

Messages from JCCC President
What's On and What's Not at the JCCC
New Year's Festival 2021
Maru: Immigration Stories
Drinks of Japan



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

January 2021 2021年1月 Vol. 47 Issue 1

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SUBMISSION DEADLINE

Deadline for the next issue is: **Thursday January 14, 2021.**
 次号の締め切りは**2021年1月14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
 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
 Cell: (416) 579-6921
 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.

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

In light of stricter restrictions that have once again been announced by the Ontario government, the JCCC would like to provide a summary of 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

Events

Upcoming Events include:

- January 24 – New Year's Festival 2021 (page 7)

Cultural Classes and Workshop

- Japanese Language for Adults – Online group lesson for all levels. Registration deadline has been extend to **Wednesday January 13, 2021** (page 18)
- Japanese 1-on-1 – Currently full (page 16)
- Drinks of Japan (page 6)

Martial Arts Classes

- Many of our clubs are now conducting Zoom classes. Classes are open to registered students only. Please contact jccc@jccc.on.ca with any questions.

Upcoming Exhibit

- Maru: Immigration Stories – February 2021

An exhibit curated in-house by the JCCC in collaboration with Nikkei organizations around the world to tell the story of the Japanese diaspora. It will be on display in JCCC's Moriyama Nikkei Heritage Centre as well as virtually through Google Arts and Culture.

Message from JCCC President



The stoic Japanese expression *shikata ga nai* (it cannot be helped) is the best way to describe 2020. We still have this pandemic hangover to deal with for the next several months so I hope that you and your families stay safe and healthy and look forward to a much better 2021.

Hopefully new vaccines against COVID-19 are the beginning of the end and the Tokyo 2021 Summer Olympics are the restart button to a brighter world full of social gathering and travel.

This pandemic is the first major worldly challenge that our generation has had to endure and much like our parents and grandparents we must approach life with their lessons of perseverance and optimism.

The JCCC is resilient and has largely weathered the storm during this difficult year thanks to the generous support of so many friends and members. Looking ahead, the JCCC Foundation has provided a \$1 million loan to support the JCCC through 2021.

Thanks to the ongoing generous support of Raymond and Sachi Moriyama, our newest heritage exhibit called "Maru" will be available online in February 2021. This new direction for our exhibitions will showcase the success of the Japanese diaspora since the late 1800's. The content direction is to explain why so many Japanese went to live in the USA, Canada, Brazil, Peru and so many other countries around the world over the

last 150 years. The JCCC exhibition will deal with what these early immigrants encountered, and how successive generations contributed to society and achieved success in their respective countries. Whether you are a fourth or fifth generation Canadian of Japanese descent, new to Canada or just have an interest in stories of migration, this developing series of exhibitions will be enlightening to follow.

At the JCCC, it is our goal to provide a safe and supporting environment for all of us to recover, relax, and enjoy the company of friends surrounded by culture and intellectual stimulation and we are ready to welcome you back sometime in the new year. Hopefully that will be at our Olympic viewing party in partnership with CBC Sports and at our Sakura Gala that has now been moved to the Fall.

On a personal note, 2021 marks my 12th and last year as the President of the Japanese Canadian Cultural Centre. Since joining the Board of Directors in 1993, I have had the pleasure of meeting so many wonderful people and that has made this a very rewarding volunteer experience. Thankfully though, we now have a very capable volunteer ready to take over the reins and I do look forward to that.

I wish you and your families good health and vitality in 2021.

A handwritten signature in black ink, appearing to read "Gary Kawaguchi". The signature is fluid and cursive, written on a light-colored background.

Gary Kawaguchi
President



A Sparkling Conclusion to a Dark Year



For the JCCC, like everyone, 2020 was a difficult year. Looking forward into 2021, as the vaccines roll out, we see the proverbial light at the end on the tunnel. However, looking back into the tunnel that was 2020, not all was dark. It was a year that brought out the best of a great many people. As Gary Kawaguchi mentioned in his Keep the Lantern Lit fundraiser greeting, this year we saw much of those most Japanese Canadian of virtues: perseverance and the spirit of shikata ga nai. This was the fundamental cultural characteristic that helped a previous generation come through the internment and to quote Gary: "this is our generation's moment to endure and to rally again in the spirit of "gambatte."

With the Keep the Lantern Lit fundraiser, the JCCC brought 2020 to a close on a bright and optimistic note. Nearly 500 members and friends of the community enjoyed a gourmet bento box, fresh wagashi sweets and sake in their homes while being entertained by folk artist Annie Sumi, the JCCC's Kyowa Taiko ensemble, and 2 Japanese films. Gift bags also contained a valuable gift from our friends at Shiseido Canada as well as a silk Shiseido scarf used as a furoshiki to wrap the bento.

The event came together through the efforts of the JCCC board, staff and a special committee led by Karen Webb. The event attracted many donations and

the funds raised from the sales provide invaluable support to the JCCC as we weather the pandemic storm. At the same time, it provided a chance for us to support a number of community businesses who supplied the delicious food. Despite the cold and the rain, 25 volunteers, many of whom were board members, delivered packages across the GTA and beyond and all returned with stories of the warm smiles, words of encouragement and gifts they received from the participants.

It was a special day and one that demonstrated the spirit of community that will get us through these tough times. Thank you very much everyone for taking part!

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)!

小澤彰太郎と共におくる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?-

認定唎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 beer 330ml bottle, 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 beer 330ml, 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 beer 330ml, 2 x Asahi Dry Black 334ml, 2 x Hitachino White Ale 330ml

Price: \$25.00 including HST. Pick-Up at JCCC on [Saturday January 16, 2021](#) at 10am - 12pm.

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

Food Pairings menu (To be confirmed): Estimated Price is \$40 + HST (筑前煮 Simmered chicken and root vegetables, 唐揚げ Fried Chicken, ちらし Chirashi Sushi)

Order for pick-up must be made by 8pm on [Sunday January 17, 2021](#). Pick-up: [Monday January 18, 2021](#) at 2pm - 5pm. Izakaya Ju @ 905.474.1058. (JCCC webinar special menu)

Part 2: SAKE Webinar

Thursday March 18, 2021 at 7pm from Aka Oni Izakaya (Richmond Hill)

Part 3: SHOCHU Webinar

TBD

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)
朝10:00

配信方法: ZOOM

お正月の紙芝居もあるよ!!

*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
応募締切: 1月15日



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?

2021年1月24日(日)
朝10:30
配信方法: ZOOM

応募資格: 自称シニアの方
応募締切: 1月15日

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)

*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。

ビデオ提出締切: 1月10日



日系レストラン コロナ禍の テイクアウトメニュー紹介

各日本食レストランにおけるコロナ対策
テイクアウト事情を紹介します。

配信開始: 2021年1月半ばごろ~
配信場所: JCCCHP、Youtube他

【参加レストラン募集中】

*レストラン名、シェフ名公開します。
*応募時に詳細を説明します。
応募対象: 日本人/日系人オーナーまたは
シェフ経営のレストラン

ビデオ提出締切: 1月15日



応募受付 / お問い合わせ / Contact :
jccc.oshogatsukai@gmail.com

2021 VIRTUAL NEW YEAR'S FESTIVAL PROGRAM

Due to the current pandemic, the 2021 New Year's Festival (Oshogatsukai) will be virtual.

The virtual festival programs are:

- Fukuwarai Games and Storytelling for Kids
- Virtual Bingo for Seniors
- A senior Sing-a-Thon; Information of Take Out from local Japanese Restaurants, New Year's greetings from Consul General Takuya Sasayama, JCCC president, Gary Kawaguchi and others. Video will go live on JCCC website / YouTube channel starting **Sunday January 24, 2021**.

All contents will be available on the [JCCC website](#) / JCCC YouTube channel. Some of programs are bilingual!

To register or to inquire, please e-mail jccc.oshogatsukai@gmail.com.

We hope that you will participate in this happy and exciting event.

コロナウイルスの影響により、20年以上続く毎年恒例のお正月会ですが、今年はバーチャルでの開催にチャレンジすることになりました。

イベント内容は、

- 子供向け福笑い&紙芝居(ライブ配信)
- シニアのビンゴ大会(ライブ配信)
- シニアの歌マラソンと、レストランのコロナ禍におけるテイクアウト事情の紹介です。又、2020年秋に着任された在トロント日本国総領事館の佐々山拓也総領事と日系文化会館理事長のゲーリー川口による新年のご挨拶やその他のビデオもご用意しています。

すべての内容は**2021年1月24日(日)**JCCCのHP、及びYouTubeから配信されます。

参加申込みとお問い合わせは、jccc.oshogatsukai@gmail.comまでお願いします。

日系コミュニティの皆様と少しでも楽しい時間が過ごせることを楽しみにしています。

For Kids!! Fukuwarai Game!! Join Us!! - LIVE ON ZOOM

子供たちの福笑い 2021年お正月大会 参加者大募集! - ZOOM配信

Date: **Sunday January 24, 2021**. Starts at 10:00am

Age: Children up to Grade 3 (G3までの児童)



Have fun playing online Fukuwarai Game with friends & family with Mrs. Yukari Ikebata of Ikebata Nursery. Virtual Kamishibai (storytelling with pictures) to follow!!

Both Fukuwarai and Kamishibai are conducted in Japanese!

To register, email participant's name(s) (within your household) to jccc.oshogatsukai@gmail.com by **Friday January 15, 2021**. Advance registration is required.

*We will email you the 'Fukuwarai' game template upon registration. Please print it at home and prepare before the game starts.

