



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館



**Kamp Kodomo Workshops
Toronto Japanese Film Festival 2021
Maru: Immigration Stories
Japanese Language For Adults Program**

April 2021 2021年4月 Vol. 47 Issue 4



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SUBMISSION DEADLINE

Deadline for the next issue is: **Tuesday April 13, 2021.**
 次号の締め切りは**2021年4月13日(火)**です。

Your news is welcome!
 Please email to **newsletter@jccc.on.ca**

Editors: James Heron, Kathy Tazumi, Sandy Chan, 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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Cover Image: © Sean Pavone



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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. In the meantime, we are offering the following online programs to the community.

Contact the JCCC

For enquiries, please contact respective staff directly [see staff directory [here](#)] or email us at jccc@jccc.on.ca. For general enquiries by telephone, please call 416-441-2345 and leave a message at extension 222. One of our staff will return your call at our earliest convenience.

Upcoming Events include:

JCCC's annual bazaar is cancelled for 2021.

Cultural Classes and Workshop

- Kamp Kodomo Workshops – Free Workshops for Kids (page 5)
- JCCC Japanese Language for Adults Program - Virtual Classes – Spring session (page 10)
- Japanese 1-on-1 Online Japanese Conversation Lessons – Currently Full (page 13)

Martial Arts Classes

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

Exhibitions

Please see p18 for exhibition calendar

Message from Executive Director

With the vaccine rollout ongoing, we can now see the return to normal coming gradually into focus. We continue to monitor the shifting colour codes as the pandemic abates and hope to have a reopening announcement to offer soon.

Spring is the season of renewal and the return of life after the dark winter months. I am writing this about one week after we sent out our “Fresh Start” membership renewal offer and the response has far exceeded what we could have hoped for. In the first week we were inundated with hundreds of responses – in fact, many renewed at higher membership levels than they had previously – and the mail pours in daily. I cannot tell you what an encouraging signal this is for us. To ease the membership purchase process, our online membership renewal portal has gone live on the JCCC website as well to further streamline the process. Thank you so much everyone.

**Click here to
Renew JCCC Membership
Online Now**

We have so many new events and an exciting exhibit ready to go when we reopen and, in the meantime, lots of online content.

We will see you soon. Until we do, please stay safe and be well.



James Heron
Executive Director

Membership Renewal

To renew your membership, you may use the following methods:

Online Renewal: For your convenience, you can renew your membership online [here](#).

By Phone: You may call the JCCC at 416-441-2345 ext 222 and leave a message. One of our staff will return your call at our earliest convenience to complete the transaction over the phone with you.

By Mail: You may choose to mail in your membership renewal, along with a cheque or your credit card information.

By E-mail: You may email the JCCC at jccc@jccc.on.ca with your completed membership renewal form.

MON APR 12 ▶▶▶ THUR APR 15

Spring Break Free Virtual Workshops

KAMP KODOMO

キャンプこども

JCCC春休みヴァーチャルワークショップ-無料!

Register Now

Click [HERE](#)

詳細、登録はこちら

The JCCC is offering 3 FREE virtual workshops for children over Spring Break.
4月のオンタリオ州春休み期間中、児童向け無料ワークショップを三つ開催します。

Monday
April 12

Tic Tac Know



Scavenger Hunt & Tic Tac Know

– Back by Popular Demand

Children will get a chance to look for a variety of items in their homes and understand how they contribute to their own identity as well as understand their family heritage.

スカベンジャーハント&ティックタックノウ

(リクエストに応え、2回目開催!)

ゲームを通して家族のヘリテージを学ぶ。お馴染みの二つのゲームを組み合わせ、うちの中で物探し、自分のアイデンティティへのつながりを考よう。

Wednesday
April 14



Riceball Workshop

– Back by Popular Demand

Learn how to make riceball in this fun 45-minute workshop, and see how food is an important part of preserving culture.

おむすびワークショップ

(リクエストに応え、2回目開催!)

おむすびの作り方を楽しみながら学ぶ45分間のワークショップで、食文化の重要な役割を知ろう。

Thursday
April 15



Craft Workshop - DIY Family Book

This hands-on workshop will walk through how to make a simple family photobook, and also talk about how scrapbooks are used to document family histories.

クラフトワークショップ - DIYファミリーブック

簡単なファミリー写真集作りに挑戦。家族史を綴れるスクラップブックの利用法も学ぶ。

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THE TORONTO JAPANESE FILM FESTIVAL CELEBRATES ITS 10TH GREAT YEAR IN JUNE!

The Japanese Canadian Cultural Centre's 10th annual Toronto Japanese Film Festival will be presented in a hybrid format with online offerings, from June 5 to 27, along with select onsite screenings planned for October at the JCCC's Kobayashi Hall. The festival has now grown into one of the largest film events of its kind in the world and is recognized by the Japanese film industry as a vital conduit for bringing Japanese film to the world.

North American and Canadian premieres include Mitsuhiro Fujii's yakuza thriller *A FAMILY*, Keisuke Yoshida's boxing drama *BLUE CORNER*, Katsuhide Motoki's period dramedy *ANGRY RICE WIVES*, Shuichi Okita's surreal examination of aging and loneliness *ORA ORA BE GOIN' ALONE*, Hiroki Kadokawa's foodie-friendly historical drama *MIO'S COOKBOOK*, Masayuki Suo's delightful ode to Japan's silent film era *TALKING THE PICTURES* and Akiko Ohku's *HOLD ME BACK*, winner of the Audience Choice Award at the Tokyo International Film Festival.

Other films by leading women directors include Miwa Nishikawa's *UNDER THE OPEN SKY* featuring a searing career-best performance by Koji Yakusho, Naomi Kawase's powerful story of motherhood *TRUE MOTHERS* which was Japan's representative candidate for the Academy Awards, and Hitomi Kuroki's historical fantasy *THE DEVIL WEARS JU-NI HITOE KIMONO*.

Two of Japan's top young stars Tadayoshi Okuda and Ryo Narita find one another in Isao Yukisada's touching LGBTQ romance *THE CORNERED MOUSE DREAMS OF CHEESE* while photographer Yoshihiko Ueda's debut feature *A GARDEN OF CAMELLIAS* is a ravishingly beautiful examination of the exquisite transience of life, and Michihito Fuji's *THE BRIGHTEST ROOF IN THE UNIVERSE* is a whimsical comedy-drama that finds a troubled 14 year-old girl visited by a magical stranger. This year's anime premiere is *LIP X LIP FILM X LIVE*, a hybrid anime movie and "live concert performance" by the popular virtual popstars Lip x Lip.

Documentaries include Eiji Sakata's study of the world of sumo wrestling *SUMODO – SUCCESSORS TO THE SAMURAI*, Kazuma Tabei's *HOSÉ! JOSE MUJICA!* and Kimio Watanabe's original 1965's *TOKYO PARALYMPICS: FESTIVAL OF LOVE AND GLORY*.

Other screenings include Yukihiro Tsutsumi's intense family drama *HOPE*, Rikiya Imaizumi's compelling indie romance *JUST ONLY LOVE*, Anshul Chauhan's multiple award-winning drama of buried family secrets, *KONTORA*, Koichiro Miki's adaptation of Wataru Watanabe's popular cycling manga, *YOWAMUSHI PEDAL: UP THE ROAD* and Shinya Ayabe's high-energy tale of food-obsession *SCHOOL MEALS TIME: FINAL BATTLE*.

