



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

Haru Matsuri 2021

Great East Japan Earthquake and Tsunami Disaster
- 10th Anniversary Special Commemorative Screening

DOGS WITHOUT NAMES

Drinks of Japan

Maru: Immigration Stories



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SUBMISSION DEADLINE

Deadline for the next issue is: **Thursday February 11, 2021.**
 次号の締め切りは**2021年2月11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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Contents

What's On and What's Not at the JCCC	3
Haru Matsuri 2021	4
Film: DOGS WITHOUT NAMES	6
Drinks of Japan	7
Maru: Immigration Stories	8
Installing Maru	9
Maru – the Ocean Liner	10
Japanese 1 on 1	12
A Recipe from our Seniors' Supper Club	14
KOKUBAN	15
JCCC YouTube Content	16
JCCC Membership	16
2021 VIRTUAL NEW YEAR'S FESTIVAL	17
Videos of Toronto Japanese Restaurants	18
Calendar of Exhibitions	20
Nikkei Youth Athletics Bursary	21
Donation	22
パンデミックの中でお子様の日本語教育	30
読書の時間～書店が選ぶおススメ本～	33
14th Japanese Calligraphy Competition in Canada	34
JSS Online Programs: February 2021	35
健やかな老後をめざして その36	36

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

In accordance with Ontario's latest state of emergency guidelines, and for the safety of our members, community and many friends, the JCCC remains closed to the public until further notice.

Contact the JCCC

The JCCC facility remains closed to the public, and hours of telephone enquiries have also been adjusted. For any enquiries, please contact respective staff directly, or email us at jccc@jccc.on.ca. For general enquiries by telephone, please call 416-441-2345 and leave a message with our reception at extension 222. One of our staff will return your call at our earliest convenience.

Events

For latest information about JCCC's online events, please visit the [What's On section of our website](#).

Cultural Classes and Workshop

- Drinks of Japan. Please see here for details. (page 7)
- Japanese Virtual Group Lessons for Adults – Winter session – in progress
- Japanese 1-on-1 Online Japanese Conversation Lessons – Currently Full (page 12)

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 – Coming Soon

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.

Haru Matsuri 2021

As noted in last month's newsletter, Haru Matsuri 2021 has had to come up with alternative ways to continue in spite of Covid-19 restrictions. The committee has been making plans for what we hope are some interesting activities for everyone. All activities will be available on the traditional Haru Matsuri weekend of **March 6-7, 2021**.

Haru Matsuri is one of the oldest and most popular traditions at the JCCC. It originally started as a way to promote the martial arts and cultural classes that were offered as Spring classes in mid-March each year.

To continue with this tradition, we will be presenting our first ever online program of performances and martial arts demonstrations. This program can be accessed any time over the weekend of **March 6-7, 2021**. You just need to check out the Haru Matsuri event page on the JCCC website. It's a perfect opportunity to see some of what the JCCC can offer.

We will also be presenting a couple of children's programs in cooperation with the Heritage department.

Scavenger Hunt + Tic Tac "Know"

Saturday March 6, 2021

Suggested ages 6 – 12 years

How well do your children know their family history?

Participate in this fun workshop, where children will learn through engaging activities the importance of appreciating their roots and celebrating their heritage.

This event will require pre-registration which will open on **Friday February 5, 2021**. The session will be limited to 8 households.

Rice Ball Workshop

Sunday March 7, 2021

Suggested ages 4 – 8 years

A simple workshop to teach children to make fun onigiri rice balls, and through that, look at how food evolves through generations. This event will require pre-registration which will open on **Friday February 12, 2021**. The session will be limited to 8 households. Registration links will be up on [our website](#). Please check for workshop times.



Rakugo by Ken Saito

Finally, we have a special performance of Rakugo by Ken Saito. If you have never experienced a Rakugo performance, this is a perfect opportunity.

Rakugo is a form of Japanese verbal entertainment. The lone storyteller sits on stage, using only a paper fan and a small handkerchief as props, and without standing up, the rakugo artist depicts a long and complicated comical or sentimental story. The story always involves dialogue of two or more characters. The difference between the characters is depicted only through change in pitch, tone, and a slight turn of the head.

Ken has worked as an actor in Japan and the United States for years. In his early 20's, he went to Korea and Canada to study Korean and English to open up his potential to be internationally active. He continued that pursuit by joining theater companies and eventually going to NY to learn more advanced acting techniques and methods. Following a 2-year program at HB Studio, he started doing English Rakugo performance, trained and directed by Jim Boerlin, one of the legendary professors from HB studio.

This performance will be in English.

We continue to develop more ideas, so keep checking the Haru Matsuri event page at www.jccc.on.ca so that you don't miss out!

This may not be our traditional Haru Matsuri, but there will be lots to check out all weekend long. We hope that you will join us!

春まつり2021

新型コロナウイルスへの対応のため、2021年の春祭りは現状況下で皆様にお楽しみいただける特別企画となります。

日時：2021年3月6日(土)と7日(日)

JCCC恒例イベントの中でも歴史の深い春まつりは、武道や文化クラスの発表、広報を目的として始められた催しです。今回のプログラムでは演芸と武道のデモンストレーションを**3月6日、7日**の週末、オンラインビデオでお好きな時間にご覧いただけるようになりますので、こ

の機会にJCCCで提供するクラスや活動をご覧ください。

詳細、当日のビデオアクセスなどはJCCCウェブサイトの春まつりページでご確認いただけます。

ヘリテージ部門が担当する子ども向けのプログラムも二種類あります。

『スカベンジャーハント + TicTak “Know”』

2021年3月6日(土)

6歳から12歳向け

子どもたちが一家の歴史をどれくらい知っているか?がわかるゲーム。

ゲームを通して家系について学びながら、先祖に対する感謝の気持ちが湧き出るようなこの楽しいワークショップへのご参加には事前登録が必要となります。**2月5日**から登録開始。定員8家族。

『おむすびワークショップ』

2021年3月7日(日)

4歳から8歳向け

おむすび作りを通して、子どもたちは世代を経て食べ物がどのように変化してきたかを学びます。このワークショップも事前登録制で、**2月12日**から登録開始。定員8家族。

両ワークショップとも登録のリンクはJCCCウェブサイトに掲載されます。

Ken Saito 落語講演

今回の春まつりのKen Saitoの英語落語。日本人にとって落語はお馴染みのものですが、英語落語を聞いたことがなければ、これは絶好のチャンスです!

Saitoさんは長年、日本とアメリカで俳優として活躍してきました。国際的な活動を目指し、まず20代の時に韓国とカナダにそれぞれ語学留学をしたSaitoさんは日本帰国後は劇団に所属、俳優活動を続けました。そして、演技の更なる勉強のためニューヨークへ赴き、HBスタジオでの2年のプログラムを終了。その後、HBスタジオの教授、ポーリン・ジム氏の元、英語落語の練習に取り組み始めました。

今回の公演は英語のみとなります。



今年の春まつり企画は、引き続き新しいアイデアを検討、内容の充実を図る予定ですので、JCCCウェブサイトをつらつら覗いてアップデートをご確認ください。

通常の春まつりとは一味違うオンラインでのフェスティバルを、乞うご期待!



GREAT EAST JAPAN EARTHQUAKE AND TSUNAMI DISASTER - 10TH ANNIVERSARY
SPECIAL COMMEMORATIVE SCREENING
東日本大震災10周年特別記念オンライン上映会



JCCC FOUNDATION
JAPAN
EARTHQUAKE
RELIEF FUND

DOGS WITHOUT NAMES

「犬に名前をつける日」

Date: Thursday March 11, 2021 @ 11:00am – Saturday March 13, 2021 @ 11:00pm
オンライン上映日: 2021年3月11日(木)午前11時 ~ 3月13日(土)午後11時
Tickets: FREE (無料)

This special screening includes a presentation on the \$1.5 million raised by the JCCC Foundation's Earthquake Relief Fund and how it is being used to support scholarships in the Tohoku Region

In 2016 we screened Akane Yamada's moving docu-drama looking at the issue of abandoned dogs in Japan with special reference to those animals lost or abandoned in the days following March 11, 2011. The screening helped raise money for the JCCC Foundation's Japan Earthquake Relief Fund.

We will reintroduce the film online to commemorate this important anniversary with director Yamada, providing words of welcome as well as a message updating the story and the real people it documents.

A television director, Kanami is devastated by the passing of her beloved dog Natsu. At the suggestion of a friend, she throws herself back into work and channels her grief into making a documentary about dogs, in particular, the plight of those suffering as the output of unscrupulous "puppy mills" or awaiting adoption – or more likely euthanasia - in overcrowded animal control centres.

