



AUGUST
2021
2021年8月

Vol. 47 Issue 8



Virtual Summer
Film Screenings

Sedai Corner Returns!

New Sneak Peek
Maru: Immigration
Stories



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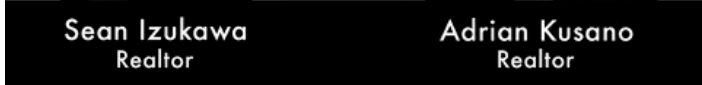


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We have 1 or 2 office space(s) available or possibly coming available for lease at JCCC: 1 for 684 sf. and the other 1,911 sf. If interested, please contact our property manager, Jim Abe at:

Cell: (416) 884-8328
email: jim@abecopl.com
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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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Community Relations Advisor	Sid Ikeda
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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 August 13, 2021.

次号の締め切りは2021年8月13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

As Ontario enters Step 3 of reopening, the JCCC staff is working vigorously with the board, instructors and volunteers to plan a staged, organized and safe reopening of our facility. Please continue to check our social media, website and newsletter for the latest reopening plans.

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.

JCCC Annual General Meeting

The JCCC AGM will be held on Monday September 27 2021 at 7:30pm. Please see [page 6](#) for more details.

Cultural Classes and Workshops

Fall 2021 Japanese Language Program for Adults

Please see [page 9](#) for details.

Martial Arts – Summer Outdoor Practices

Many of our martial arts are offering outdoor practices. If you are a registered member in our martial arts program and have not received communication about outdoor practices, please contact the JCCC at jccc@jccc.on.ca.

Exhibitions

Please see [page 15](#) for exhibition calendar

Virtual Summer Film Screenings

Please see [page 14](#) for details.

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.

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!

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

オンタリオ州はステップ3に入り、JCCCスタッフは理事会、インストラクター、ボランティアの皆さんと共に安全で建設的な再開に向けての計画を練っています。引き続き、SNS、JCCCウェブサイト、ニュースレターなどで最新の再開プランをご確認ください。

メンバーシップ更新

メンバーシップ更新には下記のオプションがあります。

オンライン:

便利なお手続きは[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。

JCCC年次総会

JCCCの年次総会が2021年9月27日(月)午後7時半より行われます。詳細は[こちら](#)

武道 - 夏の屋外練習

屋外練習が始まっている武道クラスがあります。武道クラスに登録されている方で屋外練習についての連絡が届いていない会員の方はjccc@jccc.on.caまでご連絡ください。

カルチャークラス・ワークショップ

成人向け日本語学習クラス、秋のコース

詳細は[こちら](#)。

展覧会

展覧スケジュールは[こちら](#)

夏のオンライン映画鑑賞会

詳細は[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。

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



Greeting from the Executive Director

館長メッセージ

As I write this the city has entered Stage 2 of reopening. The Maru: Immigration Stories exhibit has been installed in the Moriyama Nikkei Heritage Museum, the Broken Promises exhibition is being prepped for the JCCC Gallery, regular out-door martial arts classes have commenced, the virtual Natsu Matsuri and live online Bon-odori has brought everyone together for an important community tradition and the apiary on our roof is producing lots of delicious Heiwa Honey! Our Toronto Japanese Film Festival wrapped to great reviews and attracted almost 10,000 viewers. We are also very proud that one of our own JCCC Judo Kai students, Shady El Nahas, as well as Scarborough's Badminton star Nyl Yakura and Nathan Hirayama, co-captain of the Men's Rugby Sevens are part of the Canadian Olympic team. It is an exciting time.

During the pandemic the JCCC has remained the community hub for culture and connection. We are very proud of that and thank you for your support, patience and endless goodwill. The next step, of course is reopening the doors and we continue to watch and wait for the government's directions in terms of timing, safety protocol and best practices.

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

館長メッセージ

本記事執筆中の現在、トロントはステージ2です。

森山日系ミュージアムには「丸:日系移民物語」の設営完了、JCCCギャラリーでは「破られた約束」が準備作業中です。武道の屋外クラスが再開され、日系コミュニティの大切な行事、夏祭り・ライブ盆踊りも無事お届けできました。屋上では平和ハニーの採蜜が順調に行われています。トロント日本映画祭はその視聴が一万近くにおよび、良い反響でその幕を閉じることができました。そしてJCCC柔道会のShady El Nahasさん、スカーボロバドミントンのスター、Nyl Yakuraさん、男子ラグビーチーム副キャプテンのNathan Hirayamaさんがカナダオリンピックチームの代表選手となりました。活躍が楽しみです。

コロナ禍でもJCCCはコミュニティの皆様とつながり続けてきました。皆様のご支援、忍耐、応援に深謝いたします。次なるステップは再オープン。引き続き、安全基準、実施方法など政府案発表を待ち、タイミングを見極めていきます。