Individual tickets for all Toronto Japanese Film Festival (TJFF) screenings are priced at CDN\$9.99 or an ALL ACCESS FESTIVAL PASS for CDN\$99.99. Please enjoy the films at home with your family. Some films do address adult themes so please check age recommendations.

Films are presented through our online platform partner CINESEND. ALL ACCESS FESTIVAL PASS will go on sale on **Monday, May 10** at 10:00am (EDT). Check our website, social media and upcoming newsletter for more details.



May 6 - Maru: immigration Stories - Virtual Launch Event

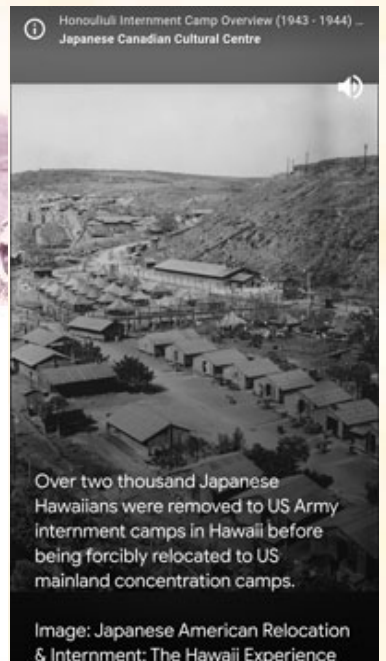
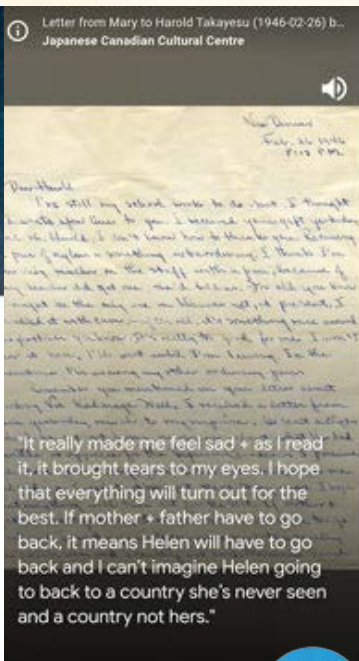
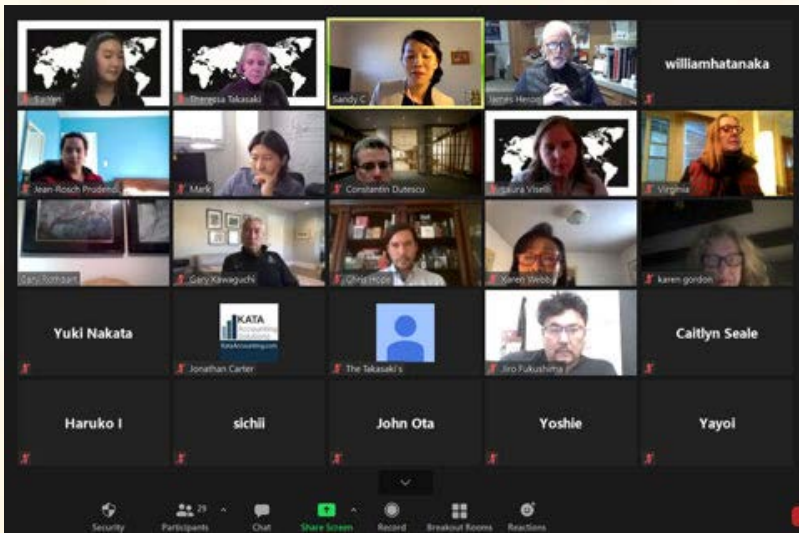
We are excited to announce a virtual launch event on Thursday May 6 for Maru: Immigration Stories - virtual exhibit.

In February 2021, the JCCC launched the virtual exhibit Maru: Immigration Stories on the Google Arts and Culture platform. The Maru exhibition team has been rolling out virtual launch events to select groups, and would now like to extend the launch event to our community. During this virtual event, you can expect to get to know behind the scenes of this online exhibit, and participate in a Q&A session.

Pre-registration will be required. Please check the JCCC website, as well as social media channels for registration details as they become available.

In the meantime, we encourage you to browse the exhibit and share your experience with us by email (heritage@jccc.on.ca) or social media using #jcccmastories.

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



Google Arts & Culture

Maru: Immigration Stories

Beyond the JCCC Collection



In addition to the artifacts and photographs that we have used from the JCCC Collections, Maru: Immigration Stories uses photographs, video and artifacts from Nikkei communities around the world.

These photographs are from the [Japanese Cultural Centre of Hawai'i \(JCCH\)](#). For this section of the exhibit, we have chosen to use both historic photographs and photos of artifacts held within the collection of the JCCH. Using the resources of institutions similar to the JCCC has allowed us to show how rich the histories of Nikkei communities around the world really are. It has also allowed us to provide the visual cues needed to show some of the amazing similarities between the experiences of the diverse communities.

We hope that you will enjoy exploring all of the similarities and differences highlighted by our photograph and artifact choices.

Maru: Immigration Stories

Behind the Scenes (Oizumi)



Samba performance during the World Gourmet Festival. Courtesy of the Oizumi Tourism Association.

Nestled about two hours away from the metropolitan city of Tokyo lies a small town in Gunma called Oizumi. It is in Oizumi where you will find the largest Nikkei population in Japan and once a year, the quiet town transforms and becomes the hub for celebrating Nikkei culture from South America. Visitors from near and far gather to experience the “Oizumi Carnival”. In past years, there were performances like Samba and local Nikkei idol groups. Similar to festivals at the JCCC, this Nikkei community, with their unique identity, celebrates their culture. Right in Oizumi, visitors can get a taste of Nikkei Brazilian flair and comfort food.

To learn more about Oizumi and the lives of Nikkei immigrants in Japan, visit [Part 3 of the virtual Maru: Immigration Stories](#).

Spring 2021 JCCC Japanese Language for Adults Program

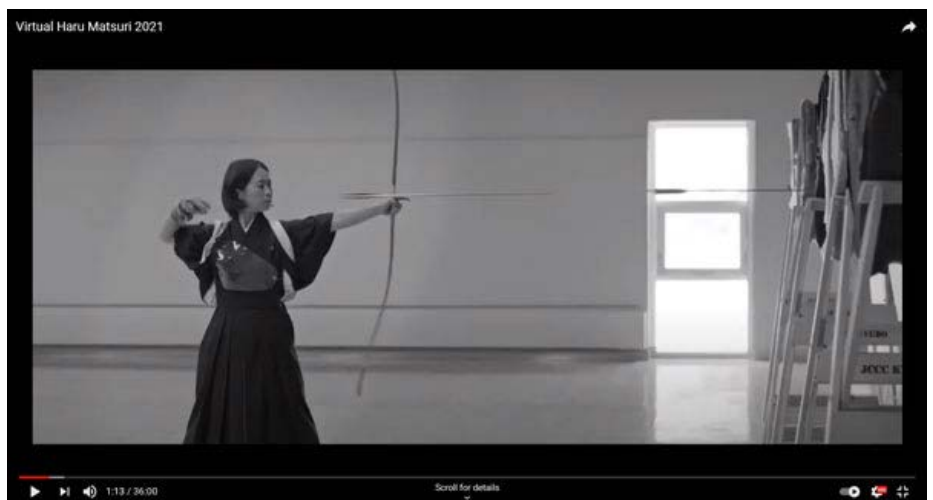


Virtual Classes Begins [April 20, 2021](#). Registration starts [April 1, 2021](#). Click [here](#) to Learn More and Register!