Her journey introduces her to some of the exceptional and passionate people dedicated to saving dogs. The members of the Chiba-wan group identify adoptable dogs from among the feral and take them into their homes while searching for potential adopters. She learns of the tireless operators of Hiroshima's Minashigo who took up the cause after the Great East Japan Earthquake Disaster.

A heart-breaking story of compassion, hope and the love we share with our four-legged friends.

Starring Satomi Kobayashi (Kamome Shokudo, Megane, Pale Moon) and Takaya Kamikawa

上映に先立ち、寄付金総額1.5万ドルを集めたJCCCファンデーション日本地震救済基金(JERF)について、そしてこの基金が東北の被災学生への奨学金制度にいかん活用されているかについて、簡単なプレゼンテーションがあります。

JCCCでは、2016年に山田あかね監督を招き、この「犬に名前をつける日」を上映しました。この映画は、東日本大震災後に避難地域に残された動物たちのレスキュー活動を織り込んだ、名前のない犬たちと彼らを救い出す人々を描いた感動ドキュメンタリードラマです。このイベントでの収益はJERFに寄付されました。

JCCCでは、3月11日にこの映画を再度上映します。映画の後に、山田あかね監督からのご挨拶と、映画のその後について語って頂きます。

2010年秋、愛犬のゴールデンレトリバーを重い病気で亡くした山田あかね監督が、先輩映画監督に促されて「犬の命」をテーマにした映画を撮ろうと思ったことが、この映画の始まりだ。それから動物愛護センターから犬や猫を救い出している人たちや、東日本大震災で置き去りにされた動物を保護している人たちの活動を4年にわたって追い掛け、200時間を超える映像を撮りためた山田監督。『犬に名前をつける日』は、200時間を超えるドキュメンタリー映像に、取材する側＝久野かなみ(小林聡美)を主人公としたドラマを加えたドキュメンタリードラマである。ドキュメンタリーとドラマを融合させることで、犬と猫の命の現場でゆれる取材者の気持ちをリアルに描き出すことに成功している。出演者、音楽、製作者も本作には犬たちを愛するメンバーが集結している。(シネマトゥデイより抜粋)

出演:小林聡美、上川隆也



Visit the [JCCC website](#) for the details.
詳細は、[JCCCウェブサイト](#)でご確認ください。

Drinks of Japan

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

The JCCC zoom live seminar "Drinks of Japan" is a series of 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 broadcast via Zoom from a different featured restaurant in GTA.

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

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!知るともって美味しい日本のお酒と食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。

3月は日本酒、赤鬼居酒屋からお届けします。セミナー用特別メニューとのペアリング、そしてレストランシェフのこだわりの話をお楽しみ下さい。

For details, see the information below or visit the [JCCC website](#)



Ozawa Canada Inc.
Japanese Foods & Beverages

SAKE Webinar

Thursday March 18, 2021 at 7:00 – 8:30pm
Zoom Webinar on site from Aka-Oni Izakaya – Richmond Hill
Seminar fee: \$35 + HST

[Buy Tickets](#)



AKA-ONI Izakaya

Webinar for Sake Basics with Shotaro Ozawa and food & sake pairing with co-owner & Sake Expert & Sommelier, Christopher Lao.

In the seminar, 3 selected sake will be served and paired 4 ways with 4 food pairings.

Seminar Sake package

Approx. \$85 + HST and bottle deposit return fee.

- Hakkaisan Hoppo Nigori Sparkling 360ml
- Tamanohikari Omachi Junmai Daiginjo 300ml
- Hakkaisan Tokubetsu Honjozo 720ml

Seminar Sake package can be purchased and delivered to your house (only within the GTA, beyond the GTA, delivery may not be possible, please check when ordering).

Advance order is required by 5pm on **Mon. March 15, 2021**
Ozawa Canada, call 905-731-5088 ext. 5222 (ask for Lisa) or email: sake@ozawa.ca

Pick-up @ AKA-ONI (2 locations) or Ozawa Canada can also be arranged.

*Food and Sake need to be purchased separately.

Food Pairings menu

\$35 + HST (pickup at 2 locations/ delivery -limited area) *10% discount for pick-up.

- Fried Swiss Cheese(for Hakkaisan Hoppo Sparkling Sake)
- Negi Toro Hand Roll(for Tamanohikari Omachi Junmai Daiginjo)
- Negima Yakitori(for Hakkaisan Honjozo Chilled)
- Angus Beef Roll with Seafood, Mushroom(for Hakkaisan Honjozo Warm)

Packaged with a nice Japanese cloth wrap for food.

Order must be made by 10pm on **Wed. March 17, 2021** by phone or order [online](#).

Pick-up: **Thur. March 18, 2021** at 11:30 am - 6:30pm.

Scarborough Location: 416-298-3828, Unit 108 - 633 Silver Star Blvd, Scarborough.

Richmond Hill location: 365-366-8357, Unit 66 - 550 Highway 7 E, Richmond Hill.

Delivery Area: Select our location > AKA-ONI Ramen & Izakaya menu > before you order, input your address to see if you are in the delivery area.

AKA-ONI is currently trying to arrange to cover the whole GTA area. Updated information will be in March newsletter, [facebook](#) and/or [instagram](#).



Maru: Immigration Stories

Like the rest of the province, the progress for the exhibit, Maru: Immigration is affected by the stay-at-home order that went into effect on January 14, 2021. Despite this hurdle, our team here at the JCCC continue our work for Maru: Immigration Stories virtually. We are forging ahead with the adapted virtual exhibit that will launch on Google Arts and Culture on **Tuesday February 23, 2021**. We will be sharing the link to the virtual Maru: Immigration Stories exhibit on JCCC [Facebook](#) and [Instagram](#) once the virtual exhibit goes live. With the uncertainty cause by the pandemic, we hope the virtual exhibit will whet your appetite and get you excited

until we are able to welcome you back into the Moriyama Nikkei Heritage Centre safely to see the entirety of the new permanent exhibit in person.

For those who would like more insights to the exhibit, we will be offering exhibit tours as well as various community programming in the future. Please keep a lookout for future announcements as we will be putting out updates in our [newsletter](#), [e-bulletin KOKUBAN](#), and social media platforms.

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



Incorporating the JCCC Archive and Collection

When we began planning for Maru: Immigration Stories, we knew that we had an opportunity to display different artifacts and photographs that we have in our collection. The history told in Maru spans over 150 years and across multiple continents. Our collection centers around objects related to Japanese Canadian history. The challenge was to find objects and photographs that would enhance the history being told while paying tribute to our Japanese Canadian roots.

This suitcase is very well travelled and has the stickers to prove it. It belonged to Ipeei Nishio, who worked for a British businessman who dealt in dinnerware. Nishio used it to travel from Japan to China, Canada, England and Jamaica. Donated by granddaughter Robynn Nishio, this suitcase is one of three in our collection which belonged to Nishio.

To see other suitcases:
[Photograph of 2011.63.01](#) / [Photograph of 2019.29.01](#)



Installing Maru

Stories behind Renovations and Installation of a new Exhibit

Transitioning from one exhibit to another is no easy task. It involves careful planning, attention to every detail and the recruitment of appropriate skills.

The JCCC was fortunate to have an in-house expert in one of our Board members, Jiro Fukushima. Jiro volunteered endless hours of expertise to assist with the renovations required for Maru, and we sat down with him to talk about some of the work required.

JC – JCCC; JF: Jiro Fukushima

JC: Jiro-san. You did a lot of work for the JCCC in prepping the Moriyama Nikkei Heritage Centre for our new exhibit, Maru: Immigration Stories. Can you give us a sense of what was required?

JF: Work included taking down wooden ledges, some drywalling, sanding, painting, and moving the large display cases.

JC: What was your approach to taking down the previous exhibit and its fixtures?

JF: When I was taking down the fixtures from the previous 5 Generations exhibit, I made sure I always tried to preserve the pieces, and prevent any damages, so items can be reused in the future for other exhibits or different uses at the JCCC.

JC: All of the work was done by yourself, or by volunteers and staff under your leadership. What was that experience like?

JF: I try to always choose methods that were efficient. Much of the work was a one-man-job by myself, so sequencing the order of work was extremely important. Also, in order to paint a large area with limited budget, I chose a medium grade paint and primer all-in-one paint, and used an airless paint sprayer with roller attachment in order to cut the working time in half.