皆様、安全で楽しい夏をお過ごしください。会館でお会いできる日を楽しみにしています。

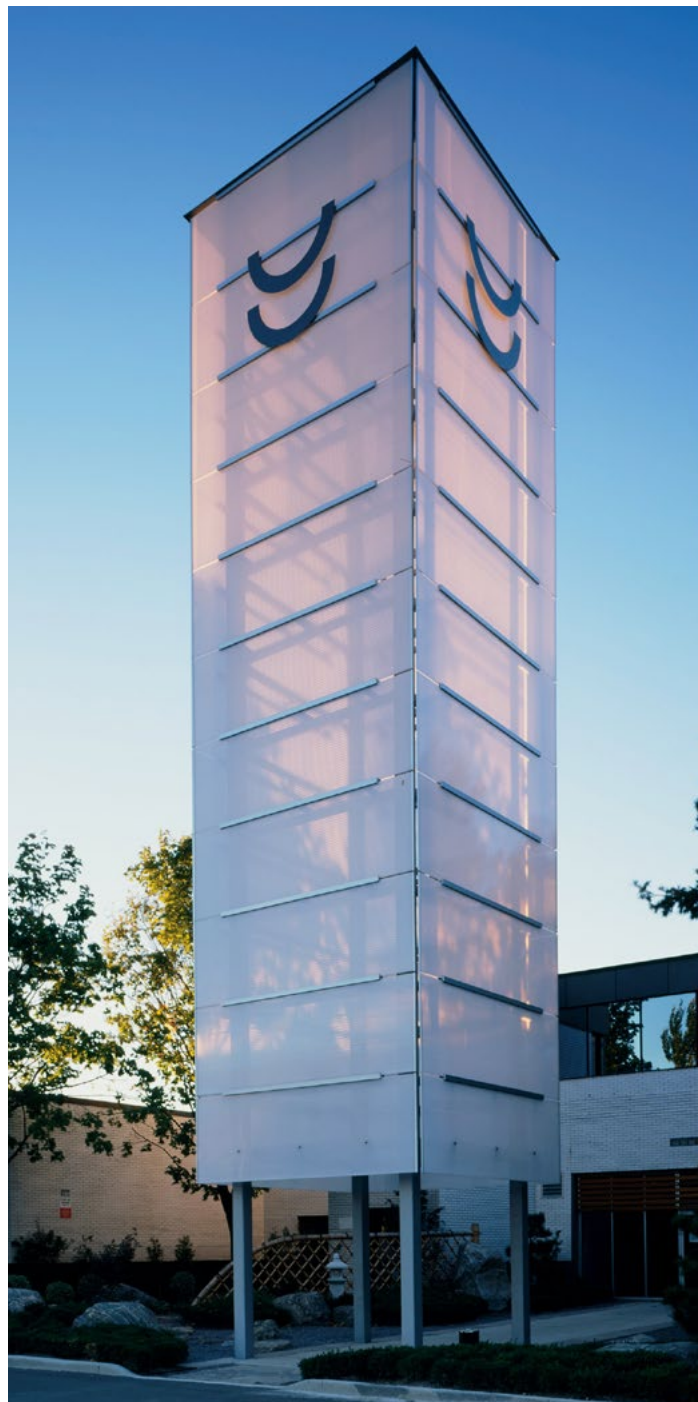


Photo by KPMB Architects

日系文化会館会員の皆様へ JCCC年次総会のお知らせ

2021年9月27日(月)午後7時半より会館(下記住所)にて年次総会を行います。

6 Garamond Court, Toronto ON M3C 1Z5

今年度は定款変更承認の会員決議が二件あります。

- ・ 年次総会及び特別会議のオンライン開催の許可
- ・ 性的区別のない言語への転換

本総会は健康安全ガイドラインに沿って対面で行われます。

出席できない会員様は委任状用紙署名による投票が可能です。決議は当日総会内での投票、もしくは事前の委任状用紙提出のみとなります。議事次第、及び委任状用紙は(<https://jccc.on.ca/agm-2021-proxy>)

お問い合わせはJCCC理事会幹事、シャロン丸橋、sharon.marubashi@jccc.on.caまでEメールにてご連絡ください。

JCCC Annual General Meeting Notice

The membership of the Japanese Canadian Cultural Centre is hereby given notice of the 2021 Annual General Meeting on **Monday September 27 2021** at 7:30pm at the JCCC, 6 Garamond

Court, Toronto ON M3C 1Z5.

This year there will be 2 proposed changes to the By-Laws for approval by the membership:

- To allow virtual Annual General/ or Special Meetings
- Change of the language to be gender neutral

* Summary of Resolutions included in this Newsletter.

This meeting will be in person with the health directive guidelines being followed.

Any member who is unable to be present in person can sign a Proxy Form.

Members may only vote in person or by completing the Proxy Form. [Access the Agenda and Proxy on-line form here.](#)

For any questions, please contact JCCC Board Secretary Sharon Marubashi at sharon.marubashi@jccc.on.ca.



SUMMARY OF REVISION TO JCCC CONSTITUTION AND BY-LAWS

For the Annual General Meeting of Monday September 27 2021

The JCCC Board of Directors is proposing changes to the By-Laws to allow virtual Annual General Meetings and Special Meetings to be held if necessary. Also proposing to update the language of the By-Laws to now be gender neutral.

