



JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館

**Holiday Messages**

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

**Keep the Lantern Lit Fundraiser**

**Maru: Immigration Stories**

**10th Annual Fuyu Matsuri Winter Festival**

**Shinnen Kai 2021**

**Escorted 15 Day Japan Story Tour**  
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**SUBMISSION DEADLINE**

Deadline for the next issue is: **Thursday December 10, 2020.**  
 次号の締め切りは**2020年12月10日(木)**です。

Your news is welcome!  
 Please email to [newsletter@jccc.on.ca](mailto: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](http://www.jccc.on.ca)

**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. and the other 1,911 sf. If interested, please contact our property manager, Nao Seko at:

Bus: (416) 444-9900 ext 227  
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 email: [nseko@masamigroup.ca](mailto: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 .

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](http://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.

## 2020 - 2021 JCCC Board of Directors

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<i>Past President/Advisor</i>	<i>Marty Kobayashi</i>
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Cover Image: © Hikariphoto



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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 telephone enquiries.  
Mon, Wed, Fri 10am – 12pm; 1pm – 3pm
- Holiday Closure: December 25 - 28, 2020, January 1, 2021.

## Events

Upcoming Events include:

- December 6 – Virtual Fuyu Matsuri - Winter Festival 2020 (on page 7)
- December 12 – Keep the Lantern Lit – Virtual Fundraiser (on page 6)
- December 31- January 1 – Shinnen Kai (on page 8)

## Cultural Classes and Workshop

- Japanese Language for Adults – Online Class
- The JCCC is working to provide many of our cultural programs 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

- Many of our clubs are now conducting Zoom classes. Please check page 17 of the newsletter for details.

## Other Online Programs

- Japanese 1-on-1

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

- The Intermedia Work of Nobuo Kubota

# Holiday Messages



## Happy Holidays and Wishing everyone a promising 2021

This year has been a difficult and unusual year for everyone and I hope that you and your families are doing well.

On behalf of the JCCC, I hope that you find ways to enjoy the holiday season safely and stay healthy.

To all those who contributed to the JCCC Emergency Relief Appeal or enjoyed the JCCC Foundation's "Keep the Lantern Lit" fundraiser, I offer my thanks. To those who rely on the JCCC for physical exercise or intellectual stimulation or a meeting place for socialization, I am hopeful that those activities will resume again in the new year.

The Japanese expression of "Shikata ga nai" means it cannot be helped and culturally the spirit is to endure and move forward with the best of effort or "gambatte". This is our test to endure and I look forward to seeing each other again at the JCCC.

We have some very exciting activities planned for 2021 including a partnership with the CBC Sports to create a festival like viewing party for the Tokyo Olympics and a special Sakura Gala Award night to recognize distinguished Japanese Canadian athletic achievement in Canadian sports.

I would also like to thank the staff, volunteers and all the board members of the JCCC and the Japanese Canadian Cultural Centre Foundation for all of their support over the past year.

I wish you, your families and friends a safe and happy holiday season and hope that you have a new year full of good health, promise and prosperity.

Sincerely,

A handwritten signature in black ink that reads "Gary Kawaguchi". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Gary Kawaguchi  
President



As it has been for everyone around the world, 2020 proved to be a year of unprecedented challenges and the JCCC found itself facing probably the greatest challenge we have had to weather in our nearly 60 year history.

For the safety of our members and community we closed the Centre on March 15 just prior to the announcement of the broader lockdown. We have remained closed since that date but we have been busier than ever. In order to continue to deliver on our mandate we have pivoted to online and have created virtual concerts, Japanese lessons, sake seminars, Issei Day, art exhibitions, children's activities, dance and music programs, the Fuyu Matsuri winter festival, a cross-country virtual edition of the Toronto Japanese Film Festival, an online fundraiser, an improved website, as well as a broad spectrum of heritage offerings including Remembrance Day for the Nisei veterans.

Our new exhibition, Maru: Immigration Stories will explore Nikkei stories across the Americas and is currently being installed in the Moriyama Nikkei Heritage Centre and virtually on Google Art and Culture. The summer months also saw our martial arts clubs conducting outdoor practices in our parking lot and the JCCC Garden.

We have also prepared the physical building for reopening with new safety protocols, touchless faucets, automatic main doors and enhanced HVAC systems for greater air flow. In short, we are ready to go and cannot wait to reopen our doors to you.

Since those first anxious days last March we have received countless messages of goodwill and encouragement. Thank you. As exhausting and confusing as this past year has been, it has brought out the best in so many and happily confirms just how much the Centre means to so many people.

The JCCC remains blessed with a multitude of selfless volunteers, an active membership and community, a committed board of directors and a dedicated staff. I want to offer my sincere thanks to the community for giving me the chance to be a part of the Centre again for this, my 20th year. It is an honour and I do my best to serve the community in the manner it deserves. I wish you a Merry Christmas, a Happy Holiday and a 2021 that finds us again gathering at the JCCC in the happy pursuit of "Friendship through Culture."

良いお年をお迎えください。来年もどうぞよろしく願い致します。

James Heron, Executive Director



We are living in unprecedented times and at the JCCC Foundation we are proud to be a source of support and funding for JCCC operations, which have been significantly impacted by the pandemic during 2020.

We continue to oversee the investment of donations raised by the JCCC, and are engaged in ensuring that we are stewarding the capital so that operating funds are always available to the JCCC. Despite the volatile markets, the investments have maintained their value, and we continue funding JCCC operations.

In addition to the funding, the Foundation has provided the JCCC with a credit facility of \$1 million to be drawn for operational and other costs, as required. Both the distributions and potential draws on the line of credit will be funded out of the investment income, and if required, liquidating some of the investments.

Since 2013, The Japan Earthquake Relief Fund, which is administered by the JCCC Foundation, has supported 52 qualified undergraduate and graduate students from the Tohoku region, studying medicine, nursing, psychology and psychiatry. We funded several university terms of their education, with many more to come. Funding of approx. \$672,000 has been disbursed to these students, as well as \$100,000 to Red Cross, \$100,000 to each of the 3 prefectures, Iwate, Fukushima and Miyagi, and a \$15,000 contribution to the Canadian Embassy. Feedback has been very positive. Many students have sent letters of appreciation, and we are arranging a recognition event for our donors in partnership with the Canadian Embassy in Tokyo, so that the students can thank our Canadian donors.

Given the uncertainty of the current pandemic, to ensure we have sufficient funding to continue to support the JCCC operations, we would appreciate your considering a donation to the JCCC Emergency Relief Appeal to ensure that the JCCC will be able to continue to provide their great community support.

I would like to acknowledge and thank my Board Members for all the work this year in setting the course for our Foundation and providing wise counsel throughout the year. I am very thankful that we have a very engaged Board.

On behalf of the Board of Directors of the JCCC Foundation I wish you and your families a safe and happy holiday season and a healthy and prosperous New Year!

Sincerely,

Janice Fukakusa, JCCC Foundation Chair

JCCC Foundation Presents

## KEEP THE LANTERN LIT HOLIDAY FUNDRAISER

**SOLD OUT!**  
**THANK YOU FOR YOUR SUPPORT!**

Saturday December 12, 2020

Celebrating at home with bento, sake and cinema

\*\* Plus a special gift from Shiseido Canada for the Holiday Season.

Join us Saturday December 12, 2020 as the JCCC Foundation presents an entertaining evening of music, film, food and sake in the comfort of your own home. A special gift from Shiseido Canada for the Holiday Season is also included!

Your Holiday package includes:

**Delivery to your Door by JCCC** on [Saturday December 12, 2020](#):

**Bento** prepared by the Japanese Restaurant Association featuring many of Toronto's beloved Japanese restaurants.

**Shiseido package** valued at over \$140 (option of Men's Gift or Women's Gift)

**Sake** - Hakutsuru draft 300ml

\* Delivery available to GTA.

\*\* Delivery will be made between 1pm-5pm.

\*\*\* Unfortunately, dietary alternatives are not available. Please note bento may contain nuts, egg, soy, seafood and other common food allergens.

\*\*\*\* In the event of inclement weather, JCCC will notify all purchasers by [Friday December 11, 2020](#), and event will be postponed to [Sunday December 13, 2020](#).

**Virtual Entertainment** – Presented Exclusively to purchasers to begin at 6pm on [Saturday December 12, 2020](#):

Greetings by JCCC President, Gary Kawaguchi and Executive Director, James Heron.

30 minutes of entertainment featuring Kyowa Taiko and a special musical segment by Japanese Canadian folk singer/songwriter Annie Sumi.

Online access to 2 feature films from the Toronto Japanese Film Festival for you to enjoy at your convenience: the winner of the TJFF 2020 Audience Choice Award, Renpei Tsukamoto's heartwarming foodie-friendly comedy-drama BENTO HARASSMENT and Yukinori Makabe's quietly poignant I AM A MONK.

\*Films are available for access within 48-hours from 6:30pm on December 12.

\*\*Films are presented in Japanese with English subtitles.

**Chance to Win “Just Add Shoyu” Cookbook**

All purchasers are automatically entered into a draw for one of 20 “Just Add Shoyu” Cookbooks. Names of winners will be announced after December 12.





# CELEBRATE THE JCCC VIRTUAL FUYU MATSURI WINTER FESTIVAL

## 10TH ANNIVERSARY FREE EVENT!!

SUNDAY, DECEMBER 6, 2020

JAPANESE-CANADIAN CULTURAL CENTRE  
WWW.JCCC.ON.CA

# 冬まつり

This virtual festival will be available on [the JCCC website](http://the JCCC website) starting at **10am on Sunday December 6, 2020**.

Guests will be able to enjoy various performances and activities throughout the day, including some fan favorites such as Kid's Crafts, English and Japanese Storytelling, Taiko Performance, and much more!