**We will send a Zoom invitation few days prior to the event date.

コロナ禍の中で迎えるお正月、お友達や家族みんなで福笑いを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! お正月の紙芝居もあるよ!!

本プログラム(福笑い及び紙芝居)は日本語で行います。

参加ご希望の方は、事前の登録が必要となります。**2021年1月15日**までにjccc.oshogatsukai@gmail.comあてに、emailで連絡ください。emailに、お子様のお名前をご記入願います。(ご兄弟で申し込みされる場合は、参加されるお子様全員のお名前をご記入ください。)

*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。

*イベント開催2-3日前に、Zoomのリンクをご連絡いたします。

Videos of Toronto Japanese Restaurants

Introducing Japanese restaurants with their Pandemic take-out menus.

Video goes live on **Sunday January 24, 2021**.

Links to video will be available on the JCCC website, **New Year's Festival program page**.

各日本食レストランのコロナ対策テイクアウト事情を紹介いたします。配信開始:**2021年1月24日(日)**。配信サイト:Youtube他。

【参加レストラン募集中】

*レストラン名、シェフ名公開します。

*ビデオ提出の締切は、**2021年1月15日(金)**

*応募時に詳細を説明します。

応募対象:日本人/日系人オーナーまたはシェフ経営のレストラン
応募受付/お問合せ:jccc.oshogatsukai@gmail.com

2021 VIRTUAL NEW YEAR'S FESTIVAL PROGRAM

ONLINE BINGO - LIVE ON ZOOM

シニアライブビンゴ2021年お正月大会参加者大募集! - ZOOM配信

Date: **Sunday January 24, 2021**. Starts at 10:30am

Age: Seniors (自称シニアの方)



Let's have fun playing Bingo online with friends & family!

This program will be conducted in Japanese. However, letters and numbers will also be called out in English. Lots of prizes to be won!!

All self-claimed seniors are welcome to join but advance registration is required.

To register, email participant's name(s) (within your household) to jccc.oshogatsukai@gmail.com by **Friday January 15, 2021**.

*Printable bingo card sets will be emailed to you. If you don't have a printer please advise us in the registration email.

*We will send a Zoom invitation a few days prior to the event date.

コロナ禍の中で迎えるお正月、お友達みんなでビンゴをして楽しく過ごしませんか。景品用意しています!!

参加ご希望の方は、**2021年1月15日(金)**までにjccc.oshogatsukai@gmail.comあてに、emailで連絡ください。emailに、参加者のお名前をご記入願います。

*お申し込み時にビンゴカードセットをemailでお送りします。ご家庭でプリンターをお持ちでない方は、その旨をemailにご記入願います。

*イベント開催2-3日前に、Zoomのリンクをご連絡いたします。

MUSIC VIDEO

Let's Sing!! 2021 New Year's Senior Sing-A-Thon!!

2021年お正月シニア歌マラソン!



One Song, One Heart, One Community.

Song Title: 'Aoi Sanmyaku'(In Japanese)

Video goes live on **Sunday January 24, 2021** after 'Senior Online Bingo'. It will be on the JCCC home page and JCCC YouTube Channel.

The YouTube link will be up on the **JCCC website, New Year's Festival program page**.

We will create one song by connecting everyone's singing/musical instrument part.

If you are interested in participating in the singing (submitting your video) please email jccc.oshogatsukai@gmail.com by **Sunday January 10, 2021**.

Video must be submitted by **Friday January 15, 2021**. Music is the world language! Everyone can enjoy!

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)**

ビデオはJCCCウェブサイトのお正月会プログラムページとYoutubeにアップされます。

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。

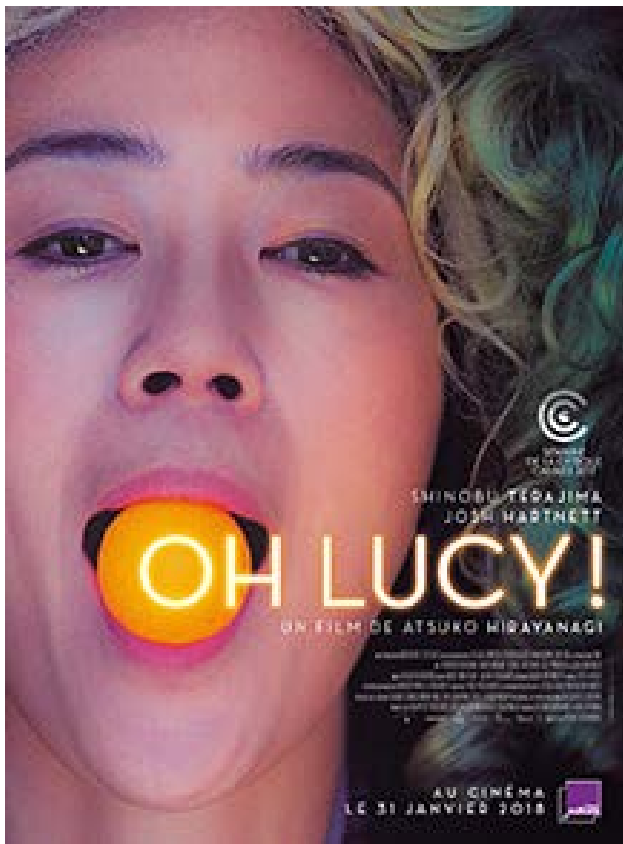
*それぞれ皆さんの歌声をパートごとにつなげて1曲に編集します。

*応募受付締切:**2021年1月10日(日)**。詳細は応募時にお知らせします。

*ビデオ提出締切: **2021年1月15日(金)**。詳細は応募時にお知らせします。

*応募受付/お問合せ:jccc.oshogatsukai@gmail.com まで。

JCCC VIRTUAL FILM SERIES: JANUARY FEATURE



OH LUCY!

"Oh Lucy! is an inventive story that's remarkably relatable. What makes the sympathetic Setsuko so wonderfully charming is a combination of Atsuko Hirayanagi's story and direction and Shinobu Terajima's endearing performance."

- Kristy Strouse, *Film Inquiry*

"Hirayanagi locates both a sharp vein of absurdist comedy and a bitter, melancholy undertow."

- Justin Chang, *Los Angeles Times*

Setsuko is a single, emotionally unfulfilled woman, stuck in a drab life in Tokyo. At least until she's convinced by her niece, Mika, to enroll in an unorthodox English class that requires her to wear a blonde wig and take on an American alter ego named "Lucy." This awakens something dormant in Setsuko, and she quickly develops romantic feelings for her American instructor, John (Josh Hartnett). When John suddenly disappears and Setsuko learns that he and her niece were secretly dating, she flies across the world to the outskirts of Southern California in search of the runaway couple. Director Atsuko Hirayanagi deftly mixes humour, great performances and poignant character study.

Starring Shinobu Terajima, Josh Hartnett, Shioli Kutsuna, Haho Minami and Koji Yakusho

Friday January 29, 2021 @ 9:00am to Sunday January 31, 2021 @ 9:00pm

Admission: \$5.99

For more information, please visit the [JCCC website](#).

Haru Matsuri 2021 春祭り 2021

The JCCC, along with the rest of the world, has been restricted by the COVID-19 pandemic. Haru Matsuri was the last major festival that we enjoyed in our building back in March 2020, days before the initial lock down. The pandemic still restricts our activities, although there is hope with the arrival of vaccines. Unfortunately, this will not be in time for us to hold a full festival.

The committee has starting planning for some new and exciting virtual activities. Please watch our website at www.jccc.on.ca and the February newsletter for more information.



Learn JAPANESE with the JCCC's YouTube Videos

New Year Resolution. Lock Down. Winter. Do these words inspire you to pick up a new hobby? How about studying Japanese from home!

At the JCCC, we provide many ways for the community to study Japanese. We have 1-on-1 classes, as well as virtual group lessons. But for those looking for something more light-hearted, our JCCC YouTube Channel provides many Japanese story telling videos for you to enjoy. They are a great way to listen to and learn some Japanese.

Below are this month's features.

- 1) **Kamishibai Storytelling**
–by Kimiko Sugimoto Sensei Toronto Kokugo Kyoushitsu.
Click [here](#).
- 2) **Hu-chan's Sled**
– told Yukari Ikebata Sensei from Ikebata Nursery.
Click [here](#).
- 3) **JCCC Virtual Library**
– A series of storytelling and Japanese proverbs brought to you by storyteller Toshiki Mori.
Click [here](#).



Thank you, JCCC Members

The JCCC very much values your membership and it is that membership support that is critical to our being able to flourish. Thanks to all who support us through your membership and donations, in 2020, the JCCC was able to serve our community under circumstances we have never faced before.

To those who missed our annual events, the JCCC reached out to you through Virtual Tanko Bushi, film screenings and our most recent Virtual Fuyu Matsuri – Winter festival.

To those who were so used to coming to the JCCC week in week out to attend our cultural and martial arts classes, the JCCC was able to provide free zoom classes for our martial arts students,

outdoor practices in the summer months and execute some of our cultural programming online.

To those who want to stay connected, the JCCC increased the frequency of our monthly newsletter publication, as well as introduced a new monthly bulletin – KOKUBAN online.

To those who are looking forward to visiting the JCCC again when we reopen, we are working to welcome you back with a new exhibit Maru: Immigration Stories in our Moriyama Nikkei Heritage Centre.

All this was made possible because of the support the community provided through donations and memberships.