Resolution for Approval at the JCCC Annual General Meeting

_____ resolves that we accept the JCCC Constitution and By-Law change to Article (24) Annual and Special Meetings of Members – “*If all of the Directors consent, an annual or special meeting of members may be held solely by means of electronic or other communication facilities that permit all persons participating in the meeting to hear each other simultaneously and instantaneously, and a Member participating in such meeting by such means shall be deemed to be present at that meeting.*”

Seconded by :

Vote on the Resolution:

_____ resolves that we accept the JCCC Constitution and By-Laws change to have the language in the By-Laws to be gender neutral.

Seconded by:

Vote on the Resolution:

TORONTO JAPANESE FILM FESTIVAL 2021 IS A WRAP!

2021年トロント日本映画祭 小林アワード発表

THE KOBAYASHI AUDIENCE CHOICE AWARD IS ANNOUNCED.

Viewership at the online 10th anniversary festival eclipsed 2020 levels.



We are pleased to announce the **2021 KOBAYASHI AUDIENCE CHOICE AWARD** goes to Miwa Nishikawa's **UNDER THE OPEN SKY**.

Starring Koji Yakusho in a career best performance, **UNDER THE OPEN SKY** is a poignant, touching film directed with great empathy and intelligence. Adapted from Naoki Prize-winning novelist Ryuzo Saki's Mibuncho.

Director Nishikawa responded to her win saying:

"I understand that this year's Toronto Japanese Film Festival was held completely online and that Japanese living across Canada, as well as Canadians who are interested in Japanese film, were able to watch and cast their votes from many different regions. It is unfortunate that movie buffs were not able to gather in front of a theatre screen and enjoy the films together. Still, even as we remain separated during this continuing pandemic, people can cast their votes and share their excitement and enjoyment with the filmmakers. Their warm support is a great source of encouragement for me. Thank you for the Kobayashi Audience Choice Award. It has given me another opportunity to savour the joy I had in making the film."

James Heron festival Director said "Director Nishikawa's wonderful film received some strong competition from *JOSE! JOSE MUJICA - JUST KEEP WALKING* and *MIO'S COOKBOOK* but prevailed in the end. Congratulations Nishikawa-san and thank you for your consistently great filmmaking. We are already looking forward to your next film!"

The **KOBAYASHI AUDIENCE CHOICE AWARD** is presented to the film chosen as the festival favorite by audiences based on ballots completed at the end of each screening.

The award is named in honour of Coby and Yone Kobayashi, a second-generation nikkei couple whose vision, generosity and tireless efforts over 50 years were essential to the creation and success of the Japanese Canadian Cultural Centre. Mr. and Mrs. Kobayashi's community-mindedness and generosity of spirit supported and inspired the building of the Kobayashi Hall, the home of the Toronto Japanese Film Festival.

The **GRAND JURY PRIZE** winner, **A GARDEN OF THE CAMELLIAS** was previously announced. The powerful directorial debut from photographer **YOSHIHIKO UEDA** is a ravishingly beautiful examination of the exquisite transience of life. The Jury compared the film to the work of Mizoguchi and Ozu.

We hope to resume screenings in the Kobayashi Hall this autumn. Please watch this newsletter or the JCCC website for more information.

小林アワードの栄冠は西川美和監督の「すばらしき世界」に! 西川監督からの受賞メッセージは英語記事をご覧ください。

小林アワードは各映画視聴後の投票集計結果から決まる観客賞です。



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
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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!

With the Olympics in full swing, our July issue of the KOKUBAN is an Olympics Special Edition featuring many stories of those within our own community who had the honour of participating in the Olympic Games. Click here to read about athletes who are in Tokyo this summer competing, as well as learn about those who have contributed to this global tradition.

オリンピック開幕に合わせて七月号の黒板はオリンピック特版です。JCCCコミュニティ内の栄えある選手達を取り上げています。linkからこの夏の東京オリンピック出場選手や裏で支える人々のストーリーをお楽しみください。

Fall 2021 Japanese Language Program for Adults - Register Now!

2021年秋の日本語クラス (成人向け) - 登録始まる!

Our popular cultural program, the Japanese Language For Adults, will go virtual again this fall on Zoom.

Existing students and new registrants are both welcomed. Our virtual classes, with smaller class size, provide plenty of opportunity for discussion, conversation practice, and learning of fundamental grammar.

Conveniently accessed from the comfort of your home, this fast-paced Japanese Language course balances grammar with real life usability.

A JCCC Membership is required to participate.

To learn more about and register for the program, [click here](#).

Registration Deadline: Wednesday September 15, 2021

人気の成人向け日本語クラスがオンライン(Zoom)で再開されます。

オンラインクラスはクラスサイズが小さめで、ディスカッションや会話練習、文法の基礎の学習などが含まれます。

詳細・お申込みは[リンク](#)から

申込み締め切りは2021年9月15日(水)

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!



コーナー

JCCC Youtube Corner

Woohoo! As Ontario moves into Step 3 of reopening, the JCCC is pleased to support our community partners, and introduce a series of videos from Japanese restaurants around the city, introducing their summer menus.

[Hop onto our youtube channel](#) to see where patio dining can take you this summer.

