

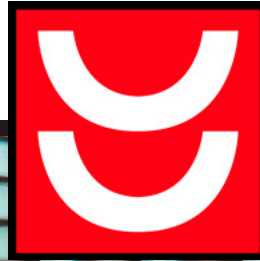
Virtual Summer Film Screenings

TJFF Awards and Winners

Who's Coming for Dinner?
An Open Curated Art Show

JULY
2021
2021年7月

Vol. 47 Issue 7



**Reopening
Updates**

**Virtual
Kamp Kodomo
Summer
Workshops**

**Virtual Natsu
Matsuri &
Bon Odori**





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

Cell: (416) 884-8328
email: jim@abecopl.com
Or Nao Seko: (416) 579-6921



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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.

2020 - 2021 JCCC Board of Directors

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Yoko Tsumagari Communications and Accounting Associate yokot@jccc.on.ca	416-441-2345 ext.227

SUBMISSION DEADLINE

Deadline for the next issue is:

Friday July 9, 2021.

次号の締め切りは2021年6月11日(金)です。

Your news is welcome! Please email to

newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5

Phone: 416-441-2345

www.jccc.on.ca

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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 strictly closed to the public until further notice.

In the meantime, we continue to serve the community through our virtual programming.

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](tel:416-441-2345) 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.

Upcoming Events

Virtual Natsu Matsuri – July 10

Please see [page 12](#) for details

Kamp Kodomo (Virtual camp)

Please see [page 10](#) for details

Drinks of Japan - POSTPONED

Please see [page 8](#) for details

Radio Taiso Workshop

Please see [page 10](#) for details

Cultural Classes and Workshop

Japanese 1 on 1 Online Japanese Conversation Lessons

Click [here](#) for details

Fall 2021 Japanese Language Program for Adults

Click [here](#) for details

Martial Arts Virtual Classes

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

Exhibitions

Please see [page 14](#) for exhibition calendar

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](tel:416-441-2345) and leave a message at extension 222. One of our staff will return your call at our earliest convenience.

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

現在のオンタリオ州に発令されている緊急事態宣言ガイドラインの下、会員、コミュニティ、JCCCを懇意にしてくださる皆様の安全を考慮しJCCCは閉館を続けています。変更が出次第お知らせします。

再開までの間、引続きオンラインのプログラム(下記)のご提供をします。

メンバーシップ更新

下記の方法でメンバーシップの更新ができます。

オンライン:

お手続きは[こちら](#)。

電話:

416-441-2345内線222に電話、メッセージを残してください。JCCCスタッフが折り返しお電話をして、手続きを完了させていただきます。

郵便:

メンバーシップ申込み用紙にクレジットカード情報をご記入いただき郵送、又は、申込み用紙と共に小切手を同封の上、郵送ください。

Eメール:

ご記入済みのメンバーシップ申込み用紙を jccc@jccc.on.ca宛にお送りください。

近日開催予定

ヴァーチャル夏祭り (7月10日)

詳細は[こちら](#)

キャンプ子ども(ヴァーチャルキャンプ):

詳細は[こちら](#)

Drinks of Japan - 開催延期

詳細は[こちら](#)

ジオ体操ワークショップ

詳細は[こちら](#)

カルチャークラス・ワークショップ

1 ON 1 オンラインプライベート日本語会話レッスン

詳細は[こちら](#)

成人向け日本語学習クラス、秋のコース

詳細は[こちら](#)

武道クラス

クラブによりZoomクラスあり(登録生徒のみ参加可能)。ご質問はjccc@jccc.on.caまでご連絡ください。

展覧会

展覧スケジュールは[こちら](#)

お問い合わせ

担当スタッフに直接ご連絡([スタッフリストはこちら](#))、又は、jccc@jccc.on.caまでEメールをお送りください。

一般的なご質問は、416-441-2345内線222に電話、メッセージを残してください。JCCCスタッフが折り返しお電話いたします。



Greeting from the Executive Director

As I write this the city is entering Phase 1 of reopening, the Maru: Immigration Stories exhibit has been installed in the Moriyama Nikkei Heritage Museum, and improved ventilation systems are being installed throughout the Centre. It is hard not to feel optimistic. The staff continue to provide all manner of online content and, working with our board, are looking at the best and safest strategies for a safe, carefully staged reopening. We await directions from government regarding timing and health protocols so we can align with accepted best practices.

Last month the 10th annual Toronto Japanese Film Festival eclipsed the 2020 version and we are happily anticipating next year's back where it belongs: on the big screen in the Kobayashi Hall. A highlight for this summer will be the virtual Natsu Matsuri and LIVE online Bon Odori on July 10th. Working with the Toronto Buddhist Church there will be 11 dances, including Tokyo Gorin Ondo 2020 which that was created for the Tokyo Olympics. Don't forget to [register!](#)

Have a wonderful summer, stay safe and see you soon!

館長ご挨拶

執筆中の現在、トロント市はステージ1に入っています。森山日系ヘリテージミュージアム内の「丸、日系移民物語」展の設置も完了しました。そして、全館の換気システム改善も完了です。希望が高まります。スタッフはオンラインでのサービスやプログラムを継続してお届けする一方、安全かつ注意深い段階的な再開に向けて適切な戦略も理事会と共に模索しています。再再開のタイミングや健康への配慮事項に関しては、政府から最適な方向性が打ち出されるのを待ち、対応する予定です。

先月開催の第10回トロント日本映画祭は2020年を凌ぐ反響で、来年には映画祭本来の形、小林ホール大画面での上映へと期待に胸がはずみます。今夏のハイライトは7月10日開催のヴァーチャル夏祭り、そしてオンライン・ライブ盆踊りです。トロント仏教会と共催で、盆踊りの曲目は、東京オリンピック用に製作された東京五輪音頭2020を含む、11曲。ぜひ参加ご[登録を!](#)



Photo by KPMB Architects

TORONTO JAPANESE FILM FESTIVAL AWARDS THE GRAND JURY PRIZE WINNERS

Thank you to everyone who supported this year's Toronto Japanese Film Festival. Viewership was far higher than our previous virtual edition and people reacted very positively to the line-up. We would also like to thank those who showed so much patience when we ran into some unforeseen technical challenges.

We are pleased to announce the 2021 **GRAND JURY PRIZE** goes to **A GARDEN OF THE CAMELLIAS**. The powerful directorial debut from photographer **YOSHIIHIKO UEDA** is a ravishingly beautiful examination of the exquisite transience of life. Runners-up are **SHUICHI OKITA**'s surreal examination of aging and loneliness, **ORA, ORA BE GOIN' ALONE**, **AKIKO OHKU**'s **HOLD ME BACK** and **MIWA NISHIKAWA**'s **UNDER THE OPEN SKY**.

We look forward to announcing the Kobayashi Audience Choice Award winner once ballots have been tallied at the end of the festival.

We would also like to thank our hardworking 2021 Official Jury Members: DR. SANDRA ANNETT, author and Japanese film professor at Wilfred Laurier University; KELLY FLECK, editor of Nikkei Voice, the national Japanese-Canadian newspaper; veteran Toronto film critic and founding member of the Toronto Film Critics Association, PETER HOWELL; YUKO SHIMIZU, Executive Director of the Japan Foundation Toronto and K. F. WATANABE, Deputy Director of Film at the Japan Society, New York.

Thank you again everyone and see you – in the Kobayashi Hall – for the Toronto Japanese Film Festival 2022.

トロント日本映画祭 Grand Jury Prizeの発表

今年度のトロント日本映画祭は、皆様のご支援により昨年を超える視聴をいただきました。技術的な問題でご迷惑をおかけしました皆様にはこの場を借りてお詫び申し上げます。

本年度の各賞は下記の通りです。

最優秀賞：上田義彦監督の「**椿の庭**」

入選作品：沖田修一監督の「**おらおらでひとりいぐも**」、大九明子監督の「**私をくいとめて**」、西川美和監督の「**すばらしき世界**」

観客賞小林アワードは集計結果を待っての発表となります。



A Garden of the Camellias



Ora, Ora Be Goin' Alone



Hold Me Back



Under the Open Sky

PRIVATE LESSONS IN CONVERSATIONAL JAPANESE!

If you are interested in applying please email us
at jponline@jccc.on.ca.

New students are welcome pending space availability.

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 learning. This will help develop your Japanese language skills by using 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.

- Suitable for people who studied and mastered basic Japanese.
- Speaking is the main focus of this program.
- After completing the first package, JCCC membership is required for any renewals.

REGISTRATION & CONTACT INFORMATION

New students are welcome pending space availability.
To apply, please visit our website at www.jccc.on.ca or
contact us at jponline@jccc.on.ca

黒板 KOKUBAN



Click here to view
this month's Kokuban!



JCCC Youtube Corner

Missing the JCCC Natsu Matsuri?

UKULELE IN THE SUMMER!

Whether you are at home, at your cottage, or picnicking in the park, why not learn a tune or two on a ukulele with JCCC's ukulele tutorials, courtesy of our instructor **Mr. Harry Kawabe**. Here's a playlist, with tutorials on classic tunes such as Edelweiss and Three Little Birds.



July has traditionally been JCCC's month of Natsu Matsuri and Bon Odori. In **this month's Kokuban**, we are looking at its traditions with a Sedai interview on Bon Odori, as well as a conversation with Mr. Nobby Miura, pioneer of the Natsu Matsuri Outdoor Kids Area, which is always bustling with traditional Japanese festival games.

JCCCでは7月は夏祭り・盆踊りの月。今月の**黒板**は、盆踊りにちなんだ「世代」インタビューと、夏祭りの子供向けゲームや日本伝統おもちゃの企画を立ち上げた三浦ノビーさんのお話です。

Fall 2021 Japanese Language Program for Adults

Thanks to our instructors' hard work and dedication as well as the continued enthusiasm of our students for learning Japanese, the Japanese Language for Adults program was held virtually on Zoom with great success for the last two terms. The program will resume in the fall and more information will be available on our website under **Upcoming JCCC Events**. New registrants for all levels are welcome. To learn more about the program, **please visit here**.

成人向け日本語学習クラス、秋のコース

オンラインで行われた春季コースに引き続き、今秋も開催します。秋季コース詳細はJCCCウェブサイト**Upcoming JCCC Events**に掲載されます。プログラムについては[\[https://jccc.on.ca/programs/cultural-classes/japanese-language\]](https://jccc.on.ca/programs/cultural-classes/japanese-language)をご覧ください。

日本語講師募集中: 詳細はプログラムコーディネーター・丸岡 (akiko-maruoka@gmail.com 又は 416-751-1341) までお問合せください。

Drinks of Japan - Postponed

Beer Seminar is postponed until the JCCC reopens and the situation allows us to have public events. On-site Drinks of Japan will then be planned! Stay tuned!

お知らせ: 8月予定のオンラインビールセミナーは、JCCC再開を待ち、公共イベントの開催可能な時点で、改めて会館内でのセミナーを計画することになりました。お楽しみに!

Want your photo featured in the JCCC newsletter?