Martial Arts Corner

The JCCC is home to eight different martial arts classes and clubs. While some clubs have been a part of the JCCC family since the beginning, more martial arts clubs have formed as instructors have become available. This month we are featuring the JCCC's Kyudo Club, Seikyu Kai.

The JCCC's Kyudo program put together a fantastic video about their program for our Virtual Haru Matsuri. To watch the video, please go [here](#).



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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



– Baked Tonkatsu – (Serves 2)

This recipe was modified to give you a healthier option as it is baked not fried.



Ingredients

- 4 centre loin pork chops (~250 grams)
- 3/4 cup panko
- 2 tsp oil
- 1 egg, beaten
- 2 tbsp flour
- 1/4 tsp salt
- 1/4 tsp pepper

Equipment

- 3 shallow bowls or plates
- Frying pan
- Baking sheet

Instructions

1. Preheat oven to 400°F.
2. Heat frying pan on medium low-heat and add oil.
3. Add panko and cook, stirring occasionally, until golden brown.
4. Place cooked panko on shallow plate and let cool.
5. Crack egg onto shallow plate and beat with a fork.
6. Put flour, salt and pepper onto shallow plate and mix lightly.
7. For each pork chop:
 - Place onto the plate of flour and coat the meat with flour. Ensure to get as much of the meat covered with a light layer of flour. Shake off any excess flour.
 - Dip the floured pork chop into the beaten egg until completely covered with egg wash. Shake off any excess egg mixture.
 - Place the pork chop on the cooked panko and roll around until completely covered in panko. Be delicate as to not to crush the panko too much.
 - Place the pork chop on the baking sheet.
8. Place in preheated oven and cook for 17-20 minutes, or until fully cooked, flipping the tonkatsu with a spatula at the halfway point.
9. Serve with rice and tonkatsu sauce.

Storage and Reheating

- Store leftover Tonkatsu in the refrigerator – not longer than 3 days
- Tonkatsu with reheat best in a toaster oven or oven. Bake on high for 2—3 minutes or until it is no longer cold to the touch.
- Left over tonkatsu will make a great sandwich!

JCCC YouTube Corner

Looking for activity ideas to do with your children during Spring Break?

Why not try this Sakura craft that's fun to do and perfect for the season. For step-by-step instructions, hop onto the JCCC YouTube video [here](#).



KOKUBAN

Want to listen to first-person accounts of the lives of nik-kei families pre-WWII in Canada and abroad?

This month's KOKUBAN features stories about two men on opposite axes of the world – north in Canada, and south in Brazil. They talk about struggles as minorities in their countries, and how they found their place in society.

To watch their interviews, or read the latest issue of Kokuban, click [here](#).



Bazaar update

バザーに関するお知らせ

Unfortunately, as the pandemic continues to threaten the health of our community, the JCCC is very sorry to say that, for a second time, we will not be holding our annual Bazaar this May. We hope that this will be something that can be planned for a future date, but are unable to make any definite plans at this time.

Please keep checking our newsletter and website at www.jccc.on.ca for any future bazaar announcements and activities.

コミュニティの健康を脅かすコロナ禍が続く現況を鑑み、非常に残念ではありますが、昨年に引き続き今年5月のJCCC恒例行事バザーイベントを取りやめる決断に至りました。延期という形で後日開催を検討するものの、現時点では確実な計画を立てることができない状況です。

バザーに関しては、今後もニューズレターやウェブサイトwww.jccc.on.caで随時アップデートのお知らせを掲載いたします。

Congratulations James and Chako!

James Matsumoto and Chako Setoyama were given the Rotary International District 7070's prestigious Wilf Wilkinson Peace Award for their tireless efforts in the "Support our Kids" program, bringing children from the earthquake affected Tohoku region to Toronto each year for a 2-week homestay program between 2011-2019. The JCCC was honoured to have been a part of this program.

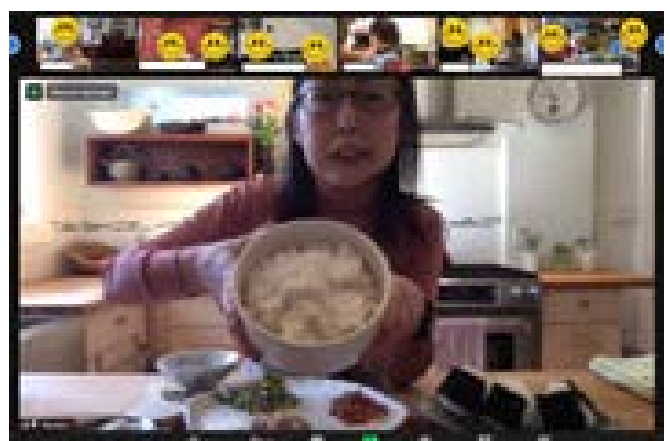
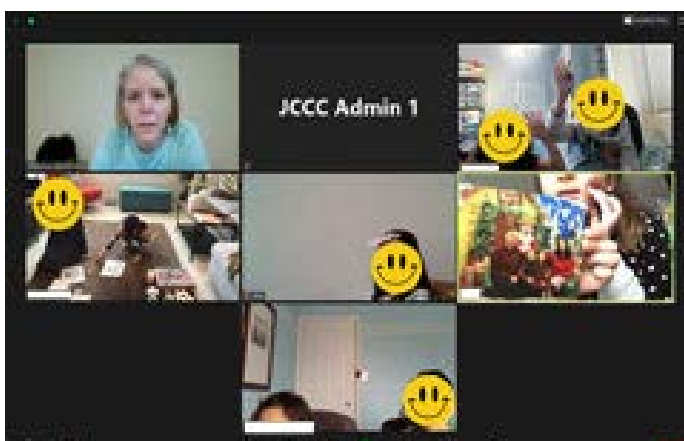


Many thanks to all who took the time to check out our Virtual Haru Matsuri.

While we were not able to gather at the JCCC, everyone enjoyed our virtual performance and demonstrations emceed by Terry Takashima. Several children and their families joined us for two interactive workshops where they participated in activities, made riceballs, listened to stories, and most importantly, learned about heritage and celebrated culture. NY based Rakugo artist Ken entertained with his story of "The Feast."

A special thank you to all our groups for their support and to the volunteers that made our virtual event possible.

We missed the hustle and bustle of visitors in our building, but we hope to see everyone at Haru Matsuri in 2022!



東日本大震災被災児童自立支援プロジェクト

Support Our Kids

The JCCC has been supporting the SOK since the program started in Toronto in 2013.

10 years have passed since the Great East Japan Earthquake. Thanks to your support, SOK students have been able to get back on their feet. You can see how they are doing at the following link, <https://tohoku-resilience.jp/>. We really appreciate your support.

Ten years have passed since the Great East Japan Earthquake. A time that passed like a blink of an eye, and yet a time that seems so long. Some things have changed, some things are changing, and some things will never change. What has ten years left in the hearts of each one of us, and what has it created?

Resilience. It is the ability to be flexible and adapt to difficulties. It is the fundamental power that enables people to recover from difficulties and adversities without losing heart. The resilience of the people of Tohoku, who have turned adversity into strength and walked toward recovery, gives us courage and inspires the world. And that resilience is nurtured firmly in the children who will create the future, and has become their hope.

What did the children see and feel that day?

How did they continue to turn adversity into strength?