In two separate sessions running from 1:00pm to 1:45pm, and 2:00pm to 2:45pm, guests can also register for a Q&A with Santa Claus himself via Zoom! All children who register will receive a gift mailed to them from Santa! To register, please go to the [Fuyu Matsuri page](#) on the JCCC website.

There is also a quiz that is free to enter from [the JCCC website](#), with some fantastic giveaways and prizes to be won! Remember to join our live session from 3:30pm, as we will announce the winners live on stream!

What's more, the JCCC is pleased to offer this year's Fuyu Matsuri virtual event entirely FREE!

Last, but certainly not least, the JCCC would like to thank our community members who came together to support this event as well as our community partners. All of the prizes for our children and contest winners have been made possible because of the generosity of our donors, sponsors and community partners.

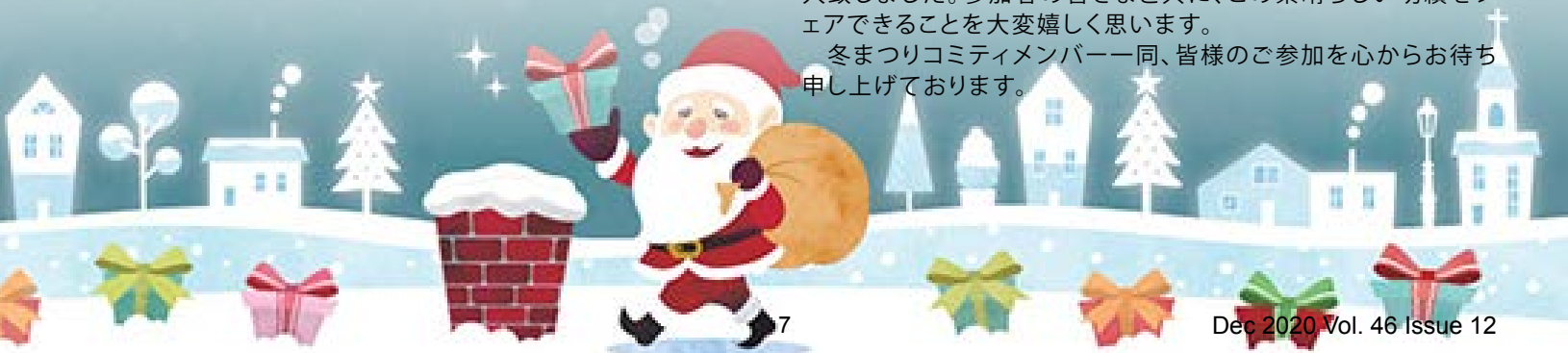
Please join us for an amazing day!

記念すべき10周年を迎える『冬まつり・ウィンターフェスティバル』開催made**2020年12月6日(日)**まであと数日となりました!今年、初バーチャル形式にて開催となり、全イベント参加費無料、[JCCCウェブサイト上\(jccc.on.ca\)](http://jccc.on.ca)にて、ご自宅からキッズクラフト、紙芝居、各種パフォーマンス等の動画をお楽しみいただけます。動画は、冬まつり当日午前10時から午後3時までお楽しみいただけます。又、午後1時から1時45分までと、午後2時から2時45分まで、サンタQ&AをZoom上で2セッション行います。サンタさんと直接会話ができる滅多にないチャンスです!参加されたお子様にはもちろんサンタさんからのギフトがもらえます!(参加ご希望の方は、事前のお申込みが必要です。JCCCウェブサイトの冬まつりページをご覧ください。ギフトは追って郵送させていただきます。)午後3時半からは、日系コミュニティ各メンバーからのメッセージをライブ配信の後、サンタから『冬まつりスペシャル!クイズに答えて景品をもらおう!』の当選者の発表がございますので、お見逃しなく!クイズへの参加は無料、豪華な景品をたくさんご用意していますので、是非ご応募ください。クイズは当日JCCCウェブサイトの冬まつりページ上に掲載されます。

この場をお借りして、日系コミュニティのメンバー、冬まつりコミュニティメンバー、コミュニティ内ビジネスオーナーの皆さまには、オンライン冬まつりの実現にあたり、ご寄付、募金活動等の寛大なご尽力、ご支援に心から御礼申し上げます。

クイズの景品は、冬まつりパートナーの皆さまのビジネスを応援させていただくべく、冬まつり宛のご寄付を元にJCCCが購入致しました。参加者の皆さまと共に、この素晴らしい功績をシェアできることを大変嬉しく思います。

冬まつりコミュニティメンバー一同、皆様のご参加を心からお待ち申し上げます。



Celebrate the  
20<sup>th</sup> Anniversary

# Shinnen Kai 2021 Take-out Osechi Bento

Curbside pick up at  
the JCCC  
6 Garamond Crt  
By appointment:  
Thursday December  
31<sup>st</sup>  
Ticketweb link at  
[www.jccc.on.ca](http://www.jccc.on.ca)  
Order Deadline:  
December 21, 2020  
**\$45 plus HST**  
(limited supplies  
available)



JAPANESE CANADIAN  
CULTURAL CENTRE  
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6 Garamond Court, Toronto, Ontario M3C 1Z5



Toriichi Catering  
Inc



Some items may be excluded or changed  
based on availability.

# SHINNEN KAI 2021

## Order your Shinnen Kai Osechi Bento Today!



In conjunction with Toriichi Catering, the JCCC is offering an Osechi Bento Box to help start the new year. Chef Ishii has prepared a delicious menu with more than 20 items included. A majority of the menu is a part of our annual Shinnen Kai dinner that we are not able to hold due to Covid restrictions. This was a disappointment to the JCCC as this would have been the 20th celebration of this annual event.

However, we still wanted to offer this opportunity for the great food that is traditionally served. Not only that, many of the menu items have symbolism and wishes for upcoming new year and they are eaten with the hope for a better year in 2021.

This limited supply bento is just \$45 plus HST. Order deadline is **Monday, December 21, 2020**.

To reserve yours today, go to the Ticketweb link on the JCCC website and choose your preferred pickup time. All pick ups will be curbside at the JCCC on **Thursday December 31, 2020** between 1pm and 3:30pm.

**ORDER NOW**



Join us on January 1 as the JCCC celebrates the 20th Anniversary of Shinnen Kai! We are gathering a varied group of talented singers from all across the city and will broadcast their performances on the JCCC website starting at 12:00pm noon on Friday January 1, 2021. Everyone is invited to view this approximately 1 hour presentation over the course of the weekend. Then, we ask you to vote for your favourite performer (one vote per email address please). Your votes will be tabulated on Monday January 4. The winner will be declared the Shinnen Kai Master of the Mic!

And in order to get the best group of talent possible, we are: **Calling all Musicians!!**

Take part in a singing competition to be crowned Master of the MIC as part of the 20th Anniversary Shinnen-Kai New Year event. The pre-recorded show will be broadcast on the JCCC website on January 1, 2021. The viewers will vote for their favourite nominee and we will announce a winner on **Monday January 4, 2021**.

The winner will have the opportunity to perform at a future JCCC event!

Please send in your video submissions including your name, contact information and a bio of less than 500 words. You must also complete the release form here.

All files should be in MOV, MPEG4 (mp4) or WMV but we strongly recommend MP4 format. Only the top 8 candidates will be contacted for inclusion in the competition.

Final decisions will be delivered on **Wednesday December 16, 2020**.

Submission deadline: **Monday December 14, 2020**

Submit to: [ChristineT@jccc.on.ca](mailto:ChristineT@jccc.on.ca)

\*as files may be large, you can use WeTransfer or other compressing forms to send your recordings.\*

# Drinks of Japan

Would you like to experience the dynamic of Japanese food and drink pairings this winter?  
Something informative, educational, and fun!

"Drinks of Japan" is a series of monthly online seminars, which will provide in-depth insights into different Japanese drinks. The series will be led by Shotaro Ozawa, who is a certified Kikisake-shi, Sake Expert and Japanese food specialist and also the president of Ozawa Canada, which is a pioneer in the importation and distribution of quality Japanese foods, beers, premium sakes and spirits.

The live seminar will be broadcasted via Zoom from a different featured restaurant in the GTA each session.

Discussions with restaurant chefs about pairings will allow participants to learn (and enjoy) more about Japanese drinks and foods.

The fun part will be both tasting and drinking the various pairings!

You will also be able to order drinks and food in advance and enjoy them in your home or - if permitted - partake in dine-in operations at the restaurant exclusively for the live seminar (with Covid-19 protocols in place)!

小澤彰太郎と共にJCCCウェビナーシリーズ。

楽しんで、知識を増やそう!知るともっと美味しい日本のお酒と食-コロナ禍のこの冬、食と酒類のペアリングの醍醐味を味わいませんか?-

認定調酒師で日本食と酒類のエキスパートである小澤正太郎(小澤カナダ社長)がJCCC月例オンラインセミナー Drinks of Japanで様々な日本で作られるお酒(ビール、日本酒、焼酎、その他)の話、ペアリングの日本食とともに展開します。

このズームセミナーは月毎に各レストランからライブ配信され、セミナー用特別メニューとのペアリング(酒類と食べ物は要事前予約。詳細は英語記事をご覧ください)、そしてレストランシェフのこだわりの話も聞くことができます。

各月のテーマのお酒、レストランの特別メニューを注文(配達又はテイクアウト)、家にいながら、セミナーの話に耳を傾け、同時にお酒と食べ物のテイスティングができるのがこのセミナーの醍醐味。州や市の状況が許せば、(新型コロナウイルス対策がしっかりと取られた)レストランをセミナー用に貸切とし、ご希望者にはレストラン内でセミナーを受講、各月の特別メニューとお酒を注文ができる選択もできるよう計画中です。

**Buy Tickets**

Visit the [JCCC website](#) for the details.