At times where I had help from staff and volunteers, I chose methods that were easy for untrained people. We had four volunteers assisting with painting. Though inexperienced, they worked hard and followed instructions to get the work done. Throughout the whole process, I really felt the dedication and passion of the staff toward this project.

JC: Were there any memorable episodes about this experience?

JF: We were stumped by an unexpected hurdle of not being able to rent the proper equipment to move the large heavy display cases. After many hours of brainstorming and planning, I settled on the most ancient and simple method of rolling the cases along round pipes. It was a slow, but effective method. I had to pay extra attention to raise the display cases off from the floor with the car jack to prevent any damage to the case and floor and ensure the safety of the helpers. There was a lot of improvising, and also heaving and huffing from all the guys involved, but we successfully moved all the cases without any damage or injury.

It was an absolute pleasure to volunteer for participate in this project. I look forward to the opening of the exhibit, and seeing members and visitors come to experience Maru.

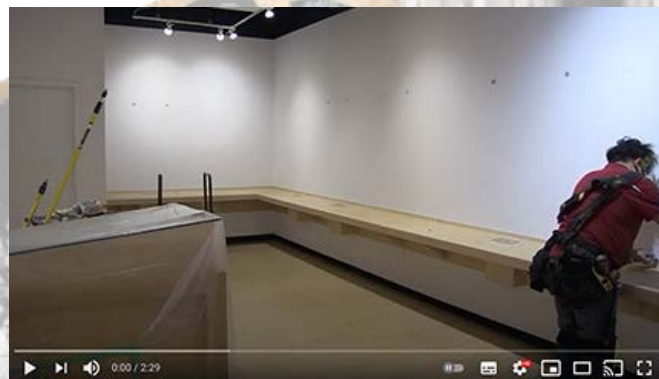


by Jiro Fukushima

20数年前に、あらゆるリスクや不安を押しつけて、夢や希望そして志を持って、住み慣れた母国を後にし、未知の国に渡り、今まで住み続けることができたのは、先人の方々の忍耐と将来に対してのビジョンのお陰ではないかと思つづく思います。もし、先人の方々が差別や迫害の為、移住をあきらめ、皆帰国していたなら、生活習慣、言語、文化の相違から生まれる差別や迫害を、今の自分達が受けることになったかもしれないと思う事が度々あります。

我々や次世代の人達は、歴史の事実を知ることに加えて、歴史の中で培われた開拓精神や上昇志向、共存共栄の意義を知り、これらを次の世代へ託す事が重要ではないかと思いません。我々の生き方に活用できる道理を修得できるのではないのでしょうか。何故、どの様に先人の方々が異国に移り住み、コミュニティーを作り、継承してきたのかを学ぶことで、日系コミュニティーの今後の在り方をより深く考えられるのではと思います。"MARU"プロジェクトチームからの依頼を受けることにいたしました。JCCC Moriyama Nikkei Heritage Museumの改装工事において、私が得意分野とするリノベーションの技術と経験がお役に立てましたことを光栄に思います。これまでJCCCやコミュニティーで、様々なボランティアや活動を行ってまいりましたが、このプロジェクトは最も義務感と責任感を要するものでした。

先人の方々の歴史や経験が一つになり展示される"MARU"は、見た方々に衝撃を与え感動を呼び、そして我々が伝えたい想いを心に植え付けることでしよう。



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



Maru – the Ocean Liner

The JCCC's upcoming exhibit is called *Maru: Immigration Stories*. Maru is the name often attached to Japanese ships. In fact, many pioneers of our community would have come to Canada on a Maru. The JCCC exhibit team felt it was an extremely fitting name, as it embodied the spirit of the Issei who ventured out of their motherland with anxiety, hope and ambition. Maru also means circle. In telling the story of the generations of Nikkei communities, our exhibit also aims to represent the circle of life.

To highlight the notion of Maru, our new exhibit will feature a model ship of Hikawa Maru, the Japanese ocean liner which ran a regular route between Yokohama, Vancouver and Seattle. Many of the first Japanese arriving in Canada would have journeyed the seas on it, or one similar.

We found an expert on model building in one of our very own in the community, Russell Takashima. The JCCC spoke with Russ about the process of building the model.

JC – JCCC; RT – Russ Takashima.

JC: Tell us about the Hikawa Maru model?

RT: The Hikawa Maru Model is a 1/350 scale plastic model. In order to recreate the ship, and not make it too plastic or toy-like, I purchased two additional kits of photo-etched metal details. These are parts made out of sheet metal which complement model kits to help them look more real, and I used them for the railing and ladders. I believed this was essential to enhance the look of the model.

JC: What was the most challenging part of this particular model?

RT: This ship is the largest model that I have built. I had to enlarge my work area so that I could work on the ship! There were also many parts of many colours which required me to paint them before assembling the model, so I had to sequence the painting and the building accordingly. The additional photo-etched details which I purchased are also very small and very delicate and took a lot of patience and care when adding them to the model. Lastly, the JCCC gave me a deadline, which I have never had before!!!

JC: What did you learn about the ship in your process of building the model?

RT: I did some research on the Hikawa Maru on the internet to get images of the ship so that I could faithfully reproduce the ship. In the process, I discovered that the Hikawa Maru still exists as a floating museum in Yokohama. However, the museum has altered the rear deck from how it is depicted in the model. The museum website has some wonderful photos that show the interior of the ship (<https://www.nyk.com/rekishi/e/exhibitions/hikawa.htm>). You can see that this ship was a luxury ocean liner.

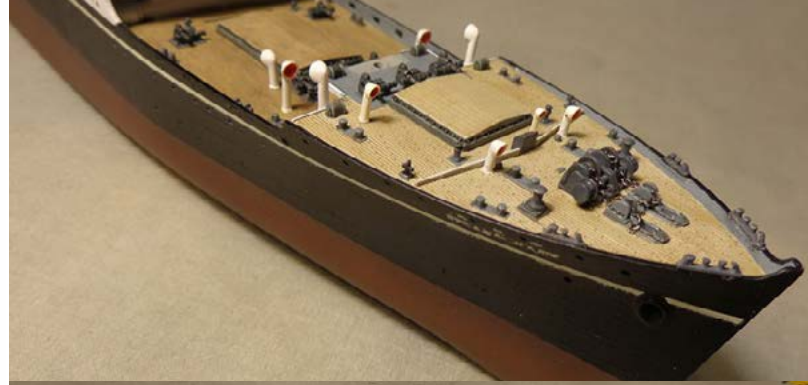
JC: Tell us about how you developed the skills in building models?

RT: I started building models in 1970's, but stopped during university. I began building again on and off the mid 80's. During that time, I built cars, motorcycles, airplanes, ships and armoured vehicles. In the mid 90's, I starting focusing on World War II vehicles and figures. Now that I am retired, I can devote a lot of time on building the stash of unbuilt model kits that I have accumulated over the years. I have built only a couple of ship models and that was in the 70's, so I do not consider myself a ship model builder.

JC: All in all, how long did it take to build the model for Hikawa Maru?

RT: The model took about 250 hours over 4 months from February to June of 2020. The Hikawa Maru is by far the most challenging model I've ever build.

Be sure to visit the JCCC when we reopen to see the model of Hikawa Maru up close in our Moriyama Nikkei Heritage Centre. Thanks Russ for volunteering your skill and time. This exhibit is really a community effort!



Japanese 1 on 1 – Interview with the students

With Mari Rutka

質問 1:

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?

Why did you start studying Japanese? How long have you been studying Japanese?

わたしは、はんぶん日本人です。日本語を話(はな)したい“よっきゅう”があります。いまだ日本に、しんせきがあります。そのしんせきと話したい。しゅじん(いしゃ)もしごとでよく日本へ行くから、わたしも行きたい。ここにも、よく日本人のおいしゃさんが来ます。そのときにその人と話したい。わたしはたくさん、いろいろな言葉(ことば)をべんきょうしました。ギリシャ語、フランス語、ウクライナ語、ラテン、ドイツ語をべんきょうしました。わたしは、言葉じたいが大好きです。言葉はせかいをわかるために、いちばんたいせつです。

あかちゃんるとき、日本にすんでいて、日本語を話しました。2さいのときに、カナダに来ました。2さいから10さいまでは、日本語を話しませんでした。父はときどきわたしと日本語で話そうとしましたが、わたしは話しませんでした。どうしてかという、父はえいごを解るといことをしていたからです。

11さいのときに日本へ行きました。そして4年間、東京(とうきょう)にすんでいました。が、そのときわたしはこくさいがっこうの、せいしんじょし学校に行きました。日本人のともだちはほとんどいませんでした。母は日本語を話しませんでした。母はアメリカ人で、とてもホームシックでした。だからわたしは、母のために日本語を話さないほうがいいと思いました。大学の時に日本語を一年半べんきょうしました。ひらがなとカタカナ、かんじもすこしべんきょうしました。30さいのときに、しゅじんは日本の有名(ゆうめい)な脳外科(のうげか)でべんきょうしたいので、いっしょに日本へ行きました。名古屋(なごや)に3か月、東京も3か月すんでいました。たくさんともだちがいました。わたしのしんせきにも会いました。日本語で話したかったけど、じょうずに話せませんでした。かなしいでした。そのあとは、子どもが3人いたので、べんきょうするじかんがありませんでした。

I'm half Japanese and I would like to be able to speak Japanese. I still have relatives in Japan and I want to be able to

speak with them. In addition, because my husband (who is a doctor) often goes to Japan on business, I'd like to go with him. And often Japanese doctors come here too. I would like to talk with them when they do. I've studied a lot of languages - Greek, French, Ukrainian, Latin and German. I love languages. Language is very important in order to understand the world.