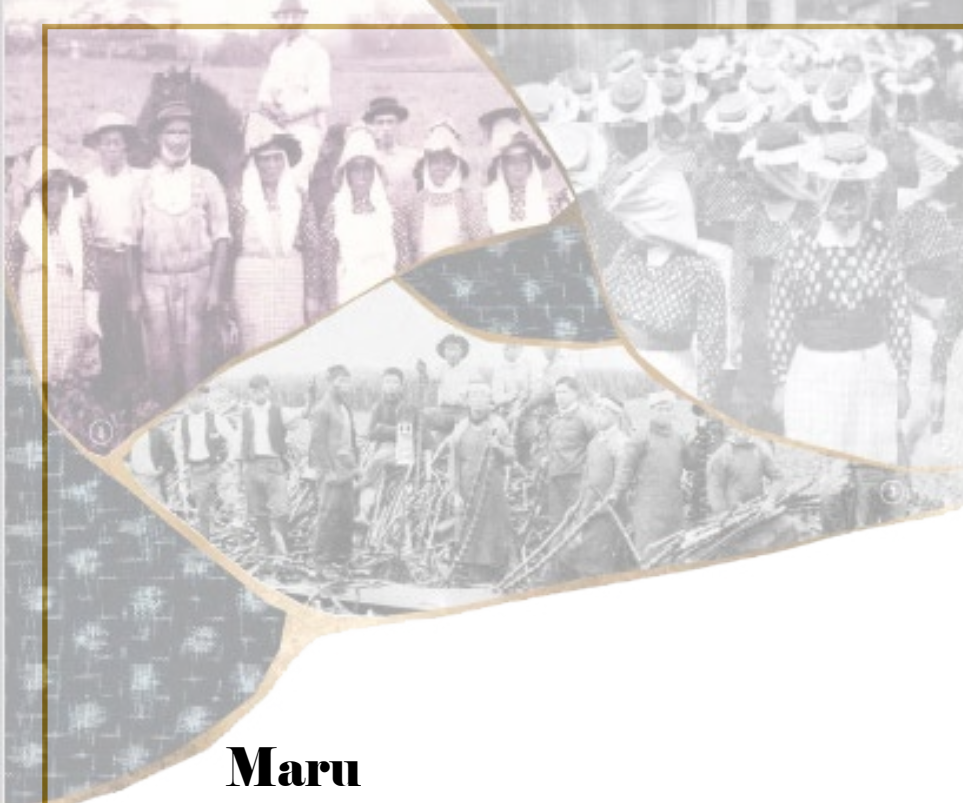
Thank you.

In 2021, the JCCC continues to plan activities, events, and programs to serve our community, regardless of the status of the pandemic or closure. We invite you all to be a part of our work by supporting us through your membership, donation and of course, participation.

For more information on membership registration/renewal, please visit the [JCCC website](#).

For more information on how you can support us through donations, please click [here](#).

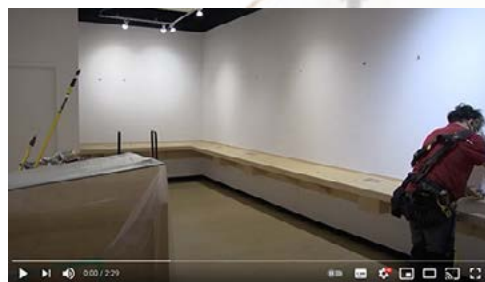
To learn more about our activities, please visit the [JCCC website](#).



Maru Immigration Stories

Over the past months, the JCCC staff slowly but surely worked on the renovation of the Moriyama Nikkei Heritage Centre (MNHC) in anticipation for the launch of Maru: Immigration Stories exhibit. The renovation was led by JCCC board member and volunteer Jiro Fukushima. With Jiro's expert guidance, we are inching closer to the launch of the exhibit. Stay tuned for more updates on the progress of Maru: Immigration Stories here and other JCCC news outlet and social media channels.

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



Jiro Fukushima removing reading panels in the MNHC. To watch a time lapse video of this process, click [here](#).



Interns: JCCC Reflection

We are very excited for you to visit the Moriyama Nikkei Heritage Centre once the JCCC reopens but for those who aren't able to visit us, we are pleased to bring Maru to you virtually through the Google Arts and Culture platform at the end of February 2021.

The JCCC Exhibit team weren't working alone this time. We had Anh Le and Laura Viselli from the University of Toronto's Faculty of Information join us last fall to specifically work on the virtual exhibit. Continue reading to see what their experience was like:



Anh



The experience of working as a project coordinator for the Japanese Diaspora Digital Project at the Canadian Cultural Centre in Toronto is my very first working experience in a Canadian non-profit organization. I can sense the passion and enthusiasm in Su Yen's work, which is very much different from a

corporate environment from my past working experience. As we were tasked with creating a virtual "Maru: Exhibition Stories" exhibition on Google Arts and Culture, I have learned so much about the history, tradition, and cultural values of the Nikkei community. Having Asian roots, I find myself relating to these stories and it is also my responsibility to learn more about the history to spread and pass on the good values that make us who we are now today. Besides the cultural touch, I have also gained insights about collections management, museum network, and the process of creating a virtual exhibition, which is a great opportunity for me to understand viewers' expectations and behaviors on Google Arts and Culture to strengthen my UX skills. It is also my first remote working experience with a 12-hour time difference, so I highly appreciate Su Yen and Laura, my colleague, for supporting me with all the difficulties during the project! I can't wait to see the exhibition on air and share it with everyone. Kudos to you guys and JCCC for the good work!

Laura



This term was also my first opportunity to work with the JCCC and I am very honoured to have been trusted to tell a very important piece of history. From our first day on this project Su Yen valued our ideas and encouraged our creativity and working together was an exceptional experience. My time with

the JCCC has reinforced that I want to pursue a career where I work with others to preserve and disseminate important cultural histories and stories. I am fascinated by Canadian history and understanding how Canadian identity is defined by Canadians themselves. I have been drawn to explore this through the treatment of Canadians of Japanese ancestry in WWII after I first read Obasan and visited Joy Kogawa's childhood home in Vancouver. I am grateful that I was able to continue this personal and professional exploration with the JCCC. Although we never got to meet in person, I quickly saw the strong and dedicated community that the JCCC has built and I hope that the Maru: Immigration Stories virtual exhibit makes everyone proud. The exhibit covers a lot of very important history and I am grateful we will have this digital footprint of these stories for years to come.

Japanese 1 on 1 – Interview with the students

With Sylvia Chang

質問 1 :

日本語を勉強することになったきっかけと勉強歴、そしてあなたにとっての日本語の「ここが難しい」、「ここが面白い」を教えてください。

Why did you start studying Japanese? How long have you been studying Japanese? Please describe what aspects of learning Japanese you found challenging and what aspects you found engaging.

きっかけは、台湾人ですから、子供の時から日本の文化の影響が高かったと思います。特にアニメをいっぱい見ました。アニメと漫画が好きだから、時間があれば日本語を勉強したいと思いました。中学生のとき、台湾で一人で日本の漫画、アニメの雑誌を買って、漫画から勉強を始めました。漫画のキャラの名前はカタカナですから、カタカナから勉強し始めました。それからカナダに移民してから時間がなかったので、英語の勉強に集中して、日本語の勉強はあまりしなかったんです。大学に入ってすぐに日本語のコースを申し込んで、それから本格的に日本語の勉強を始めました。私の大学の先生は、丸岡先生でした。大学を卒業してから仕事が忙しくて日本語の勉強の時間はほとんどなかった。でも日本語のドラマを見続けました。2015年から仕事が契約社員になって、時間が増えて、もう一度日本語の勉強を始めました。先生が日本語能力検定試験を勧め、N4から始めて、N1まで合格しました。

What triggered me to want to study Japanese is the strong Japanese culture influence in Taiwan since my childhood, especially Japanese animations (anime). Since I love Japanese anime and manga, I had always wanted to study Japanese if I had time. When I was in junior high, I bought Japanese manga and anime magazines and tried to study Japanese by reading them. Since most of the characters' names were in Katakana, I started studying from Katakana. Later on I immigrated to Canada and had to concentrate on my English studies, I did not have much time for Japanese studies. Right after I got accepted into university, I registered for Japanese courses and started to seriously study Japanese. My university Japanese instructor was actually JCCC's Maruoka-Sensei. After I

graduated from university, I was busy with work and had almost no time for Japanese studies. However, I did continue to watch Japanese TV dramas. After I became a contractor in 2015 I had more spare time, and started to study for Japanese again. My instructor recommended me to take the JLPT, so I started with N4 and eventually passed N1.

質問 2 :

日本へ旅行もしくは居住で滞在したことがありますか?その際に感じた日本の印象を聞かせてください。面白い体験エピソード等あれば、お願いします。

これから日本へ行く人にはどこへ行くこと、もしくは何をすることを勧めますか? Have you been to Japan? How often, how long and the purpose of your visit. Please also tell us your impression of Japan. If a Canadian asked you where or what to visit in Japan what would you recommend?

日本の留学とか滞在の経験は全然ありませんけど、日本の旅行経験はたくさんあります。印象的なことは、日本語の会話のレベルが突然上がるのは、いつも買い物をしているときです。デパートの店員さん、とくにファッションの店員さんが、わたしの外見は日本人みたいだけど、台湾人。台湾人ですけど、カナダに住んでいる。それが面白いみたいで、いろんな質問をされます。どうして日本語を勉強したいとか、質問がいっぱい。

で、その時ほんとに、気持ちがよくて、会話能力も高まるかもしれません。

I have never studied abroad in Japan nor lived in Japan. However, I have travelled to Japan quite a lot. The one thing that impressed me is my ability to suddenly converse more fluently in Japanese whenever I went shopping. To the sales associates, especially fashion sales associates, I appear to be Japanese, but I am actually Taiwanese. I am Taiwanese and yet I live in Canada. They thought it was really interesting and would ask me a lot of questions such as why I wanted to study Japanese. I guess I was in such a good mood and therefore, my conversational skills also improved.