オンタリオ州はステップ3に突入! JCCCはコミュニティパートナー支援の一環として、近隣の日系レストランから夏メニュー紹介のビデオをお届けしています。

各ビデオは[JCCC YouTube](#)からご覧ください。

JCCC Martial Arts Update

JCCC武道クラスの活動について

After another 7 months of suspension due to the Covid 19 restrictions, the JCCC is cautiously beginning to re-open our martial arts programs onsite.

During this latest closure, many programs have been offering zoom classes as a way to keep their participants engaged and fit. As of this newsletter, the JCCC is excited to once again be offering some programs outside on JCCC property.

These outdoor programs are still limited in size and follow the new registration processes put in place last summer. Additionally, we are requiring participants to have a current membership and there are fees associated with the programs.

All active students at the time of closing in March 2020 should have received an email outlining the new protocol for martial arts outdoor classes. Additionally, if their particular martial art is running an outdoor class, they should have received another email inviting their participation in this first phase of reopening.

Although programs will be running by the time the newsletter gets published, we anticipate a session to begin around the beginning of September.

If you did not receive an invitation, we urge you to renew your membership and to check to see if your email address is up to date with our database.

All inquiries can be sent to onlineclass@jccc.on.ca

We appreciate everyone's patience and understanding as we work towards a safe return to martial arts programming. We look forward to seeing you soon!

コロナ禍により昨秋より再び停止していた武道クラスですが、この度、細心の注意を払った上で、対面クラスをJCCCの屋外にて再開することになりました。屋外クラス参加には人数制限や、昨夏より運用しております新登録システムがあります。又、参加生徒はJCCC会員であることが条件で、参加費もあります。2020年3月のロックダウンの時点でクラスに参加していた全生徒さん(会員)には屋外武道クラスの規約がEメールにて送られています。その他、屋外クラス実施の特定武道クラスの生徒にはクラス案内のメールも別途送られています。

本号発刊時点で屋外武道プログラムは既に始まっていますが、次のセッションが9月初旬から始まる予定です。

武道クラスに参加希望で、武道クラス案内メールを受け取られていない方は、お早めに会員更新手続きを済ませ、JCCCに登録したEメールアドレスが現在ご使用のものと同じであることをご確認ください。

武道クラスに関するお問い合わせは、onlineclass@jccc.on.caまでご連絡ください。



Kamp Kodomo Review キャンプこども

Like the Spring Break session, Kamp Kodomo Summer 2021 was run virtually.

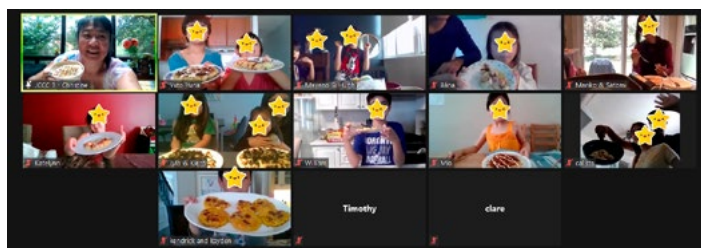
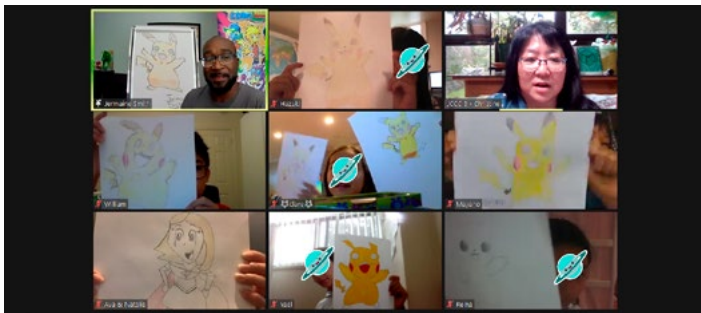
A variety of 7 sessions were offered by JCCC staff, NJCC committee members and volunteers, and in cooperation with, Nat's Robotics Academy and Freeze DNA.

Attendance was great with almost full classes for most of the sessions. Some families attended multiple sessions and others attended those with special interest. But, without a doubt, all sessions were full of learning and fun!

Thank you to our partners and all the session leaders for another successful Kamp!

We hope to see you in person next Spring Break!

春同様、ヴァーチャルの2021年夏のキャンプこどもでは、全7種類のプログラムがJCCCスタッフ、NJCCメンバー、ボランティア、そしてNat's Robotics Academy and Freeze DNAのご協力でそれぞれ楽しく行われました。参加者ご家族、ご協力くださいました皆様、この場をお借りしてお礼申し上げます。



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? 55歳以上の皆様、退屈していませんか?

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](https://www.jccc.on.ca/event/2021/07/radio-taiso-55).

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://www.jccc.on.ca/event/2021/07/radio-taiso-55>)

SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash



Chicken Teriyaki

Serves 2

Ingredients

- 4 boneless chicken thighs
- 1/2 cup shoyu
- 1 tbsp mirin
- 3 tbsp sugar
- 1/4 tsp fresh grated ginger

Equipment

- Cutting board
- Sharp knife
- Medium mixing bowl
- Measuring cups and spoons
- Wooden spoons
- Plastic bag (for marinating)
- Baking sheet lined with foil

Chicken Teriyaki is a great summer dish and is excellent served hot or cold in the warm summer months. The marinade can also be used for seafood or beef. If you are able, cook your teriyaki on the bbq for a true summer flavour!