When I was a baby, I lived in Japan and I spoke Japanese. When I was two years old, we came to Canada. From the age of 2 until 10, I didn't speak Japanese. My father sometimes tried to speak Japanese to me, but I wouldn't speak it because I knew he knew English. When I was 11, we went to Japan and lived in Tokyo for 4 years. But, at that time, I went to an international school called Seishin. For the most part, I didn't have friends who were Japanese. My mother didn't speak Japanese and she was very homesick. I think I didn't speak Japanese for my mother's sake. At university, I studied some Japanese and learned hiragana, katakana and a few kanji. At 30, my husband wanted to go to Japan to study with famous neurosurgeons there and so we went to Japan together. We were in Nagoya for 3 months and Tokyo for 3 months. We made many friends and I was able to meet my relatives. I couldn't really speak to them and that made me sad. After that, I had 3 children and didn't have time to study.

質問 2:

日本語の勉強で何が難しいですか? 何が面白いのですか?

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

むずかしいてん: 数え方(かぞえかた)がむずかしい。かんじがすごいむずかしい。ほかの言葉ではニュース、ほんもよめる。でも日本語のほんはよめない。おんな/おとこ言葉、そ



Mari-san is retired and one of the first students of I ON I Online Japanese program.

んけいご。それもむずかしい。おもしろいてん: たとえば、“ある”はもの、“いる”は人やどうぶつ。えいごでは、ものも人も“is”です。それがおもしろい。とくべつな言葉が日本語にあります。たとえば、“つんどく”はおもしろい言葉です。

Difficult: It's difficult to count. Reading kanji is terribly difficult. In other languages, one can read the news or books, but in Japanese, you can't. The differences in male and female word choices are also difficult.

Interesting: For example, “aru” is for things. “Iru” is for people and animals. In English both people and things are “is” – the same. That's interesting. And there are some special words in Japanese. For example (I love) the word “tsundoku.”

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 I was able to meet him.

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



– Oyako Donburi – (Serves 2)

This month's recipe comes from the first sessions of Seniors' Supper Club. Oyako donburi is a very simple dish that can be cooked quickly all in one pot. The translation of "Oyako" is literally parent (chicken) and child (egg).



Ingredients

1/2 tbsp vegetable oil
1/2 lb boneless chicken cut into strips
1/4 white onion - thinly sliced
1 cup chicken broth
1 green onion stalk- thinly sliced
1 tbsp white sugar
2 tbsp shoyu
1 tsp mirin
2 eggs beaten

Equipment

Cutting board
Vegetable knife
Small mixing bowl
Chopsticks or fork
Frying pan
Wooden spoon

Instructions

1. Heat oil in fry pan on medium heat.
2. Saute chicken in frypan, approximately 3-5 minute until cooked through. Add sliced onion and cook for another 4-5 minutes then drain the excess liquid.
3. In a small mixing bowl, stir sugar, shoyu and mirin together until the sugar is dissolved. Add to meat and onions and stir.
4. Stir in chicken broth slowly and simmer for approximately 3-4 minutes.
5. Add beaten eggs over mixture and simmer for a few more minutes until eggs are done.
6. Pour over hot rice and top with green onions.

Storage and Reheating

Store any left over Oyako Donburi in the refrigerator. Left overs can be microwaved on medium for 1-2 minutes to reheat.

黒板 KOKUBAN

A warm thank you to all of our readers who took note of our call for help in our [last edition of KOKUBAN](#) and responded to help us unravel the mystery behind “Mary”. Though the mystery is not yet solved, and detective work continues, we were excited that many of you came forth to provide us with additional information.

In 2021, KOKUBAN will continue to connect you to more treasures and mysteries we have at the JCCC, and together, further investigate the intricate stories and histories of our community.

In our [latest edition](#), we highlighted some of the many partners from our own community and the wider global Nikkei community who contributed time and expertise to our upcoming exhibit, Maru: Immigration Stories. It really does take a village to create one exhibit, and the JCCC hopes that Maru will be an eye-opening experience for all of our visitors.



Chance to win a Daruma!

Let's welcome spring and ward off bad spirits with Setsubun.

Show us how you celebrate Setsubun by posting your pictures on JCCC's instagram account. Please follow [JCCC @japanesecanadianculturalcentre](#), and post your pictures with hashtag #jccsetsun for a chance to win a Daruma from JCCC's gift shop. Or if your account is private, feel free to send your photograph as message to JCCC on Instagram. Don't miss the chance to bring home this fortune ushering doll!

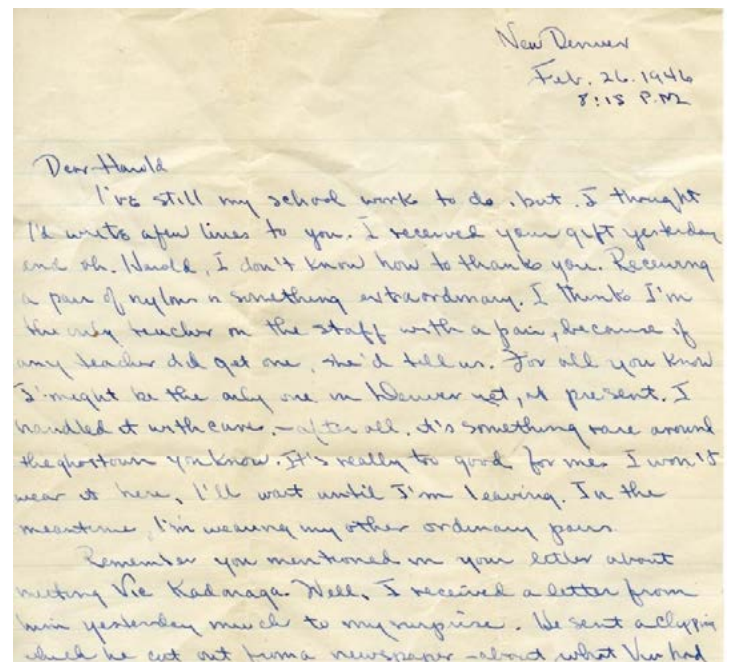
JCCCでは、「節分の日」キャンペーンを行います。節分の日のお祝いの様子を写真に撮ってインスタグラムに投稿してください。

投稿方法：[JCCC Instagram アカウント](#)をフォローし、#jccsetsunをつけて、あなたの節分の日の写真を投稿してください。或いは(プライベートアカウントに設定されている方は) InstagramメッセージでJCCC宛てに送付してください。応募者には抽選で1名さまに、縁起のいい置物「だるま」の人形をプレゼントします。あなたの節分の写真のご投稿をお待ちしております。



We Need Your Help!

Here's what we know about Mary from the content of the letter: She lived in New Denver, BC in 1946 where she worked as a teacher. Mary had a sister named Helen who was underage in 1946. Helen immigrated to Japan with her parents after WWII. If you know or have information about Mary or Helen, please contact us at heritage@jccc.on.ca



Letter from Mary to Harold Takayasu (Page 1,2). February 26, 1946. Harold Takayasu Collection. 2010.58.06.18

JCCC YouTube Corner

Did you know...

Did you know that you can view any content you missed from our past virtual festivals simply by going to our website, and go to visit to access [past events](#), or by directly visiting our [JCCC YouTube Channel](#).

Highlights from our recent virtual festivals include:

New Year' Day - Master of the Mic



Fuyu Matsuri - Kendama Demonstration by Andy Toulis



Keep checking our YouTube Channel for the latest videos from our festivals and community projects.