## Part 1: BEER Webinar

Monday January 18, 2021 at Izakaya Ju Restaurant (Markham)

Shotaro will talk about three different beers that are not usually available at the LCBO, with a special food pairing menu from Izakaya Ju.

Both the beer sets and special food pairings that will be discussed in the seminar will be available for purchase and delivery.

**Selections of Beer:** 1. Asahi Super Dry (Nama/draft) 500ml can, 2. Asahi Dry Black 334ml bottle, 3. Hitachino Nest White Ale 330ml bottle

**Seminar fee:** \$35 + HST, Tickets are available at [Ticketweb](#)

### Advance purchase options (Mixed Case) :

**A.** Case of Beer 24 bottles: 8 x Asahi Super Dry 500ml cans, 8 x Asahi Dry Black 334ml, 8 x Hitachino White Ale 330ml.

**Price:** \$120.00 including HST. Delivery available in GTA (without additional fee)\*\*

**B.** 6pk Basket: 2 x Asahi Super Dry 500ml cans, 2 x Asahi Dry Black, 2 x Hitachino White Ale 330ml

**Price:** \$25.00 including HST. Pick-Up only at JCCC

Advance order is required: Ozawa Canada, call 905-731-5088 ext. 5222 (Ask for Lisa) or email: [sake@ozawa.ca](mailto:sake@ozawa.ca)

**Food Pairings menu (To be confirmed):** Estimated Price is \$40 + HST (Chicken Karaage, Yakitori, and Mini Sushi Set)

Order for pick-up and delivery (GTA) must be made in advance: Izakaya Ju @ 905.474.1058. (JCCC webinar special menu)

If the province allows dine-in operations to continue in York region you can purchase the beverages at Izakaya Ju at a seminar special price.

## Part 2: SAKE Webinar

Thursday, February 18, 2021 at Aka Oni Izakaya (Richmond Hill)

## Part 3: SHOCHU Webinar

Monday March 8, 2021. (location still TBA)

Virtual  
ヴァーチャル

# New Year's Festival 2021



1月24日(日)  
Sun. Jan. 24

ちょっとだけ  
ふれてみよう! 日本のお正月



## 子供たちの福笑い 参加者大募集!

コロナ禍の中で迎えるお正月、  
お友達やご家族で福笑いをして  
楽しく過ごしませんか?  
池端ナーサリースクールの池端友佳理先生と一緒に  
元気な笑い声でコロナを吹っ飛ばそう!

2021年1月24日(日)  
配信方法: ZOOM

お正月の紙芝居もあるよ!!  
応募受付開始日は1月号に掲載

\*お申し込み時に福笑いの顔を  
emailでお送りします。  
ご家庭で印刷してご用意下さい。  
応募対象: G3までの児童



## 日系レストラン 家庭用お正月料理紹介 参加レストラン大募集!

コロナ禍の中で過ごす家族のお正月食卓  
いつもと違うレストランの味で幸せを共有しませんか。  
配信開始: 2021年1月半ばごろ~  
配信場所: JCCCHP、Youtube他

\*自社製の家庭用お正月料理をビデオで紹介してください。  
\*レストラン名、シェフ名公開します。

参加希望締切: 12月15日  
\*お申し込み時に詳細をご説明します。  
\*ビデオ提出の締切は1月15日  
応募対象: 日本人/日系人オーナー又は  
シェフ経営のレストラン  
簡単なビデオ制作が自社でできる。



## シニアライブビンゴ 参加者大募集!

コロナ禍の中で迎えるお正月  
みんなでビンゴをして楽しく過ごしませんか?

ライブビンゴ当日: 2021年1月24日(日)  
配信方法: ZOOM  
景品用意しています!!

応募資格: 自称シニアの方  
応募受付開始日は1月号に掲載します。

## シニア歌マラソン 参加者大募集!

コロナに負けない元気な歌声、想いをつなげて心を1つに。

曲: 「青い山脈」  
配信開始日: 2021年1月24日(日)  
シニアライブビンゴの余興

\*それぞれ皆さんの歌声をパートごとにつなげ  
1曲に編集します。

応募締切: 2020年12月15日  
\*ビデオの締切は12月末まで詳細は応募時に。  
応募資格: 自称シニアの方で課題曲の担当パートを  
歌えて、自分で録画ができる方。



応募受付/お問合せ/Contact:  
jccc.oshogatsukai@gmail.com  
Location: Online, Zoom



As we are getting closer to the launch of the new exhibit **Maru: Immigration Stories**, we would like to share one of the many elements that inspired our exhibit team. During the early stages of research for the exhibit, while searching through the **Nikkei Museum Database**, we came across **Tadashi Ode's Passport Document**. While the portrait photograph of Tadashi Ode, a young teenager at the time the photograph was taken, was certainly prominent on the immigration document, one of the stamps on the card caught our attention. The stamp situated on the bottom right of the document reads, "M.S. Hikawa Maru".



*Canadian Passport for Tadashi Ode. Yukio Ode Collection. 2011.126.23.30. For more information, click [here](#).*

The Hikawa Maru was introduced to the NYK Line in 1930 and service the route between Japan and Seattle with stops in Victoria BC. By this period, the Japanese Canadian community was more established than before and families who had the means were travelling to Japan as most still had family in Japan. For that reason, dozens of photographs in the JCCC's collection showcase Japanese Canadians travelling on ships like the Hikawa Maru. The Hikawa Maru had two sister ships, Hiye Maru and Heian Maru, both ships are also found in photographs in the JCCC's Archives.

**Visit the [Maru: Immigration Stories](#) webpage.**

# Maru Immigration Stories





Group portrait on the N.Y.K Hikawa Maru. 1941. Tsutae Sato Collection. 2015.06.16.60.

During World War II, the Hikawa Maru was repurposed as a **hospital ship**. In 1960, the ship made its final journey from Vancouver to Yokohama where it retired. Since 1960, the ship went through major restoration and today, visitors can visit the **Hikawa Maru in Yokohama**, Japan as it evolved into a museum. In 2016, the Hikawa Maru was assigned as Important Cultural Property by the government of Japan. Once the JCCC reopens, you will have a chance to visit exhibit Maru: Immigrations and see a replica of the Hikawa Maru in the Moriyama Nikkei Heritage Centre.



NYK Hikawa Maru, Yokohama, Japan. Photograph taken in 2019.



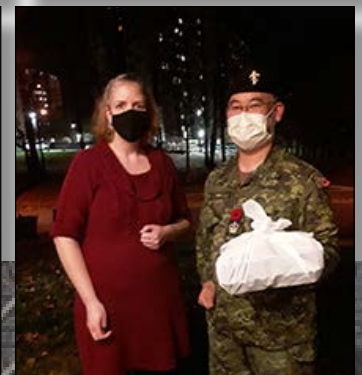
## Nikkei Veterans Memorial

***"Thanks to everyone involved in planning and organizing these Bentos. They made Remembrance Day even more memorable to this WW2 veteran."***

*by Frank Moritsugu*

On Tuesday November 10, in lieu of our annual Nikkei Veterans Memorial, JCCC Staff delivered bentos catered by Toriichi Catering to the Nikkei Veterans and their families in our community. This small act of remembrance was a symbol of the respect due to the countless individuals who have given of themselves to serve Canada. Since the First World War, Japanese Canadians have been enlisting in Canada's military to show their support for our country. This tradition of service continues and the JCCC is committed to growing our list of veterans as well as currently serving Nikkei.

On Wednesday November 11, at 11am the JCCC staff team observed Remembrance Day with a small and intimate online commemoration. The program, led by Executive Director James Heron included O Canada, two minutes of silence and a reading of John McCrae's In Flanders Fields. Though the circumstances of 2020 have required that we be apart, we still remembered together.



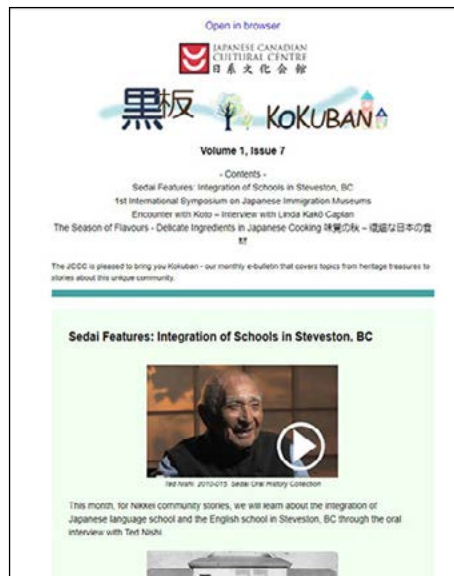


# 黒板



# KOKUBAN

This issue of KOKUBAN takes you around the world and tickles all your senses. With stories from Canada to Japan to Brazil, covering topics from Koto to Katsuboshi, it really is a rich issue that will release all your cravings. Visit [the JCCC website](#) for the latest issue.



## JCCC Online Content

Looking for some online entertainment to help you get through the lock down? The JCCC is excited to announce the following online content for your enjoyment in the coming weeks.



### Sunday December 6, 2020

- JCCC Fuyu Matsuri – to learn more, click [here](#).

- Gingerbread House Demonstration
- Craft Demonstrations
- Performances
- Storytelling
- Chance to Meet Santa...Online!

### Saturday December 12, 2020

- Keep the Lantern Lit fundraiser – to learn more, click [here](#).

- Entertainment featuring Kyowa Taiko and a special musical segment by Japanese Canadian folk singer/songwriter Annie Sumi
- Film: BENTO HARASSMENT – Japanese film with English Subtitles
- Film: I AM A MONK – Japanese film with English Subtitles

### Friday January 1, 2021

- JCCC Shin Nen Kai – to learn more, click [here](#).