Instructions

1. Cut thighs in half and place in plastic bag.
2. In a small bowl mix shoyu, mirin, sugar and ginger to make marinade.
3. Pour marinade over the chicken in the plastic bag and seal.
4. Marinate chicken for ½ hour.
5. Preheat oven to 350°F (175°C).
6. Place chicken on the baking sheet and put in oven on the middle rack and bake for 30 minutes.
7. Pour remaining marinade in to the small pot and boil. Use to baste chicken.
8. Baste chicken with marinade after 10 minutes in the oven. Turn chicken over after another 10 minutes and baste. Bake for another 10 minutes

Storage and Reheating

Store leftover chicken in the refrigerator – not longer than 3 days
Reheat leftover chicken in the microwave on medium for 1 – 2 minutes

Natsu Matsuri 2021

Virtual
バーチャル

For the second year in a row, Natsu Matsuri/Obon was held virtually. Through the JCCC website, everyone was able to access links to festival related activities. From craft activities for children to explanations about some Japanese summer celebrations to recipes to try at home, there was something to appeal to everyone. With the coordinating help of the New Japanese Canadian Committee of the JCCC, we were also able to offer great insight videos from 11 GTA Japanese Restaurants. Video highlights included views of their patio dining areas and summer menu features. The restaurants and staff can't wait to welcome you in person!

But the highlight of the event was Bon Odori. In cooperation with Toronto Buddhist Church, the JCCC hosted a zoom event with over 80 individual log ins. But many of those log ins represented more than 1 viewer. With 4 dancers in the Kobayashi Hall and 20 to 30 dancing from home, it was a great presentation. We were also glad to see a few additional dancers join into the audience participation dances. It's not the same as dancing together, but it was still a lot of fun!

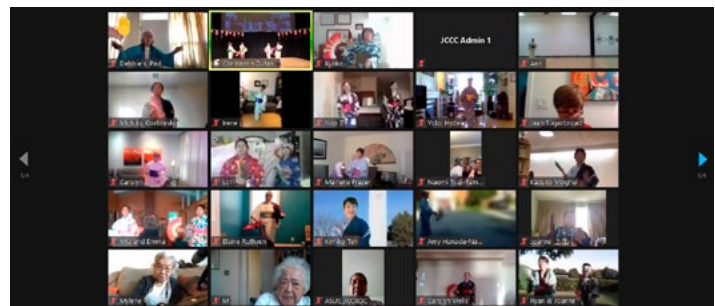
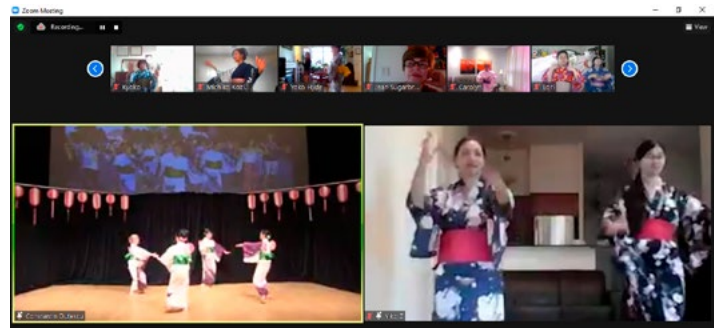
We capped the night off with prizes of gift certificates from the Japanese Restaurants featured on our website.

The JCCC would like to extend a very heartfelt thank you to all the dancers. We would also like to thank Toronto Buddhist Church and the Bon Odori Committee. Special thanks go to Eleanor for the overall coordination, to Rev. Ouchi for emceeding the evening, to Laura and Yoshie for assisting with the zoom session and to Constantin for the technical and staging preparations.

We hope to see everyone at our Natsu Matsuri/Obon Festival next year!

ヴァーチャルでも大盛況! 2021年夏祭り・盆踊りの一日

子供向けアクティビティ、日系レストランの夏メニュー紹介ビデオ、そしてメインの盆踊りをお楽しみいただきました。各関係者の深く御礼申し上げます。



VIRTUAL SUMMER FILM SCREENING



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 Katsuakira 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

OPENING
SEPTEMBER
20212021年9月
開催：予約制

準備中

COMING SOON

Calendar of Exhibitions



Broken Promises (On-site - By appointment only)

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.

Please watch the JCCC website for more information about booking an appointment to view the exhibits at the JCCC.