How do they envision to create the future of Tohoku?

The resilience that Support Our Kids nurtured in the children together with the world is present here.

東日本大震災から10年。瞬く間に過ぎ去ってしまったような、長い長い日々の積み重ねでもあったような時間。全く変わってしまったこと、常に変わり続けていること、そして、ずっと変わらないこと。10年という年月は、ひとりひとりの心に、何を刻み、何を残し、何を生み出してきたのでしょうか。

レジリエンス。それは、しなやかな強さ。人が困難や逆境の中にあっても心が折れることなく、立ち直る根源的な力。逆境を力に変え、復興に向け歩んできた東北人のレジリエンスは、私達に勇気を与え、世界から尊敬を集め続けてきています。そして、そのレジリエンスは、未来を創る子どもたちの中にもしっかりと育まれ、希望になっています。

あの日、子ども達は何を見て、何を感じたのか。

逆境を、どうやって力に変え続けてきたのか。

これからの東北、そして未来を、どのように描き、創ろうとしているのか。

Support Our Kidsが、世界と共に育んできた子ども達のレジリエンスがここにある。 <https://tohoku-resilience.jp/>



[Childrens Stories] To watch the video, click the title.

- 2013: Sota Oshima
Aiming to create a community where young people can realize their dreams in the countryside of Fukushima.
- 2014: Yusei Adachi
My life has been spared, so I want to be someone who can help with the recovery even in my own little way.
- 2015: Akari Kikawada
My life has been spared, so I want to be someone who can help with the recovery even in my own little way.
- 2016 Nanami Miura
The Power of Story Telling.
- 2017: Kanon Kumagai
To make someone else happy with the power of imagination. Like what you like, and it will be fine.
- Support from Canada



【子ども達の物語】 タイトルをクリックするとビデオをご覧になれます。

- 2013: Sota Oshima
「夢を追って福島への田舎へ行く」若者が挑戦できる地域づくりを目指して!
- 2014: Yusei Adachi
命が助かったからには、少しでも復興に役立つ大人になりたい。
- 2015: Akari Kikawada
大人になった私が、今度は、地元・栗原の子ども達を応援したい。
- 2016 Nanami Miura
「語る」ことの持つ力。
- 2017: Kanon Kumagai
想像する力で誰かを幸せにするために。好きなものは好き、それでいい。
- カナダからの支援



We also recently donated to Holland Bloorview Kids Rehabilitation Hospital a flag that the children made in 2019. We were not able to do a face to face ceremony due to COVID-19, but [here](#) is a video of the ceremony.

また、先日Holland Bloorview Kids Rehabilitation Hospitalに、2019年に子ども達が作った旗を寄贈致しました。コロナ禍で対面の式典は行えませんでした。 [ビデオ](#)で式典の様子をご覧ください。

Congratulations Sid!

On February 7, the JCCC's Special Advisor Sid Ikeda received the Interfaith Harmony Award from the Toronto Committee of World Interfaith Harmony Week in recognition of his dedicated service to Interfaith Harmony and Respect. Congratulations and well done Sid!



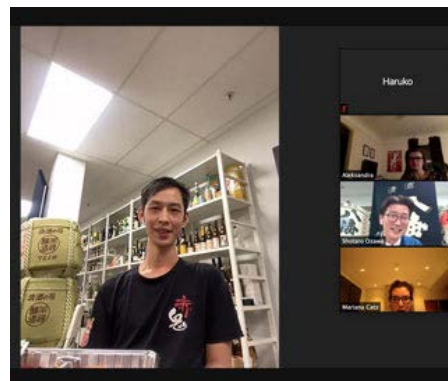
Drinks of Japan -Sake Seminar in March

The first seminar of the series was fun and delicious.

Participants enjoyed learning about sake, from different brewing processes (including fermentation processes from other alcoholic drinks); slideshow of a site visit to one of the most famous breweries in Japan; to where Sake can be purchased in GTA and the surrounding area.

The most fascinating part was enjoying and getting to know about pairings, not only with Japanese foods but also with Italian and Indian cuisine!

Please watch our newsletter and social media for information regarding future Drinks of Japan workshops. Beer seminars are planned for the next one.



Above: Christopher Lao, owner of AKA-ONI Izakaya and sake sommelier

Below: Sho Ozawa, president of Ozawa Canada and certified Kikisake-shi



JCCC Heritage Interns

It is that time of the year again (usually in late August but this is an extraordinary year!) when we say thank you and see you again to JCCC Heritage interns. This term, the department hosted Laura Viselli and Caitlyn Seale who are both on their way to complete their Master's degree. The JCCC would like to acknowledge the generous funding of Young Canada Works and the COVID-19 Emergency Support Fund for Heritage Organizations.

JCCC Heritage Team, Top (left to right): Theresa Takasaki, Su Yen Chong. Bottom (left to right): Caitlyn Seald and Laura Viselli.



Laura Viselli

My time as a Collections Assistant has been a phenomenal experience and the highlight of my time as a student at the University of Toronto. Theresa Takasaki and Su Yen Chong welcomed us to the Heritage Department with open arms and created a culture where we could learn, not only about the work of museums and how they operate, but most importantly about this vibrant and important community in Canada. I got to see community members share their personal histories and stories through the Sedai Project and through their donations to the Archive and Collections. Being a part of documenting and preserving these histories has been a great honour and one I will cherish forever. It has profoundly shaped my own identity and what it means to be Canadian.

Caitlyn Seale

From November to March, I had the opportunity to work with Su Yen Chong and Theresa Takasaki as Collections Assistant. Previously, I had only worked with the Sedai Project. This time, I was also able to become more familiar with the experience of Japanese Canadians through working with photos and documents from the Mary Uchida Collection. Being able to work with different mediums in which people capture their experience really emphasized the importance of archives to me. I am thankful for this opportunity to both learn more about the past and combine practical experience with the knowledge from my coursework.