質問 3 :

JCCCでは日本語レッスン以外にも一年を通して様々なクラスやイベントがありますが、興味のあるものがありますか?又は、これまでに参加したイベントやプログラムで特に良かったものがありますか?その話をしてください。

JCCC offers many programs and events related to Japanese culture throughout the year.

Would you be interested in joining other programs? If so, what kind of program/event? Or have you attended other programs/events in the past? What type of program/event would you be interested in?

トロント日本映画祭には毎年行きます。一番興味があるイベントですから、これまで4年くらい行きました。オダギリジョーさんは初めて会ったイケメン俳優さんでした。かっこよかったです。二番めは斎藤工さんで、昔あまり興味があまりなかったけど、ほんとにイケメンだと思います。実際、会ってみると性格も優しいと思います。会えたのは本当に良かった。

I have attended the Toronto Japanese Film Festival every year for about 4 years now. It's my favourite JCCC event. Odagiri Joe san is the first Japanese actor I met in person. He was such a cool guy. The second one was Saito Takumi san. I was not as interested in him in the past, but he is indeed very good-looking. And when I actually met him in person, I found him to be very kind. I am so glad to be able to meet him.



Sylvia Chang loves Japanese dramas, movies, manga and Animes and one of her hobbies is studying 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!



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



JCCC Japanese Language for Adults Program Coming to Zoom This Winter!

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

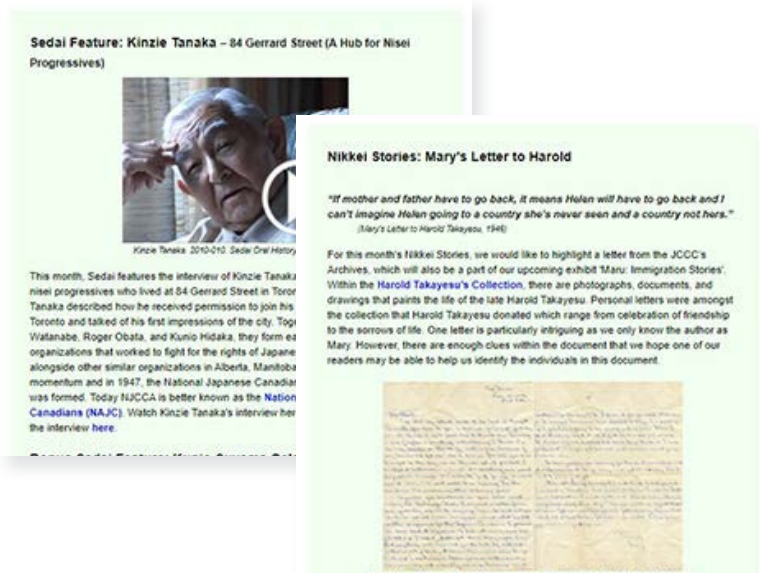
To register, or for more information on program schedule, please click [here](#).



KOKUBAN has been a new monthly publication launched in 2020 to highlight the work of the JCCC, as well as tell the story of our community. Over the last 7 volumes, our stories, especially the Sedai interviews, have touched many members of our community. At the same time, our readership reach has expanded far and wide, from those in South America as well as in Japan.

The story of our community is rich and multi-faceted. In 2021, KOKUBAN will continue to feature different aspects of our community, as well as introduce other Nikkei communities and individuals around the world.

In our latest issue, with a focus on the new year, our Sedai interview and articles explore individual family traditions as well as Japanese customs.



To read the latest issue, please click [here](#).

A Recipe from our Seniors' Supper Club

— Nimono —

This is a great dish full of hearty vegetables. It's also suitable for picnics and for pot-lucks as it can be served both hot or cold.

Ingredients (Serves 2)

- 1 medium potato, peeled and quartered
- 2 dried shitake mushrooms, soaked (reserve liquid)
- 1/2 small daikon, peeled and cut into chunks
- 1/2 small carrot, cut into chunks
- 4 slices of konnyaku
- Dashi
- 2 cups water (including reserved shitake liquid)
- 2 tsp Hondashi powder
- 4 tbsp sugar
- 2 tbsp mirin
- 1 tbsp shoyu

Equipment

- Cutting board
- Vegetable knife
- 2 medium saucepans
- Wooden spoon

Instructions

1. In a small saucepan, boil daikon for 20 minutes.
2. In a separate saucepan, combine dashi ingredients, bring to a boil. Reduce to a simmer, then add all vegetables except the daikon. Simmer for 10 minutes.
3. Drain the daikon, then add to the rest of the ingredients. Simmer for 10 minutes more. Drain liquid and serve.

Note:

Root vegetables work well in this dish. Other items that can be included in this dish are: renkon, takenoko, gobo and konbu.

Storage and Reheating

Store any left over Nimono in the refrigerator. Left overs can be served cold.

10th Annual Fuyu Matsuri Winter Festival Wrapup

By the Fuyu Matsuri Committee

On Sunday December 6, 2020, the JCCC celebrated our 10th Fuyu Matsuri and hosted our very first virtual festival! Hundreds of visitors participated in the virtual event and many more have visited the site in December. We are so pleased and excited to see that this new online format has turned out to be a great success.

Throughout the day, guests were able to enjoy videos of various performances and demonstrations, a few of which mimicked some of our Fuyu Matsuri favourites, such as Kid's Crafts, English and Japanese Storytelling, Gingerbread House Decorating, and some Holiday Cosplay! We also initiated some new activities this year, including Holiday face painting tutorials, mini-origami, kendama, and several musical performances! All of these videos were provided to us generously from various members of the community. We offer our gratitude & appreciation for their generous

contributions.

The virtual event also saw our good friend Santa Claus make an appearance! Instead of our usual photo sessions, Santa hosted Q&A sessions via Zoom. Children had a chance to ask Santa their interesting questions. Their curiosity also delighted parents and guests who listened in. We thank all the families for participating. Guests also had the opportunity to engage in the QUIZ CORNER CONTEST! Each winner received fantastic prize packs, all of which were purchased with funds generously donated to us from our community. All prizes were purchased from local businesses as well as community partners as a way for the JCCC to show support for small businesses during these challenging times.

Although we did encounter some technical difficulties with our live stream portion, we were able to make adjustments and guests were still able to enjoy the various messages and words

of encouragement from Consul General of Japan Takuya Sasayama, JCCC President Gary Kawaguchi, JCCC Board of Directors, the JCCC Staff, and even us here from the Fuyu Matsuri Committee!

The Fuyu Matsuri Committee would like to extend our gratitude to all who participated in our very first virtual festival, as well, to all of our video contributors for their hard work and dedication. We also thank our community partners and supporters, as their contributions were instrumental in running this year's festival. Last but certainly not least, we would like to give our most sincere thanks to our volunteers for their tireless work. With hope that things will gradually return to a state of normalcy, by this time next year, we hope to see all of you in person at the JCCC. Until then, we wish you a safe and healthy 2021, and look forward to seeing you again very soon!



12月6日(日)に冬まつり ウィンターフェスティバルが盛大に催されました。記念すべき第10回目は、初めてのオンライン開催となりました。当日は百人を超えるお客様にご視聴いただき、参加できなかった方、またもう一度お楽しみいただきたい方にご覧いただけますよう、動画をアップロードしております。

当日は、各種パフォーマンスや、キッズクラフト、紙芝居、ジンジャーブレッドハウス作り、ホリデーコスプレ、フェイスペインティング、ミニ折り紙、けん玉の各動画をご覧いただくことができ、ご家庭にクリスマススピリットをお届けできたと存じます。動画をご提供くださいましたコミュニティメンバーの皆さまのお力添えに、再度心から御礼申し上げます。

午後には、サンタさんをお迎えし、Zoom上でサンタQ&Aコーナーを開催しました。事前にご登録いただいたお子様全員が、是非聞いてみたかった!という質問をサンタさんに

直接聞くことができ、笑顔が絶えない幸せなひと時となりました。参加者の皆さまには、後日、サンタさんからのプレゼントを送付いたしました。

『冬まつりスペシャル!クイズに答えて景品をもらおう!』のコーナーには、多くの方々にエントリーいただき、当選者の皆さまには豪華景品をお届けすることができました。景品は、冬まつりパートナーの皆さまのビジネスを応援したいという思いから、冬まつり宛にいただいたご寄付を元にJCCCが購入致しました。

冬まつりの終盤では、技術面の問題によりライブ配信をお楽しみいただけませんでしたが、JCCCスタッフの素早い対応により、録画版でクイズの当選者発表と在トロン日本国総領事館の佐々山拓也総領事はじめ、JCCC理事長ゲリー・川口、JCCC理事会メンバー、JCCCスタッフ、そして冬まつりコミ

ティメンバーからのメッセージをお届けすることができました。

オンライン冬まつりにご自宅からご参加下さった皆さま、各動画をご提供くださいました皆さま、日系コミュニティのメンバー及び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支援を賜り、心から御礼申し上げます。また、初のオンライン開催にあたり、試行錯誤を繰り返しながら、冬まつりを実現させる為にご尽力くださったボランティアの皆さまにも心から感謝申し上げます。

来年の冬まつり開催までには、私たちの生活も元通りに戻っていることを願いつつ、皆さまとJCCCでお会いできることを楽しみにしております。どうかご自愛のうえ、素敵な新年をお過ごしください。2021年もどうぞよろしくお願い致します。

Shinnen Kai Review

Akemashite Omedeto Gozaimasu! Happy New Year!

While this was not our traditional event, Shinnen Kai still occurred this year.