「破られた約束」展(JCCCギャラリー内にて)

多団体、コミュニティが7年の歳月をかけたプロジェクト、不当な風景からのリサーチを基礎に、1940年代の日系カナダ人の資産剥奪に迫る展覧。

予約受付についてはJCCCウェブサイトをご覧ください。



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

See [page 18](#) 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18

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。

New Sneak Peek Maru: Immigration Stories

丸:日系移民物語、予告

Exciting Update for Maru: Immigration Stories at the Moriyama Nikkei Heritage Centre – despite the restrictions, Maru: Immigration Stories installation is almost complete! Since a picture is worth a thousand words, we have included two pictures to give you a glimpse on what you would expect to see when the JCCC reopens. A thousand words isn't enough to express our excitement to welcome you to the new permanent exhibit. When the JCCC reopens, we will be taking appointments for visits and tours of Maru: Immigration Stories so keep your eyes peeled for updates in the newsletter, the JCCC website, and also all of JCCC's social media outlets.

A condensed version of Maru: Immigration Stories is also virtually on Google Arts and Culture. [Click here](#) to check out stories of Nikkei Communities across the Americas.

展示物の設置はほぼ完了しました。百聞は一見にしかず、と申します。会館再開を待ち、予約制で森山日系ヘリテージセンター内でガイド付きのツアーを行います。予約に関するお知らせはニュースレター、JCCCウェブサイト、SNSにて。オンラインでも先行して展示の一部が[link](#)からお楽しみいただけます。



Heiwa Honey: Happy Bees Make Heavenly Honey

In June 2021, we were fortunate enough to catch second and third generation beekeepers Mariko Kawano and Maryanne Cain in action as they harvested delicious honey from the Heiwa Honey Apiary. The Apiary that was installed on the roof of the JCCC in 2018 is not a well-known feature of the JCCC but some say, it is JCCC's best kept secret. Since 2018, the Apiary has grown and to date, it is home to approximately 140,000 busy honeybees. One question we had for Mariko and Maryanne was what happens to the bees during the frigid Toronto winters? Mariko explained that while most beekeepers harvest all the honey produced, they never harvest 100% of the honey, leaving honey for their honeybees so they have enough nutrients to keep them healthy and happy. Now, onto the honey itself – Heiwa Honey is raw, unpasteurized and minimally strained, leaving behind traces of pollen which amplify its floral notes and health benefits. For those who have tried the honey, the taste alone says it all! However, there's so much more to Heiwa Honey so to learn more about Heiwa Honey's history and philosophy or to purchase a jar of mouthwatering Heiwa Honey, head over to <https://www.heiwahoney.com/>.



New “All Things Japanese with John Ota” Podcast Episodes



Who's Coming for Dinner?

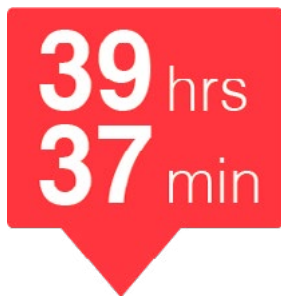
Origami cranes are a Japanese symbol of hope and healing - I'm putting them all over the house! The Japanese Canadian Cultural Centre is accepting photos of dinner table settings for an OPEN online exhibition. It's open to everybody.

Submit Photos ▶

Sedai Corner Returns!

As some of you may remember, a while back Sedai Corner made frequent appearances on the JCCC's Newsletter. After consulting with the JCCC's community, we are pleased to let you know that we have decided to bring Sedai Corner back four times a year. This corner will be dedicated to updating you on our progress of digitizing the collection, interview highlights, and Sedai's journey and adventure outside of the JCCC's community. To kick us off, we would like to show you some stats from April 2020 to March 2021.

以前JCCCニュースレターで、ヘリテージの口承企画「世代」記事を掲載してまいりました。この度新たに世代コーナーを設け、年4回掲載いたします。楽しみに。皮切りの本号は2020年4月から2021年3月までに追加された筆記録紹介です。



**Interview Transcripts
Generated**



**Transcripts
published to date**



**Goal (April 2021 -
March 2022)**

To generate 60 hrs of transcripts
Publish 35 hrs of transcripts

Check Out These New Transcripts!



Minoru Yatabe ▶



Rose Aihoshi ▶



Sam Yamada ▶

DONATIONS

DONATIONS TO THE JCCC

AS OF JULY 8, 2021

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

JCCC

Ms. Kathy Adachi	50
Mr. Ken Fukushima	500
Mr. & Mrs. Larry Furukawa	100
Ms. Teresa Isaacs	100
Ms. Meg Karper	10
In honour of The Otani Family	
Mr. Martin Kobayashi	1,000
TJFF 2021	
Mrs. Eiko Maikawa	50
Mrs. Hilda Mitsubata	50
Mr. Kazuaki Naito	40
Mr. Stanley Nakagawa	50
Ms. Yoko Ode	500
In celebration of Yuki Ode	
Happy 100th Birthday	
Mr. Terence Takashima	200

In Memoriam

In memory of Aileen Reiko

Yokota

Mr. & Mrs. John Hayami	50
Ms. Grace M. Kobayashi	25
Mr. Dan & Mrs. Mira Omura	50

In memory of George Osamu

Uyeyama

Mrs. Jean Y. Fujimoto Baba	20
Mrs. May Kumoi	50

Mr. & Mrs. Iwao Kuroyama	100
Mrs. Shirley Matsunaga	50
Mrs. Jessica Y. Nakamura	50
Mrs. Betty M. Ura	100