We'd love to share our community's photos that represent Japanese culture in our newsletter! Photos should be at least 1,000 pixels in height. Please send your photos to newsletter@jccc.on.ca. We look forward for your submissions!

あなたの投稿写真、お待ちしております!

日本文化関連のコミュニティ写真をJCCCニュースレターでシェアしませんか?(写真サイズ、縦1000ピクセル以上)

送付先: newsletter@jccc.on.ca

JCCC Kendo Club



Kendo is the Japanese martial art originating from the training of samurai in the art of swordsmanship. The Japanese characters for Kendo (剣道) are translated as **The Way of the Sword** as Kendo promotes growth and self development through training and application of the principles of the sword (katana).

Today, modern Kendo involves bamboo swords (shinai) and protective equipment (bogu).

Through rigorous training, practitioners strengthen their mind, body and spirit and learn valuable lessons to be applied both inside and outside of the dojo.

Kendo is a lifelong journey and offers challenges and growth opportunities for all ages. Junior members learn respect and discipline while serious practitioners such as senior Sensei in their 60s and 70s can still practice with, and often even defeat, much younger and physically stronger practitioners during one-on-one practices.

Today, Kendo is practiced in over 40 countries around the world and JCCC Kendo members have represented Canada in all World Kendo Championships since 1973.

The JCCC Kendo Club was founded in 1964 and is one of Canada's oldest and largest Kendo clubs. Today, we have members ranging from 7 to over 80 years old.

During the pandemic, we have continued to host regular online practices (2x per week) and look forward to the day we are able to return to the JCCC dojo.



Kamp Kodomo Summer 2021

Kamp Kodomo has an exciting week of virtual activities planned for the week of July 12 – 16, 2021. These workshops will be geared towards children between the ages of 6 and 12 years old.

Similar to our Spring Break, the workshops will be offered individually. Families are welcome to sign up for one or more workshops. Only one registration is required per family. Each workshop will have suggested age ranges to help children get the most out of the experience.

There are a combination of free workshops and some with a modest fee. From cooking to crafts, to graphics, robotics and cartooning, there is sure to be something to interest everyone. The registration deadline is fast approaching, register today!

For more information on dates, times, and to sign up for 1 or more sessions, [please check our website](#).

Pre-registration is required. Spaces are limited. Registration deadline is Monday July 5, 2021.

2021年夏キャンプ子ども

キャンプ子どものエクサイティングなヴァーチャルアクティビティが6歳から12歳を対象に2021年7月12日から16日までの期間で開催されます。ワークショップ個別に申込みできますが、それぞれ対象年齢が異なるので、ご注意ください。料理やクラフト、グラフィック、ロボットや漫画作成など幅広い層に興味を持ってもらえるプログラムを取り揃えています。ワークショップには無料と少額の参加費が発生するものがあります。詳細、各ワークショップ日時、お申込みは jccc.on.ca 2021年7月5日(月)までに要登録。定員に達し次第、締め切ります。

Paint at Home

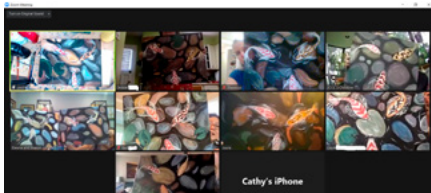
We had a great first 55+ event on Thursday June 10. Under the direction of Liesl from Artist's Palette Durham, 10 painters were guided through the creative process to complete the picture "Calm Koi Pond."

Although the group was small, the participants diligently followed the instructions and everyone ended up with a fantastic finished product.

While we encouraged a drink and snacks for a casual afternoon, many were too focused on work to indulge.

Microphones were kept on during our session and that allowed us to chat back and forth, seek assistance when needed and to realize that not everyone was an expert at painting. As one participant says "it was nice to know that you weren't the only one messing up."

A great time was had by all and there have even been some image suggestions for future "Paint at Home" sessions! Keep checking our website for all future 55+ sessions.



ラジオ体操

Are you 55+?
Newly retired?
Tired of Covid restrictions?
Looking for new experiences?

Then come and join the JCCC and the NJCC as we learn Radio Taiso no. 1. with Nao Aizawa

55歳以上の皆さん、ラジオ体操第1を基礎から練習しましょう！
毎週金曜、7月16日～8月13日 午前9時～9時30分
(日英バイリンガルのクラス)

Radio Taiso

Fridays
July 16 to August 13, 2021
9:00 – 9:30 am

Instruction will be bilingual (in English and Japanese)

NO EXPERIENCE NECESSARY!
Pre registration is required
www.jccc.on.ca

JAPANESE-CANADIAN CULTURAL CENTER
日英文化センター

Are you 55+? Are you Bored? Free Exercise Workshops!

The JCCC invites you to participate in a new series of virtual workshops.

Join us and learn the traditional Japanese exercises that are RADIO TAISO.

In Japan, NHK Radio broadcasts these exercises early each morning. There are many different series of exercises, but they are simple and easy to do and can be done by all ages and all abilities. With a background from calisthenics, they are good for your health and physical fitness, but can be done in a very short time period. Many Japanese families gather in parks during the summer and do the exercises together.

In cooperation with the NJCC, the JCCC will be offering a series of 5 free classes from 9:00 to 9:30 am EDT on Fridays from July 16 to August 13. Led by Nao Aizawa, a trained dancer and teacher of Radio Taiso in California, participants will learn Radio Taiso no.1. **Instruction will be bilingual, in both English and Japanese.**

All are welcome. NO EXPERIENCE IS NEEDED. Pre-registration is required [here](#).

55歳以上の皆様、退屈していませんか？

ヴァーチャルワークショップ新シリーズのご紹介です。

皆さんがよく知っているNHKラジオ体操第1。子供の頃、夏休みに毎朝通ってスタンプやシールを集めた記憶、懐かしくないですか？短時間で全身を動かせるラジオ体操は心身の健康促進に定評があり、年齢問わず楽しめる体操ですが、その正しい動きご存知ですか？

NJCC (JCCC新日系コミッティ)との協力で、7月16日から8月13日までの毎週金曜日、(東部時間)午前9時から9時半まで計5回の無料クラスを開催します。インストラクターはカリフォルニアを拠点とするダンサーでラジオ体操も教えているNao Arisawaさん。

一緒にラジオ体操第1を基礎から練習しましょう。クラスは日英のバイリンガル。どなたでも参加可能ですが、事前登録が必要です。登録は (<https://jccc.on.ca/event/2021/07/radio-taiso-55>)

SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash



Beer Zuke

Makes 1 Jar

Ingredients

3-4 mini cucumbers, cleaned

Sauce Ingredients:

1/4 cup miso

3 tbsp sugar

3 tbsp white vinegar

3 tbsp salt

1/2 bottle of beer

Equipment

Measuring cups and spoons

1 650ml jar

During summer festivals in Japan, you can find vendors that sell lightly pickled cucumbers on a stick as a refreshing snack. This recipe is great as you can keep the pickling solution in your fridge and drop cucumbers into it from time to time. Once pickled, enjoy it sliced with your rice or whole, as they do at summer festivals in Japan.

Instructions

1. Mix the sauce ingredients together in the cleaned, sterilized jar.
2. Add the whole cucumbers to the jar. Cover and write the date and name on the jar lid. Refrigerate.
3. To eat, remove the cucumbers from the juice, rinse and slice.

Pickling time

For lightly pickled cucumbers, let soak for 12-18 hours, adjust according to your taste.

Once you have removed your cucumbers, you can reuse the juice to make more pickles. Increase the pickling time by a couple of hours each time you reuse.

Storage and Reheating

The juice will keep in the fridge for about a month.

The sliced pickled cucumbers will keep in a covered container in the refrigerator for about a week.

Natsu Matsuri 2021

Virtual
バーチャル

While we will not be able to hold our Natsu Matsuri/Obon Festival in person once again this year, we are working hard to plan activities for everyone to enjoy virtually.

Please make sure to save the date of **July 10 2021**, so that you are able to enjoy this event.

Be sure to check out our video presentations from GTA Japanese restaurants. They will be highlighting their Summer Festival menu items and/or their re-opening plans.

We are also very excited to invite everyone to join the JCCC and Toronto Buddhist Church for Bon Odori! Mark your calendars with a reminder for 7:00 pm! With the assistance of Toronto Buddhist Church, the dancers have been practicing in their own homes. They are excited to be able to dance for everyone again, although remotely. There will be 11 dances, including Tokyo Gorin Ondo 2020, the dance that was created in anticipation of the Tokyo Olympics! And don't forget the audience participation dances. You are invited to get up and dance too!

Pre-registration by **July 5 2021** is required to receive the zoom link. **You can register here.**

Make sure to check our website at www.jccc.on.ca for all the Natsu Matsuri/Obon activities!



夏祭りと盆踊り

今年の夏祭り・盆踊りも**2021年7月10日**にヴァーチャルでお楽しみいただけるよう企画を進めています。

GTAの和食レストランのビデオストリーミングがプログラムの一部で、特集、夏のおすすめメニューと再オープン状況が見られます。

JCCC、トロント仏教会共催の盆踊りは午後7時からです。現在踊り手はトロント仏教会の指導のもと各自特訓中で、リモートではありますが今年も踊りが披露できることを喜んでます。ダンスの曲目は東京五輪音頭2020を含め、全部で11曲。皆さんと一緒に踊れる曲目もあります。

参加者は事前登録が必要です。後日、- JCCCより参加先のzoomリンクを送付いたします**2021年7月5日**までにお申込みください。登録は(<https://jccc.on.ca/event/2021/07/natsu-matsuri-obon-2021>)

夏祭り・盆踊りの詳細はJCCCウェブサイトwww.jccc.on.caでご確認ください。

VIRTUAL SUMMER FILM SCREENING



THE GREAT WAR OF ARCHIMEDES

The Virtual JCCC Film Series returns with a screening of Takashi Yamazaki's **THE GREAT WAR OF ARCHIMEDES** **アルキメデスの大戦**

It is the 1930s. The Japanese Navy sets out to build the world's biggest battleship, named Yamato. Rear Admiral Yamamoto is morally opposed to the idea and his attitude and ethics attract a young naval officer and mathematic genius named Tadashi Kai. Kai begins to look into the money being used to build the battleship and soon uncovers a conspiracy within the military as a nation is dragged toward the inevitability of a catastrophic war. Takashi Yamazaki's (Always, The Eternal Zero, Fueled – The Man Called Pirate) latest combines intrigue, spectacular action and a questioning of the madness of war. Based on Norifusa Mita's popular manga.

Starring Masaki Suda, Hiroshi Tachi, Minami Hamabe, Taku Emoto, Tsurube Shofukutei, Katsuya Kobayashi, Fumiyo Kohinata, Jun Kunimura, Isao Hashizume, Min Tanaka.

[Click here to view the JCCC's film screenings.](#)

This link will go live from **Friday July 23, at 9:00 am** and tickets can be purchased until **Sunday July 25 at 9:00 pm**.