How to renew JCCC membership during the closure

The JCCC very much values your membership and it is that membership support that is critical to our ability 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. We will continue to do so in 2021 and remain poised to reopen as soon as we can do so in a safe manner.

To those who missed our annual events, we have endeavoured to provide them online and very much look forward to the being able to do so again in person. As we write this, the JCCC is planning our virtual Haru Matsuri and a hybrid Toronto Japanese Film Festival to be presented both virtually and eventually onsite; an event to commemorate the 10th anniversary of the 3.11 tsunami disaster; as well as a presentation to report on the JCCC Foundation's scholarship program in three Tohoku universities.

To those who were so used to coming to the JCCC weekly 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. Our Japanese language group classes resumed in January with 6 classes of all levels being now conducted 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.

This year the JCCC continues to plan safe 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 <https://jccc.on.ca/join-support/membership>.

For more information on how you can support us through donations, please visit <https://jccc.on.ca/join-support/donate/emergency-appeal>.

To learn more about our activities, please visit <https://jccc.on.ca/visit>

2021 VIRTUAL NEW YEAR'S FESTIVAL

2021年 お正月会

新日系コミッティー (NJCC) は、JCCCの閉館に伴い、2020年3月より会館での活動を一旦休止し、新たに2020年9月より今回のバーチャルお正月会へ向けて、メンバーそれぞれがこの変わりゆく日常の中で新たな活動目標を立て、NJCC全体として心ひとつに頑張ってきました。

20年以上続くお正月会ですが、バーチャルでの開催の前例はなく、コミッティーとしてはとても勇気のいるチャレンジとなりました。こんな時だからこそ何をすればよいのか、何ができるのかの話合いを重ね、想いのままをかたちにできるよう試行錯誤の結果、ライブ子供福笑い、ライブシニアビンゴ、シニア歌マラソン、コロナ禍における日系レストランテイクアウトメニュー紹介というプロジェクトごとにチームに分かれて取り組むことになりました。JCCC各担当スタッフの皆さんと、NJCC各チームメンバーは、当日まで共に活動しました。

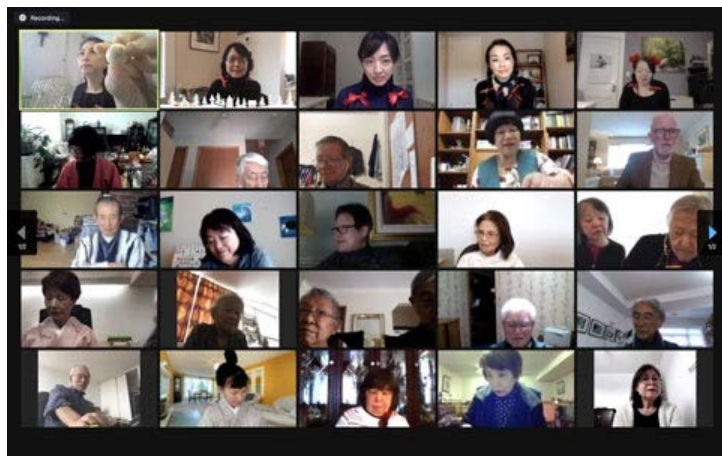
その連携の取れたチームワークのこいもあり、ライブ子供福笑いには、37名の子供たちが参加、使い慣れているZOOM越しにかわいらしい笑顔があふれ、福の神様と過ごす幸せな1時間となりました。ライブシニアビンゴは、22名の日系シニアの皆さんが参加してください、ZOOM機能練習会を経て、当日は4人の勝者を輩出するビンゴバトルで盛り上がりました。参加者最年長は100歳のお誕生

日を迎える方もいらっしやり、おめでたい明るい雰囲気にも包まれました。シニア歌マラソンは、18名の参加となり、歌の力と音楽の力で元気になれる大合唱となりました。癌闘病中であり、声が出なくなる前にお友達に支えられて歌ってくださった方もいらっしやり、歌を通して力強いメッセージをいただきました。レストラン企画は、がらりと違った活動スタイルとなり、コロナ禍における現場の厳しさを実感しながら、企画内容をできるだけ現場のニーズに対応できるよう考え続けました。各レストランの手作りビデオは、厳しい最中でありながらも、食を通じた温かい感動的なメッセージとなりました。

今回の活動を通して、NJCCメンバーそれぞれに自立した活動目的を見つめ直し、この新しい日常の中で、NJCC全体として時代に合った活動の大切さをあらためて実感しました。

最後に、JCCCバーチャルお正月会2021の実現にむけて、各イベントにご参加ご協力いただきました日系コミュニティの皆さま、最後まで日夜共に活動してくれたJCCCスタッフの皆さん、この場をお借りして心より感謝申し上げます。

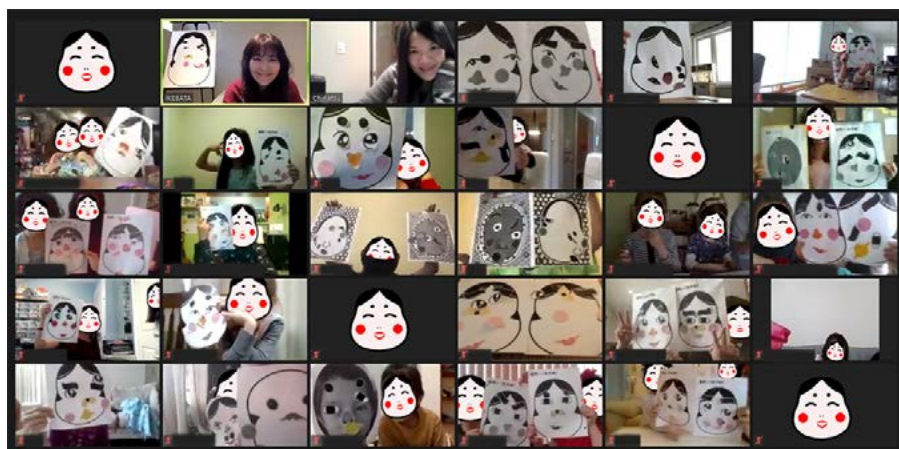
新日系コミッティー (NJCC) 代表 原あんず



なつかしい顔ぶれ。「ビンゴ!」をかけて白熱するシニアの皆様。



福笑い前の紙芝居。池端ゆかり先生の熱演による「としがみさまとおしょうがつ」当日の紙芝居の様子を写したビデオをお楽しみください。



福笑いの完成作品を見せ合う参加の子供達

日系レストラン コロナ禍の今イチオシのテイクアウトメニューを動画で紹介



Bar Shozan
(笑ざん)

We are the top-notch Japanese food & drinks bar! Enjoy our most popular dish including a choice of Grilled Salmon, or Grilled Mackerel, with salad and miso soup. Click [here](#) to watch the video.



Crafty Ramen

Japanese Inspired, Locally Influenced, Hand Made. Click [here](#) to watch the video.



Kingyo

Kingyo's food can always be in your freezer! Kingyo Frozen Home Kit is upgraded, and has more variety now! Please check it out! Click [here](#) to watch the video.



Musoshin Ramen Toronto
(無双心ラーメントロント店)

We just opened our first overseas location in Toronto (Roncesvalles) in last October. We love authentic Japanese foods and believe fermented food keeps you healthy. Shokupan (Japanese soft bread) and our Japanese sweets can purchase here as well. Click [here](#) to watch the video.



Ramen Isshin Queen

Authentic Japanese Flavours! Home Kit "Nabeyaki Udon" with all the ingredients included. Just heat and eat!! Click [here](#) to watch the video.



Ramen Raijin on Wellesley
(雷神ラーメン)

Try Raijin Frozen Ramen. Restaurant quality Ramen at home!! Click [here](#) to watch the video.

Videos of Toronto Japanese Restaurants Introducing Japanese restaurants with their Pandemic take-out menu

日系レストラン コロナ禍の今イチオシのテイクアウトメニューを動画で紹介



Ryus Noodle Bar

We, "RYUS Noodle Bar", offer high quality ramen that has been selected by the Shinyokohama Ramen Museum in Japan (since 2017). As mentioned in our video, Must try our No. 1 staff pick "Tan Tan Men". Click [here](#) to watch the video.



The Beacher Café

The beaches family restaurant. Click [here](#) to watch the video.



Yuugi Izakaya
(遊義)

Yuugi Izakaya is a contemporary izakaya serving Japanese cuisine suited for the people of Toronto. Click [here](#) to watch the video.



Zakkushi on Carlton

Binchotan Charcoal Grilled Yakitori, same quality as in Japan. Open 7 days a week 17:00-24:30. Meal Kit coming new available!! Click [here](#) to watch the video.