Chef Ishii and Torichi Catering graciously agreed to prepare Osechi Ryori bento boxes for the JCCC, enabling us to offer a traditional New Year's meal for the community. With the assistance of Chef Ishii, the limit of 200 bento was increased to 250 and we still sold out before our sales deadline.

Once the bento arrived at the JCCC, a small group of JCCC staff and staff family members worked to distribute the bentos

boxes via curbside pick up. It was so great to see some familiar faces even if behind masks, with social distancing and only to drop off the bento into your car.

We hope that the bento was enjoyed by all. We also hope that the symbolism and wishes associated with eating the food found in our Osechi Ryori will bring a much better year for everyone in 2021.



Master of the Mic

After extending a call to the community, 5 singers submitted videos for consideration in our first virtual singing competition. The half hour program was posted to our website on January 1, 2021. Viewers were treated to all five performers excellent singing abilities as well as a greeting by JCCC Board Chair Gary Kawaguchi, an encore performance by Kyowa Taiko and retrospective of 2020 at the JCCC.

Following the video, viewers were asked to vote for their favourite singer. Those votes were tabulated and...we had a winner.

Congratulations to Masaki Ida, the JCCC's first ever Shinnen Kai "Master of the Mic."

Masaki was born and raised in Fukuoka Japan. He started singing in junior high school. After graduating from university, Masaki went to France and joined a rock band. This led to touring for almost 2 years. Unhappy with his pronunciation,

Masaki decided to come to Canada to improve his English. Most recently, after taking a few years off from the stage, Masaki returned to singing In October of 2020.

If you enjoyed Masaki's performance, you can visit his YouTube channel [Masakimusic](#).

The JCCC would like to thank all 5 of our participants: Masaki Ida, Hideo Maruki, Takuya Ogino, Kevin Sugiyama, and duo Seiko Shirafuji and Eiko Geise. Thank you for bravely entering our competition. We are grateful for your participation.

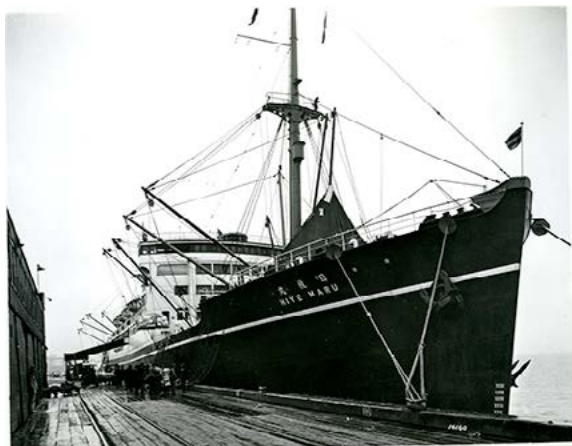
Thank you also to JCCC staff for providing direction, editing and technical support.

Finally, a special thank you to Mark Hashimoto, for a million little things, but mostly for helping turn this idea into a final product.



Calendar of Exhibitions

Coming Soon



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 that explores 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.

The Nikkei Place Foundation, in Vancouver, BC, is taking applications for its Nikkei Youth Athletics Bursary. Applications are due by Friday March 5, 2021 to be considered for 2020-21.



Nikkei Youth Athletics Bursary



Investing in the potential of future generations

The Nikkei Youth Athletics Bursary is a \$1,000 bursary that recognizes the achievements of Canadian Nikkei youth student-athletes who foster excellence in sports, academics and community leadership.

This bursary is meant to encourage youth to have aspirations and voice in our community as individual leaders or as a youth leader within community organizations. It aims to support and encourage youth engagement in their community and the building of healthy communities through athletics.

This bursary has been made possible through a generous donation by the Nikkei Hockey Program. We thank Ian Burgess, Dan Nomura, Paul Kariya and Ken Takeuchi who are pleased to represent the many contributors to the past Nikkei Hockey Programs.

For more information, including who can apply, please visit https://www.nikkeiplacefoundation.org/awards-bursaries/nikkei-youth-athletics-bursary?mc_cid=fe565ca921&mc_eid=d473e61951.

DONATIONS TO THE JCCC

As of December 31, 2020

The JCCC gratefully acknowledges the following donations:

JCCC					
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Anonymous	10	Ms. Deirdre Durieu	50	Mr. Kenzo and Mrs. Evelyn Sekiya	
Anonymous	25	Mrs. Irene T. Foulkes	100	Mr. and Mrs. Tosh Shigeishi	50
Anonymous	50	Mr. Mossy Fukumoto	25	Mrs. Lily Shigetomi	30
Anonymous	200	Mr. Herb & Mrs. Joan Hamade	100	Mrs. Yuko Shimuzu	100
Anonymous	200	Mrs. Amy Hartling	100	Ms. Irene Shimoda	50
JCCC Kendo Club	200	Ms. Sandra Henderson	100	Mr. and Mrs. Leonard Shimoda	50
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Mr. and Mrs. Darrell Curry	100	Mr. Katsu & Mrs. Elsie Iguchi	30	Mr. Austin and Mrs. Pauline Tanaka	50
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Anonymous	100	Mr. Dereck Oikawa and Mrs. Christine Ling	50	Mrs. Jane Koyata	30
Anonymous	25	Ms. Kathryn Okawara	100	Mr. Michael Koyata	50
Anonymous	200	Mr. and Mrs. Karl Otani	30	Mr. and Mrs. Paul Kuwahara	50
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Mrs. Ann Ashley	25				

DONATIONS TO THE JCCC

As of December 31, 2020

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Miyoko & Carly Noda	100	Ms. Irene Aiko Sugimoto	200	
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Mrs. Dale Reid	50	Mrs. Chiyo Inamoto	30	Mr. Jim Kobayashi and Ms. Karen Yamada
Mr. George & Mrs. Mary Sasaki	25	In memory of Joe Nakamura	Mr. Martin Kobayashi	500
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Mrs. June E. Shin	30	Ms. Patricia Tsuji	100	Ms. Sally Kumagawa
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As of December 31, 2020

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As of December 31, 2020

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NagataConnex Executive Legal Search	Anonymous	Mr. Howard Ho Wun Wong	5,000

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As of December 31, 2020

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and his family, Candice, Tyler and Austin	Mr. Gary Hamasaki & Ms. Gloria Baxter	and my cousins
from Miami	Mrs. Miyoko Hamasaki	Mrs. Teresa Isaacs
In honour of Teruko Otani		

EMERGENCY APPEAL DONATIONS TO THE JCCC

As of December 31, 2020

The JCCC gratefully acknowledges the following donations:

