (formerly OCS Book Store).

We deliver a wide variety of new books and magazines from Japan to your doorstep in Canada. Our physical store in J-Town, Toronto, also has small and useful miscellaneous items from Japan (zakka).

こんにちは、Blue Tree Books (旧OCS Book Store)です。

日本で出版されているあらゆる新刊、新しい書籍や雑誌をカナダの皆様にお届けします。(宅配もします。)J-TownのReal書店では日本の雑貨も取り揃えております。



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溢れるほどの健康情報...どうしたらいいの!?

COVID-19が大きく問題になる以前、JCCCの食事会で日本人の方々と話す機会がありました。「健康に関する新情報が次々と報道され、あまりにも多くの情報に混乱する!」など、情報を巡っての疑問や混乱の声が上がりました。健康コラムを担当する私にもやはり日頃から気になる話題です。

科学技術が過去とは異なるスピードで進展し、推測の領域や慣習とされてきた諸々の事が科学的に証明されてきました。私が学生だった頃「身体の中を観察する乗り物があつたらいいのに」と夢物語に考えていたことが、既に日本では検査機器として使われるようになりました。どこまで人間の心と身体は開拓されていくのでしょうか?確かに、人間はミクロの世界まで明らかになりつつあります。遺伝子解析が劇的に進み、2020年ノーベル化学賞に二人のゲノム編集研究者が選ばれましたね。生物の設計図を自由に書き換えられるのですから、不老も夢ではなくなる日が来るかもしれません。いいえ、近い将来にきつとその方策も進んでいることでしょう。人間とは何かを投げかける倫理的・社会的課題が様々に迫っていると感じています。

新しい健康情報を得ることは大切です。しかし、いかに取り入れるかの判断はわたし(あなた)です。その判断は、各自の関心分野(食生活、睡眠、身体機能、精神機能など)によって異なります。もし指摘された病気があれば、それらに関する情報は特に気になりますよね。情報過多にアップアップするのは避けたいですが、知ることにより自身を守ることもできます。友人はよくTVの健康番組を観ていました。朝ごはんの際、箸がうまくピクルスに届かない・挟めないという、日頃とは異なる事態に脳卒中を疑って直ぐに受診したのです。テレビ学習が彼を助けました!

私は、仕事柄もちろん新情報にはアンテナをはっています。しかし、その健康情報を鵜呑みにするのではなく、専門家の意見を多角的に読む・聴くようにしています。彼らの考え方(根幹)に違いはなくても、細かな点で異なる場合があります。話題(課題)、日付、その内容をメモしています。その話題が数年後に新しい知見へ変わった際、どのように変化したのかを比較できます。また、一貫して重要な事項を再確認できます。

私はその話題のスペシャリストではないので、患者側としての視点(患者学)を大切にしています。本連載を読んで下さっている皆さまは、既にお気づきのことと思います。自分ならばこの健康問題にどう行動するかを常に意識しています。“友人の担当医よりも早く、彼女の胃腸障害が胃炎ではなく、機能的ディプレシアであることに気づいた”理由は(2020年3月号その25)、前述した学習法のお蔭かもしれません。

私個人としては、家族歴にある“高血圧、狭心症や脳出血などの心血管系疾患”に関心を払ってきました。30歳になった頃から減塩に努め、薄口の味付を。お客様がもし一緒に食べたら「なんと料理下手!」と思われたことでしょうか(笑)。カナダへ移住して以降、夫がカナダ人という事もあって典型的な日本料理(醤油、味噌など使用)を作る機会が減ったことにより、さらに塩分摂取量は減少。日本にいる兄弟に比べ血圧が安定しているのは、ひとえにその違いと言えるでしょう。また、血管の弾力性を保つために動脈硬化を予防する食事にも注意しています。特に意識的に取り組み始めた50代後半からは、総コレステロール、悪玉と善玉コレステロール、中性脂肪のデータは改善。服薬経験はなく、運動量に差異はないので、食生活が見事に効果を発揮