THE JAPANESE CANADIAN LEGACY PROJECT

SEDAI

ORAL HISTORY CATALOGUE

<https://vimeo.com/sedai>

Dr. Arnold Aral Yoshiye Kosaka Umeko Kuba Stan Hiraki Thomas Matsui Tomiko Kadonaga Tatsuo and Kimiyo "Kim" Sakayue (nee Yamamoto) Susan Hfdaka Shizuye Matsui (Nee Kosaka) Shigeo William Seko Tak and Pollie Nishino (nee Onishi) Mickey Matsubayashi Dorothy Yoshiye Tanaka Shoji Takahashi Nick Yoshida Roy Akira Nagamatsu Sumi Uno (nee Kanbara) Margaret Lyons Sachiko Takahashi (nee Kodama) Kei KC Tsumura John Uchikata Hisako Shin Shinkoda Bill Maruse Kay Honda (nee Yamamoto) Roy Honda Tokugi Tok Suyama Toshi Oyeda Ross Shin Roy Matsui Polly Shimizu Tsutomu Stony Nakano Harold Takayasu Chiyo Seko Hamilton Baseball Team Kimiko Rose Aihoshi (nee Kato) Leiko Matsubayashi (nee Miyake) Lemon Creek Harmonica Band Gloria and Mits Sumiya Little Reiko Yano Harry Yoshida Yukio Ode Ted and Joyce Izukawa Jean Peasah Alma (Sumiko) Mitke Kay Fujiwara (nee Toyota) Lily Nagahara (nee Omoto) Jean Nagata Frank Moritsugu	David Azuma Bert Mendelson Nancy Yasuko Endo (nee Kitano) Frank Shimada Shank Saishi Kuroyama John Michio Yoshitaka Josie Yoshioka (nee Yano) Mary Akiko (Mari Kawasaki) Kunio Suyama Fred Sasaki and Fred Sunahara Mary Ebata (nee Mori) Alex and Donna Yanoshita Bob Kimura Jack Kobayashi Joyce Hirasawa and Doreen Morita Bob Marubashi Hideo Takahashi Jean Goto (nee Nikaido)	Joseph Nakamura Richard Dick Yamanaka George Tomita June Takahashi Toru Terry Idenooye Kay Shimizu Thomas Oyagi Kaye Hayashida Toshie (Moriyama) Noda Tats Mori Stan and Aileen Yokota Lawrence Crawford Richard and Geri Shiozaki Molly (Iwasaki) Aihoshi Kay (Sumi) Nagata Rose Kutsukake Talpel Jack Nakamoto Kinzi Tanaka Yutaka Harold Yoneyama Fred Sunahara Tom Takashima Peter Wakayama Sidney Sid Ikeda Bill Washizume Rubiko Ruby (Morita) Fukumoto Rose Kususake (nee Talpel) Fred Sasaki Patricia Pat Adachi (Kawashiri) Kim Wakabayashi Joanne Suiyama Mickey Nobuto Roy Tsuda Taketo Murata Kay Higashi Hajime Jim Kobayashi Takayugi Nagano Sono Sugie Roy Shintani Ray Takeuchi Jean Fujimoto (nee Kumoi) Elsie Toguri (Iwasaki) Takasaki family George Toyama Louise Masuda Roy Nakagawa Takehiko Tak Yoshida Shizuko Sue Kadoguchi Fred Sasaki Kinzie Tanaka	Sue Kai (nee Matsugu) Raymond Moriyama Mary Ikeda & Marie Ikeda Mary Matsui Keo Shibatan Yaeko Fukimoto Mitsuyoshi Mits Ito Aiko Murakami (nee Kondo) Henry Shimizu Minoru Min Yatabe Tamio Wakayama Kuni Fukusaka (nee Noguchi) Fusako Hamamoto Keray Itaya Mary Akiko Kawasaki (nee Mori) Masashi Mas Shin Grace Sasaki (nee Kuwahara) Takayuki Nagano Sam Kano Hajime Sawada Victor (Koji) Ujimoto James Jun Jim Koyanagi George Kiyoshi Masuda Terry Imai and Betty Tanabe (nee Okashima) Junji Ikono Eileen Ogura Robert Bob Kimura Koji Murase George Tushima Henry Sugiyama Sue Kai (nee Matsugu) Ted Nishi Keray (Kiyoshi) Haya Goro Kawaguchi George Fujita Sam Baba Sedaki Tom Nishio Toshiko Usami Mark Yoshio Honkawa Steve Hamamoto Roy Sato Anthony Katsuno Mitch Minoru Wshimura Fumi Kono Harold Miwa Thomas Shoyama Joe Ohori
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Calendar of Exhibitions

March 1 - June 1, 2021



SHIKAKU – Sight, Vision (Virtual Exhibit)

A Joint Exhibit of the JCCC Art Committee and the Toronto Japanese Garden Club

A virtual exhibition of proposals for public art and Japanese gardens at the Japanese Canadian Cultural Centre (JCCC) January to April 2021. Photographs, drawings and written text describing the current and future vision of JCCC public art and gardens. An exhibition of hope and positive vision during the winter months approaching Spring 2021.

To access the virtual exhibition, click [here](#). Listen to John Ota explore the question: [What is a Japanese Garden?](#) on JCCC's new podcast, All Things Japanese with John Ota.

February 23, 2021 - Ongoing



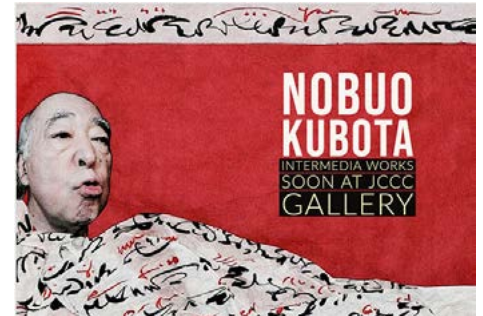
Maru: Immigration Stories (Virtual)

A condensed version of our upcoming physical exhibit Maru: Immigration Stories in the JCCC's Moriyama Nikkei Heritage Centre will be available virtually.

The JCCC has partnered with Google Arts & Culture, a non-profit initiative that works with cultural institutions and artists around the world to make Maru: Immigration Stories accessible to anyone, anywhere.

To visit the virtual exhibit, click [here](#).

Ongoing



The Intermedia Work of Nobuo Kubota

A JCCC Art Gallery Virtual Exhibition

Nobuo Kubota's work often combines sound, music, installation and film, a practice that he labels 'Intermedia'.

He received the Governor General's Award for the arts in 2009. His work is held in numerous collections including the National Gallery of Canada and the Art Gallery of Ontario. He is also a member of the Royal Canadian Academy of the Arts.

This exhibition features some of Nobuo's Intermedia work, exploring textual marks and phonic sounds.

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

Coming soon



Maru: Immigration Stories

Moriyama Nikkei Heritage Centre

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 rebirth of discovering a common history, culture, and memories transcends borders. It is a coming together that allows you to explore stories from various Nikkei communities in this exhibit at the Moriyama Nikkei Heritage Centre (MNHC).

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.

Good News! Shikaku Exhibit! Podcast!

Spring is here and we invite you to visit the online exhibition, Shikaku – sight, vision: a virtual exhibition of proposals for public art & Japanese gardens. To visit, click [here](#).

A joint project of the JCCC Art Committee and the Toronto Japanese Garden Club, the exhibit describes the history of Japanese gardens, the gardens at the JCCC, a vision of public art and a proposal for a Peace Arch of 1,000 origami cranes by Eiri Ota of UUfie Architect.

In addition, we invite you to listen to the new JCCC Podcast on Japanese Gardens with James Heron, Irene Foulkes, Jiro Fukushima & John Ota that compliments the Shikaku exhibit. 春を楽しもう! Haru wo tanoshimou! (Let's enjoy Spring)

To listen, click [here](#).



Calendar of Exhibitions

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As of March 17, 2021

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John & Suzuyo Fox and son, David Uwate,	Ms. Rie Hamamoto	Sanaye Inouye's 99th birthday
and his family, Candice, Tyler and Austin	Mr. Gary Hamasaki & Ms. Gloria Baxter	in August 2020
from Miami	Mrs. Miyoko Hamasaki	Mr. Yosh (Yoshitaka) Inouye
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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, 2020 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.

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 In Memory of Margaret Mori
 Mas and Yuri Mori

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

Groups

Asahi Baseball Ichigun
 Ayame-Kai Odori Group
 Chado Urasenke Tankokai Toronto Association
 Checkmate Development
 DundeeWealth Inc. - Marty Kobayashi
 Endow Dental Arts Studio Inc
 Ghost Town Teachers Historical Society
 学校法人山口学園 global.ecc.ac.jp ECC JAPAN
 華やぎエッセイグループ Hanayagi Essay Group
 Ikenobo Ikebana Society of Toronto
 Japanese Cdn Citizens Assoc Toronto Chapter
 JCCC Judo Kai
 JCCC Kendo
 JCCC Kyudo Seikyu Kai
 Nelson Arthur Hyland Foundation
 New Japanese Canadian Association
 Ontario Tottori Ken Jin Kai
 Salden Foundation
 SHODO CANADA
 The Frank H. Hori Charitable Foundation
 Toronto Japanese Garden Club
 Toronto Kohaku Utagassen
 Wynford Seniors Club

For the details about Friends of Moriyama Nikkei Heritage Center, click [here](#).