In memory of Harley Haruo Hatanaka

Dr. Arnold Arai	100
Ms. Lynda Hatanaka Silk	50

In memory of Kenneth Katsumi Sakamoto

Dr. Arnold Arai	100
Mr. & Mrs. Joe Ohori	
Mr. Henry & Mrs. Nancy Sumi	25
Mr. & Mrs. Byron M Tanaka	50

In memory of Lily Toshimi

Kuroda

Mrs. Rose Lee	50
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In memory of Mamoru (Don)

Yamane

Ms. Toni Osbourne	300
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In memory of Pauline Tanaka

Ms. Pat Chapman	100
Mr. Wesley Y Fujimoto	100
Mr. Chris & Mrs. Kristen Kobayashi-Reid	100
Mrs. Susan Mazzoli	50
Ms. Muriel Nishihama	200

In memory of Tom Nishio

Mr. Frank & Mrs. Betty Moritsugu	100
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Corporate, Government, & Organizations

Government of Canada	
Canada Summer Job Fund Grant	
Nikkei National Museum & Cultural Centre	
The Japan Foundation Toronto	

Heritage

Ms. Kim Wray	100
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Chris Kano Taiko Studio

Mrs. Elinor J. Dunlop	25
In memory of Aileen Yokota	

Supporting Member

Partner

Ms. Teresa Isaacs	150
-------------------	-----

Leader

Mr. Ken Fukushima	500
-------------------	-----

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

EMERGENCY APPEAL DONATIONS TO THE JCCC

APRIL 1, 2021 - JULY 8 2021

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

Club

JCCC Judo Kai

General

Anonymous

Anonymous

Anonymous

Anonymous

Anonymous

Ms. Martha Arima

Ms. Mary-Beth Arima

Ms. Meredith Best

Miss Linda Caplan

Mrs. Diane Carter

Ms. Heather A Chan

Ms. Ruby Yap Cruz

Mrs. Elinor J. Dunlop

Mr. Patrick Dunlop

Mrs. Norma N. Fleming

In celebration of Yaeki Frances
Nakamura's 100th Birthday

Mr. Stephen Fulton &

Ms. Lisa Archibald

Mr. Robbie Grant

In honour of Front line workers,
Small Business

Ms. Catherine Heighway

In celebration of Chiyo Izumi's
100th birthday

Mr. & Mrs. James Heron

Ms. Nadia Gigi Inara

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Mr. & Mrs. Karl Otani

In honour of Teruko Otani

Mrs. Teruko Otani

In honour of Dr. John Kawaguchi's
retirement

Mr. Seishiro Gordon Ozawa

Mr. Paul J. Park

Mr. Keith Smithers

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Danny, Jerome and Yoko

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Mr. Masuo Yamashita

Mr. Wayne Yamashita

Ms. Marion Yanase

Mr. & Mrs. Takehiko Yoshida

Mr. & Mrs. Toshi Yoshimatsu

Mr. & Mrs. Mark Yoshimura

In Memoriam

***In memory of Aileen Reiko
Yokota***

Anonymous

Mrs. Norma N. Fleming

In memory of Bert Nasu

Ms. Leslie Brindley

***In memory of Bob &
Paul Marubashi***

Mrs. Yuli Marubashi-Scheidt

***In memory of Eric &
Tomiko Nobuto***

Anonymous

In memory of John Binions

Mr. & Mrs. James Heron

***In memory of Ken &
Ruth Tanino***

Ms. Karen Tanino

In memory of Norma Cheng

Mrs. Kathleen Nasu

In memory of Paul Marubashi

Mrs. Norma N. Fleming

In memory of Pauline Tanaka

Bunka Shishu Group

Mr. Jesse Cranin

Mrs. Kay Fukuda

Mrs. Jennifer Williams

In memory of Roman T Yap

Mr. William Cruz

***In memory of Saburo &
Nancy Morita***

Anonymous

In memory of Saburo Morita

Anonymous

Anonymous

Mrs. Kay Mitsui

***In memory of Shoji &
Sachi Takahashi***

Mr. Chris Barkley &

Mrs. Midori Takahashi

***In memory of Suzuko Susie
Mori***

Mrs. Marie T. Baba

Mrs. Janice Gonsalves

Claire (Joe) Nakamura

DONATIONS

Mr. Ken &

Mrs. Cathy Nakamura (nee Otsu)

Mr. Matt & Mrs. Sharon Shintani

In memory of Teruko Otani

Mr. & Mrs. Karl Otani

In memory of Tomi-Taro

Nishio

Mrs. Dale Reid

In memory of Tony &

Kimi Takenaka

Mr. Regan Takenaka

DONATIONS TO THE FRIENDS OF THE MORIYAMA NIKKEI HERITAGE CENTRE INSCRIPTIONS

JANUARY 1, 2021 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

Individuals/Couples

Kihup Boo (夫)

In Memory of Mother Hiroko Fukushima

Jiro Fukushima

Hiromi ICHIDA

Yumi ICHIDA

Lucas, Sayaka and Emika Koolma

Groups

Checkmate Development

Crow Creek Settlement Reunion



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.

VOLUNTEER SPOTLIGHT SHIRLEY O.