することを示すエビデンスです。

ところが、生活習慣病は個人の努力により悪化を防げますが、環境による健康問題はそうはいきません。私はカナダへ移住して以来、過酷な乾燥と寒さに身体が適応するのに苦しんでいます。湿度の高く、暖かな土地(九州)から51歳という年齢で移住したことが原因です。好奇心旺盛の心はカルチャーショックも楽しめるほどなのに、身体は正直でした。年齢と共に適応能力は低下していきます。皮膚、眼、鼻、血管系に様々なトラブルを経験し、それらの状態とセルフケア(対処方法)を書き留めてきました。日頃から研究者の癖が抜けずに自身を実験台に(!?)よく観察し、記録しています。

初めてスペシャリストを受診する場合“英子の健康履歴(A4サイズ9枚)”を渡します。生まれて現在に至る迄の主な情報(家族歴、病歴、服薬歴、検査データ)をわかり易く網羅しています。6年前に血液内科、皮膚・眼・耳鼻咽喉科を受診しました。医師に具体的に状況を理解してもらうために、それらの記録が役立ちました!どう活用するかはその医師によりますが、患者としての姿勢を示すことが大事です。どのくらいの医師が自身の記録を作成しているでしょうか?驚いた眼で読んでいました。

“経年的変化を把握しておくこと”が、受診時のみのデータよりも意味をもつ場合があります。本当に必要な薬なのか、処方量は適切か等の判断材料になります。また、治療方針について患者としての意見を述べる根拠ともなります。特に緊急時、本人は話せる状態ではないので、それらの記録は非常に役立ちます!日々の新情報に右往左往するよりも、あなた自身を是非よく観察・記録する習慣を育てましょう。



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



Eiko's Medical History Oct., 2020 (An example for you)	
Name: Mrs. Eiko MERNAGH	Birthday: January 2nd 19xx
Health Card: 123-xxx-xxx-ET (exp. Jan. 2nd, 2024)	
Address: 456 xxxxxxxx Drive, Mississauga, ON, L7K 8J9	
Emergency Contact Persons:	
1. husband (Dr. John MERNAGH) 416-xxx-xxxx 905-xxx-xxxx	
2. friend (Ms. xxxxx) 905-xxx-xxxx 3. lawyer (Ms. SMITH) 905-xxx-xxxx	
Medical Contact Persons:	
1. Dr. PAI (hematologist) Hamilton 905-xxx-xxxx	
2. Dr. CERONI (dentist) Hamilton 905-xxx-xxxx	
3. Dr. KAKISAKO (home doctor) Japan 011-81-xx-xxx-xxxx	
Medical History:	
1961 Tonsillitis, 1963 Appendectomy, 1966 Tonsillectomy,	
1976 xxxxxxxx, 1977 xxxxxxxx, 1982 xxxxxxxx	
2002 Immigrated to Canada	
2009 Endoscopic surgery of xxxxxxxxxx	
2014 Adjustment problems for coldness (blood, skin, etc.)	
Medical Conditions/Allergies: quite good / no any allergies	
Examination Results: * to be continued on the next page...	

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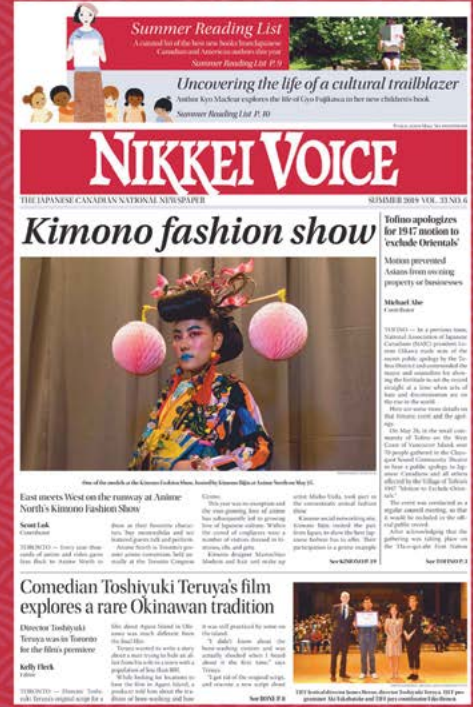
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