NOTE: Once you have purchased the film you have 48 hours to watch.

Presented in cooperation with our friends the Japan Foundation Toronto.



SAMURAI MARATHON 1855

In August our Virtual JCCC Film Series presents **SAMURAI MARATHON 1855** **サムライマラソン**

☆☆☆☆ (4 STARS) "Full of adventure and spirit... (and) relatively restrained with even the blood-letting infused with a surreal beauty." – The Wee Review

Feudal lord Itakura Katsukira holds a run across mountain roads to get his samurai warriors into shape. However, the Bakufu central government views it as a rebellion and dispatches assassins to the castle. Meanwhile, the domain accountant Karasawa Jinnai senses that something is amiss with the Bakufu. Facing impossible odds, a motley band of characters must run a race to win or die trying.

This thrilling jidaigeki actioner is based on true events and features a star-studded cast including Takeru Satoh, Nana Komatsu, Mirai Moriyama, Shota Sometani, Hiroki Hasegawa, and Ryu Kohata.

[Click here to view the JCCC's film screenings.](#)

This link will go live from **Friday August 20 at 9:00 am** and tickets can be purchased until **Sunday August 22 at 9:00 pm**.

NOTE: Once you have purchased the film you have 48 hours to watch.

Presented in cooperation with our friends the Japan Foundation Toronto.



九月

COMING IN
SEPTEMBER
20212021年9月
開催予定!

近刊

COMING SOON

Calendar of Exhibitions



Broken Promises (On-site)

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.

In light of the current situation in Ontario due to the Covid-19 pandemic, we are delaying the opening of the Broken Promises exhibit until September 2021. We apologize for any inconvenience this may cause.

「破られた約束」展(JCCCギャラリー内にて)

様々な団体とコミュニティが7年の歳月をかけて行ったこのプロジェクト。この展示では、1940年代の日系カナダ人に対して行われた資産はく奪の中で、家を失いながらも、疎外されたコミュニティの中で正当性を求めて懸命に生きる姿が写されています。

コロナ禍のオンタリオ州現状により、「破られた約束」展は2021年9月に延期されることになりました。お詫び申し上げます。



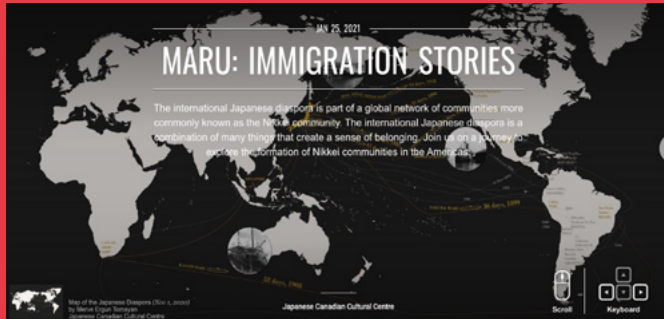
Who's Coming for Dinner? An Open Curated Art Show

See [page 17](#) for more details.

近日公開 オープン収集のアート展、誰がごはんを食べに来る?

詳細ページ17

ONGOING



Maru: Immigration Stories (On-site and virtual)

A condensed version of our upcoming physical exhibit Maru: Immigration Stories in the JCCC's Moriyama Nikkei Heritage Centre is currently 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.

Visit the virtual exhibit ▶

丸:日系移民物語

JCCC森山日系ヘリテージセンターのオープン前に、オンラインミュージアムで凝縮版をお楽しみください。[こちら](#)からどうぞ。

The Intermedia Work of Nobuo Kubota (Virtual)

A JCCC Art Gallery Virtual Exhibition

Nobuo Kubota's work often combines sound, music, installation and film, a practice that he labels 'Intermedia'. This exhibition features some of Nobuo's Intermedia work, exploring textual marks and phonic sounds.

Visit the virtual exhibit ▶

ノブオ・クボタのインターメディア作品展

(JCCCオンラインアートギャラリー)

ノブオ・クボタが、音、音楽、インスタレーション、そして映像を組み合わせた「インターメディア」と分類する自身の作品の数々を紹介する。[こちら](#)からどうぞ。

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). 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.

Visit the virtual exhibit ▶

シカク:視覚、ビジョン(オンライン)

JCCCアート委員会とトロントジャパニーズガーデンクラブの共催展

JCCCにおける現在と将来展望のパブリックアート及び日本庭園のヴァーチャル展。[こちら](#)からどうぞ。

Maru: Immigration Stories

Nikkei Food Across the Americas

As you may know, we have been working on installing the next permanent exhibit, Maru: Immigration Stories at the Moriyama Nikkei Heritage Centre at the JCCC so you can visit us when it is safe to do so. In the coming months, we will be showing sneak previews of the space and its content. This month, we want to introduce a display that revolves around everyone's favourite topic – FOOD! Food is an important aspect of any culture and we learn so much through seeing, eating, and making food. We have been working with artist, Dayanara Rodriguez to create an interactive display that focuses on Nikkei communities' food and ingredients across the Americas. Here is one of the food characters that Dayanara designed!

The virtual Maru: Immigration Stories exhibit is also currently available on Google Arts and Culture. [Click here](#) to explore stories of Nikkei communities in the Americas.



「丸:日系移民物語」- アメリカ大陸における日系の食

安全に来館いただける再オープン時に向け設置が進められている「丸、日系移民物語」展ですが、先行して毎月プレビューをご紹介します。今月は見て、食べて、作って、と学ぶところが多く、関心が集まる「食」。

アメリカ大陸に広がる日系コミュニティの料理と食材に焦点を当てた展示を手掛けています。見本の一つの写真をご覧ください。(デザイン:ダヤナラ・ロドリゲズ)

オンライン展はGoogle Arts and Cultureにて公開中。(https://artsandculture.google.com/partner/japanese-canadian-cultural-centre)からアメリカ大陸の日系コミュニティの話をご覧ください。

New Podcast Episodes on “All Things Japanese”

The JCCC Art Committee is proud to present two new lively podcasts on “All Things Japanese”.

The first topic is “The Story of Kimono – Japanese traditional dress”. Inspired by a film that is being screened at the Toronto Japanese Film Festival titled, THE DEVIL WEARS JU-NI HI-TOE KIMONO, guests Liza Dalby, expert on Japanese culture and author of the books *Geisha* and *Kimono* and Katherine Yamashita, Phd in art education and traditional Japanese dancer share their knowledge of kimono history, fashion and meaning.

Podcast #2 celebrates the 10th Anniversary of the “THE TORONTO JAPANESE FILM FESTIVAL” Guests Chris Hope,

James Heron and Aki Takabatake reveal tidbits about movie stars, differences between Japanese films compared to Hollywood and recommendations for the 2021 TJFF.

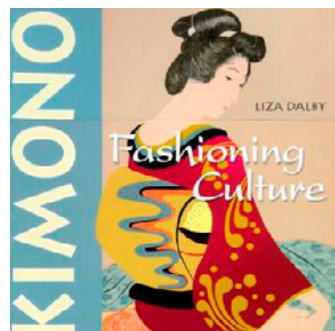
These JCCC podcasts are gaining in popularity and can be accessed [here](#).

ポッドキャスト「All Things Japanese」の新エピソードご紹介

J C C アートコミッティのポッドキャスト「All Things Japanese」の新作二話は下記の通りです。

「日本の伝統的な服、着物ストーリー」はトロント日本映画祭で上映された「十二単衣を着た悪魔」に触発され製作したエピソード。日本文化のエキスパートで芸者や着物に関する本の著者Liza Dalbyさんと、芸術教育分野の博士号を持ち日本舞踊を嗜むキャサリン山下さんを迎え、着物の歴史、そのファッション性等についてディスカッション。

もう一話はトロント日本映画祭(TJFF)の第10回を記念してクリス・ホープ、ジェームス・ヘロン、アキ・タカバタケが、映画スター、ハリウッドと日本映画の相違、そして2021年T J F Fのおすすめ作品を語っています。



Meet Our Contractors!

The JCCC Heritage Department has been fortunate to receive funding through four different grant programs, Canada Summer Jobs, Young Canada Works, Documentary Heritage Community Fund and Summer Experience Program, to hire four contractors for the summer of 2021. Please join us in welcoming our contractors (virtually) to the JCCC.



Alexia



Emma



Graeme



Tonya

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Who's Coming for Dinner? An Open Curated Art Show

Eating, drinking and laughing around a table with friends and family is one of life's great pleasures. It has been a long time since we've been able to gather to share dinner, so let's get ready for better times!

The JCCC Art Gallery is inviting our community members to participate in an Open Curated Art Show about sharing meals.

The Japanese Canadian Cultural Centre celebrated the 10th anniversary of its cookbook, *Just Add Shoyu*, this past November. The book was the brainchild of Russell Onizuka and Theresa Sano who wanted a community book that captured that feeling of sitting around the kitchen table with friends and family while enjoying Japanese Canadian comfort foods, reminiscing, and sharing stories that give a glimpse into their family's history.

The intention of this Open Curated Art Show about sharing meals is to reflect that feeling. So, we are inviting community members to set up a dining table (you don't have to cook the food) for the guests that you would want to be with right now and show us what this first meal would look like.

Tell us who you would invite! Bring out your best dishes! Make up the menu!

Show off your unique family specialties, your genius fusion inventions, or your favourite comfort foods. Then set this all up on your dining room or kitchen table and photograph it so we all can dream of feasting there too.

Send your photos and stories or description to us for inclusion in our virtual exhibition.

[Please fill out the form here.](#)

Due Date July 23, 2021 (but we'll be accepting photos all summer) - itadakimasu!

公募アート展、誰がごはんを食べに来る？

家族や友人と飲食を共にし、笑いで囲む食卓ほど楽しいものはありませんね。人を招いて食事をするのができなくなって久しい今日この頃。おりしもJCCCの料理本”Just Add Shoyu”の出版10周年を記念してJCCCアートコミティはオープン収集のアート展への参加にコミュニティの皆様をご招待します。

あなたが今、食事に招待したい人を考えて、料理をテーブルに並べてください。家族の自慢料理、自分で生み出した創作料理、好きな食べ物、なんでもいいです。そして**その写真と説明文をお送りください**。是非ヴァーチャル展にご参加を！

(詳細記事は英文をご覧ください。)

締め切りは2021年7月23日(ですが、写真は夏の間ならいつでも受け付けます。)

DONATIONS

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AS OF JUNE 11, 2021

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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.