- Master of the Mic – Community Singing Competition

## JCCC Japanese Language For Adults Program Coming To Zoom This Winter!

Our popular cultural program, the Japanese Language For Adults, will be moving online this winter. Over the last few months, our instructors have been working vigorously to cater the content of this popular program to an online format.



The session will begin in January 2021, and we welcome all existing students to continue the program with us. New registrants for all levels are also welcome.

We will be working with smaller class sizes, and provide plenty of opportunity for discussion, conversation practice, and learning of fundamental grammar.

Make the most of your winter at home, and engage in this fast-paced Japanese Language course that perfectly balances grammar with real life usability.

To register, or for more information on program schedule, please click [here](#).

## *Martial Arts Classes Update*

Due to rising COVID-19 case numbers, the JCCC regrets to inform that resuming of martial arts classes onsite will be further postponed. We will continue to monitor the situation and will re-open our programs once we are allowed to do so.

We will continue with our online classes as published in previous newsletters and as posted on our website.

In the meantime, we hope that all our martial arts members and their families stay safe and healthy. We also wish everyone a safe and happy holiday season.

## *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.

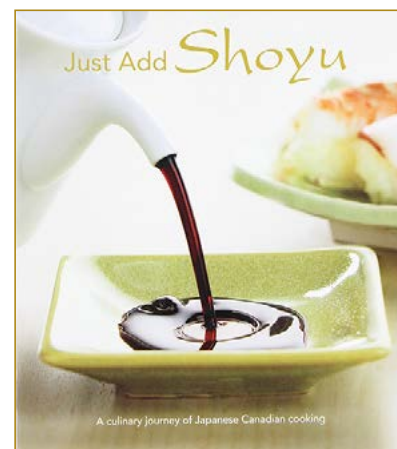
Please also note that, effective immediately we have also changed our membership expiry date to the end of the month (e.g. memberships that have an expiry date of December 1, 2020 will now expire December 31, 2020).

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

## *Just Add Shoyu Celebrates 10 Year Anniversary with a Sale!*

To celebrate the 10th Anniversary of Just Add Shoyu, the JCCC is excited to offer this incredible cookbook at a special anniversary price of \$20, including tax, until the end of 2020. This is a **20% savings!!!** JCCC members – don't forget to use your 10% membership discount for even greater savings!

For purchase inquiries, please contact JCCC reception at 416-441-2345 or [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca). Shipping fees may apply.



## Japanese 1 on 1 – Interview with the students

### With Matt Hiraishi

#### 質問 1 : 日本語を勉強する理由

Why do you study Japanese? How long have you been studying Japanese?

どうして日本語を勉強しますか?どれくらい日本語を勉強しましたか?

日本語の勉強する事は人生の学びの一つです。面白くて楽しいです。そして子どものとき、もっとしておけばよかった。

日本語は5年前から勉強しています。そして大人になっても、何か勉強し続けたいと思っています。父と日本語で話したいとも思っています。

5年前の春に日本へ行きました。そして5年前の秋から日本語の勉強を始めました。平仮名とカタカナは知っていたので、JCCCの2番目のクラスから始めました。

For me, studying Japanese language is a journey. It is fun and interesting. And when I was a child, I should have done more.

I have been studying Japanese for five years. As an adult, I want to continue studying something. I also want to talk to my father in Japanese.

I went to Japan in the spring five years ago. Then I started studying Japanese in the fall. Because I knew hiragana and katakana, I started with the second JCCC level.

#### 質問 2 : 日本語の面白い点、難しい点など

Please describe what aspects of learning Japanese you found challenging and what aspects you found engaging.

日本語の勉強で何が難しいですか?何が面白いのですか?

日本語は全部難しい!特に言葉の意味を覚えるのが難しい。でも全部面白い。日本語はフランス語やスペイン語の様にアルファベットを使わないので、日本語を話す時、頭の中も日本語で考えられるのが楽しい。わたしにとってそれが日本語と他の言語の勉強の違いです。

Everything Japanese is difficult! Remembering the meaning of words is especially difficult. However, it is all interesting.

As Japanese doesn't use the alphabet like French and Spanish, when speaking Japanese it is fun to think in Japanese. For me, that is the difference between learning Japanese and other languages I have studied.

#### 質問 3 : 日本渡航歴、滞在歴と日本の印象

Have you been to Japan? If yes: How often, how long and the purpose of your visits. Please also tell us your impression of Japan. What do you want to do during your next visit?

日本へ行ったことがありますか?日本の何が好きでしたか?日本のどこへ行きたいですか?どうしてですか?

日本に行ったことがあります。5年前に妻と行きました。6日間いました。東京と箱根に行きました。東京では新宿グランベルホテルに泊まり、箱根では山の茶屋という旅館に泊まりました。高いけどとても良かったです。旅館の部屋に温泉も付いていました。妻は電車が好きだから東京から箱根までは、ロマンスカーに乗りました。

Covid-19が終わったら、また日本に行きたいです。電車でたくさん旅行したいです。

I went to Japan five years ago and was there for six days. I went to Tokyo and Hakone. I stayed at the Shinjuku Granbell Hotel in Tokyo and a ryokan called Yama-no-chaya. It was expensive but excellent. There was also a hot spring in the room. Because my wife likes trains, we took the Romancecar from Tokyo to Hakone.

I want to go to Japan again when COVID-19 is over. There, I want to travel a lot by train.



Matt Hiraishi, Nikkei nisei, is one of enthusiastic students of 1 ON 1 Online Japanese and is eager to brush up his Japanese.

# 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!

Next Registration will start on Monday, December 14 @ 10am.



# 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](http://www.jccc.on.ca) or contact us at [jponline@jccc.on.ca](mailto:jponline@jccc.on.ca)



## – Chicken Curry –

This is a great dish for those cooler days of late autumn and early winter. You can use whatever meat or vegetables you have around. It can also be served over noodles or over rice. A larger batch freezes well so that you can have a quick meal on another day.

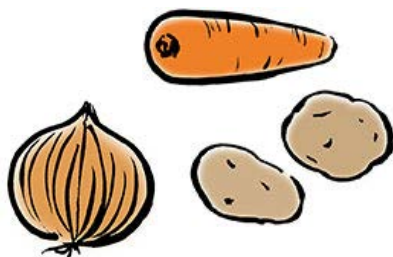


### **Ingredients** (Serves 2)

2 medium potatoes, peeled and cubed  
1 medium carrot, peeled and sliced  
1/2 onion, sliced  
1 celery stalk, sliced  
1 tbsp oil  
225 grams cubed chicken (breast or thigh)  
1/4 package (110g)  
Japanese curry mix  
4 cups water  
Cooked udon noodles

### **Equipment**

Medium saucepan  
Medium pot  
Cutting board  
Sharp vegetable knife  
Small mixing bowls  
Measuring cups and spoons  
Wooden spoons



### **Instructions**

1. Wash and peel potatoes and carrots.
2. Cube potatoes into half inch pieces (To cube your potato, first slice into half inch slices, then slice the slices into half inch slices, then turn and cut again for cubes) and set aside.
3. Slice peeled carrots into 1/4 inch coins and set aside.
4. Peel onion, then cut in half and slice each half thinly. Set aside.
5. Trim ends off of celery, then cut in half lengthwise and slice thinly. Set aside.
6. Trim any fat off of chicken and make sure it is in bite sized pieces.
7. Heat oil in saucepan over medium-high heat. When oil is hot, add chicken cubes and brown on all sides.
8. Add 2 cups of water to browned chicken and stir.

9. Add the vegetables and enough water to cover them to the saucepan and bring the liquid to a boil. Stir in the curry cubes and simmer for 20 minutes until cooked through.

10. Serve curry over noodles and enjoy! Alternatively, many grocery stores sell pre-cut squash which you can use in this recipe.

You can substitute beef or turkey for the chicken!! Or have it over rice instead of noodles!!

### **Storage and Reheating**

- Store any leftover curry in the refrigerator. Leftovers should be eaten or discarded within 3 days. Reheat in a saucepan or in the microwave.
- Alternately, leftovers may be frozen for up to 2 months. Allow to defrost over night in the refrigerator, then reheat as above.

# 13th Japanese Calligraphy Competition in Canada

by Shodo Canada

Shortly after receiving this year's 177 competition entries from across Canada, Shodo Canada, like many other organizations, was challenged to rethink how to carry on our annual competition adjudication, scroll mounting, exhibition and opening event.

With enthusiastic support from our community, Shodo Canada embraced the challenge and is proud to share this year's Exhibition of scrolls virtually. A Zoom Opening Ceremony was held on November 8, 2020 with speeches by the Consul-General of Japan, Mr. Takuya Sasayama; Ms. Yuko Shimizu, Executive Director, Japan Foundation Toronto and Mr. Gary Kawaguchi, President and Mr. James Heron, Executive Director, Japanese Canadian Cultural Centre. Hosted by Sensei Noriko Maeda, many entrants, students, friends and family, joined us from across the country and around the world. Dr. Wolfgang Moeder delivered an acceptance speech on behalf of all award winners.



Shodo Canada wishes to thank the Consulate General of Japan, the Japan Foundation Toronto and the Japanese Canadian Cultural Centre for their support. We look forward to connecting with everyone again for our 14th Japanese

Calligraphy Competition in Canada. Deadline March 31, 2021.

Please visit our website for more information: [www.shodocanada.com](http://www.shodocanada.com)

## Interns: JCCC Reflection

Every year, the JCCC hosts interns during the summer months with the goal of increasing preservation and accessibility to our collection. Despite the shutdown of the JCCC in March 2020, we forge ahead with the student work program and tailored it so incoming interns are able to work remotely. In September 2020, Caitlyn Seale, a current student of the Master of Information Studies at Charles Sturt University joined the Heritage team to work on improving accessibility to the JCCC's Sedai Oral History Collection. With great enthusiasm in hand and past experience in preservation of audio-visual resources, Caitlyn was a great addition to the team! Continue reading to see what Caitlyn's work experience was like.