Zakkushi on Queen West

We care a great deal about bringing an authentic Japanese flavour to your table. Please try our new home kit! Click [here](#) to watch the video.

Virtual
バーチャル

New Year's Festival 2021

JCCC お正月会

Japanese Restaurants Video Streaming

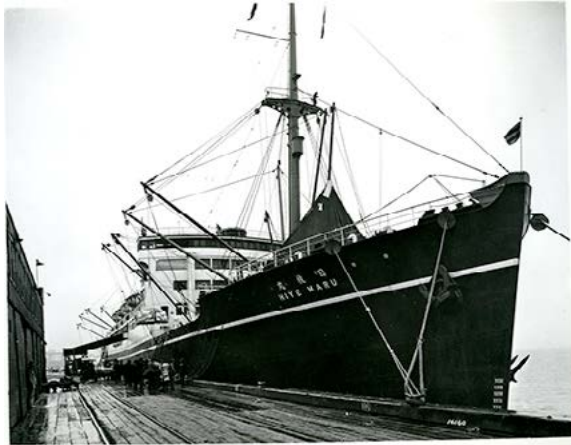
ロックダウン中の今！
日本レストラン
お勤めテイクアウト

Bar Shozen / Crafty Ramen / Kingyo
Musoushin Ramen / Ramen Raijin Wellesley
Ramen Isshin Queen / Ryus Noodle Bar
The Beacher Cafe / Yuugi Izakaya
Zakkushi on Carlton / Zakkushi on Queen West

Videos of Toronto Japanese Restaurants Introducing Japanese restaurants with their Pandemic take-out menu

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, USA, 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.



SEDAI
THE JAPANESE CANADIAN LEGACY PROJECT

**IMPORTANT ANNOUNCEMENT
COMING SOON: SEDAI CATALOGUE**

THE SEDAI CATALOGUE WILL BE MADE
AVAILABLE ON THE JCCC WEBSITE

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.

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Nobuko; Gord, Cathy, Jenn; Bob;

Larry, Judy; Ed, Karen

In memory of Kimiye Hayashi

Mrs. Kay Doi

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

Anonymous

Sandy, Simon, & Family

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Ms. Katherine Adachi

In memory of Kuniko (Kay) Iwasa

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Mrs. Midori Takahashi &

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Mr. & Mrs. Theurer Britton

In memory of Sugar Sato

Mr. Gord Sato

In memory of T. E Nishioka

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As of January 20, 2021

The JCCC gratefully acknowledges the following donations:

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 Ms. Aoi Yoshida
In memory of Tony and Kimi Takenaka
 Mr. Regan Takenaka
In memory of Tosh and Terry Sakura
 Ms. JoAnne Sakura
In memory of Toshiko Usami
 Mr. Steve Nishimura
In memory of Toshio Ryoji
 Mr. Hideo Matsumoto
In memory of Mr & Mrs Toyoshi Hiramatsu
 Ms. Marion Yanase
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 Mr. Akira Fukuri
In memory of Yasuhiko Abe
 Mr. Kevin Takahiko Abe
In memory of Yuriko Inouye
 The Sanaye Inouye Family
In memory of Yoshikatsu Nagami
 Mr. Tony & Mrs. Kumiye Gardiner

In memory of Zoya (Sophia) Karpa
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 Mr. Eizo Oka
 Mrs. Noriko Oka
 Mrs. Kimiko Teh

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As of January 20, 2021

The JCCC gratefully acknowledges the following donations:

JCCC

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Mrs. Carol R. Howell	50
Ms. Elaine Ishibashi	54
Shinnen Kai 2021	
Ms. Yuka Jimbo	465
Mr. and Mrs. Howard Kagawa	16
Mr. Ian Lancaster &	
Mrs. Jane Wheeler-Lancaster	50
Mrs. Roslyn Levin	25
Mrs. Alma Ona	200

In Memoriam**In memory of Arthur Hiroshi Ikeda**

Ms. Alice Nagami	25
Ms. Kay Oiye	100
Mr. George Takahashi	30
Mr. and Mrs. Bill Tanaka	30
Toronto Japanese Garden Club	500

In memory of Dick (Yutaka) Matsuoka

Mrs. Miye Matsuoka	
In memory of Emi Nozaki	
Mrs. Laurie Nishida	100

In memory of Gloria Sumiya

Mrs. Kay Mitsui	25
The Sumiya Family	500
Mr. George Takahashi	30
In memory of John Kitamura	
Mrs. Cindy Jung	50
In memory of Michiko Harada	
Mrs. Esther Kawabe	50
Pat Kusano & Family	100
Mrs. Miye Matsuoka	
Mrs. Kay Mitsui	25
Mr. Mark Omoto	50
Mrs. Fujiye Ono	35

In memory of Mitch Harada and Joan Hirano

Mrs. Claire Taeko Nakamura	70
In memory of Paul Marubashi	
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Mrs. Cathy S. Nakamura	50
In memory of Teruo (Ted) and Michiko Harada	
Mr. Graham Harada	100

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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
 Kokuryo Shintani Ross Schroeder Colman
 Masaji and Kazue Endo - In Memory
 In Memory of Mother Hiroko Fukushima
 Shinya and Masumi Godo
 Yoshiko Jean Goto & Family
 Hamade Bunichi & Ito Matsunosuke & Hana Mio
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 Ray and Amy Kutsukake In Memory
 Kiyoshi and Eiko Maikawa
 Sumie (Sugamori) Medoruma - In Loving Memory
 Tommy Medoruma (Kanashiro) and Family
 In Memory of Margaret Mori
 Mas and Yuri Mori

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

パンデミックの中でのお子様の日本語教育

皆さん、パンデミックの中でお子様の日本語教育はどのようにされていますでしょうか？御家族で長期休暇をとって日本へ帰国を予定していたのに取り止めたり、日本語学校を休学したり、日本語のサークルも参加できず、日々が過ぎていき、気が付くと、日本語を以前より使わなくなっていたりなどしませんでしょうか。このような状況の中でも、お子様が日本語に触れられる機会を探してみましょう。

一番大切なことは、保護者の皆さんが日本語教育に対して絶対にあきらめない心を持ち続けることです。私達が考えもしない状況がこれからも次々と起こってくるかもしれません。どんな時も変わらない心をもって邁進していきましょう。

トロント国語教室 理事 橋本美佐江

オンラインや通信で受けられる日本語教育があれば受けましょう。

もし日本語学校を休学していたら、すぐに復学しましょう。土曜日の午前中は、日本語の勉強時間に設定してまず勉強してからゲームや遊びをするように習慣づけましょう。

日本語の環境を増やすこと。実際に日本に滞在できない代わりに、日本の祖父母や親族、友人とテレビ電話やライン等で交流の機会を増やしましょう。言葉はもちろんですが、本人のモチベーションも上がります。

地域のコミュニティーで開催するイベントに積極的に参加しましょう。

JCCCのお正月会、ひな祭り、夏祭り、冬祭り等のイベントにオンラインで参加しましょう。

コンピューターで日本語の番組を見ましょう。

家庭での会話は、日本語でしましょう。





日加学園

Nikka Gakuen Japanese Language School

日修学院

Nisshu-Gakuin Japanese Language School

トロント国語教室

Toronto Kokugo Kyoshitsu

住所:
200 Fundy Bay Blvd, Scarborough

Webサイト: www.nikkagakuen.ca

昨年3月から校舎使用が出来なくなり、対面授業、オンライン授業と両方の準備をしながら9月の新学期を迎えました。このような状況がいつまで続くか分からない中、子供たちの楽しみな年間行事、特別科目等すべて中止となり元気が無いように見えるこの頃ですが、現在の状況を理解し自分たちのできる事を精一杯やりながら日本語の勉強に励んでいる姿に勇気をもらいながら学校一丸となって乗り越えようと頑張っております。

日加学園は1978年に創立された継承語教育を行っている日本語学校です。

毎週土曜日9時から12時までの3時間、授業はすべて日本語で行っております。

新入生は面談、編入生は筆記試験がありその結果によって合否が決まります。クラス編成は年1回行われる全校一斉実力テストによってレベル分けのクラス編成が実施され、クラスは少人数制になっております。

募集要項

新入生、編入生募集学年:12月末時に満4歳であること。(新入生)。低学年若干名募集。(編入生)。入学願書締め切り3月末。面接は4月中旬(予定)。面接結果は各家庭に連絡します。

問い合わせ先:

浜場 真喜子 416-561-7729(携帯)
e-mail: info@nikkagakuen.ca

住所: Bedford Park Public School,
81 Ranleigh Ave. Toronto

Webサイト: www.nisshugakuin.org

1986年4月に開校し、幼稚部1年から中部2年までの10年制のプログラムにより、日本に生まれ育った12才の標準日本人生徒の持つ国語力と同等の日本語力を持つ生徒を育成しています。国語の教科書上下を使用して日本語の指導をしています。

教育理念は、正しい日本語を習得しながらその過程で、日本の文化に接し理解する機会を与えます。学校生活を通して生徒や家庭間の友情と信頼を育て、日系社会の場を提供し、多民族国家であるカナダで、複数の言語を学ぶ事により、他の異なった文化がある事を認識し、その特異性を理解する事ができるような人材を育てます。これにより国際的な視野を広め幅広い心豊かな人間性を育てます。

今年9月からオンライン授業による日本語と専科(総合、習字、課外授業)を行っています。日修学院は、保護者と学校との共同運営により成り立っています。

日系カナダ市民としての自覚と誇りを持って日本文化を継承し、将来、日加交流を通して、多様文化主義を国策とするカナダ社会に貢献できるように努めます。

募集要項

2021年度幼稚部1年(2017年生又は2021年12月末までに4歳又は4歳以上の児童)。入学希望者には、生徒と保護者の面接を行います。

問い合わせ先:

nisshu.gakuin@gmail.com

住所: Bowmore Public School
80 Bowmore Road, Toronto

Webサイト: www.torontokokugokyoshitsu.com

トロント国語教室は、1976年にトロント日本語学校内の「国語教室」部門として創立され、2015年に40周年を迎えました。

初・中・上級の3クラスから始まったトロント国語教室も、現在では、つぼみ組(満4歳)、幼稚園と小・中学10クラス、そしてアドバンスクラスがあり、計180名以上の生徒が通う学校となりました。

トロント国語教室では、光村図書の国語の教科書を使用し、日本語で授業をしております。また、教室で行う国語の授業に加えて、音楽や書道などの授業や、学芸会や運動会などの行事、卒業生やゲストを招いてお話ししていただくなど、子供たちが様々な形で日本文化に触れられるように、いろいろプログラムを毎年提供しています。

募集要項

2021年度 幼稚部1年、編入生(2021年12月末までに4歳以上の児童)

入学ご希望の方は、ウェブサイトからお申し込みください。入学にあたっては、生徒と保護者の事前面接がございます。

問い合わせ先:

contact@torontokokugokyoshitsu.com





ローストビーフ モモ

もも肉の旨味を真空調理でギュッと閉じ込めた、しっとり柔らかなローストビーフです。



カナダ産 天然キング & 天然 スモークド・サーモン (スライス)

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北米の厳しい安全基準をクリアした確かな商品のみを、新鮮なうちに空輸し、日本の食卓にお届けしております。購入前からアフターケアまで全て日本語で対応。海外直販サイトにも関わらず、国内通販と同様の気軽さでご利用いただけます。また、カナダ在住の方は、仕事の得意先や、ご両親に、カナダから少しサプライズな贈り物をお届けできます。



カナダ産 ボタンエビ

カナダで獲れた大ぶりのボタンエビです。食べやすいMサイズと特大のXLサイズから選べます。解凍後、お刺身としてもお召し上がりいただけます。



カナダ産 オマール海老&ムール貝セット

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カナダ産 特大活オマールロブスター 1尾

特大のロブスターが新登場! オマールエプロン2枚、専用クラッカー&フォーク付きです!



読書の時間

～書店が選ぶおススメ本～



呪術廻戦 逝く夏と還る秋

芥見下々、北園ばらっど / 著
出版社名 集英社
出版年月 2019年5月
店頭価格 \$16.30+TAX

虎杖の死の直前から、交流会開始までの空白の物語が描かれる小説版が登場!

里桜高校での事件後、虎杖はある呪いに悩む少年と出会う。しかし、その呪いは倒しても倒しても蘇り、少年を苦しめる特殊な呪いだった! 順平を助けられなかった後悔から虎杖は自信を喪失していくが、そこで五条はある問いを投げかけ...

他にも虎杖と伏黒の秋葉原散策、五条と七海の北海道出張、真人とある老人の交流、伊地知のお仕事大公開と、大ボリュームでお届け。全5本の短編を収録!



2040年の未来予測

成毛真 / 著
出版社名 日経BP
出版年月 2021年1月
店頭価格 \$25.20+TAX

知っている人だけが悲劇を避けられる。あなたの20年後に関係あることを全部出しました! 年金/社会保険/医療費/ベーシックインカム/資産形成/MMT/5G/空飛ぶクルマ/監視カメラ/ゲノム編集技術/核融合/温暖化/南海トラフ/首都直下型地震、ひとつ確実なことがある。それは、あなたが20年後、必ず20歳、歳をとっていることだ。

#01 テクノロジーの進歩だけが未来を明るくする(たった100年前から信じられないほど世界は変わっている。新しいテクノロジーが登場したとき、人間はその普及に反対する、ほか)。

#02 あなたの不幸に直結する未来の経済一年金、税金、医療費(2040年の日本は老人ばかり。老人が増え、それを支える若者が減る、ほか)。

#03 衣・食・住を考えながら、未来を予測する力をつける(衣食住の未来は、短期的にコロコロ変わる。不測の未来を予測する力をつけよう、ほか)。

#04 天災は必ず起こる(このまま温暖化がすすむと、飢餓に満ちた世界が必ずくる。まず自分のいる場所がどんな水域か知っておくべき、ほか)。

これらの書籍は、Blue Tree Booksよりお求めいただけます。www.bluetreebooks.com

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

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

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

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



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Exhibition | November 2021 online at
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JSS Online Programs: February 2021

JSS オンラインプログラム：2021年2月

Didn't we just celebrate our unique holidays and new year? Time flies fast and now we are talking about February already. Please check out our upcoming online (Zoom) programs etc. and join us from the comfort of your home! *Pre-registration required.

新年明けたと思ったらあっという間に1月も終わり。2021年2月に予定されている、Zoom(オンライン会議ツール)を使ってのプログラムとお知らせです。暖かなお部屋からみんなで一緒に楽しく参加しませんか?(要事前予約)

(1) Momiji & JSS e-Learning Series in February (Wednesday Afternoon) モミジ&JSS オンライン講座シリーズ2月(水曜午後)

Positive Ageing (2) ~ New Year Celebrations among Different Culture 「Positive Ageing (2) ~文化の違いによる、新年の祝い方の違い」

Wednesday, February 10, 2021 (in English) 2-3 pm
2021年2月10日(英語) 午後2-3時

There are many opportunities to meet people from different culture in a multicultural city such as Toronto. Come and learn the commonalities and differences among East Asian cultures – China, Korea and Japan, and make some friends! This second session of our new series, Positive Ageing, is offered in English (simple as possible wordings), in collaboration with Yee Hong Centre for Geriatric Care.

Supporting a Senior friend 「友人・知人によるシニア支援」

Wednesday, February 24, 2021 (in Japanese) 2-3 pm
2021年2月10日(日本語) 午後2-3時

You may be supporting or planning to support your senior friend or neighbour. When you are not a family member to them, there are specific limitations and things you may want to know and consider about. The registered social workers from Momiji and JSS will discuss about this.

How to register:

- Pre-registration required by 2 days before each session (Monday). Find the session you want to attend from the list [here](#) – and click each link to see more details and register.
- First-time Zoom user? Contact Keiko (Momiji 416-261-6683 ext.249 / ciw@momiji.on.ca) to book your Zoom practice session! Contact early to secure a spot.
- For the list of our past e-Learning sessions, click [here](#).