DONATIONS

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AS OF JUNE 11, 2021

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Ms. Mona Forzley
John & Suzuyo Fox & son, David
Uwate, & his family, Candice,
Tyler & Austin from Miami
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In honour of Front line workers,
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Mr. Martin Griffith
Mr. Mike Guan
Mr. Nazim Guliyev &
Mrs. Nargiz Guliyeva
Mr. Ronald Gwynne
Ms. Rie Hamamoto
Mr. Gary Hamasaki &
Ms. Gloria Baxter
Mrs. Miyoko Hamasaki
Ms. Jing Han
Mrs. Amy Hanada-Nagahara
Ms. Laurie Harada
Ms. Anzu Hara
Mr. Damon Hartlin
Ms. Desiree Harvery
Ms. Megumi Hasegawa
Megumi's masks
Ms. Jennifer Hashimoto
Mr. & Mrs. Glenn Hatanaka
Ms. Sandra Hatanaka
In honour of Betty Miyeko
Hatanaka
Mr. James Hay
Mrs. Judy Hayami
In celebration of Frances Yaeki
Nakamuara's 100th Birthday
Mr. Kaye Hayashida
Ms. Catherine Heighway
In celebration of Chiyo Izumi's
100th birthday
Ms. Mecca Hemeda-Richardson
Ms. Heather Henderson
Mr. & Mrs. James Heron
Mr. George &
Mrs. Gerry Y. Hewson
Mr. James Hilborn
Ms. Laura Hill
Mr. Mark Hirowatari
Ms. Helen Ho
Ms. Keiko Hoehn

Mr. Hal Holt
Mr. & Mrs. Chris Hope
Ms. Marion Tomoko Hope
Mrs. Donna Hori-Gawn
Ms. Carol Hornsby
Mr. Tom Hosie
Mrs. Kunie Hoshino
Ms. Esther Hotta
Mrs. Sonoe Howard
Mr. Nicholas Howell
Ms. Colleen Hrivnak
Mr. Rui Hua
Mr. Frank Huff
Ms. Elaine Hughes
Ms. Robyn Hughes
Mr. Eric & Mrs. Narumi Hyatt
Ms. Eleanor Hyodo
Ms. Paula Ibuki
Mr. Toshiyuki Ijichi
Mr. Sid & Mrs. Marie Ikeda
Mrs. Mari Ikeno
Mrs. Naomi Ikonomou
Mr. Brian & Mrs. Sandy Imada
Ms. Sachi Imada
Ms. Nadia Gigi Inara
Ms. Kikuye Inouye
Ms. Stacey Inouye
The Sanaye Inouye Family
Sanaye Inouye's 99th birthday
in August 2020
Mr. Yosh (Yoshitaka) Inouye
Mrs. Neli Iordanova
Mr. Kevin Isaacs
On behalf of myself, my siblings &
my cousins
Mrs. Teresa Isaacs
Mr. Roland Isberto
In appreciation of Yayoi Kawabe
of the JCCC
Ms. Elaine Ishibashi
Mr. Delano Ishida
Ms. Megan Ishida
In honour of Dianne Ishida
Ms. Haruko Ishihara
Mr. Arthur & Mrs. Tomo Ishii
Ms. Margaret Ishii

Ms. Ellen Ishikawa
Ms. Frances Ishikawa
Ms. Sayumi Ito
Ms. Takako Ito
Ms. Mary Ito-Ammendolio
Ms. Akiko Iwanami
Ms. Margaret Iwata
Mr. Robert Iveniuk
Ms. Susan Izumif
Mr. Michael Jackman
Ms. Vickie Jackson
Mr. Gabriel Jimenez
Ms. Sumiko Jin
Ms. Annu Johnson
Mr. Glen Jones
Ms. Sachiko Kagitomi
Mr. Brian Kai &
Ms. Dee Dee Piercing
In celebration of Sue Sumi Kai,
Sedai interview in JCCC E-Bulletin
July 2020 Edition
Mr. Edreece Kakar
Ms. Masayo Kakihara
Mr. & Mrs. Nori Kanashiro
Ms. Meg Karper
Mr. Jun Kasai
Ms. Betty Kashima
Ms. Fumiko Kashiwado
Ms. Debbie Katsumi
Mr. & Mrs. Anthony Katsuno
In honour of The Otani Family
Ms. Debbie Katsumi
Mr. & Mrs. Harry Kawabe
Ms. Yayoi Kawabe
Mr. Gary Kawaguchi &
Ms. Gayle Taguchi
Mr. Kevin K. Kawaguchi
Mr. Yoshiro Kawamura
Mr. Doug Kawasaki
Ms. Arlene Kawasoe
Mr. & Mrs. Donald Kawasoe
Mr. & Mrs. Maurice Kayahara
Ms. Sheeba Khan
Mr. & Mrs. David Kimura
Mrs. Nancy Kimura
Mrs. Naoko King

DONATIONS

Mr. Gene & Mrs. Dorothy Kinoshita
Mr. John & Mrs. Dana
Kinoshita Spencer
Mr. & Mrs. Herbert Kikuta
Leona & Vince Kishimoto family
Mrs. Nobuko Kitamura
Dr. Susan Kitchell
In honour of James Heron
Ms. Cassandra Kobayashi
Ms. Grace M. Kobayashi
Mr. James H. Kobayashi
Mr. Jim Kobayashi &
Ms. Karen Yamada
Ms. Lynn Kobayashi
Mr. Martin Kobayashi
Mr. Isao Kobo
Ms. Gail A. Kondo
Miss Claire Kryczka
Ms. Judy Kudo
Ms. Alley Kurgan
Ms. Naomi Kuru Hyodo
Mr. Edward Hamel &
Mrs. Victoria Kusano-Hamel
Ms. Lynne Kutsukake
Mr. Paul & Mrs. Nellie Kuwahara
Mr. Charles Laframboise
In recognition of the great work of
the JCCC
Ms. Kimberley Lam
Mr. Peter Lam
Mr. Andre Langdon
In honour of Harold Kojima
Ms. Barbara Laplante
Ms. Ka Lai Carrie Lau
Ms. Shirley Lau
Mr. Stephen Lau
Ms. Samantha Lavigne
Mrs. Joanne Law
Ms. Linda Lee
Mr. Glenn & Mrs. Phyllis Lee
Ms. Kimiko Leslie
Dr. Alexander & Mrs. Anna Leggatt
Mr. Anthony Leonard
Mrs. Michi Lepik-Stahl
Ms. Dione Leung
Mr. Raymond Leung

Mrs. Roslyn Levin
Mr. Nathan Li
Ms. Karen Lo
Ms. Swee Loke
Mr. Andrew Loung
Mr. Wenshu Luo
Mr. Michael Lustins
Mr. Robert Lyng
Mr. Derek Ma
Ms. Pui King (Gloria) Ma
Ms. Linda Mac
Mr. Thomas MacKay
Mrs. Marlene MacKenzie
Mr. Bruce MacDonald
Mr. Emmanuel Magboo
Ms. Kalli Magura
Ms. Jo Anne Maikawa
Ms. Yuen Kwan Man
Ms. Ai Marshall
In recognition of JCCC
Ms. Sheila Marjoribanks
Mr. Harold David Marsden
Mr. & Mrs. Robert Marubashi
Mrs. Sharon Marubashi
Mrs. Yuli Marubashi-Scheidt
In celebration of Paul Marubashi
Ms. Dawn Maruno
Mr. Paul Mateer
Ms. Dawn Maruno
Mr. Kenji Maruyama
Mrs. Gail Matsuba
Mr. & Mrs. Masaru Matsubara
Ms. Jackie Matsui
In honour of Jack Matsui
Mr. & Mrs. Kiyoshi Matsui
Mrs. Kumiko Matsui
Mr. & Mrs. Shoichi Matsui
Mr. David Matsumoto
Mr. Hideo Matsumoto
Mr. & Mrs. Rick Matsumoto
Ms. Akiko Matsuura
Ms. Noriko Matsuura
In appreciation of Taeko's mask
Mr. Connor McBrine-Ellis
Ms. Bennett McCardle
Mr. Michael McCartin

Mr. & Mrs. Paul McClure
Ms. Eva McDonald
Mr. Steve McFarlane
Dr. John & Dr. Eiko Mernagh
Mrs. Sheila Merrick
Mr. Michael Micheff
Mr. Richard Mielke
Mr. Robert Minardi
Mr. Gianfranco Minnella
Mrs. Kyoko Minnery
In appreciation of Taeko's mask
Ms. Barb Misiurski
Ms. Saori Mitchell
Mrs. Kay Mitsui
Mr. Nobby Miura
Ms. Kayoko Miyamoto
Mrs. Mitzi Miyasaki
Mr. Kazuo Miyazawa
Ms. Yufuko Mochizuki
Mrs. Kazuko Moghul
Mrs. Rose Mokbel
Mr. David Mondoux
Mrs. Joyce Moore
Mrs. Ruth Mori
Mr. Koji & Mrs. Kay Morishita
Mrs. Shirley Morita
Mr. Frank & Mrs. Betty Moritsugu
Mr. & Mrs. Ted Moritsugu
Ms. Maria Morvillo
Mr. Steve Motomura
Ms. Yaeko Munemasa
Ms. Caroline Munshaw
In honour of Eiko Brown
Mrs. Reiko Muramatsu
Ms. Aislinn Murray
Ms. Ruth R Nagami
The Nagata family
In celebration of Pat Adachi's
100th birthday
Mr. & Mrs. Harry Nagata
Ms. Marianne Nagata
Ms. Yoshie Nagata
Ms. Rosanne Nagy
Mrs. Mariko Nakagawa
Mr. Roy Nakagawa
Mr. George & Mrs. Alice Nakamura