By Caitlyn Seale

This fall, I enjoyed having the opportunity to work with Su Yen on the Sedai Project as a Digital Archives Assistant and meeting the JCCC Staff. Before having this position, I was mainly familiar with Japanese culture through manga since there was not a lot of focus in high school on how people of color were experiencing World War II. By having the time at the beginning to read and watch the films from the Reading Guide, it helped to fill this void for me. Through transcribing the oral interviews, the interviewees' experiences took me on a journey of resilience and provided details to a previously unknown history. With more details, I could better imagine the different impacts decisions made during the war had on people in Canada. This experience added to my university theoretical knowledge from my coursework in information studies because it represented how having community involvement and oral artefacts can add to an audience's experience of an archives' collection.

## Volunteer Spotlight

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

### Meet Yoko F.



*Meet Yoko F., who is a reliable and dedicated volunteer for 2 JCCC programs, JCCC Library and 1 ON 1 Online Japanese Conversation. She plays active roles for both programs and she helps people around her smile and be happy.*

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

I have been volunteering at the JCCC since it began planning for a library in the building around ten years ago.

*How did you get involved with volunteering at the JCCC?*

I was always interested in working at a library but I also had two little children so I was quite focused on raising them at that time. But then I saw the JCCC library opening plan and found myself going straight to my computer leaving my younger son with a few toys beside me. I contacted JCCC to ask how I might get involved in this project.

*What type of volunteer work have you done?*

I have thoroughly enjoyed volunteering at the library along with other dedicated volunteers. I feel nothing but happiness when I volunteer there.

Then COVID-19 came along and I was not sure what to do with my volunteer time with the library closure. Fortunately, I found another opportunity to be involved with the 1 ON 1 Online Japanese Conversation project at JCCC. This has been a phenomenal experience. I was involved in the development of the program as well as its administration and have several active students. We are so proud to have assembled a terrific group of teachers and students for online Japanese language training through Zoom. The program has been a great success and continues to grow every month. We have raised funds through our lesson fees to support the JCCC during this difficult time. I feel so lucky to be part of this project as one several volunteers.

I have met so many wonderful people with an interest in Japanese culture through JCCC. I would highly recommend anyone who is interested in Japan to join us.



JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館

**EMERGENCY APPEAL**

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

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

We closed the JCCC on March 16 cancelling all regular programs, classes and events planned until further notice.

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.

Thank you for your support.





TORONTO  
JAPANESE  
FILM 2020  
FESTIVAL

## 2020 TJFF AWARDS ANNOUNCED



We are pleased to announce the winner and runners-up of our 2020 GRAND JURY PRIZE FOR BEST FILM.

### #1 VOICES IN THE WIND 『風の電話』

*An often profoundly moving exploration of loss, remembrance and resilience*

– Jason Anderson



### #2 THE JOURNALIST 『新聞記者』

*“Story, plot, cinematography, actors, all the elements of the film were wonderful. I have been following the Michihito Fujii’s work for a while and he impresses me every time. The entertainment that has a social issue aspect, a great film”*

– Eiko Brown



### #3 ONE NIGHT 『ひとよ』

*“One Night is upsetting, difficult, passionate, and unflinchingly honest about a family dealing with the aftermath of abuse and tragedy. From the opening sequence where a wife kills her abusive husband with a car to protect her children to the final car crash, One Night kept me on the edge of my seat. The thing I found most impressive about this film is that it never gave easy answers to difficult questions. Instead, it showed how the pain of the past never really leaves us and that despite our good intentions we often transfer our own pain to our loved ones and our children. This is not an easy movie to watch but it is a very powerful one.”*

– Steve Morris



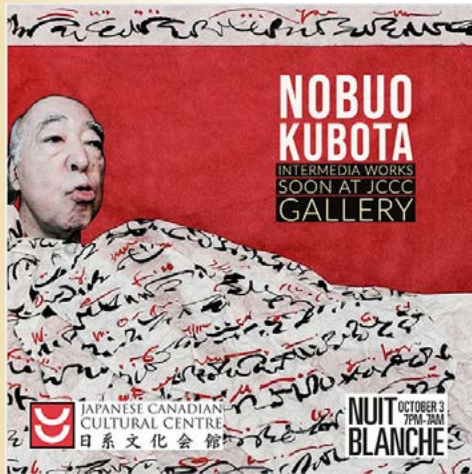
We would like to thank jurors Jason Anderson, Eiko K Brown, Goro Koyama, Steve Morris and Takumi Saitoh for lending us their time, experience and expertise in making these selections.

We are pleased to announce director Renpei Tsukamoto’s **BENTO HARASSMENT** 今日も嫌がらせ弁当 is the winner of the Kobayashi Audience Choices Award. A favourite with foodies and families, it moved audiences to laughter and tears. Congratulations.



# Calendar of Exhibitions

October 1 – December 31, 2020



## The Intermedia Work of Nobuo Kubota

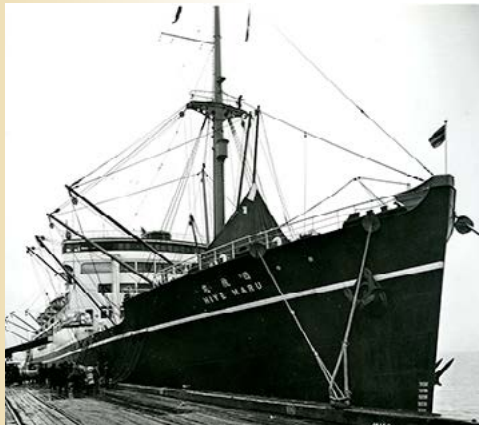
A JCCC Art Gallery Virtual Exhibition

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](#).

Coming January 2021



## 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 rediscovery of 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 upcoming exhibit at the Moriyama Nikkei Heritage Centre.

Coming May 2021



## Broken Promises

Grounded in research from Landscapes of Injustice – a 7-year multi-disciplinary, multi-institutional, community engaged project, this 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. Learn about 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.

## Artist Nobuo Kubota at the JCCC Gallery

by John Ota

It's not every day that the JCCC Gallery can boast a National Treasure, but the presence of Nobuo Kubota, raises the level of experimental, contemporary art to a new high level. Kubota 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.

Nobuo Kubota's work combines sound, music, installation and film - a practice that he labels 'Intermedia'. His pieces are an exploration of phonic sounds that are translated into unique artistic expression. His sound experiments, exploring phonetic lyrics, connecting with visual arts and sculptures can be confusing and mind boggling. But, it is art at an international level. It makes me want to find out more.

A former saxophone player, Kubota began to explore sound with other artists as a stimulus for creativity. "We branched into other instruments and soon we were using gongs, and bells and other noisemakers," he says. "It's a way of opening up my mind to new ideas. There are no rules."

So it is no surprise that Kubota is intrigued with Japanese Noh opera. "I like the sounds and the music – the way the actors slowly drift across the stage."

Masterfully curated by Katherine Yamashita, a member of the JCCC Art Committee with a PhD in Fine Arts, the exhibit

"The Intermedia Work of Nobuo Kubota (A JCCC Gallery Virtual Exhibition) is wonderfully out there.

"It was such a privilege to bridge the East and the West, the visual and the auditory in these works," says Yamashita. "Nobuo's Intermedia works are an artist's translation of multiple cultural phonic and sonic influences employed in a striking, original way."

For me, Kubota's phonic sounds remind me of the experimental scat singing that Louis Armstrong made famous in the early jazz days of the 1920's. While seen as unconventional and offensive at the time, soon everybody was scat singing including Bing Crosby, Danny Kaye and Tony Bennett.

All disciplines in the arts – drama, dance, visual arts – are exploring sound and Kubota is right there. During the recent City of Toronto Nuit Blanche exhibition, visitors remarked how this was their favorite exhibit.

This is an astounding exhibition. Kubota's work is avant-garde at an international level. It should go farther than the JCCC Gallery.

"The Intermedia Work of Nobuo Kubota from now until Thursday Dec 31, 2020 (A JCCC Gallery Virtual Exhibition) is at:

<https://jccc.on.ca/event/2020/10/intermedia-work-nobuo-kubota>



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As of November 25, 2020

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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.



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Mrs. Susan Siu

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Mr. Benjamin Eto

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#### **In memory of Frank Obara (2015)**

Mr. Jonathon Obara

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# GARY G TEHARA

Sales Representative

YOUR TRUST IS MY PRIORITY

Serving the JCCC community



## JANUARY

A fresh new decade, with the GTA experiencing strong sales growth – up 15.4% compared to January 2019. **COVID-19 was spreading well before we suspected.**

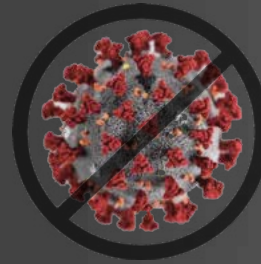
## MARCH

The virus had spread around the world and pretty much shut down GTA real estate. **No socializing. No shopping. No toilet paper!**



## MAY

Buyers cautiously started to jump back into the market. Sales plummeted by 73% in April, but rose 47.5% in May. **Snacking and baking was on the rise!**



## JULY

House prices in the GTA seemed immune to COVID-19. Sales of all home types increased 29.5% over last July. Prices rose by 16.9%. **face masks became mandatory!**

# 2020 REAL ESTATE REVIEW

## SEPTEMBER

Home sales and home prices kept on climbing! The average GTA price was up 14% to \$960,772. Interestingly, houses in the 1 - 1.5M price range saw the most activity.