<p>Mr. Roland Isberto In appreciation of Yayoi Kawabe of the JCCC</p> <p>Ms. Elaine Ishibashi</p> <p>Mr. Delano Ishida</p> <p>Ms. Megan Ishida In honour of Dianne Ishida</p> <p>Ms. Haruko Ishihara</p> <p>Mr. Arthur and Mrs. Tomo Ishii</p> <p>Ms. Margaret Ishii</p> <p>Ms. Ellen Ishikawa</p> <p>Ms. Frances Ishikawa</p> <p>Ms. Sayumi Ito</p> <p>Ms. Takako Ito</p> <p>Ms. Akiko Iwanami</p> <p>Ms. Margaret Iwata</p> <p>Mr. Robert Iveniuk</p> <p>Ms. Susan Izumif</p> <p>Mr. Michael Jackman</p> <p>Ms. Vickie Jackson</p> <p>Mr. Gabriel Jimenez</p> <p>Ms. Sumiko Jin</p> <p>Ms. Annu Johnson</p> <p>Mr. Glen Jones</p> <p>Ms. Sachiko Kagitomi</p> <p>Mr. Brian Kai & Ms. Dee Dee Piercey In celebration of Sue Sumi Kai, Sedai interview in JCCC E-Bulletin July 2020 Edition</p> <p>Mr. Edreece Kakar</p> <p>Ms. Masayo Kakihara</p> <p>Mr. and Mrs. Nori Kanashiro</p> <p>Ms. Meg Karper</p> <p>Jun Kasai</p> <p>Ms. Betty Kashima</p> <p>Ms. Debbie Katsumi</p> <p>Mr. and Mrs. Anthony Katsuno In honour of The Otani Family</p> <p>Ms. Debbie Katsumi</p> <p>Mr. and Mrs. Harry Kawabe</p> <p>Ms. Yayoi Kawabe</p> <p>Mr. Gary Kawaguchi and Ms. Gayle Taguchi</p> <p>Mr. Kevin K. Kawaguchi</p> <p>Mr. Yoshiro Kawamura</p> <p>Mr. Doug Kawasaki</p> <p>Ms. Arlene Kawasoe</p> <p>Mr. and Mrs. Donald Kawasoe</p> <p>Mr. and Mrs. Maurice Kayahara</p> <p>Ms. Sheeba Khan</p> <p>Mr. and Mrs. David Kimura</p> <p>Mrs. Nancy Kimura</p> <p>Mrs. Naoko King</p> <p>Mr. Gene & Mrs. Dorothy Kinoshita</p> <p>Mr. John & Mrs. Dana Kinoshita Spencer</p> <p>Mr. and Mrs. Herbert Kikuta</p> <p>Leona and Vince Kishimoto family</p>	<p>Mrs. Nobuko Kitamura</p> <p>Dr. Susan Kitchell</p> <p>Ms. Cassandra Kobayashi</p> <p>Ms. Grace M. Kobayashi</p> <p>Mr. James H. Kobayashi</p> <p>Mr. Jim Kobayashi and Ms. Karen Yamada</p> <p>Ms. Lynn Kobayashi</p> <p>Mr. Martin Kobayashi</p> <p>Mr. Isao Kobo</p> <p>Ms. Gail A. Kondo</p> <p>Miss Claire Kryczka</p> <p>Ms. Judy Kudo</p> <p>Ms. Alley Kurgan</p> <p>Ms. Naomi Kuru Hyodo</p> <p>Mr. Edward Hamel & Mrs. Victoria Kusano-Hamel</p> <p>Ms. Lynne Kutsukake</p> <p>Mr. Paul & Mrs. Nellie Kuwahara</p> <p>Mr. Charles Laframboise In recognition of the great work of the JCCC</p> <p>Ms. Kimberley Lam</p> <p>Mr. Peter Lam</p> <p>Mr. Andre Langdon In honour of Harold Kojima</p> <p>Ms. Barbara Laplante</p> <p>Ms. Ka Lai Carrie Lau</p> <p>Ms. Shirley Lau</p> <p>Mr. Stephen Lau</p> <p>Ms. Samantha Lavigne</p> <p>Mrs. Joanne Law</p> <p>Ms. Linda Lee</p> <p>Mr. Glenn and Mrs. Phyllis Lee</p> <p>Ms. Kimiko Leslie</p> <p>Dr. Alexander and Mrs. Anna Leggatt</p> <p>Mr. Anthony Leonard</p> <p>Mrs. Michi Lepik-Stahl</p> <p>Ms. Dione Leung</p> <p>Mr. Raymond Leung</p> <p>Mrs. Roslyn Levin</p> <p>Mr. Nathan Li</p> <p>Ms. Karen Lo</p> <p>Ms. Swee Loke</p> <p>Mr. Andrew Loung</p> <p>Mr. Wenshu Luo</p> <p>Mr. Michael Lustins</p> <p>Mr. Robert Lyng</p> <p>Mr. Derek Ma</p> <p>Ms. Pui King (Gloria) Ma</p> <p>Ms. Linda Mac</p> <p>Mr. Thomas MacKay</p> <p>Mrs. Marlene MacKenzie</p> <p>Mr. Bruce MacDonald</p> <p>Mr. Emmanuel Magboo</p> <p>Ms. Kalli Magura</p> <p>Ms. Jo Anne Maikawa</p>	<p>Ms. Yuen Kwan Man</p> <p>Ms. Sheila Marjoribanks</p> <p>Mr. Harold David Marsden</p> <p>Mr. and Mrs. Robert Marubashi</p> <p>Mrs. Sharon Marubashi</p> <p>Mrs. Yuli Marubashi-Scheidt In celebration of Paul Marubashi</p> <p>Ms. Dawn Maruno</p> <p>Mr. Paul Mateer</p> <p>Ms. Dawn Maruno</p> <p>Mr. Kenji Maruyama</p> <p>Mrs. Gail Matsuba</p> <p>Mr. and Mrs. Masaru Matsubara</p> <p>Ms. Jackie Matsui In honour of Jack Matsui</p> <p>Mr. and Mrs. Kiyoshi Matsui</p> <p>Mrs. Kumiko Matsui</p> <p>Mr. and Mrs. Shoichi Matsui</p> <p>Mr. David Matsumoto</p> <p>Mr. Hideo Matsumoto</p> <p>Mr. and Mrs. Rick Matsumoto</p> <p>Ms. Akiko Matsuura</p> <p>Ms. Noriko Matsuura In appreciation of Taeko's mask</p> <p>Mr. Connor McBrine-Ellis</p> <p>Ms. Bennett McCardle</p> <p>Mr. Michael McCartin</p> <p>Mr. & Mrs. Paul McClure</p> <p>Ms. Eva McDonald</p> <p>Mr. Steve McFarlane</p> <p>Dr. John & Dr. Eiko Mernagh</p> <p>Mrs. Sheila Merrick</p> <p>Mr. Richard Mielke</p> <p>Mr. Robert Minardi</p> <p>Mr. Gianfranco Minnella</p> <p>Mrs. Kyoko Minnery In appreciation of Taeko's mask</p> <p>Ms. Barb Misiurski</p> <p>Ms. Saori Mitchell</p> <p>Mrs. Kay Mitsui</p> <p>Mr. Nobby Miura</p> <p>Ms. Kayoko Miyamoto</p> <p>Mrs. Mitzi Miyasaki</p> <p>Mr. Kazuo Miyazawa</p> <p>Ms. Yufuko Mochizuki</p> <p>Mrs. Kazuko Moghul</p> <p>Mrs. Rose Mokbel</p> <p>Mr. David Mondoux</p> <p>Mrs. Joyce Moore</p> <p>Mrs. Ruth Mori</p> <p>Mr. Koji & Mrs. Kay Morishita</p> <p>Mrs. Shirley Morita</p> <p>Mr. Frank & Mrs. Betty Moritsugu</p> <p>Mr. and Mrs. Ted Moritsugu</p> <p>Ms. Maria Morvillo</p> <p>Mr. Steve Motomura</p> <p>Ms. Yaeko Munemasa</p>
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As of December 31, 2020

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As of December 31, 2020

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The families of Mack & Margaret Oikawa

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In memory of Ken and Ruth Tanino

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In memory of Kiyo Aida and George Obokata

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In memory of Kimi Fukushima

Nobuko; Gord, Cathy, Jenn; Bob;

Larry, Judy; Ed, Karen

In memory of Kimiye Hayashi

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In memory of Kiyo Ise

Ms. Deborah Ise

In memory of Koji and Kay Morishita

Their children and families

Marni and Martin Shintani

In memory of Koji & Lorraine Omotani

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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.

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

Individuals/Couples

In honour of Kaz and Nao Amemori
 Rinzo and Aiko Amemori
 Karen Ruth Chong and Harry Ham Sit Chong
 Susan Lem and Margaret Toy Yuen Wong Chong
 Shirley Mitsuko Edamura – In Loving Memory
 From Henry Lorie Robbie Kristi Dean
 & Families Edamura Kobayashi Sikura Shin
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 In Memory of Mother Hiroko Fukushima
 Shinya and Masumi Godo
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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
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 In Memory of Toshiko & Frank Usami
 In Memory of Ethel Midori Wakayama
 Beaver & Michi Yamamura - In Loving Memory
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 In memory of Amy Shizuko Yoshida

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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 our facility reopens. We very much look forward to welcoming you back to the Centre. Thank you.

Volunteer Spotlight

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

Meet Atsuko N.



Meet Atsuko N. Atsuko is a hardworking volunteer who works both behind the scenes on committees and hands on in areas like the kitchen. If you need help, Atsuko is always willing to pitch in or to find someone else to help out.

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

I have been volunteering for over 25 years.

How did you get involved with volunteering at the JCCC?

I came to the JCCC to get in touch with Japanese culture. I also got involved in NJCA activities. As I often come to JCCC, I started volunteering for things for JCCC too.

What type of volunteer work have you done?

I have participated in song festivals, Kohaku Utagassen, Bazaar, Summer festivals, Haru Matsuri, Toronto Japanese Film Festival, performances from Japan, Issei Day, Oshogatsu Kai and many more events.

疑似コロナ顛末の記

by Hideo Maruki, North York

丸木英朗(86歳)、ノースヨーク



3ヶ月ぶりでブラジルから3月にカナダに帰って来てからコロナ騒ぎでプールが閉鎖され泳げなくなって以来、今まで毎日五千メートル泳いでた日常と異なり運動不足により不眠症になりました。日本に行く度に買って帰った積ん読?の本を読み漁り3ヶ月ほどで10キロ以上痩せてしまいました。7月にコミュニティーセンターのアウトドア プールがオープンしたので四人限定の午前中のレーンスイミングに通いました。ところが不思議な事に、水泳選手の僕が息切れして泳げなかったのです。カナダに移住した50年前にサマーヒルのプールで水温が低くて息苦しかったのを思い出し、息切れするのは水温のせいと思いターンの練習だけしてました。

ところが9月にプールがクローズされてから、寝つきが悪くなり再び不眠症になって遂に呼吸困難でファミリードクターがレントゲンの胸部写真を診てCOVID-19と診断、ノースヨークゼネラルホスピタルに入院させられました。隔離病棟に入院しPCR検査ではコロナ陰性でしたので、呼吸器科の一般病棟に移されました。超音波やCT、それにバイオプシー(生検)による精密検査で甲状腺癌が見つかり、骨髄や他の臓器にも転移してる事が判りました。癌の影響で肺に液が溜まり呼

吸困難になってるので、現在10日おきに肺の水抜きをしております。毎回1リットル以上の水抜きにより今では息苦しさは解消し眠れるようにはなりました。

現在は月二回2日間のキモセラピー(化学療法)で抗癌剤の点滴を受けに通院してます。この様に2020年は不運な年でしたが、ものは考えようで、水泳クラブが閉鎖されずトレーニングで溺れるとか、競技会でゴール出来ず惨敗しておれば自棄酒でもあおったかも知れず、病気でひと休みしてリラックスせよとの神のお告げかも知れません。不幸中の幸いと申しますか、2021年に関西で開催予定の世界マスターズゲーム(年齢別オリンピック)も、九州での水泳マスターズ世界選手権大会も一年延期されましたので、病気が快癒すればトレーニングに復帰し出場の可能性もあります。

病気療養中の今も競泳世界一になる夢を失わず、闘病リハビリに励み明るい未来を見つめております。

オノ・ヨーコの言葉に「不運に見せかけた幸運」があります。

<http://www.discovernikkei.org/ja/journal/2020/8/31/volga-kahan/>



MATA ASHITA

Mata Ashita is an intergenerational writing circle for Japanese Canadians and a space for connection during the COVID-19 pandemic.