DONATIONS

Mrs. Kaoru Nakamura
Ms. Maiko Nakamura
Ms. Yuko Nakamura
Ms. Yumi Nakamura
Mr. Hugo Nakasone Trillo
Ms. Yukiko Nakata
Mrs. Brenda Nakata-Gerow
Mrs. Atsuko Nakayama
Mr. David Namisato
Ms. Valerie Nash
Mr. Jerome Ng
Mr. Timmy Ng
Mrs. Anna Ngai
Mrs. Mariko Ninagawa
Mr. Don Nguyen
Nam Nguyen
Mrs. Rumi Nguyen
Mr. Keith Niall
Mrs. Alice Nicholson
Ms. Jeanne Nightingale
Mr. & Mrs. Ronald Nishi
Mrs. Laurie Nishida
Ms. Sandra Nishikawa &
Mr. Vince de Grandpre
Mr. Tim Nishikawa
Mr. Richard Nishino
Mr. Tomi Nishio
Mrs. Jan Nobuto
Ms. Mika Nonoyama &
Mr. Tim Bishop
Ms. Velva Nystrom
In honour of my grandson,
Toa Maruzaki, who lives in
Sapporo
Ms. Jen Obokata
Ms. Samantha Odell
Mr. Mike Oetlinger
Mrs. Minako Ogura
Ms. Kathleen O'Hagan
Ms. Beverley Ohashi
Mr. & Mrs. Joe Ohori
Ms. Kay Oiye
Mr. Eizo Oka
Mrs. Shirley Okawa
Ms. Louise Okawara
Mr. Kevin Okihiro
Mr. Kohei Okubo Family
Ms. Keiko Omori
Ms. Tomoko Omori
Ms. Carole Ono
Mr. David & Mrs. Barbara Ono
Ms. Linda Ono
Mr. Ron Ono
Ms. Chiyo Osawa
Ms. Toni Osbourne
Mr. Eiri Ota
Mrs. Haruyo Ota
Mr. John Ota
Mr. & Mrs. Karl Otani
In honour of Teruko Otani
Mrs. Teruko Otani
In honour of Dr. John Kawaguchi's
retirement
Mr. Gerry Oue
Mrs. May Oye-Shipp
Mr. Seishiro Gordon Ozawa
Jamie Papanastasiou
Mr. Minkyu Park
Mr. Paul J. Park
Dr. Paul Pencharz
Mrs. Shirley Peterson
Mr. Angel Petkov
Ms. Mary Phan
Ms. Ayla Phinnemore
Dr. & Mrs. Andrew Piggott
Dr. Agnes Por-Somfai
Mr. Jean-Rosch Prudencio
Mr. Kris Raghbir
Mr. Ralph Ranez
Mr. Curtis Rasmussen
Ms. Suzu Renaud
Mrs. Barb Reynolds
Ms. Paige Rice
Mr. Dwayne Roberts
Ms. Sue Ropchan
In honour of Raymond Moriyama
Mr. Paul Rosa
Mrs. Nancy Roxby
Marshall Rubinoff
Ms. Vera Rumyantseva
Mr. Spencer Ryerson
Ifrah Saeed
Mr. Stephen & Mrs. Jill Saito
Mr. Takeo Saito
Ms. Satoko Sakai
Mr. Victor Sakamoto
Mr. Yao Ryan Sakauye
In recognition of Darrell Sakauye
Ms. Tanya Sakharov
Mr. Eben Haezer Saputra
Mr. Jon Sasaki
Mr. & Mrs. Shiro Sasaki
Ms. Chizuru Sato
Mr. Kazuma Sato
Ms. Naomi Sato
Mr. David Saxby &
Ms. Julie Suyama
Mrs. Reiko Schlichtig
Ms. Catherine Schutt
Ms. Eileen Scidmore
Mr. Noel Scott
Ms. Eiko Shaul
Mr. John Shaw
Mr. Jacob Shekter
Ms. Tracy Sheppard
Ms. Judy Sheridan
Jonathan Shida, Family &
ICG Business Inc
Ms. Karen M. Shigeishi-Waite
In recognition of Jason & Alison
Mrs. Lily Shigetomi
Mr. & Mrs. Kaz Shikaze
Mrs. Barbara Shimada
Mr. & Ms. Douglas Shimada
Mr. & Mrs. Hisakatsu Shimizu
Ms. Irene Shimoda
Mrs. Joanne Shimotakahara
Mrs. Angela Shintani-Sandrowicz
In celebration of Yuriko Shintani!
Happy 80th Birthday
Ms. Mitsue Shintani
Mr. & Mrs. David Shipp
Dr. Seiko Shirafuji
Mrs. Mary Taeko Shiraishi
Ms. Naomi Shiraishi
Mr. Eric Shitahodo
Mrs. Mika Shitahodo
Mr. Peter Shitahodo

DONATIONS

Ms. Lynda Silk
Ms. Lela Simovic
Mr. Erik Siu
Mr. Mikhail Smirnov
Mr. Dan Smith
Ms. Nozomi Smith
Mr. Thomas Smith
Mr. Keith Smithers
Mr. Jeffrey & Mrs. Tomiko Smyth
Mr. & Mrs. Norman Soley
Ms. Mayumi Soundy
Mrs. Keiko St. Marie
In appreciation of Taeko's mask
Mr. Markus &
Mrs. Janice Stadelmann-Elder
Mr. Bart Stanczyk
Ms. Silvia Stanzola
Ms. Victoria Stawiarz
Mr. Joseph Stierman
Mr. & Mrs. Neil Straus
Ms. Yasmin Strautins
Ms. Ai Su
Mr. Michael Suen
Mr. Pierre Suen
Mr. Kyohei Sugihara
In appreciation of Taeko's mask
Mrs. Ayako Sugino
Miss Gwen Sugiyama
Mr. George Suyama
Ms. Barbara Suzuki
Mr. Robert Suzuki
Mr. & Mrs. Krisztian Szabo
Ms. Toshimi Takabe-French
Mr. Cary Takagaki
Ms. Kara Takagi
Mr. Yasushi Takagi
Ms. Joy Reiko Takahashi
Ms. Kiyomi Takahashi
Mr. & Mrs. Leslie Takahashi
Mr. Lisa Takahashi
Ms. Midori Takahashi &
Mr. Chris Barkley
Ms. Rie Takahashi
Ms. Alana Takaki
Mr. Bill Takaki

Ms. Toshie Takakura
Ms. Donna Takano
Ms. Ayumi Takarada
Ms. Christine Takasaki
Mr. Hideo & Mrs. Naomi Takasaki
Mr. Paul & Mrs. Theresa Takasaki
Mr. Lindsay Takashima
Mr. Richard &
Mrs. Stacey Takashima
Mr. Russell Takashima
Mr. Terence Takashima
Mr. Gregory Takata
Mrs. Marie Takata
Ms. Ai Takayama Cawthra
Ms. April Takeda
Mr. & Mrs. Yasushi Takei
Ms. Grace Takenaka
Mrs. Mizue Takeuchi
Mr. & Mrs. Shunji Takeuchi
Ms. Satomi Takusari
Ms. Rosita Tam
Ms. Kathryn Tamaki
Mr. & Mrs. Bill Tanaka
Mr. Cornell (Cory) Tanaka
Mrs. Kathleen Tanaka
Mrs. Lynda Tanaka
Mr. & Mrs. Minoru Tanaka
Mrs. Pauline Tanaka
Mr. Yufeng Tang
Mr. Yuki (Yukio) Tannoch
Ms. Carolyn Tateishi
Mr. Rick & Mrs. Kathy Tazumi
Mr. Gary & Mrs. Laurie Tehara
In honour of Tohru &
Teruko Kawaguchi
Mr. & Mrs. Masahiro Terada
Mr. Brian & Mrs. Joanne Terakita
Ms. Ruby Tezuka
Ms. Marisa Thomas-Perrier
Mr. Trevor Thompson
Ms. Yaroslava Timoshenko
Mr. & Mrs. Hok Oen Tjoa
Mr. & Mrs. Brian Toda
Mr. Michael &
Mrs. Naomi Tomczak

Mr. Sebastian Toncu &
Ms. Keiko Simose
Mr. John Tomlinson
Mr. Harry Tonogai
Mr. Matheus Torres
Mr. Wayne &
Mrs. Susan Towle (Hatanaka)
Mr. George Toyama
Mr. Denny Tran
Mr. Huy Vu Tran
Mr. Glen Tremblay
Mr. Guy & Mrs. Brenda Troendlin
Mr. Mark Tse
Ms. Donna Tsuji
Mr. Mel & Mrs. Kim Tsuji
Ms. Patricia Tsuji
Danny, Jerome & Yoko
Mrs. Yoko Tsumagari
Ms. Nancy Uchida
In honour of Mona Forzley
Mr. Paul Uchikata
Mr. & Mrs. Rui Umezawa
Ms. Tomoko Uramaru
Mr. & Mrs. Godfrey Uyeno
Kyle Van Grinsven
Ms. Yoko van Veen
Mr. Demetre Vasilounis
Mr. Alexander Vasolla
M Veerasingam
Mr. Jason Venditti
Ms. Erin Vermeulen
Ms. Laila Vincze
Mr. Dmitry Vinokurov
Ms. Kaitlin Wainwright
Mrs. Lori Wakabayashi
Mrs. Kathy Wale
Ms. Minnie Wang
Ms. Rachel Wang Qi
Ms. Karen Webb
Mrs. Carolyn Wells
Mrs. Irina Werner
Mr. & Mrs. David Wesseling
Mr. Gary Wesseling
Ms. Blair Whatmore
Ms. Crystal Whitney

DONATIONS

Mr. Derrick Wiedel
Mr. Elvin Wingay
Ms. Hiromi Winters
In appreciation of Taeko's mask
Ms. Alanna Wong
Ms. Jessica Wong
Mr. Jonathan Wong
Mr. Johnny Woo
Happy Birthday Sara Tjan!
Happy Birthday Beens!!!
Mr. & Mrs. Duncan Wood
Mr. & Mrs. Thomas Woods
Dr. Astri Wright
In honour of Melody Cornell
Mr. Jim Wright & Ms. Rika Murota
Mr. Ken Yamaguchi
Mr. & Mrs. Soichiro Yamamoto
Ms. Wendy Yamamoto
Mrs. Yuri Yamamoto
Kei Yamamura
Mr. David Yamashita
Mr. & Mrs. James Yamashita
Mr. Masuo Yamashita
Mr. Wayne Yamashita
Ms. Ai Yamauchi
Mr. Keiju & Ms. Junko Yanagawa
Ms. Marion Yanase
Mr. Richard Yang
Mrs. Diane Yano
Ms. Joanne Yano
Mr. & Mrs. Tokuo Yano
Mr. Anthony Yao
Ms. Masako Yasunishi
Ms. Heather Yatabe
In honour of Katherine Adachi
Mrs. Lydia Yatabe
Mr. Anthony Yi
Mr. & Mrs. Takehiko Yoshida
Mr. Akira Yoshikawa
Mr. Toshi &
Mrs. Donna Yoshimatsu
Mr. & Mrs. Mark Yoshimura
Ms. Christina Yu
Mr. Paul Yu
Mrs. Min Zhou

Mo Zhu
Mr. Aliaksandr Zhukau
Mrs. Lily Zou

In Memoriam

In memory of a student in Japan

Yi Su

In memory of Aileen Reiko Yokota

Anonymous

Mrs. Norma N. Fleming

In memory of Arthur Hiroshi Ikeda

Ms. Brigid McQuaid

Mr. Steve Motomura

Mrs. Yaeko Motomura

Mr. Kevin Nishijima

Mr. Greig Nishio &

Ms. Carolynne Mori

Ms. Robynn Nishio

Mr. Tomi Nishio

Mrs. Sarah Oke

Ms. Karen Webb

In memory of Anthony "Tony" Tonegawa

Ms. Gayatri Anand

Mrs. Chris & Mr. Mark Asadoorian

Ms. Bonnie Curran

Mr. Raymond Daddazio

Dodie Muir

In memory of Alice Sakaguchi

Ms. Cheryl Grieve

In memory of Andrew Siu

Mrs. Susan Siu

In memory of Arnold Takamori

Ms. Mayumi Lashbrook

In memory of Ayako Takeda

Myers

Mr. Frank Myers

In memory of Banjiro &

Tsurue, Eto, Fred & Mary Kato

Mr. Benjamin Eto

In memory of Bert Nasu

Ms. Leslie Brindley

Ms. Alison Nasu

In memory of Betty Kiyoye Sugiman

Ms. Momoye Sugiman

In memory of Bob Marubashi

Anonymous

Ms. Teresa Isaacs

Ms. Kathryn Okawara

Mr. Peter Wakayama

In memory of Bruce Ettinger

Mrs. Diane Carter

In memory of Carol & Miki Doi

Mr. Robert & Mrs. Laura Doi

In memory of Connie Mende

Mrs. Janice Bennink

In memory of Corteo

Ms. Maria Jose Garcia

In memory of Dianne Nishikawa

Dr. Richard Nishikawa

In memory of Dixie & Ina

Mr. Alan Florence

In memory of Don Matsumoto

Mrs. Katharine Matsumoto

In memory of Emi Nozaki

Ms. Susan Nishida

In memory of Eric &

Tomiko Nobuto

Anonymous

In memory of Faye Harafuji

Mr. Edward Kennedy

In memory of Frank Obara (2015)