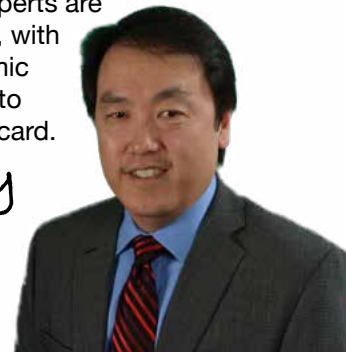
## NOVEMBER

Rent for small downtown units dropped by 14% year-over-year. **The Canada-US border remained closed. Record-high COVID-19 numbers reported daily!**

# 2021?

Interest rates are expected to stay low, but has pent-up demand been exhausted? Predictions from industry experts are very mixed, with the pandemic continuing to be the wildcard.

Gary



Interested in what the market is doing in your specific region?  
Simply click here <http://b.link/garyteharalinkedin> to connect with me.

## The First Shin Hanga and The Great Kanto Earthquake of 1923



*The Sumida Bank in the Night by Takahashi Shotai*

by Mark Burkeitt, Era Woodblock Prints

mark@erawoodblockprints.com, <https://www.erawoodblockprints.com/>

**Shin hanga** means “new” woodblock prints, but the movement is more than one hundred years old. Given how things evolve, the first example of any vintage style is not always knowable and would at least be arguable. Many consider the design in our photo to be the first *shin hanga* woodblock print. If so, the movement started in an unassuming way with a modest boat moored in a quiet, snowy corner of the Sumida River in Tokyo. The year is 1907, and the artist of ***The Sumida Bank in the Night*** is Takahashi Shotai, aka Hiroaki. This rare scene is usually found with an inky black sky, but depicted here is a lighter example that has passed through our collection. What is not in dispute is that the originator of *shin hanga* was Watanabe Shozaburo, the publisher of this view of the Sumida dike.

Shotai was the first of several artists with whom Watanabe sought a departure from nineteenth century *ukiyo-e*. He went on to collaborate with painters like Ito Shinsui, Hashiguchi Goyo, Natori Shunsen, Charles Bartlett, and most notably Kawase

Hasui. Rather than attempts to realize a pre-conceived vision of *shin hanga*, the early years were marked by experimentation in landscape, ***bijin-ga*** (pictures of beautiful women), and ***kabuki-ga*** (kabuki actor portraits). The publisher’s primary landscape artist, Hasui, was bound for fame. Hasui embraced the experimentation, leaving us varied and ground-breaking 1910s and early 1920s work.

The Great Kanto Earthquake of 1923 and its accompanying firestorms and tsunami brought a devastating human and physical toll to a vast region. Such large-scale tragedies have many less significant ripples. One in particular was of some consequence for *shin hanga*. Watanabe Shozaburo’s Tokyo print shop was destroyed by fire in the quake.

The publisher would later resume business, but the lasting effect of the fire was the loss of nearly all of the blocks used to produce the company’s pre-quake woodblock prints. It is typical for blocks to be re-used to make later editions. With the blocks gone, an existing woodblock print

would have to be used as a guide to re-carve new blocks. A painstaking process to be sure, it is rarely if ever undertaken by the original publisher of a *shin hanga* print. The final result would no doubt be of high quality but also destined to differ from the original in some aspect or other. Watanabe’s blocks were never re-carved.

This is not to say that there has not been valuable re-carving of older works such as classical *ukiyo-e*. Organizations like the Adachi Institute have been making faithful versions of *ukiyo-e* for many years – allowing ordinary people to own not merely a machine reproduction of a Hiroshige or Utamaro but a genuine woodblock version produced entirely by hand from start to finish.

Still, collectors of pre-earthquake Hasui prints, for example, value the craft and inspiration of the original carvers and printers, the look and feel of period pigments and papers, and the intangible charm of antiquity.

Reference: Kawase Hasui: *The Complete Woodblock Prints* (Reigle Newland), Hotei Publishing 2008

伊地知 翼

ぼくは十一年前に、日本からカナダにて、日加学園には二組から通い始めました。

小さい時は、学校に行くのが楽しかったけれども、だんだんむずかしくなって、と中でやめたくまりました。でも、毎週母が宿題を手伝ってくれてやってこられました。

楽しかったときも時々ありました。例えば、六組ぐらの時、二年上の人たちといっしょに、しばふの所で、まつぼっくりなげをしたことです。また、父がパークセールの寿司ブースでボランティアをしたり、生け花をしてくれてうれしかったです。

十一年間お世話になった全ての先生方、今は言えないけど、将来に、感謝するとおもいます。

田住 綾加

私は六才の時から十年間、日加学園で日本語の勉強をしました。学校へ行くのがときどきイヤでした。でも、毎週父さんがつれていってくれました。楽しいこともいろいろありました。毎年の運動会が楽しみでした。私は走るのがとても好きなので、よく走りました。パークセールもとても楽しく、また特別科目も好きでした。生け花、習字、おりがみ、習うことがたくさんありました。私が社会人になったら日本語がきっと役に立つと思います。

先生がた、十年間いろいろありがとうございました。

シェパード 恵衣

私は2008年から日加学園に通い始めました。その長い間に、何回も漢字テストを受けて、何回も泣きながら宿題を終らせました。色々な大変な目に合ったけれど、その代わり、いい思い出もたくさん作ることができました。

クリスマス発表会でクラスのみんなどダンス、パークセールで友達と回ったりとても楽しかったです。運動会での赤と白の対戦も毎年、楽しかったです。今年も中止で残念でしたが、何年間もみんなとできたので、十分嬉しいです。

私が日加学園をこんなに楽しめたのは、周りにいる方々のおかげです。先生方のおかげで、私は日本の家族とちゃんとした会話ができるようになりました。長い間、毎週土曜日にクラスの友達と色々な話ができただけではなく、ここは勉強だけではなく、友達と楽しい思い出を作る場所だと気づくこともできました。そして、この楽しい経験ができたのは、全部母のおかげです。この十二年間、雨でも雪でも、片道一時間かけて送ってくれました。私が何回もやめた言いながらも、母はちゃんと私が卒業できるようにしてくれました。みなさんも今は大変な思いかもしれませんが、卒業の日がくると、その思いが全部感謝になりますので、今の時間を楽しんでください。

グテッレス 祐樹

ぼくにとって、時間はとても貴重な物だと思います。なぜなら、時間は無限ではないので、家族や友達、自分の趣味などのために、大切にしなければいけません。日加学園で過ごしたこの十二年間、クリスマス発表会や運動会、パークセール、また特別科目の生け花や将棋などでは日本の文化を学べて、貴重な思い出と経験になりました。この中でも一番の思い出はやはり、放課後の剣道部です。

一組から初めて、最初は痛くて疲れて、少し苦手だったけど、努力をする事の大切や、成功する事の大切や、成功する事の達成感を学び、部員と楽しい時間を過ごしました。

先生方のおかげでたくさんのすばらしい思い出ができました。

十二年ご指導いただきありがとうございました。お父さんお母さん僕を日加学園へ連れて来てくれてありがとうございました。

戎崎 千愛祈

私は十二年間日加学園に通いました。その十二年間が楽しかったかと言うと、決してそうではありません。つよいきずなができたかと言うと、決してそうでもありません。日本語が上手になったかと言うと、それともうだかわかりません。

しかしながら、私は日加学園をやるのがない心と心のどこかでわかっていました。それは、ここでの経験がいつか役にたつと感じていたからです。ここにいる間続けていく理由と価値を見つけることができませんでした。でもいつか、それが分かる日がくると信じています。

最後になりましたが、にんたい強く教えてくださいました先生がた、そしてやさしくサポートしてくれた母に感謝をしたいです。

ありがとうございました。

バクナド アン

こんにちは、私はバクナド アンです。何回も他の生徒がこのステージにたつスピーチをするのを見てきました。そして今ここにいることは少し信じ難いです。私は日加学園にはとても感謝しています。ここに通っていたから多くの友達ができ、一緒に運動会やパークセールを楽しむことができました。クリスマス発表会も楽しかったです。演技をするのは少し恥ずかしかったけど、最後にみんなとダンスをしたのはとてもいい思い出です。そして日加学園に通ったおかげ、日本にいる祖父母とも話せます。私に日本語を教えてくださいました先生方、ありがとうございました。最後に、私が感謝しているのは、お母さんです。いつも学校に送ってくれて、宿題で分からなかったところを手伝ってくれてありがとう。そして私が辞めたくても辞めさせないでくれてありがとう。日加学園に通ってよかったです。

この十二年間ありがとうございました。

プーン 海

はじめに 長かった自粛生活を乗り越え、無事に卒業式を迎えられた事を感謝します。

日加での一番の思い出はクリスマスコンサートです。「やまねこおことわりや」、「ドラえもん」、「浦島太郎」の劇を演じました。どれも失敗ぎみでした。中でも大失敗だったのがドラえもんです。原因は、目がねをかけると言う理由で僕がのびた役になってしまった事だったかもしれません。あまりにひどすぎて忘れられない大傑作となりました。また、去年みんなで踊った『ワンナイトカーニバル』は大成功でした。最高の思い出になりました。

何も解らず、ただ母に連れてこられた日加学園、初めはたくさんいた同級生が学年が上がるにつれて減って行き、最終的に9名になった事、そしてその中に僕が残っている事は奇跡的だと思います。これからも、日加学園で学んだ事をわすれないように日本語学習を継続していきたいです。さいごに、おしえてくれた先生方、ここまでさせてくれた父、母に感謝の気持ちを伝えたいと思います。ありがとうございました。

山田 健人

十二年前、僕は始めてリュクサックを持って日加学園に入学しました。今ふり返ってみると、僕はその日から日加学園でとてもたくさん事を学びました。日本語の勉強は、僕にとってはとても大変でした。でも日加学園の先生やクラスメート達のおかげで、日本語の勉強が楽しくできました。そのおかげで、僕は日本語の音楽を聞くこともできるし、マンガも読めます。でも一番良かったことは、日加学園でみんなと友達になれたことです。