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.

Congratulations!

おめでとうございます!

THE JCCC PROUDLY RECOGNIZES OUR
2020 ONTARIO VOLUNTEER SERVICE AWARD
(OVSA) RECIPIENTS!

2020年オンタリオ・ボランティア・サービス
・アワード (OVSA) 受賞者の皆様

Special Events

Brendan Issacs – 5 years
Sachiko Iwata – 10 years
Marjorie Lacho – 5 years
Katerina Titov – 15 years
Yuri Titov – 15 years
Carrie Wong – 10 years

Art and Culture

Enore Gardonio – 10 years
Elaine Ishibashi – 5 years
Chris Sora – 5 years
Daniel Tsumura – 5 years
Kei Tsumura – 55 years
Conner Fukusaka – 5 years

Operations

Kumiko Baxter – 10 years
Beverly Fujimoto – 10 years
David Leopold – 5 years
Dereck Oikawa – 20 years
George Tsushima – 50 years



Volunteer Spotlight

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

Meet Betty Tse



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

I have been volunteering at the JCCC on a regular basis for the past 5 years.

How did you get involved with volunteering at the JCCC?

My husband has been practicing martial arts at the centre for more than 10 years so this is how I was introduced to the JCCC.

Under the referral of my sister-in-law who has also volunteered at the JCCC, I started volunteering as well.

What type of volunteer work have you done?

I assisted in the preparation work for various annual events and festivals at the JCCC and have been involved in the updating and managing of the volunteer database.

JCCC Moving to a Better Volunteer Management System ボランティアデータベースソフトウェア『VolunteerHub』導入

by Volunteer Committee

To Our Existing Volunteers – Let’s Hop Onto JCCC’s NEW VolunteerHub Database

You may have, or can expect to, receive an email from the JCCC requesting you to create a username and password in our VolunteerHub database. VolunteerHub is a secure database system which helps the JCCC manage its volunteer processes securely. Please proceed to create a profile and save your login information in a secure place for future use.

Interested in Volunteering?

In consideration of everyone’s health and safety, onsite volunteer activities and recruitment will not resume until the JCCC facility reopens. Occasional volunteer opportunities that arise will be posted in our monthly newsletter, as well as on JCCC’s social media channels. Please check for any upcoming opportunities.

Thank you for your patience and understanding.

JCCCボランティアとしてご登録されている皆様へ

現在、登録済みのボランティアの皆様には、『VolunteerHub』を通じてご自分のユーザーネームとパスワードの作成をお願いするEメールを配信しております。作業完了後、ご自分のユーザーネームとパスワードはわかりやすい安全な場所に保管しておいてください。今後は、各イベントのボランティア登録や、住所変更などのご自分のプロフィール管理が簡単に行えるようになります。ご協力どうぞよろしくお願い致します。

JCCCでのボランティアに興味はあるが、まだ参加されていない未登録の皆様へ

現在、皆様の安全と健康を第一に考慮し、JCCCの活動が再開するまで、JCCC館内で行うボランティアポジションの新規ボランティアは受け付けておりません。遠隔でできるポジションのボランティア募集やJCCC再開に関する最新情報は、[JCCCウェブサイト](#)やソーシャルメディアをご覧ください。

皆様のご理解とご協力に感謝いたします。今後ともどうぞよろしくお願い致します。



読書の時間

～書店が選ぶおススメ本～

これらの書籍は、Blue Tree Booksより
お求めいただけます。

www.bluetreebooks.com

クララとお日さま

カズオ・イシグロ／著 土屋政雄／訳

出版社名 早川書房

出版年月 2021年3月

店頭価格 \$46.80+TAX

子供の愛玩用に開発された人工フレンドのクララ。

好奇心旺盛で店のウィンドウから外の世界を観察するのが大好きだ。

人工知能を搭載したロボットのクララは、病弱の少女ジョジーと出会い、やがて二人は友情を育んでゆく。

クララは、やがて一家の大きな秘密を知ること……愛とは、知性とは、家族とは？

生きることの意味を問う感動作。

ノーベル文学賞受賞第一作、カズオ・イシグロ最新長篇。



スマホ脳

アンデシュ・ハンセン／著 久山葉子／訳

出版社名 新潮社

出版年月 2020年11月

店頭価格 \$21.10+TAX

現代人は平均10分に1回スマホを手に取り、1日に2,600回タッチするというデータがある。

それほどスマホは人々の生活に浸透しており、常に携帯していないと不安を感じる人も少なくないようだ。

確かにスマホは私たちに利便性をもたらした。

しかし、その極端に多い使用は、脳に影響を及ぼさないのだろうか。スウェーデンで刊行され世界的ベストセラーとなった本書では、スマホやタブレット、PC、SNSなどの過度な使用が、記憶や集中などを阻害し、精神の不調などを招くメカニズムを、脳科学、心理学、精神医学、進化生物学などの最新研究から解き明かしている。

人類が文明を築き、科学の成果を謳歌するようになったのは、長い人類進化の歴史の中では直近のわずかな期間であり、脳の機能はそれ以前の狩猟採集生活の頃から変わっていない。

それゆえ、スマホが普及した現代の環境と脳の機能とのギャップが起きており、それがさまざまな悪影響の原因となっているのだという。

著者はスウェーデン、ストックホルム出身の精神科医。

前作『一流の頭脳』が人口1000万人のスウェーデンで60万部の大ベストセラーとなり、世界的人気を得た。

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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店舗営業中

認知症とは...

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

認知症は誰もがなりうる身近な病気です。85歳以上では4人に1人とされています。ですから、私も夫も近い将来には避けられない課題と考え、遺言書など様々な準備を日本と当地で行いました。悲しいかな、もの忘れは若い頃に比べるとやはり多くなりましたね。何か用事があって寝室へ行ったはずなのに、途中で別の事を始めてしまうと結局「え～と何しに来たんだっけ?」と言った具合に。また、言葉(単語)が出ずに「あの、その」とついつい言ってしまうことも(笑)。最近では英語のみならず日本語さえもそうなので、母語でない土地で暮らすシニアの大変さが増してくるかもしれません...