Mr. Jonathon Obara

In memory of Fumiko Ito & Tsugio Ito

Ms. Margaret Fulford

In memory of Fusae &

Mitsuo Ohashi

Ms. Beverley Ohashi

DONATIONS

In memory of George Toshio Sato

Ms. Sharon Eiko Fune
Ms. Joy Sato
Mrs. Sandra Tateishi-Kotack &
Dr. Garry Kotack
Mrs. Jane Masukawa

In memory of George & Sugar Sato

Mr. Gordon Sato

In memory of Geri & Richard Shiozaki

Mr. Jesse Shiozaki

In memory of Gordon H. Sakamoto

Ms. Kerri Sakamoto

In memory of Hank Okada

Ms. Beverley Wybrow

In memory of Harold Yoneyama

Dr. Chris & Mrs. Caroline Gannage
Mr. Brad & Mrs. Betty Secker
Mr. Gary & Mrs. Donna Shimizu
Mr. John Woermke

In memory of Harry K. Nishio

Miss Amy Nishio

In memory of Haruko Nakashima

Mr. Glen Nakashima &
Ms. Banasha Shah

In memory of Hisa Okihiro

Mr. Kevin Okihiro

In memory of John Binions

Mr. & Mrs. James Heron

In memory of John Kitamura

Mrs. Jan Nobuto

In memory of Kaneko (Connie) Hoy

Mr. Peter Hoy

In memory of Kay Morishita

Ms. Janet Aitken
The families of Mack &
Margaret Oikawa

In memory of Kay Oki

Ms. Midori Fujiwara

In memory of Kazumi John Murakami

Mr. Steve Murakami

In memory of Ken & Ruth Tanino

Ms. Karen Tanino

In memory of Kenneth Ikeda

Mr. & Mrs. Edward Ikeda

To Judo Program

Mr. Kevin Nishijima

In memory of Kiyo Aida & George Obokata

Ms. Elizabeth Obokata

In memory of K. Moranaka

Mr. & Mrs. Frank Nishioka

In memory of Kimi Fukushima

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 & Kay Morishita

Their children & families
Marni & Martin Shintani

In memory of Koji & Lorraine Omotani

Anonymous

Sandy, Simon, & Family

In memory of Koto & Terry Adachi

Ms. Katherine Adachi

In memory of Kuniko (Kay) Iwasa

Mr. John & Mrs. Kiyo Tohana

In memory of Kunio & Larry Suyama

Mr. David Saxby

In memory of Lawrence Heron

Mr. Gary Kawaguchi &
Ms. Gayle Taguchi

Mr. Toby & Mrs. Haruko Ishihara

In memory of Lily Kuroda

Mrs. Diane Kiriakou

Mr. & Mrs. Karl Otani

In memory of Margaret Mori & Joyce Nishio

Mr. Greig Nishio &

Ms. Carolynne Mori

In memory of Masaaki Dazai

Mrs. Aiko Murphy

Mrs. Mitsuko Dazai

In memory of Masako Nakamura

Ms. Deborah Paul

Ms. Tanya Spiteri

In memory of Masami Tsukamoto

Anonymous

In memory of Masayasu Mine

Mrs. Mari Rutka

In memory of Michi Ueda

Mrs. Brenda Murai

In memory of Morio & Akemi Kumagawa

Ms. Sally Kumagawa

In memory of Muneo & Martha Miike

Ms. Sandy Miike

In memory of Nobuaki Tanaka

Mrs. Denise Chan

In memory of Norma Cheng

Mrs. Kathleen Nasu

In memory of Norman Takeshi Ibuki

Ms. Lisa Ibuki

In memory of Ozzie Fujiwara

Ms. Denise H. Fujiwara

DONATIONS

In memory of Patricia Bremner-Ikeno

Mrs. Tina Binns
Mrs. Pauline Tanaka

In memory of Paul Marubashi

Mrs. Norma N. Fleming
Mr. Steve & Mrs. Laura Hirano
Mrs. Janine Humphreys
Ms. Teresa Isaacs
Ms. Debbie Katsumi
Mrs. Marlene MacKenzie
Mr. Paul Matsuba
Ms. Yuki Newbold
Mr. Karl Otani &
Mrs. Sawako Elston

Ms. Karen Webb
Mrs. Diane Yano
Ms. Joanne Yano

In memory of Rae Misumi

Ms. Joy Sato
Mrs. Sandra Tateishi-Kotack &
Dr. Garry Kotack

In memory of Ray & Mutsuko Kumagai

Sandy, Simon, & Family

In memory of Ritz Kinoshita

Ms. Johann Cooper
Mr. Ron Davies
Ms. Karen Sasaki
Ms. Joy Reiko Takahashi

In memory of Roman T Yap

Anonymous

In Memory of Ross & Nancy Shin

Mr. Kevin J.H. Shin

In memory of Roy & Lillie Yano

Ms. Lillian Michiko Blakey

In memory of Saburo Morita

Anonymous (2)
Mrs. Kay Mitsui

In memory of Saburo & Nancy Morita

Anonymous

In memory of Sadao Kitagawa

Mr. Michael Kitagawa

In memory of Saichi Otani

Mr. Karl Otani &
Mrs. Sawako Elston

In memory of Sally Nakano

Mr. Rick & Mrs. Kathy Tazumi

In memory of Setsuko

Sau C. Lee
Mr. Michael Lee

In memory of Shigeo Stanley Kishimoto

Ms. Joyce Hayward

In memory of Shirley Mitsuko Edamura

Mr. Henry Edamura

In memory of Shoji & Sachi Takahashi

Mrs. Midori Takahashi &
Mr. Chris Barkley

In memory of Shoko Inokuchi

Mr. George Evans

In memory of Sidney Shigeru & Sachiko Oue

Mr. & Mrs. Theurer Britton

In memory of Sugar Sato

Mr. Gord Sato

In memory of Suzuko Susie Mori

Mrs. Marie T. Baba
Mrs. Janice Gonsalves
Mr. Ken &
Mrs. Cathy Nakamura (nee Otsu)

Mrs. Claire Taeko Nakamura

Mr. Matt & Mrs. Sharon Shintani

In memory of T. E Nishioka

Mr. & Mrs. Frank Nishioka

In memory of Tad Miura

Mr. Steve & Mrs. Laura Hirano

In memory of Takeo Saito

Mr. Rodrigo Saito

In memory of Teruko Otani

Mr. & Mrs. Karl Otani

In memory of Tomi-Taro Nishio

Ms. Joan Gamble
Mr. Ian & Mrs. Dale Reid
Mr. Kevin J.H. Shin

In memory of Tom Oyagi

Mrs. Doreen Oyagi

In memory of Tom, May & Bill Oyagi

Mr. & Mrs. George Oyagi

In memory of Tom Smith

Mr. Grzegorz Radziwonowski
Mr. David Simmons

In memory of Tomoko Omori

Anonymous

Mrs. Kiyoko Asaoka

Ms. Cheryl Burnstein

Ms. Michelle Cader

Mrs. Miho Dimitrijevic

Ms. Wakaba Hoshino

Ms. Rie Takahashi

Ms. Aoi Yoshida

In memory of Tony & Kimi Takenaka

Mr. Regan Takenaka

In memory of Tosh & 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

In memory of Tsutomu Tanaka

Mr. Akira Fukuri

In memory of Walter Fischer

Mr. Greig Nishio &

Ms. Carolyne Mori

In memory of Yasuhiko Abe

Mr. Kevin Takahiko Abe

DONATIONS

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

Miss Su Yen Chong

Hiroko Barall Room

Ms. Eiko Giese

Mrs. Sonoe Howard

Ms. Yoko Hyde

Mr. Yosh (Yoshitaka) Inouye

Mr. & Mrs. Harry Kawabe

Mrs. Nobuko Kitamura

Mr. Isao Kobo

Mrs. Kazuko Moghul

Ms. Toshiko Nakano

Mr. Eizo Oka

Ms. Mitsuko Okui

Ms. Fumiko Ouchi Grafen

Ms. Fumiko Shiba

Mrs. Kimiko Teh

Mrs. Nagiko Watanabe

Dr. Seiko Shirafuji

JCCC Aikikai

Anonymous

Mr. & Mrs. Ilia Averbouch

Mr. Chris Bryant

Mr. Adrian Iliescu

Mr. Valentin Iliescu

Mr. Adrian Pop

Ms. Gurneet Singh

Mr. Aliaksandr Zhukau

Urara Minbu Kai

Mrs. Michiko Abe Kozlowski

Mrs. Harue Clipsham

Mrs. Sonoe Howard

Ms. Yoko Hyde

Mrs. Mariko Liliefeldt

Mrs. Kazuko Moghul

Ms. Toshiko Nakano

Ms. Yoshiko Nakao

Mr. Eizo Oka

Mrs. Noriko Oka

Mrs. Kimiko Teh



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

We closed the JCCC on March 16, 2020 cancelling all regular programs, classes and events planned until further notice.

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.

DONATIONS

DONATIONS TO THE FRIENDS OF MORIYAMA HERITAGE NIKKEI CENTRE

AUGUST 15, 2015 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

Individuals/Couples

In honour of Kaz and Nao Amemori
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From Henry Lorie Robbie Kristi Dean
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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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In Memory of Grace Haruko Sakamoto
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In Memory of Nancy Aiko Shin
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In Memory of Toshiko & Frank Usami
In Memory of Ethel Midori Wakayama
Beaver & Michi Yamamura -
In Loving Memory
Tsutae Yamamura - In Loving Memory
In memory of Amy Shizuko Yoshida

Groups

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Toronto Japanese Garden Club
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Wynford Seniors Club

VOLUNTEER SPOTLIGHT JIRO F.



Jiro F. (left), taken at Fuyu Matsuri

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

"6 years"

How did you get involved with volunteering at the JCCC?

"Been away from my home country of Japan for a long time, I visited JCCC simply wanted to be close to Japanese culture. I was given many opportunities to volunteer many parts of JCCC by amazing people I have met at the centre including JCCC staff, Board members and fellow volunteers. This remarkable volunteer experience gave me opportunity for personal growth."

What type of volunteer work have you done?

"Cooking Japanese Festival Food at Haru, Natsu, and Fuyu Matsuri, involved with the Committee of Fuyu Matsuri and Oshogatsukai, TJFF, NJCC Chair, JCCC Japanese Garden beautification, Moriyama Nikkei Heritage Museum Maru project, Fundraising, JCCC board of director"

Describe in ONE word your volunteer experience at JCCC.