それから、日加学園では、運動会、パークセールといういろいろな行事がありました。僕はそこで授業だけでは学べない事をたくさん経験しました。運動会のリレーで優勝した時、パークセールで食べたクレープとクリスマス発表会でおどったダンス全部大切な思い出になりました。

ぼくが日加学園に通った十二年間、勉強を教えてくださいました先生方、校長先生、仲良くしてくれたクラスのみんな、学校への送り迎えしてくれた家族に心から感謝しています。みなさんのおかげで、僕は日本語を学ぶ事ができました。これからぼくは、日加学園で学んだことを日常生活に活かせるようにしたいです。

「送辞」 在校生代表 山下 キャロライン

十二年間、ありがとうございました。12組の皆さん、ご卒業おめでとうございませう。在校生一同、心よりお祝い申し上げます。

今年世界中で広まったパンデミックの影響で、学園生活の終わりに休校が続き、卒業生の皆様に取っては、卒業の日を迎えるまで色々な不安があったと思います。それでも、皆さんが努力で乗り越えられ、ここで一緒にお祝いできることを嬉しく思います。

一組の時からいる方も、途中から日加学園で勉強を始めた方も、日本語の勉強 お疲れさまでした。毎週出る漢字テストや宿題、それから学年末の実力テストなど 大変なことも多く、もう日本語の勉強は終わりにしたいと思ったこともたくさんあると思います。それでも、毎年盛り上がるクリスマス会やバイクセールなど楽しいことも色々あり、多くの大切な思い出ができたのではないのでしょうか。

2年前のクリスマス会で披露して下さったダンスとけん玉は特に印象的でしたし、去年のダンスと手品など、いつも私達をいろいろなアイデアで楽しませて下さり、どうもありがとうございました。休み時間中の校内の見回りや、朝の会でのラジオ体操など、私達在校生の良いお手本になって下さいました。

これからは他の勉強で忙しくなるとは思いますが、色々な形で日本語や日本の文化に触れ続けて下さい。将来、皆さんがここで習ったことが、役に立つことを お祈りしています。私達、在校生もそれを心に留めて 皆さんのように最後まで頑張つて、誇りを持って卒業したいと思ひます。

今まで、どうもありがとうございました。

# 日加学園 卒業文集



# トロント国語教室 卒業文集 ～国語教室の思い出～

福田 アレックス

国語教室はとても楽しかったと思います。国語教室は日本の学校とにっています。たとえば、日本の学校は国語教室と同じイベントがあります。朝礼、学芸会、運動会は日本の学校にもあります。ベークセールとお話し発表会はありません。

ぼくは、つぼみから国語教室に通っています。ぼくのメモリーでは、去年の運動会は運動場でいろいろなことをしたことです。でも、運動会で一番おぼえていることは、もも組だったときに、たからさがして、いつもかっこいいおもちゃをほしかったことです。

ぼくの兄がかい中電灯をもらいました。その時はクリスマスでした。そして、国語教室のサンタがきたら、いつもあのかい中電灯をほしいと思っていました。

ぼくは国語教室をやめたくない気がします。アドバンスクラスに進みたいです。

オコーネル 麗良

国語教室で一番思い出に残っている行事は、ベークセールと運動会です。ベークセールの好きな点は、手作りのおいしい食べ物を持ちきれないほど買って、お腹がいっぱいになるまで食べられることです。

私はスポーツが大好きなので、運動会も毎年楽しみにしていました。その中でも一番楽しかった競技は1200メートル走、ドーナツ食い競争と二人三脚でした。1200メートル走に初めて参加したのは、四年生の時でした。最初は走る気はなかったのですが、友達にさそわれて、ギリギリに参加することにしました。最初の一周はのどが、からからでとても疲れていました。でもゴールを通った時に、数字の5が書かれた紙をもらいました。その時は、「5」が何の意味かわかりませんでした。後になると、5番になったと知ってびっくりしたことを今でも覚えています。

クープ 勉

僕は、国語教室にもも組から通っています。この10年間日本語を勉強し、折り紙、竹とんぼ作り、学芸会などいろいろなイベントがあり楽しく学ぶことでよかったです。その中で、ぼくのベスト3は、ベークセール、運動会、お習字です。ベークセールはいつも食べることがない日本のおいしい食べ物がたくさんあって毎年楽しみでした。運動会は、特にドーナツ食い競争、玉投げ、たまご投げが楽しかったです。ドーナツは、負けてもドーナツが食べられるから好きでした。たまごを投げることはないことなので、この時だけは、思いっきり投げるができるのでおもしろかったです。そしてお習字は、日本語学校でしかやることがないので、筆で字を書くことは、鉛筆で書くより楽しく感じました。

八戸 桜

国語教室で、楽しい思い出をたくさん作りました。一番楽しかった思い出は、ベークセールでした。食べ物の選択肢は沢山ありましたがいつも寿司を食べていました。選ぶのが楽しかったです。そして毎年サンタがクラスに来てプレゼントをくれた事がとてもうれしかったです。もう一つの思い出は、運動会です。毎年とてもワクワクしていました。なぜかと言うと色んなスポーツができるからです。私の好きな競技は、ドーナツ食い競争と卵を投げるゲームでした。

私は、もも組から通った10年間、すばらしい先生と友達に会えてよかったです。

小坂 瑠哉

ぼくは、さくら組から国語教室にかよいました。さくら組にいた時は、ぼくはまだ5才でした。今はもう14才なので、九年も国語教室にかよっていました。この九年のうちの、ぼくの一の思い出は、六年生のおわりの夏休みに国語教室の友達とついでに日本の北海道の雨竜町に行った時でした。雨竜では、色々なたのしいことを毎日しました。一週間のうち毎日楽しいことをして、一番楽しかったのは思いつけません。みんなでどうぶつえんに行ったり、レストランに行って花火を見たり、カヌーをしていっぱいおいしいものを食べました。雨竜では色々な新しい友達ができ、新しいところにも行けて、とても楽しかった一週間でした。

藤尾 真衣花

私は、つぼみぐみから十年間、通いました。楽しかった事が多すぎて決められません。

もも組の杉本先生のクラスの時、休み時間になおゆき先生とすべりだいで遊んだことを今でも覚えています。毎年、お話し発表会やうんどうかい、ベークセール、学芸会、クリスマスパーティーなど楽しい事がたくさんありました。しゅくだいをするのはいやだったけど、クラスで友だちとしゃべるのがたのしかったです。

十年間、おしえてくれた先生、ありがとうございました。毎週、学校へつれていってくれたお母さん、ありがとうございました。国語教室にいてほんとうによかったと思います。みんな、ありがとうございました。

熊谷 快

国語教室は九年になります。色々な事を習いました。特に、ひらがな、カタカナと山ほどの漢字を習いました。日本語の他に思い出と友達を作りました。学校について、特に好きなのは色々なイベントを行う事です。ベークセールから学芸会があって楽しかったです。だけど印象深いイベントは雨竜の交流旅行です。選ばれたトロントの生徒達（五人）はホームステイをして交流の体験をしました。北海道に一週間いました。カナダで出来ない面白いことをしました。カプトムシ取り、温泉、米作りの観察などしました。その他に田んぼやたみと日本のな所が好きでした。

浦田 順平

国語教室に入ってから、たくさん思い出を作りました。その中からよく覚えているのは、辞書ゲームで遊んだ時、しりとりで毎回勝った時、蜂について話したりゲームをしたことです。

最初の辞書ゲームは、先生が言った漢字を辞書で調べて、さいしょに見つけた人が勝ちです。辞書はみんなに足りなかったんで、ペアで遊びました。ペアはぼくとルカ君でした。どうしてかわからないけど、ぼくたちはすぐはやく見つけました。このゲームは楽しくてよく覚えています。

次の思い出はしりとりで負けたことがないことです。しりとりはよく三時間目に遊ぶゲームです。男の子は毎回チームをくんでかちます。先生がチームなしといつても、まだチームにしていました。少しずつかかったけど、またかかっていました。三つ目の思い出は、みんなで休み時間に蜂について話したことです。みんな蜂が好きで、ゲームもたくさんやりました。

国語教室では、ベークセールや運動会などのイベントがいろいろあって思い出をたくさん作りましたが、クラスのみなという時間がとても楽しくてよく思い出にのこっています。

河西 瑠佳

ぼくの国語教室の思い出は、学芸会の練習です。ぼくは、今年の学芸会が初めてで、とてもワクワクしていました。ふだん一緒にすごしていないアドバンスクラスの人と練習して、いいけいけんになりました。来年、僕もアドバンスクラスに行きたいと思います。学芸会のセリフやダンスを覚えるのは、とても大変でした。けれども、みんな一緒に練習するのは楽しかったです。でも、学芸会はコロナウィルスのせいで中止になってしまいました。残念だったけど、また来年がんばってやりたいと思います。

樋口 延羽亜

国語教室は僕を助けてくれました。何故かという国語教室が無かったら、僕は多分日本語を忘れる事になっていたかも知れません。僕は補習校を辞めた後にも日本語を学びたかったです。だから、僕は国語教室に入りました。それに国語教室は、補習校より家に近くて、6時間じゃなくて3時間だけだったので、もっと楽しみでした。あと休み時間ではお菓子を買ったので、とても楽しみでした。

「十年後の自分」

江崎 穂

十年後の私は、家と犬を持っています。犬はコーギーとハスキーのざっしゅ犬です。トロントに住んでいて、私の家は公園の前にあるので、犬を公園に連れていくことができます。十年後に、私は仕事をしていますが、どんな仕事をするかわかりません。まだ大学にいるかもしれません。十年後に何をしているか正確にわからないけど、私が幸せになることをねがっています。

# 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

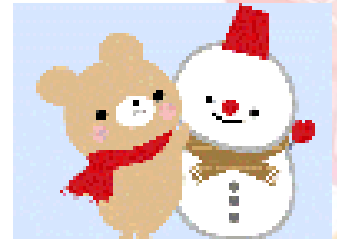
ホリデーシーズンを数週間後に控え、ジャパニーズ・ソーシャル・サービス(JSS)は、恒例のホリデードライブ(歳末助け合い運動)を開始いたします。JSSでは、コミュニティーにお住まいのご高齢の方、日々の生活に不自由を強いられている方など、助けを必要としておられる方々に、「Holiday Drive」を通じて少しでも楽しい年末年始を迎えていただきたいと思います。

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、コミュニティー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ーを作るため、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](mailto:holidaydrive@jss.ca))まで。

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- [info@jss.ca](mailto: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](http://www.jss.ca/holidaydrive2020)
- e-Transfer to [info@jss.ca](mailto: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](mailto:holidaydrive@jss.ca), if any questions regarding Holiday Drive.