加齢によるもの忘れは体験の一部を忘れ、ヒントがあれば思い出すことができます。認知症の場合は体験の全部を忘れ、ヒントがあっても思い出せないのが特徴です。前者では「昨夜の夕食に何を食べた?」と訊かれた時、メニュー全てを答えられなかったとしても食事したことは覚えています。ところが、認知症では食べたことさえ思い出せなくなります。

専門用語を用いての少々難しい説明になりますが、認知症の多様な症状を理解していただければ幸いです。

認知症とは、脳に老廃物が蓄積、あるいは損傷を受けて記憶力や判断力が低下し、日常生活に様々な支障が生じる状態をいいます。認知症はいくつかの種類に分けられ、最も多いのはアルツハイマー型認知症です。不要なたんぱく質(アミロイドβ、リン酸化タウ)が発症の20年ほど前から脳に溜まり始め、次第に神経細胞が壊されて脳が委縮していくのです。次いで多いのは、脳卒中が原因で神経細胞がダメージを受けたことにより生じる血管性認知症です。

最近、知人から「家族がレビー小体型認知症と診断された」と聞くようになりました。脳の中に変異したたんぱく質(レビー小体)が現れ、神経細胞が壊されて起こる認知症です。最も特徴的な症状は幻視。人、動物や虫などが見えると訴えます。病気の解明がまだ十分ではなく、アルツハイマー型やうつ病と診断される場合もあります。

稀ですが「前頭側頭型認知症」があります。文字が示すように、脳の前頭葉や側頭葉を中心に委縮が起こります。他の認知症に比べると、比較的若くして発症する傾向がみられます。前頭葉には社会に適應できるように本能を抑制する働き、側頭葉には言語を理解する働きがあります。それらが障害される

ことにより周囲に身勝手と思われるような言動、同じことを繰り返す常同行動、言葉が出にくいなどの症状が現れます。“もの忘れが軽いこと”が特徴であり、そのために認知症と気づかれない場合があります。

認知症の症状は中核症状と周辺症状の2つに分けられます。中核症状は脳の障害によって生じるので、障害の程度は異なるものの認知症の誰にでも現れます。代表的なものが記憶障害(もの忘れ)です。料理や買い物などが出来なくなる実行機能障害、時間や場所がわからなくなる見当識(けんとうしき)障害、着替える・道具を使うといった慣れ親しんだことができなくなる失行(しっこう)、飲み込む・歩くなどが難しくなる運動機能障害、何を話しているのか理解できなくなる言語障害、視力に問題がないのに見えているものを認識できなくなる失認(しつにん)や判断力障害などが現れます。

もし、私(あなた)が上記のような変化に遭遇することになったら...と思うだけでも、戸惑い、苛立たしさや不安の中に放り出される怖さが押し寄せます!脳を病むのは、心臓、肝臓や腎臓などの臓器を病むのと同様に誰にも身近な病気です。決して他人ごとではありません!

さて、周辺症状は脳の障害が原因ではないので、誰にでも起こるとは言えません。暴言・暴力、徘徊(はいかい)、幻覚・妄想、不安・うつ状態、食べ物以外の物を食べようとする異食・過食、不潔行為、多弁・多動など様々です。病気への不安、周囲に理解してもらえない辛さ、性格や環境などが影響して現れます。ですから、それらの対応には周りの人々の認知症に対する正しい認識がとても重要になります。

認知症はいったん発症すると元に戻すことは困難です。しかし、基礎および臨床研究が進展しており、予防する方法が明らかになってきました。認知症リスクが高まるのはまず生活習慣病!糖尿病、高血圧や脂質異常症などがうまくコントロールされないと、アミロイドβが増加しやすくなります。特に、糖尿病ではリスクが高まります。生活習慣病が動脈硬化を促進し、脳血管障害リスクを高めるのは周知のことです。また、睡眠中に不要なたんぱく質が脳から排泄されるメカニズムが解明され、睡眠の重要性がわかってきました!蓄積期間から考えると、30代からは要注意です。

少し息が上がる程度の有酸素運動をやりながら、脳を働かせる運動(計算やしりとり

英子の認知症対策

1. まずバランス良い食生活と腹八分目
2. 適切な睡眠
3. 身体と脳の同時トレーニング
 - ・一段昇降/メチャクチャ踊り と同時に 計算/しりとり等
4. 新しい分野(事)にチャレンジ
 - ・読書: 慣れ親しんでいないジャンル
 - ・歌と舞踊: 新曲レッスン/振り付け
 - ・ピアノ: 新曲レッスン/オリジナル曲創作
 - ・執筆: エッセイの編集と出版
5. 身の周りの整理(終括/終活)
 - ・遺言書作成
 - ・重要事項の記録
 - ・物品の断捨離

『 桜色 あふれる季節 あと何度
歩けるのでしょうか いとしき君と 』

等)を同時に行うと効果的であることがわかってきました。脳の血流量アップと活性化によって認知機能の低下が抑えられる、と考えられています。また、継続的に運動する人はしない人に比べて脳の委縮が進みにくいこともわかってきました。コロナ禍が収束して仲間と運動できれば、予防にとって重要とされる“人とのコミュニケーション”も実践できますね!

今、私の脳にはどのくらい不要なたんぱく質が溜まっているのでしょうか!?現状を悪化させないために、一段昇降やめちゃくちゃ踊りをしながら計算、しりとり、名称(名前)遊びをやってます。これまでに読んだ小説とその作家、歌謡曲や童謡、世界の国々や都市、動物や植物など...その日の課題を与えると、頭をフル回転どころかフルフル回転させねばならず、眠っている脳細胞が大いに目覚めます(大笑)。

また、じっくり考える作業も大事です。クロスパズル、俳句・短歌、囲碁・将棋・チェス、執筆などは大いに脳を使います。できれば、慣れ親しんだ事よりも新しい分野(事)に挑戦すれば、もっと脳に刺激を与えることができます。例えば、新しい歌を覚えるのは年齢と共に難しくなります。何回ほど唄えば、あなたは楽譜無しで最後まで唄えるようになりますか?私は認知症対策として常に意識し、努力しています。歌の世界への想像力や集中力をものすごく要求されます。覚えるまでの回数(時間)を同世代と勝負したら、負けられない自信がありま〜す。慣れ親しんだ歌もいいですが、是非に楽譜や映像に頼らずに新曲を唄ってみてください。1つの例に過ぎませんが...小さな努力がとても大切です!

JSS Online Programs: April 2021

JSS オンラインプログラム : 2021年4月

Check out our upcoming April programs! *RSVP required. Click each link and/or contact Chie (416-385-9200 / programs@jss.ca) for more details & RSVP.

2021年4月JSSプログラムのお知らせです。*要事前予約。詳細やお申込みはChie (416-385-9200/programs@jss.ca)、または各リンクから。

(1) Momiji & JSS e-Learning Series (Wed. 3-4pm)

モミジ&JSS オンライン講座シリーズ4月(水曜午後3-4時)

Pre-registration required by 2 days before each session (Monday). Click each link below to see more details and register. For the list of our past e-Learning sessions, click [here](#).

下の該当講座の日付をクリックし内容をよく確認の上、[こちらのサイト](#)から、実施日の2日前まで(月曜)に登録して下さい。各講座の終わりにQ&Aあり。

Positive Ageing (4) – Secret to Live Longer and Better – in Korean Culture (in English) 韓国文化に学ぶ、ポジティブな老い (英語)

Wednesday April 14 at 3-4pm

4月14日(水) 3-4時

The number of centenarians in Korea topped 20,000 in 2019. This is a significant increase from 2,601 in 2009. What is the secret to their healthy long life? Is Kimchi a key indicator to longevity? Taekwondo or K-pop? Find out more from our Korean guest speaker.

韓国では2019年に100歳以上である人が2万人に到達、2009年の2601人から著しい上昇を遂げました。彼らの健康で長生きの秘訣は何でしょうか? キムチ? テコンドーまたはK-Pop (=韓国のポップ音楽)? 韓国人ゲストと一緒にこの謎に迫りましょう。

Let's cook "Oyaki"! (in Japanese)

「簡単おいしい『おやき』を作ろう!」 (日本語)

Wednesday April 28 at 3-4pm

4月28日(水) 3-4時



Bringing back Wakaba Hoshino (presented an yummm-azing Natto & Miso session from Local Koji Co.), this time it's "Oyaki." Once you master the dough (30-min bench rest), savory/sweet, anything or any leftover can be wrapped in - magically becomes your comfort bun (freezable).