"Personal-Development"

JCCCでボランティアをしてどのくらいになりますか?

6年です。

どのようにしてJCCCを知りましたか?

母国の日本から長く離れて暮らしており、日本文化に触れたくてJCCCに訪れたことがきっかけです。JCCCスタッフの方々、理事の方々、センターで会った素晴らしい人々と共に様々なボランティアに携わりました。これらのボランティアの経験のおかげで、人としても成長することができました。

どのようなボランティアをしてきましたか?

春、夏、冬祭りで日本食を料理したり、冬祭りやお正月の実行委員会にも関わりました。その他にもTJFF、NJCCの議長、JCCC日本庭園の美化、森山日系ヘリテージセンターのマルプロジェクトやファンドレイジングにも関わり、又現在JCCC理事を務めています。

JCCCでのボランティア経験を一言で表すと?

自己の成長

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Momiji / Toriichi Bento Fundraiser

Thank you for supporting the seniors and Toriichi!

PRICE: Non-tenants \$15

JULY PICK UP AND ORDER DATES:

Wednesday, July 7th (deadline to order is Friday, July 2nd at noon)

Wednesday, July 21st (deadline to order is Friday, July 16th at noon)

PICK UP INFO:

Bentos must be picked up curbside at Momiji (3555 Kingston Road, Scarborough) between 3PM and 5:30PM.

A portion of the cost is donated to Momiji

If interested, please contact: fundraising@momiji.on.ca or Sheri-Lynn at 416-261-6683, ext 259.

Inauguration Ceremony of the UTokyo Alumni Association of Canada - East Chapter

The University of Tokyo (UTokyo) has launched a new association for alumni who reside in Eastern Canada. Our goal is 1) to create a network of mutual collaboration and trust between UTokyo alumni, 2) to increase the recognition of UTokyo outside of Japan, and 3) to strengthen the relationship and collaboration between UTokyo alumni in Canada and Japan. To celebrate the launching of the new alumni association, we are organizing the virtual inauguration ceremony at 8 pm (EST) on July 9th, 2021. This exciting event features special guests, including Dr. Teruo Fujii (President of UTokyo) and Dr. Atsushi Tsuda (Executive Director and VP of UTokyo). We hope you will join us for this moment of happiness, nostalgia, and reflection of our achievements.

For the ceremony schedule and RSVP, [please click here](#). For further inquiries, please contact Kok Long Ng (koklong.ng@mail.utoronto.ca).




Special Invitation

**Inauguration Ceremony of
the UTokyo Alumni Association of Canada - East Chapter**

東京大学カナダ赤門会—東地区 設立式

TORIICHI BENTO FUNDRAISER

Momiji

Thank you for supporting the seniors and Toriichi!



Contents vary slightly for each sale

PRICE: Non-tenants: \$15

AUGUST PICKUP AND ORDER DATES:

Wednesday, August 4th (deadline to order is Thursday, July 29th at the end of the day)

Wednesday, August 18th (deadline to order is Friday, August 13th at noon)

PICKUP INFO:

Bentos must be picked up curbside at Momiji (3555 Kingston Road, Scarborough) between 3 PM and 5:30 PM.

A portion of the cost is donated to Momiji

If interested, please contact: fundraising@momiji.on.ca or Sheri-Lynn at 416.261.6683, ext. 259

Welcome to Stella's Stories from around the Globe – Japan 日本



This book is the first in a series of travel guides that are designed with young travelers in mind. The goal is to get young people excited about travel, other countries and cultures, and to become more trip savvy. That's why I've included lots of practical skills like reading a boarding pass, what to pack, navigation, and currency. You'll even learn some Japanese before you go!

Join Stella as she travels to Japan. She'll teach you about Japan, what to eat, where to visit, and provide you with a basic travel vocabulary. The guide is based on Stella's own experience visiting Japan and learning Japanese.

Want to buy the book?

<https://www.stellasstories.ca>

\$1 from the sale of every book goes to the JCCC.

Want to learn some Japanese?

<https://www.stellasstories.ca/wabi-sabi-words>

ありがとうございます

カナダで岐阜県人会設立、メンバー募集



カナダの岐阜県出身の有志が中心となりカナダ岐阜県人会を設立、メンバーを募集しています。

現在のメンバーは14名。今はトロント近郊の在住者がメインですが、是非カナダ全土からご参加いただいてバラエティに富んだ、有意義な会にしていきたいという思いでいます。

岐阜出身の方はもちろん、大学が岐阜だった方、親が岐阜出身という方など岐阜に由縁のある方、ぜひご連絡ください。また、岐阜とは直接の繋がりは無いけれど郡上おどりが踊れる、鶺鴒を見たことがある、五平餅が好きなど、岐阜に興味を持っている方も大歓迎です。

現在、世界各国で設立されている岐阜県人会が世界岐阜県人会(岐阜県人会インターナショナル、GKI)として横にも繋がっていかようとしています。世界中に共通の話題を持った友達を作るチャンスでもあります。

是非、私たちと一緒にカナダ岐阜県人会を盛り上げていきましょう。

参照ウェブサイト: アイラブ岐阜ドットシーイー (<http://ilovegifu.ca>)

*こちらのウェブサイトからお問い合わせもしていただけます。

Gifu Kenjinkai is now in Canada, and is recruiting!

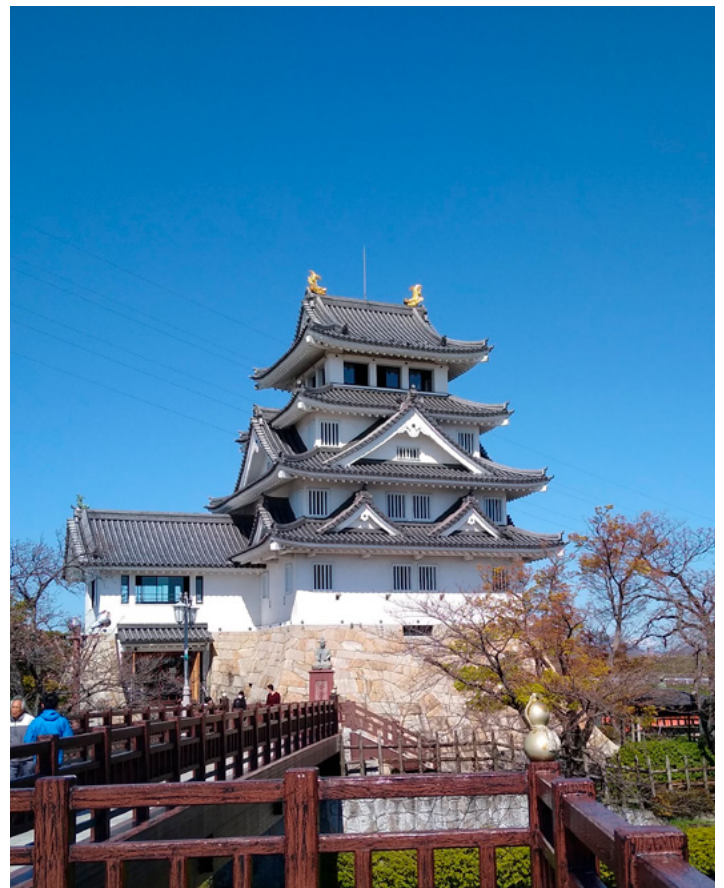
A group of like-minded people from Gifu Prefecture, "Gifu Kenjinkai Canada" has recently established, and we are looking for members.

There are currently 14 members. Most of the residents live in the GTA area, but eventually we want to make it a meaningful meeting that crosses throughout Canada. Please contact us if you are from Gifu, or if you have some connection to Gifu. Also, those who are interested in Gifu, such as those who have no direct connection but enjoy Gifu culture like Gujo Odori dance, watching Ukai, and/or like to eat Gohei-mochi, are welcome.

Currently, Gifu Kenjinkais, are established all over the world, and occasionally cooperate in Gifu Kenjinkai International (GKI). It's also an opportunity to make friends with something in common all over the world.

Join us, and liven up the Gifu Kenjinkai Canada with us!

Website: <http://ilovegifu.ca>



健やかな老後をめざして その41 - 若年性アルツハイマー型認知症:二人で いっぱい ①

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)

認知症とは、脳の神経細胞が病気によって傷つき死滅するために記憶障害などの症状が生じて日常生活に支障をきたす状態のことです。主な原因としては、脳にたんぱく質でできた老廃物が溜まって脳が委縮(アルツハイマー型やレビー小体型など)、あるいは脳出血や脳梗塞による血管性ダメージがあります。これらの原因は誰にでも起こりうることであり、決して他人ごとではありません。

本章では、12年来の友人である足立昭一・由美子ご夫妻(大分県)を紹介したいと思います。昭一さんは、2006年9月(57歳)に若年性アルツハイマー型認知症と診断されました。その当時は公的機関に勤め、バトミントン指導者として地域活動も活発に行っていました(教え子が2012年ロンドンオリンピックに出場)。2007年から実名を公表し「同じ病気で苦しんでいる人が希望を持って自分らしく生きていけるために役立つことができれば」と、夫婦二人三脚で「認知症の人と家族の会」の主催する全国的活動(本人交流会や講演会)に加わりました。また、精神衛生学会など学術の場にも参加し、認知症本人からの情報発信を積極的に行いました。

2008年2月、ミシサウガの我家は一面雪に覆われ、マイナス20°Cの寒い朝でした。国際NHK番組から流れる声に思わず耳をそばだてました。元職場の三重野老年看護学教授に間違いないと!やはり声の主はフォーラム座長を務める彼女で、壇上には足立夫妻がいらっしゃいました。遠い地で偶然にもふるさと大分の人々に逢え、足立夫妻の様々な挑戦に感激して、見ず知らずのお二人に便りを出したのです。それがきっかけとなり、カナダと日本で家族ぐるみの交流が始まりました!