## 読書の時間

～書店が選ぶおススメ本～



### 日本びいきのハーフっ子と里帰り

小倉マコ／原作 アベナオミ／漫画  
出版社名 イースト・プレス  
出版年月 2020年6月  
店頭価格 \$23.30+TAX

日本では当たり前なことが、実はふつうじゃないかもしれない!?

カナダ在住、1男1女のハーフっ子が4年ぶりに訪れた、大好きな日本!

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### 2030年の世界地図帳

あたらしい経済とSDGs、未来への展望

落合陽一／著  
出版社名 S Bクリエイティブ  
出版年月 2019年11月  
店頭価格 \$32.50+TAX

「落合陽一がはじめて世界と未来について語る。

落合陽一氏がアップデートする世界、進化する経済、そして私たちの未来への行動指針を、初めて語る落合先生が、初めて「世界」と「これからの経済」、それに向けて「今私たちがすべきこと」について語る本。

「今起きている世界と日本のギャップ」「世界はどんなふう動いているのか」といったことから、今後「ゼロ円でも成長するために、何ができるのか」まで、2030年までの指針を語ります。

また、最近急激に目立つようになった「SDGs」についても触れます。

文章と地図の双方のおもしろさ今出ている原稿だけでも、かなりの読み応えがあり、『FACTFULNESS』を読むような知識層にも納得いただける内容になっています。一目でポイントがわかる地図やデータも満載、ビジュアルでも楽しい本となっております。

池上彰氏の対談も収録国際面については、池上彰氏の対談も収録されております。小・中学生から大人まで、それぞれの2030年に向けてのビジョンを作るために必要なデジタル地政学の考え方とは。地図で「世界」の行方が見えてくる!



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## 心身の衰え（老い）を感じるのはどんな時！？

「あれっ！何だか今までと違うなあ」と心身の変化を感じたことがありますか？一般的には30歳頃から何らかの変化を感じ始め、70歳頃になると「元気がなくなった～」と意識する機会が増えます。歩く速度が落ちた、歩くときに疲れる（息切れする）、転びやすくなった、硬いものが食べにくくなった、食べる量が減った、友人と外出しなくなった、何だか楽しくない...これらの変化は老い（エイジング）の兆候かもしれません。すべてOKというあなた！免疫力・体力の維持を目指して努力されてきた証です。当てはまる内容の多い人ほど、やはり衰えが気になっているのではないのでしょうか。

シニアである私も他人ごとではありません。特に体力維持は課題です。一時期、夫とジムに通っていましたが、夏も冬も空調による乾燥に襲われ、私にはとても過ごせる場所ではないことがわかりました。暑すぎず寒すぎず快適に管理している我が家に比べ、若者の多いジムではどうしても強く設定しています。

また、寒い気温に身体が様々な反応する様になり、専門医の勧めもあって冬は籠のトリ状態で暮らしているの、自宅での自主運動は必須です（ホントに！）。ということで、日常生活で無理なくやれる歯磨き時のかかと落とし、湯が湧く時間を待つ間のスロースクワット（10回3セット）、テレビ体操（見逃す事も！）、歌レッスン中でもやれるクネクネ体操、様々な曲調に合わせて盆踊り、日本舞踊、フラやモダンダンスを楽しむ、名付けて“めちゃくちゃ踊り”、夕食準備前のストレッチ＆筋トレ、つま先立ち歩行を行っています。

つま先立ち歩行は、数年前にNHKニュース番組が「つま先立ちで毎日ダンスを続けたら腰痛やひざ痛がなくなった70代男性」を紹介したことがきっかけです。冬の制限された暮らしと広い我が家の状況にとても合っているとガッテン！それ以来、もう無意識に10本の足指

で歩き、ふくらはぎの筋力が付いてきましたよ。暮らしの中に習慣化することが何よりも継続性と利便性に適っていますね！

さて、100歳以上のシニア（百寿者）を長期にわたって追跡した広瀬信義氏らの研究は「余命は糖尿病と関係するヘモグロビンA1cや動脈硬化の危険因子とされるLDL（悪玉）コレステロール値や持病があることとは統計的に連動してはず、むしろフレイル（Frail 虚弱）であるシニアが早く亡くなっていたこと」を明らかにしています。「糖尿病や高血圧などの持病があれば定期的に受診し、その他の健康状態にも気を使うようになり、健康意識を高める行動につながるのではないかと、私も推察しています。ただし、持病とうまく付き合うための努力をせずに放っておけば、やはり命を脅かします。

フレイルには身体的、心理的、社会的側面の3つがあります。日本の双子姉妹のきんさん（享年107歳）、ぎんさん（享年108歳）をご存知ですか？きんさんには「人は脚から死ぬ」という信念があり、散歩を欠かさなかったとか。脳底部の太い血管や細い動脈にほとんど動脈硬化がなかったのは（死亡解剖）、とても稀なことです。血管年齢がいかに若いかを示しています。虚弱にならないように魚の多い食事、腹八分目や動くことに関心をもって暮らしていたようです。テレビ出演など社会活動を行っていたことも、生きがいと活力のある日々につながったのではないのでしょうか。

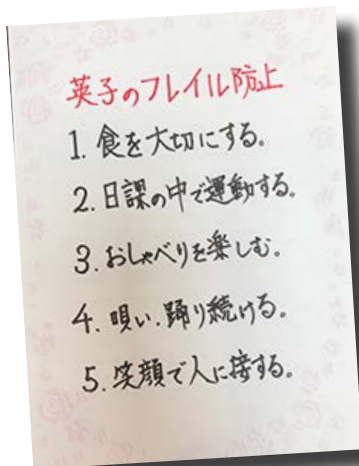
皆さまは、血管を強くしなやかに保つためにどのような点に留意していますか？極めてシンプルなことですが、高血圧を招く塩分と動脈硬化を促進する糖分・脂質を摂り過ぎないことです。これらは生活習慣病を防ぐ基本です。さらには有酸素運動（散歩など）、禁煙、ストレス対策も大事になりますが、何と言ってもまず食生活です！ただし、シニアでは青年

期・中年期と異なり、栄養不足によりフレイルが生じやすくなります。上記に注意しながらも、しっかりといろんな栄養素を摂るように心がけましょう。

心理的側面に関しては「85歳以上の高齢者の幸福感は高い」との研究結果に、私は関心を寄せています。一般的に不幸と思える出来事は誰にでも容赦なく押し寄せます。特別な時代背景や環境を除けば、人の人生においてそれらの経験にあまり差異はないと思われます。しかし、どう感じるかは個人によって大きく異なります。幸福感が高いということは、今ある状況を肯定的に受けとめているということです。前向きな考え方は免疫力を高めるうえで大事と考えられるので、長寿との関連について興味深く感じています。

「フレイルの3つの側面の中でも、特に社会的側面はあらゆる健康分野に影響を与えており、カギとなっている」と、飯島勝矢氏は指摘します。私も先輩諸氏の生き方から様々な事を学び、まったく同意見です。「なぜ生きているのか（生きようとしているのか）」という想いを支えるのは、大なり小なりの願い（夢や目標）ではないのでしょうか。例え老いても、それらの願いは家庭、仕事、ボランティア活動あるいは趣味などの世界を広げ、人々との絆を結び、生きる活力を生み出してくれると思います。私自身に関して言えば、プロ歌手・EIKO、古典日本舞踊家・花柳さわ英華として舞台上に立ち続けたいという願いが、日常の体調管理を大きく支えています。

コロナ禍により社会的活動が制限されていることはシニアには大きな痛手です。若者が考える以上に、シニアの場合は即フレイルに直結するのです。2021年には世界のCOVID状況が改善し、活動の場を確保できることを心から望んでいます。



マーナ豊澤英子  
医学博士 老年看護スペシャリスト  
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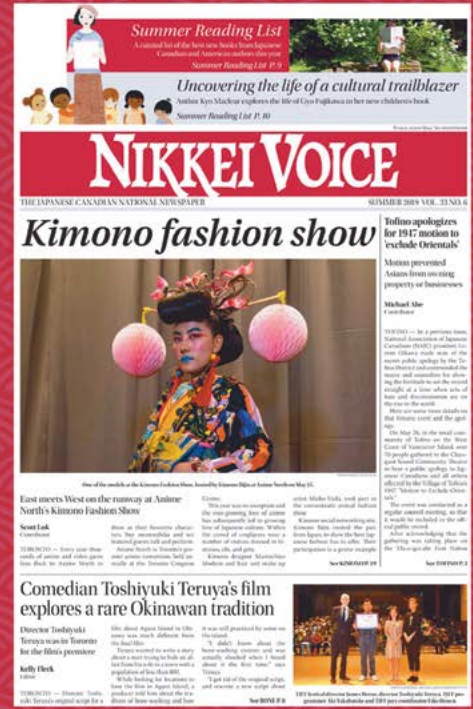
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