参加方法:

- 事前(実施2日前(月曜)まで)に参加登録をしてください。上記の該当セッションの日付をクリックするか、[こちら](#)のリストより該当講座の詳細ページをクリックしてください。内容をよく確認のうえ、記事内の申込みボタンから登録してください。
- Zoomのツールに自信がない方は、事前に練習できますので、モミジのけいこ(416-261-6683 ext.249 / ciw@momiji.on.ca)までお早めにご連絡ください。
- 現在登録可能な講座または過去の講座一覧などシリーズ情報は、[こちら](#)。



ここトロントでは様々な人種や文化に触れ合う機会がありますね。日本・韓国・中国は言葉・食べ物・習慣など共通項が沢山ありますが、それぞれの国でのお正月の祝い方を知り、新しいお友達と出会うきっかけにしませんか。Yee Hong Centreとの共同企画「Positive Ageing」シリーズ第二弾、簡単な英語で提供します。



家族や代理意思決定人そして支援団体ではない第三者～友人や知人として、身近なシニアの支援に関わる場合に念頭に入れておきたいことについて、お馴染みJSSとモミジのソーシャルワーカーがお話しします。

(2) Other Online Programs (in Japanese)

1. **Craft Club Social (Knitting) クラフトクラブ交流会(編み物):**
Feb. 17 at 10:30 am – noon *RVSP at craftclub@jss.ca
2. **Hot Lunch Social ホットランチ交流会:**
Feb. 24 10:30 am – noon *RVSP at programs@jss.ca
3. **Online Single Mothers Support Group オンラインシングルマザーサポートグループ:**
*Please contact Chie (programs@jss.ca) for details
4. **Online Chair Yoga Program for age 55+ (currently under planning) オンラインチェアヨガ(55歳以上対象)の企画が進行中** *Stay tuned for details!

(3) IT Support In the community 地域のIT支援

Three non-profit providers including Momiji are currently providing the IT support on phone basis. They will provide one to one technical support on using your smart technologies to access online communication and services. See [JSS website](#) for the details.

コンピューター・タブレット・スマートフォンなどを使ってビデオ会話をしたりオンラインサービスを受けるための、電話による無料支援を提供している非営利団体(モミジによる日本語支援含む)があります。詳しくは[JSSウェブサイト](#)をご覧ください。



健やかな老後をめざして その36

その症状、うつ病かも...



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COVID-19改善の兆しは今なお遠く、感染力の強い変異ウイルス出現などにより、私たちの生活は心身ともにストレスの高い状況が続いています。ロックダウンの日々において、世帯を別にする家族や友人との接触を避け、手洗いを励行し、マスク着用して外出など、暮らしの中で出来る限りのことを実践しています!でも、まだまだトンネルの先に光は見えてきません。

眠れない、食欲や体重が落ちた、疲れやすい、頭が痛い、身体がこるなどの症状はありませんか?心の不調は自覚しにくいけれど、身体の不調にはけっこう気づきます。「あれっ?以前はこんな事なかったのになあ」とも、そういった症状があって「憂うつな気分」あるいは「何事にも興味がわかない」という気持ちを伴っているようであれば、それは要注意です!もしかしたら、うつ状態かもしれません。放っておくと悪化し、うつ病を発症しかねません。

実は、職場の元同僚(71歳)がうつ病と診断されました。昨年の暮れに電話で話した折、以前の明るかった彼女とは何だか違うなと感じました。「眠れない、大好きな写真や刺繍に興味ももてない、料理や掃除に疲れる、胃腸の調子がよくない」と訴えたのです。数年前に完全に退職し、夫と共通の趣味である写真撮影を楽しむために世界中を旅するようになりました。素敵な写真カードがヨーロッパ、南米や日本から届きました。英国出身の彼らは、私たちの影響もあって日本に出かけ、その文化と人々に関心を深めてもどってきました。「次回は一緒にEikoのふるさと大分や沖縄へ足を延ばそう」と話が弾んだほどです。ところが2020年になると、COVID-19による様々な制約と不安の中で暮らす状況が続きました。さらに、彼女が敬愛していた母親が夏に旅立ちました。

うつ病とは心理的ストレス、脳内の状態や体質などが影響しあって生じる「脳と心の病気」です。一般的にうつ病に関する人々の知識は充分ではなく、本人も周りも病気のサインに気づきにくいのです。コロナ禍によるストレスの高い日々は、多くの人々に何らかの気分障害や体調変化をもたらしています。あ

なたはいかがですか?

私の場合、これまで頭痛とは縁がなかったのに軽い頭重感を感じるがあります。体温と血圧測定をしているので、それらが原因でないのははっきりしています。帰国できずに自宅管理(大分)が気になる、日本の家族や親友に逢えない、夫と共に気分転換を楽しんでいたスポーツバーやレストランへ行けない、友人を招待できない等、普段の生活との違いが長期に及んでやはり何らかの影響を受けているのかもしれない。

さて、前述した電話のあと直ぐに彼女の夫に連絡を取ると「コロナ禍のために母親の家に出来る機会が減って十分にケアできなかった、と自分を責める言葉が多くなり、憂うつそうな気持ちが目立つようになった。眠れていないようだ」と言います。「ともかくも早くホームドクターに相談したほうが良い!」と伝えました。

うつ病は特別な病気ではありません。シニアにとって認知症と並んで代表的な精神・神経疾患です。健康問題、経済的な不安、地域・社会との繋がりが減少といった様々な変化に加え、配偶者の死別や子どもの遠隔地居住などによってサポート体制にも課題が生じやすいのです。それこそうつ状態に陥るリスクは高まります。さらに今、コロナ禍が追い打ちをかけるようにその状況を深刻化させています。

若い人であっても他人事ではありませんよ。日本では働きすぎによる心身不調でうつに陥って死にたいという気持ちが強くなり、実際に自殺するケース(過労死)が問題になっています。若者であってもシニアであっても、サポートや治療を早目に受けることができて気持ちを切り替えられると、うつ病に進むのを未然に防ぐことが可能なのです。あなたの家族や友人はいかがでしょうか?普段の性格や様子と比べて明らかに変化はありませんか?是非にいちど観察の目を注いでみてくださ。愛情の目(思いやり)が当人を救う事につながります...

ただ、シニアの場合は「集中力が低下し、活気がなくなり、頭がすっきりしない」等のうつ症状が認知症初期の状態と似ている場合

があるので、専門家による継続した観察が必要です。認知症に関しては、次号より皆さまと共に考えていく予定にしています。

先ほどの友人は、病気であることを自覚し、薬物治療を受け始めてから徐々に状態が改善しており、私も一安心しています。食べられるようになって体力が回復したことも精神的な安定に繋がっているように思えます。わが夫Johnや義父Richardの入院の際にも経験したのですが、シニアにとって「食べること」の重要性を実感します!

さて、私(あなた)自身はうつ状態に陥るのをどのように防いだらいいでしょうか!?まずは、誰にでも起こりうると認識することが大事です。これは認知症の場合も同様です。次に、日頃からサポート体制を築くことに留意しましょう。あなたは気分がすぐれない時、一緒に暮らしている家人に伝えられますか?メールや電話で聴いてもらえる人はいますか?どんな病気を指摘されても悩みや苦しさを心から語ることでできる存在があれば、とても助けられます。生きていく力に繋がります。人間にはいちばん効果のある薬と言えるでしょうか...日頃から絆づくりを大切にしたいものです。そうすることによって、いつでもお互いに支える側、支えられる側の両者になりえます。相互扶助ですね。最後に大事な点ですが、うつ状態が疑われたら積極的に受診しましょう!早い対応が悪化を防ぎます。

ところで、ストレスがどのくらい自分にかかっているかを判断するのは難しいものです。ストレスがたまるとやけ食い、やけ酒、衝動買いやゲーム依存などに走りがちと言われます。私の場合、それらとは縁遠いですが(笑)。ですから「毎食後の口腔ケアを怠る、ピアノを弾かない、唄わない、読書を楽しまない、大好きな料理を作りたいくない」など、日課の中で大切にしている行動に関心がなくなったり、実行できなくなったら危険信号と考えています。

「日頃から自分を客観的に眺めておくこと」が早期発見や解決策の力ギになりませぬ。あらゆる病気に共通して言えることですね。

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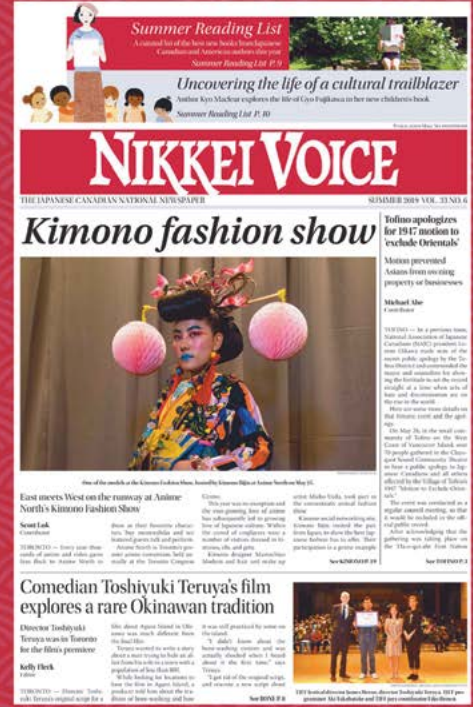
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also want to hear from you. We look forward to connecting with you on Facebook and Instagram!

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