昭一さんは診断を受けた後、次第に仕事を続けることが困難となり、職場を去らざるを得ませんでした。しかし「認知症 イコール 就業できない」という事ではありません!記憶のある部分に障害が生じていても、人としての能力は多種多様です。障害の段階に応じた働き方はできます。現在では認知症理解が進み、生活支援対策の選択肢は広がっていると思いますが(そう願います!)、当時は社会的存在(職業人)として生きる場はほとんどありませんでした。昭一さんは「認知症治療を受けながらも働きたい、社会と関わりたい!」という想いを強く持っていました。

皆さま、考えてみてください!心臓が悪い、腎臓が悪いと診断された場合、直ぐに仕事を失いますか!?薬物・手術療法など受けながら、その障害に応じた働き方を選べるはずですよ。在籍する職場が相当に厳しい働き方を求めるようなら持ち場を替えたり、あるいは、他の会社で経験や技術を活かせる方法を模索することも可能です。即シャットアウトされることはありません。ガンで闘病を続け

る人たちの職場環境に関しても、働き続けることが出来る様に随分と改善されています。それに比べると、認知症に対する就業環境の対策はまだまだです。もちろん国や地域による差はありますが、日本の場合は十分ではありません。一般的に、認知症はシニアの問題と捉えられがちのために「認知症と就業」に関して人々の認識は低いように思います。このことは若年性認知症の本人と家族が抱える課題であり、仕事から既に引退したシニアの認知症とは大いに異なる側面です。経済面および社会人としての精神性(自己肯定感と自己実現)に関わる重要な視点なのです。

昭一さんは仕事の間を求め、まずデイサービスで週1回ほど働き始めました。受け入れ側も「認知症の人が働く」ということが初めてのことで、お互いに様々な壁にぶつかりますが、試行錯誤しながら一人の人間として社会で生きること努力し続けました。そして、様々な挑戦を発表するために何とトロントまでやってきたのです!2011年3月の第26回アルツハイマー病協会国際会議でした。同会議で発表する三重野教授らのサポートもあって実現しました。因みに、第20回は京都で開催されています。

成田空港を飛つ折の三重野教授との会話では「自分の生き方を世界のの人に理解してもらいたい。みんなで力を合わせて、世界中の人が喜ぶ場を作って、みんなで頑張りましょう!」と、その熱い想いを語りました。しかし、トロント市内のホテルは薄暗い照明のために昼夜の区別を感じにくく、操作しにくい蛇口やバスタブに戸惑い、空調の騒音にも悩まされました。普段と異なる生活と時差による睡眠の乱れによって混乱を生じましたが、持ち前のやる気と妻のサポートで乗り切り、発表当日を迎えることができました。

彼はポスター(Living my own life as a member of society even though I have dementia)に近づいてくる人々に、言葉の壁を物ともせず「My name is Shoichi. I am from Japan」と積極的に話しかけました。フィリピンから参加したナースの興味深い質問に真剣に応え、モデルのように美しいモンテリオールのナースたちと一緒にウキウキと写真に納まり「国が違っても、言葉が通じなくても、たくさん仲間を創りたい」という想いの溢れた一日となりました。私も通訳としての役割を共に楽しむことができました。認知症本人の発表は彼だけであり、当事者が主体性をもって取り組む情報発信と変化を起こすための挑戦は非常に意義深いことを実感しました。昭一さん、あなたのウイットに富んだ会話と粘り強さに感服です!

さて、国際会議を無事に終えて総勢7名が我が家に集まり、まるで大分県人会のような賑やかさになりました。昭一さんは小川や木々、雪に残されたラクーンやリスの足跡など自然一杯の敷地を眺めて「こんな世界があったんだ〜」と感嘆の声をあげたかと思うと、サンルームで陽射しを浴びながら眠りに落ちました(笑)。旅を終えて語ったカナダの印象は「この国の人は楽しさを大切にしている。オレがオレが、と言う人がいなくて優しい。優しいのは苦しいことを乗り越えてきたからではないですかね。是非にまた行きたいです!」と、多様な価値観をもつ社会の様子をしっかり捉えていました。

人は必ず何らかの障害や病気に遭遇します。このことから逃れられる人は誰もいません。その過程をどう生きるか、どう支え合っていくか...その姿勢こそが自己尊重と自己実現を大切に生きる日々繋がることを教えていただきました。

写真:発表中の昭一&英子

読書の時間 - 書店が選ぶおススメ本



山崎聡一郎／監修 森井ケンシロウ／漫画
古城宏／漫画原作
出版社名：小学館 出版年月：2021年4月
ISBNコード：978-4-09-227246-0
店頭価格：\$28.20+TAX

おとなを動かす悩み相談クエスト ことども六法NEXT

いじめ、ケンカ、トラブルを解決するのは「相談力」。

2019年夏に弘文堂から発売された『ことども六法』の公認姉妹本です。

なにかあると、大人は「相談して」と気軽に言います。けれど相談したらしてで、「やられたらやり返せ」「あなたにも悪いところがあるんじゃない?」といった一見正論だけど、その場しのぎでなにも言っていない「まあまあ言葉」を返されて、相談しても無駄だなと諦めてしまうことが少なくありません。

まあまあ言葉を打ち返すために、まず、コミックで、まあまあ言葉の実例を学び、その反論方法を『ことども六法』山崎聡一郎氏が解説。

さらに、本当に頼れる大人を探し出し、トラブル解決のために動いてもらうに、いじめ問題に詳しい学校の先生、警察、スクールカウンセラー、弁護士、精神科医、虐待に関する児童相談所が、「どんな相談をすればいいか」「効果的な証拠」「訴えるってこういうこと」など実践的なアドバイスを教えます。

きれいな事は一切ありません! トラブルの渦中にある君には、その解決の糸口として、まだ巻き込まれていない君には、その予防知識として、君の人生に寄り添う1冊です。



淡路ファームパークイングランドの丘／著
出版社名：ワニブックス 出版年月：2021年5月
ISBNコード：978-4-8470-7052-5
店頭価格：\$24.30+TAX

飼育員さんのすていこたえ

ほっこり&くすっと笑える回答がSNSで大反響!

兵庫県にある淡路ファームパーク・イングランドの丘の名物企画『生き物の「なぜ?」に飼育員が答えます!』が一冊の本になりました。

子どもたちから寄せられた動物や虫などについての素朴な疑問からユニークなお手紙、ときには人生の悩みまで。

あらゆる質問に飼育員さんがイラストとユーモアを交えて真剣に答えます!

Q. いつかキングコブラを飼育してほしい

Q. コアラはどうして木のぼりが上手?

Q. ペンギンはなぜ飛べないの?

Q. 動物はなぜ涙を流さないの?

Q. ネコとパパはどっちがえらいの?…など、生き物のことがもっとわかって、好きになる65の質問&回答をご紹介します。

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JSS プログラム: 2021年7月

詳細やお申込み(必須)は各リンクから、またはChie (416-385-9200 / programs@jss.ca) まで。

(1) モミジ&JSS オンライン講座シリーズ(水曜3時から)

※シリーズ情報は[こちら](#)

「シニア身体と心のウェルネス」

7月14日(90分)

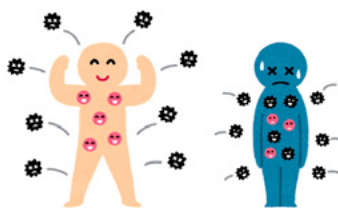
ウェルネスとは・シニアの身体と心のウェルネスを高めるコツを学びます。



「自己免疫力を高めよう」

7月28日(60分)

ウイルスやあらゆる病気から身を守るために、免疫力をあげるコツ・高齢者の免疫強化方法などを学びます。※日本語のみ(英語版は8月11日)



(2) 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)

<第4ターム> 7月12日-8月23日(8月2日以外の月曜) 10時-11時半

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。初めての人も、体が硬い・体力に自信がない人でも、無理なく参加できます(1ターム = 週1回x6回)。

(3) レギュラーJSSオンラインプログラム

1. **クラフトクラブ交流会** 第3水曜、10時半-正午 (craftclub@jss.ca)
- 編み物 7月21日 「ショッピングカート用ルーニーのポチバックバック」
2. **ホットランチ交流会** 7月28日(第4水曜) 10時半-正午 (hotlunch@jss.ca)
3. **シングルマザーサポートグループ** 月1回(Chie: programs@jss.ca)

(4) June 16 JSSチャレンジ

運営資金を募るためのバーチャルチャリティウォーク、イベント無事終了: 引き続き寄付を受付中! ※詳細は[こちら](#)

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

(1) Momiji & JSS e-Learning Series

Wednesdays, start at 3:00pm

*Click [here](#) for the list of seminars and videos

Pre-registration required by 2 days before each session (Monday) from each link below.

Senior's Physical & Emotional Wellness

July 14 (in English with Japanese description)

What is "wellness"? Let's learn how to improve senior's wellness, tips for increasing your physical & emotional wellness and mental health. *90-min.

Boosting your Immune System

July 28 (in Japanese) / Aug 11 (in English)

Immunity is the most effective weapon to fight against COVID-19 (and many other illness). Let's learn how to boost your immunity. *60-min.

(2) Online Easy Yoga for age 55+ (in Japanese)

[Term #4 (6 sessions)] Monday July 12 to Aug 23, 10:00 - 11:30am
*except Aug 2.

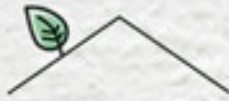
Enjoy refreshing 60-min easy yoga + 30-min socializing! Beginners welcome, easy chair yoga combined with relaxed movement laying on the floor.

(3) JSS Regular Online Programs (in Japanese)

1. **Craft Club Social:** Wednesday 10:30am to noon *RVSP at craftclub@jss.ca
- Knitting - July 21 "Mini Backpack for Loonie (for shopping cart)"
2. **Hot Lunch Social:** Wednesday July 28, 10:30am to noon *RVSP at hotlunch@jss.ca
3. **Online Single Mothers Support Group (monthly):** *Contact Chie / programs@jss.ca

(4) JSS Challenge

Virtual Charity Walk fundraising event was successfully held on June 13: You can still support the event by donating from [here](#).



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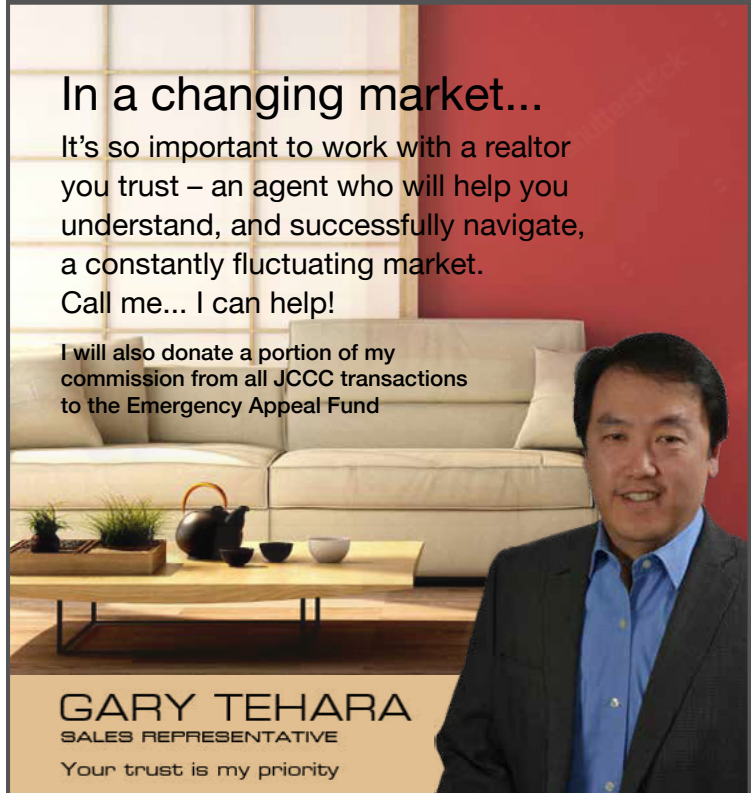
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