Starting **January 9** and continuing on the first Saturday of each month in Spring and Summer 2021, Mata Ashita will host Japanese Canadian artists over Zoom and invite the community to participate in an online creative writing workshop inspired by their work. We are excited to announce the first three speakers of our six-month program, supported by the Tomoko Makabe Legacy Fund to honour her contribution to Japanese Canadian research and writing.

January 9	<i>Joy Kogawa</i>
February 6	<i>Sally Ito</i>
March 6	<i>Michael Prior</i>

The workshops begin at **12PM PST/3PM EST** and feature a 30-minute Q&A followed by an hour-long writing workshop. Each session will be led by an experienced writing-for-wellness facilitator and will include a community support specialist.

We hope that these workshops will help us engage in meaningful conversations around creativity, connection, and mental health, especially at a time when it is harder than ever for us to be together. We are also looking forward to highlighting classic Japanese Canadian works and new material from rising stars in the literary community.

Mata Ashita means **see you tomorrow**, and for us, that means a promise to take care of ourselves and each other during this difficult time. Japanese Canadian writing has long been a medium through which our community has found incredible power and meaning, and we hope to continue this tradition with writers new and old.

Get your [free tickets now](#) for our first session with **Joy Kogawa** on **January 9th, 2021** at **12PM PST/3PM EST**. We look forward to seeing you there!



On **January 7, 2021** (6:30 pm) Find out the difference between STEAM and STEM education in the talk *Cultivating the Next Generation of STEAM Thinkers* by

Dr. Rie Kijima (University of Toronto and SKY Labo) and Dr. Mariko Yang-Yoshihara (Stanford Program on International and Cross-Cultural Education & SKY Labo) who will discuss key concepts about this innovative education program for female youths in Japan that uses design thinking to cultivate the next generation of STEAM thinkers.

What are the essential flavours of Japan? Miso, sushi, shoyu, sake, shochu, or katsuobushi? They have all undergone fermentation, and these are some of the favourites that will be covered this January by The Japan Foundation, Toronto in

the film and talk series, *Healthy Hakko: The Fermented Culinary Arts of Japan*. Together with a selection of documentary films on this topic, there will be discussions and talks by experts in the field, including sake samurai's, epidemiologists and food scientists who will share their insights so you can gain a deeper understanding of its origins, health benefits and its special place in Japan's culinary culture and traditions.

The first part from **January 15-17, 2021** will screen *Dashi, Essence of Japan & Shoyu* and *The Secrets of Japanese Cuisine* both directed by Shohei Shibata. It will be followed by a discussion between Dr. Eric Rath (premodern dietary culture) and Dr. Greg de St. Maurice (cultural heritage and food).

From **January 22-24, 2021**, we will pair the film *The Genealogy of Sake*, directed by Kaori Ishii, with two sets of discussions. It will start with a talk and discussion by Dr. Victoria Lee (fermentation science in

modern Japan) and Dr. Stephen Lyman (Epidemiologist and Shochu expert). There will also be a talk between Mr. Michael Tremblay (Sake Samurai, Sake sommelier) and Kaori Ishii, director of the film, *The Genealogy of Sake*.

For the last part of the series, **January 29-31**, we will be screening the film *Katsuo-Bushi* directed by Yu Nakashima and *Fermented* by Jon Cianfrani (TBC). For these films, sandor katz, author and educator (*Wild Fermentation, Art of Fermentation*) will be joined by koji expert Shiori Kajiwara (*Koji Flowers, Hidamari*) for a discussion.

For more details www.jftor.org.



NIKKEI BOOKS Temporarily on Hiatus



Nikkei Books is operating in very limited fashion during the pandemic and following relocation to Winnipeg.

Some JC history, fiction and poetry and some children's books may be available. Please watch for new books by Terry Watada in 2021.

For inquiries, please contact Jennifer Hashimoto at 416-538-1377 or email: j.hashimoto@sympatico.ca (period after "j").

14th
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Award Presentation | November 7, 2021
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Exhibition | November 2021 online at
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Entry Forms available on website
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Competition organized by SHODO CANADA

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

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

昨年実施した「第21回ホリデードライブ」プログラムに多大なご協力、ご援助をいただき、厚く御礼申し上げます。コロナ禍の中、寄付金のみのお受けという今までにない形でのドライブとなりましたが、コミュニティの多くの皆様に暖かいお心をお寄せいただきました。そのおかげで12月のホリデーシーズン前に多くの子供や高齢者の方を含む28家族、72名の方々に贈り物をお届けすることができました。

このプログラムは今回で21回目となりましたが、前回と同様に多くの方々にご協力いただきました。私たちのコミュニティで困難な状況に置かれている方々に手を差し伸べるためのJSS ホリデードライブは、皆様の多大なご支援なくして実現しません。

2020年中にJSSの活動をご支援頂いたこと大変感謝しております。今年2021年も同様にコミュニティのみなさまにサービスやプログラムを提供していけるよう、ぜひ今後とも変わらぬご支援の程、よろしくお願い申し上げます。

皆様の日ごろよりのご理解ご協力に深く感謝させていただき、お礼とご報告に代えさせていただきます。本当にありがとうございました。

Japanese Social Services ホリデードライブチーム
holidaydrive@jss.ca / 416-385-9200



The 21st Annual Holiday Drive

Japanese Social Services

Thank you for your generous support to our 2020 Holiday Drive. This year under the COVID-19 pandemic, we had no choice but trying to collect monetary donations only to ensure everyone's safety. We are extremely grateful for your continued support despite this change and extra challenges imposed by the pandemic. The Holiday Drive program received overwhelming responses and donations as the heartfelt expressions of goodwill from community members. The gifts were delivered to 28 families, consisting of 72 individuals including many children and elders prior to the holiday.

This was our 21st Holiday Drive, and we received as much donation as the previous year. We would like to emphasize that the JSS Holiday Drive could not happen without tremendous support from community partners like you. Thank you for helping us help underprivileged members in our community.

We would also like to appreciate your support of JSS throughout the year of 2020. Your continuing support enables us to deliver services and programs to the Japanese Canadian community this year again. We wish you all a wonderful holiday and a happy new year.

Japanese Social Services - Holiday Drive Team
holidaydrive@jss.ca / 416-385-9200



アロマと簡単ハンドエクササイズで冬の不調を解消! ～座り病と不眠症と心のメンテナンス編～

by Keiko Itoh, Tokyo Beauty Studio Inc

新年あけましておめでとうございます。
2020年は全世界共通の全てにおいて変容と変革のあった大変な一年でしたが、皆様はいかがお過ごしでしょうか?

今現在COVID-19の感染拡大の為、オンタリオ州もロックダウンとなりました。

1月も冬本番。寒さの厳しい冬の季節は外に出れる機会も軽減し、不自由な思いをされている方も少なくないと思います。

家で仕事をされている方、家で勉強されている方、そしてステイホームを守ってお家に籠られる方も多いと思います。

この時期に多発する座り病と季節性気分障害の予防とメンテナンスのついてまとめてみました。

まず 座り病とはなんでしょう?

“Sitting Disease”

(1日の大部分を椅子に同じ姿勢で座る事で起こる座り病による体の不調)

オフィスで内勤や 家でお仕事お勉強され1日座りっぱなしという方も多いのではないのでしょうか?

同じ姿勢で座りっぱなしの時間が長いと、肩こりや腰痛、運動不足になってしまいがちです。

欧米の合同研究によると一日座っている時間が6時間以上の方は、ガン、糖尿病、心臓病、高血圧などを患うリスクが高まり、1日3時間しか座らない人に比べて、15年以内に死亡する確率が4割高くなるという結果が報告されています。

さらには、日ごろからランニングやヨガなど運動をしていますが、このリスクが低くなることはないと言われていることには驚きです。これは“Sitting Disease”(座り病)と呼ばれ、アメリカでは深刻な病気として、さまざまなメディアでも大きく報道されているようです。

座ると足の筋肉の活動が止まり代謝が落

ちて血流が滞り、血液がドロドロになり 体内の脂肪とコレステロールが増加して深刻な病のリスクを高める原因だそうです。

座り病の予防&改善法

1. 1日の生活の中に歩く機会を増やす。(階段の登り下り2、3段を登って降りる昇降運動ステップエクササイズも効果的)
2. 立っている時の姿勢も意識する(お腹を凹ませ背筋を伸ばす)
3. こまめに筋肉を動かす。座っている場合1時間に一回は10分程立ち上がったたり背伸びをしたりして腰回りの筋肉を動かしましょう。

季節性気分障害

運動不足や日照不足、そして人とのコミュニケーションが中々取れない環境下などで起こる不眠症や不安症や気分障害。

これらの不調を緩和し、かつ簡単にできるエクササイズと、アロマオイルによる対処法をご紹介します。

アロマオイルは「香り」を嗅ぐだけで、香りの電気信号がダイレクトに数秒で脳に届き、自立神経やホルモン、感情を司る機能に直接働きかけ、不調を調整する事が期待できます。

マッサージなどで皮膚に塗っても、毛細血管やリンパ管から有効成分が吸収され、全身に運ばれます。

寝る前や不安時に有効なアロマ一覧

(熟睡と心を落ち着かせる効果のあるアロマ)
— ジャスミン、ベルガモット、ローズ、シダーウッド、ペパーミント、レモン、ローズマリー、ネロリ





症状別レシピ

・緊張した不安の時(体の緊張、痛み)

- サンダルウッド1
- ラベンダー3
- パチュリー2
- ローマンカモミール1
- (クラリセージ)