「納豆と味噌」講座のLocal Koji Co. 星野若葉さんに教わる、すぐ作れて美味しい「おやき」です。皮の作り方(生地休ませ30分)さえ習得したら、あとは甘味でもお惣菜でも、好きな具材や冷蔵庫の残り物を詰めて焼くだけ。焼いた後冷凍もでき、小腹が空いたときのお供にも最適です。

(2) Momiji & JSS Special Sessions Apr.-Jun. (3rd Fri, 11am-noon)

モミジ&JSS特別企画 3回シリーズ 4-6月(第3金曜11-12時)

One-to-one 60-min chat with a JSS social worker over the phone

トロント警察によるオンライン勉強会「高齢者の安全・安心な暮らしセミナー」

Apr 16: "Distraction Theft" / May 21: "Fraud & Scams" / Jun 18: "Personal Safety"

4月16日「スリや盗み」/ 5月21日「詐欺」/ 6月18日「安全な生活」

Education is an important component to living a healthy and safe lifestyle. Inviting Toronto Police, this monthly educational series focuses on raising awareness and keeping older adults safe and independent. Click [here](#) for more details and RVSP by 2 days before the each session.

自立した安心・安全な生活のために、それぞれが意識や理解を高め、防犯対策をすることは重要です。月1×3回シリーズで、トロント市警察より周囲の危険から身を守る策を学びます。詳細は[こちら](#)から、各講座の2日前が申込締切です。



JSS Online Programs: April 2021

JSS オンラインプログラム：2021年4月

(3) Momiji & JSS Special Sessions

シニア・プレシニア向けプログラム、試運転中!

Online Easy Yoga Program for age 55+ (in Japanese) *RSVP by Apr. 8. Click [here](#) to register.
オンライン やさしいシニアヨガの会 (日本語、55歳以上対象) ※ 4月8日締切。登録は[こちら](#)から。

Term #2 (4 sessions) : Apr 12, 19, 26 & May 3 (Mon, 10-11:30am)

第2ターム: 4月12、19、26、5月3日(月) 10時 - 11時半

Enjoy refreshing 60-min easy yoga + 30-min socializing!
Beginners welcome, easy chair yoga combined with relaxed movement laying on the floor.

椅子に座ったり寝転がった姿勢でできるやさしい60分ヨガと30分お喋りのセットで、楽しくリフレッシュしませんか?初めての人も、体が硬い・体力に自信がない人でも、無理なく始めることができます。(1ターム = 週1回 x 4回) ※初参加の方優先

“Ogenki-desuka?” Project: One-to-one 60-min chat with a JSS social worker over the phone.
電話で話そう〜「お元気ですか?」プロジェクト

Click [here](#) to register.
登録は[こちら](#)から。

Term #2 (4 sessions) : Apr 12, 19, 26 & May 3 (Mon, 10-11:30am)

第2ターム: 4月12、19、26、5月3日(月) 10時 - 11時半 ※ 4月8日締切

Are you an age 60+ with Japanese background? We want to hear from you on how you are doing, and if there is any question we can help you with. (in Japanese, English)

パンデミックで外出自粛が長引いているこの頃、JSSスタッフ(社会福祉士)と電話で気軽にお話ししてみませんか?みなさん(60歳以上・日本文化が背景の方)がどうされているかお伺いしつつ、お持ちの質問や疑問にできる限りでお答えします。

(3) JSS Regular Online Programs (in Japanese) レギュラーJSSオンラインプログラム (日本語)

Craft Club Social (Wed, 10:30am-noon) *RVSP at craftclub@jss.ca
クラフトクラブ交流会 ※ 申し込みは、craftclub@jss.caまで。

Sewing – “Pin Cushion with PET Bottle Cap / Magnet Pin Tray”
縫い物「ペットボトルキャップピンクッション・待ち針用マグネットトレイ」

Wednesday April 7 at 10:30am-noon

4月7日(水) 10時半 - 正午



Knitting – “Popular kids characters / Enjoy haiku with knitting your own project”
編み物「子どもに人気キャラクター・俳句をしながら好きなものを編もう」

Wednesday April 21 at 10:30am-noon

4月21日(水) 10時半 - 正午



Hot Lunch Social (Wed, 10:30am-noon) *RVSP at hotlunch@jss.ca
ホットランチ交流会 ※ 申し込みは、hotlunch@jss.caまで。

Wednesday April 28 at 10:30am-noon

4月28日(水) 10時半 - 正午

Single Mothers Support Group (Monthly) *Please contact Chie (programs@jss.ca) for details.
シングルマザーサポートグループ(月1回) ※ 参加ご希望の方はChie (programs@jss.ca) までご連絡ください。



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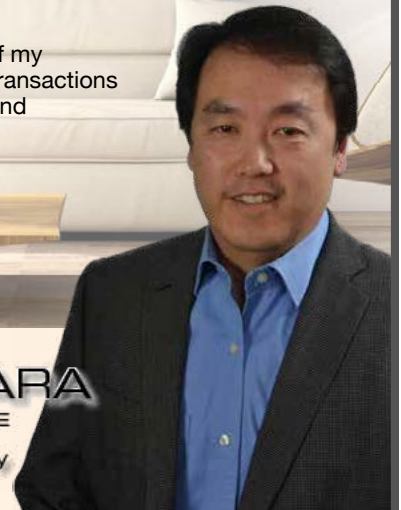
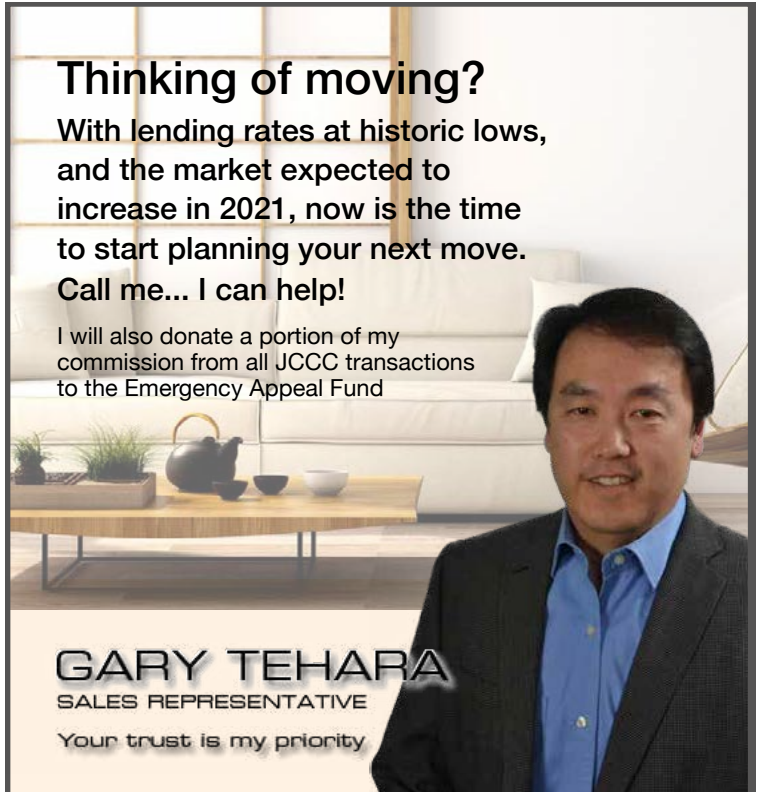
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