・落ち着きのない不安な時(発汗、動悸、めまい、喉に物がつかえた感じ、胃腸の不調、頻尿)

- ペチパー1
- シダーウッド3
- ジュニパー2
- ローマンカモミール1
- (フランキンセンス)

・予期不安の時(心配、心労、気に病む)

- ベルガモット3
- ラベンダー1
- ネロリ1
- (メリッサ)
- ゼラニウム2

・抑圧された不安の時(神経がピリピリ イライラ、集中困難、不眠)

- ベルガモット1
- メリッサ1
- ネロリ1
- サンダルウッド1
- ペチパー1
- シダーウッド1



* ()に入っているオイルは、他のオイルがない場合の代替です。

いずれもキャリアオイル30mlに 指定の量を垂らしてブレンドして、手首や手のひらに伸ばして、香りを嗅いで頂くか、足の裏に

塗ったり、デフューザー(100mlのdistilled waterにアロマオイルを垂らす)を利用していただく方法もございます。

(注)アロマオイルの成分にアレルギーのある方、高血圧の方、妊娠されている方、小さなお子様はは、ご使用出来ないこともございます。

最後に、簡単なハンドエクササイズのご紹介です。とても簡単どこでもいつでもできるエクササイズです。

1. 両手で拍手する様に、手の掌同士がキツチリくつつくようにある程度力強く叩いてください。(約40回)*叩いたあと手のひらが赤らむくらい。
2. 次に片方の手のひらに片方ゲンコツでパンチするように同じく、左右40回叩く。
3. 手の甲を反対側の手の掌で叩く。左右各40回。
4. 手首の内側(手のひらと手首の付け根)をぶつけ合う(40回)。

手のひらには、心を落ち着かせるツボがあるので、手を叩き刺激する事で、心や不安が落ち着く作用があります。

手の甲には腰痛に効果的なツボがあるので、座り病から来る腰痛や血行不良のヘルプにもなります。

この冬の免疫力UPと精神安定に有効なビタミンC、ビタミンD、ビタミンB、マグネシウムなどが、お勧めのサプリメントです。

2021年も、心も身体も心地よく過ごせますよう、引き続き皆様のご健康とご安全を願っております。



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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。

Tokyo Beauty Studio Inc

Japanese Canadian Culture Center #245

Tel:Text (647)643-3939

www.tokyobeautystudio.com / info@tokyobeautystudio.com



読書の時間

～書店が選ぶおススメ本～



「育ちがいい人」だけが知っていること

諏内えみ／著
 出版社名 ダイヤモンド社
 出版年月 2020年2月
 店頭価格 \$31.20+TAX

正しい靴の脱ぎ方ができていますか? 「どちらでもいい」は間違った気遣い。「お金を返して」の品のいい切り出し方。必ず「お」をつけたい4つの言葉とは? 相手の詮索を上品にかわす方法。ほめられたときは、何と言うのが正解? エレベーターで「育ちがいい」か、そうでないかが分かってしまう。ハプニング時、できる女性は「大丈夫!」ではなく「大丈夫よ」

テレビで話題のマナー講師が伝授。良家で必ず教えられるふるまいの正解 250。



♪ピンポンパンポンプー

中居正広／監修
 劇団ひとり／キャラクターデザイン
 古市憲寿／文
 出版社名 マガジンハウス
 出版年月 2020年11月
 店頭価格 \$32.50+TAX

テレビ朝日系「中居正広のニュースな会」で生まれた絵本がついに完成!! カピバラののんちゃんとびりーくんは、大の仲良し。

けれど、びりーくんの誕生日の約束に、のんちゃんはいつまでたっても来ない……

「ぼくも のんちゃんをきらいになっちゃってやる!」ちいさなすれ違いからケンカをしながらも、ともだちの大切さを思い出ししていくやさしく愛おしい物語。

♪ピンポンパンポンプー! この一言で、誰だって仲直りできる。みんながしあわせになれる、魔法のあいことば。

左記書籍は、Blue Tree Booksよりお求めいただけます。

www.bluetreebooks.com



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健やかな老後をめざして その35

いのちを生きる!



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

2021年においてはCOVID-19状況が改善し、世界中の人々が安心して暮らすことができますように心から祈念しています。

健康コラムを担当して6年目、また新年2日に古希(70歳)を迎えます。これを機会に、健康コラム「健やかな老後をめざして」を継続している想いを語ってみたいと思います。

2017年7月、生涯現役を貫いた日野原重明先生(聖路加国際病院名誉院長、東京)が105歳で永眠されました。医師看護師教育、緩和ケア、生活習慣病予防、新老人力の創生などに、常に医師として先頭を走り続けてこられました。私が初めてお逢いしたのは、クリニカルナースとして東京へ研修に行った30代前半でした。そして、大分医科大学教員として働いていた40代半ばに講義をお願いし、毎年お逢いできるようになりました。

ところが、私は2002年(51歳)カナダへ移住。偶然にも同年に先生はMcMaster大学名誉教授となられ、その授与式に私と夫Johnが招待されるという、思いもかけない光栄なことが起こりました!その数年後、先生は日本各地の医学部長らと共に北米視察の責任者として再びカナダへ。私はMcMaster大学教員としてのみでなく、日系文化会館を中心に歌手&古典日本舞踊家としても活動しており、先生はその事をとても喜んでくださいました。音楽家として生きる道を模索された事もあったからでしょうか。

最初の出逢いから30数年。先生は移動中のフライトや車の中でいつも原稿を書き、アイデアを練り、文献を読んで...仕事や学習に励んでいらっしゃいました。90代になっても!直ぐに眠気に襲われる私には到底まねできません(笑)。現役で働き続けるために健康管理にも相当に努力されていました。テレビ出演された折、食事の摂り方、階段歩行(2段ごと)、筋トレについて話されました。何ととっても、社会的活動が先生の生きる力を支えていたことは明白です。2020年12月号(その34)で述べたように、シニアにとっては社会的活動と健康との関連性は大きいものなのです。先生は、小中学生を対象とした「いのちの授業」を通して、いのちと平和の大切さを強く語り続けられました。また、一般市民に対して“今を生きる力と自らを守る基本的技術力(血圧測定など)を養う”啓もう活動を開始され、「成人病」を「生活習慣病」という概念に変更することも提唱されました。

クリニカルナースの頃、様々な患者や家族との交流経験によって「いのちの重さ」について意識するようになったのですが、先生との出逢い(TV特集、対談記事、著書や直接にお話する機会)を通して「今を生きるこ

との意味」「生きていることが人のために役立つのか」「自分のいのちをどう生きるか」という命題について深く考えるようになりました。老年看護学を専門とする私にとって、先生の生き方は正に将来の自分の姿を問うものであったのです。「日野原先生のように生きていきたい!」と言うのはとてもおこがましいですが、近づくための努力はできるかも...ポジティブ思考の私はそう思っています。

何もない所に新しいアイデアや何かを創り出していき、書き留めること(記録や執筆)を継続する、学ぶことが好き、常に目標や夢をもつ等、先生と共通するところがあるのではないかと、良いところ探しをして自分を励ますのが得意なのです(笑)。ただ、本当に適わないと実感したことがあります。卒寿90歳のお祝いカードを贈った時のことです。年齢を重ねた日々の中でも日本中を飛び回り、沢山の本を出版し、病院で診療も行っている先生の忙しさは尋常ではありません。ですから、まさか自筆のお手紙が届くなどと思っていませんでした!時間を割いてくださったことに、感謝の気持ちで一杯になりました。誠実で思いやりのある接し方を教えていただきました。“他者のために時間を割くことが何よりも貴重な贈りもの”であることを心に刻みました。

先生を介護されたまきさん(次男の妻)は「義父は病む自身を遠くから客観的に眺め、その変化を楽しんでいるようでした。未知なるものを探求する心を最後まで失いませんでした」と、TV特集で語っています。その探求心を私も失わずに歩んでいきたいですね。人のいのちは有限です。誰もが必ず死を迎えます。でも、その精神は他者の心に生き続けます。小さな力ですが、先生のいのち(意思)を受け継いでいけたらと願っています。

心残りは、68歳でプロ歌手となったEIKOのことを直接に伝えられなかったことです!70代のこれからは“語る・書く・唄う・踊る”を通して人々との絆を結び、深めていきましょう。そして、私なりに大切ないのちを生き切ります。

新年が皆さまとご家族にとって健やかで幸多き日々でありますようにお祈り致します。



NIKKEI VOICE

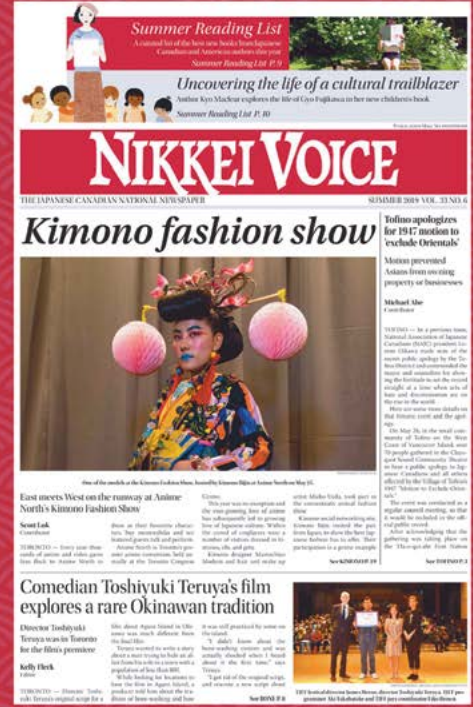
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also want to hear from you. We look forward to connecting with you on Facebook and Instagram!