Performance by Ohana Hula at Haru Matsuri 2016. Shirley is the second from left.

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

"Over 25 years."

How did you get involved with volunteering at the JCCC?

"My sister-in-law was very involved at JCCC and she recruited me to work in the kitchen for various events."

What type of volunteer work have you done?

"Since the beginning, I volunteered in the kitchen for JCCC events such as bazaar, Nostalgia Night and Issei Day. My involvement increased greatly after my retirement from work. I baked cookies and cakes for the bazaar as well as hundreds of mochi cakes to be sold at Fuyu Matsuri. I've also helped out at TJFF as a food server. As a member of Ohana Hula of JCCC, I've manned the Baked Table at the bazaar and performed at festivals such as Oshogatsu Kai, spring and summer festivals and Issei Day, etc. As long as I am able, I will continue volunteering as it has brought me lots of friendship and enjoyment."

Describe in ONE word your volunteer experience at JCCC.

"Rewarding"

JCCCでボランティアをしてどのくらいになりますか?

25年以上です。

どのようにしてJCCCを知りましたか?

もともと義姉がJCCCに携わっており、彼女からキッチンヘルパーのボランティアに誘われて、私もJCCC の様々な行事でボランティアをするようになりました。

どのようなボランティアをしてきましたか?

バザー、ノスタルジアナイト、一世デーといったJCCCの行事でキッチンアシスタントとしてボランティアをしました。退職後は以前に増して参加回数が増えました。バザーのためにクッキーやケーキを焼いたり、冬祭りでは、何百個もの餅ケーキを作り、毎回完売しました。また、トロント日本映画祭では、レセプションのフードサーバーとして参加しました。オハナフラクラブのメンバーとして、バザーではバイクテーブルを受け持ち、お正月会、春祭りや夏祭り、一世デーなどのお祭りではフラのパフォーマーとして参加しています。ボランティアの経験を通じて、良き友好関係が広がり、楽しみが増えたので、今後も可能な限りボランティアを続けていきたいと思えます。

JCCCでのボランティア経験を一言で表すと?

やりがい

**Videogame Programming
Virtual JAVA Workshop**

NAT'S ROBOTICS ACADEMY

10 Hours SUMMER 2021
Mon-Wed from July 5 to 28, or
Tue-Thu from August 3 to 26

Only \$75
20% off for JCCC Members

**IF YOU ♥ VIDEOGAMES,
YOU WILL ♥ LEARNING
HOW TO CREATE THEM!**

**And your parents will ♥
that you're learning
a skill for your
future!**

**Ages 10-15
Suitable for
Beginners**

**For Kids,
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Limited Spaces. Use Code JCCC20 on checkout.
Book your spot at www.natsroboticsacademy.ca
natsrobotics@gmail.com (289) 505-4511

A Future for Memory

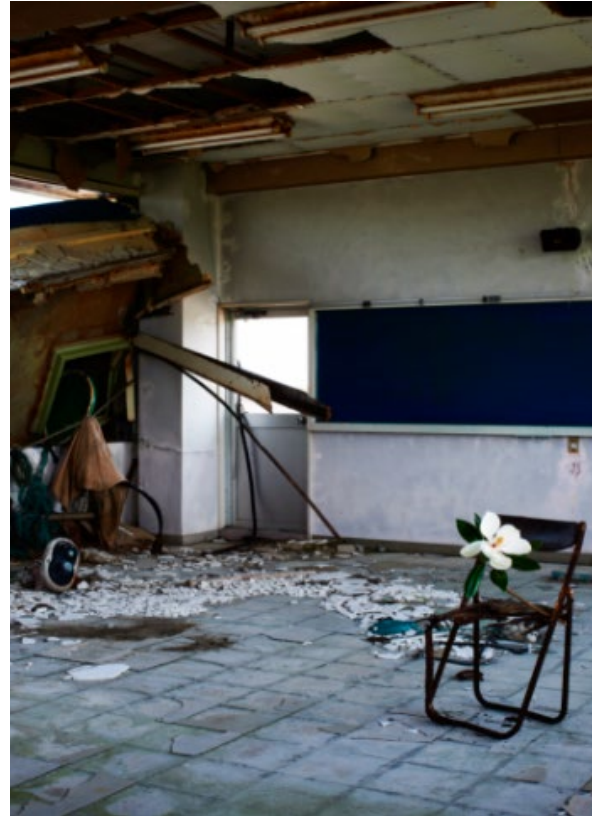
Join us for a virtual conversation with Atsunobu Katagiri, a featured artist in **A Future for Memory: Art and Life After the Great East Japan Earthquake** and Fumihiko Futakami, Curator of the Minamisōma City Museum. The conversation (pre-recorded in Japanese, with English subtitles), facilitated by MOA Curator Fuyubi Nakamura will be followed by a live Q & A with Atsunobu Katagiri (in English). Vancouver Art Gallery's Interim Chief Curator/Associate Director, Diana Freundl and UBC student Yuval Kehila will join the Q & A session.

The guest speakers will discuss their personal experiences and involvement in the recovery process following the 2011 triple disaster. Katagiri will share his artistic connection to Minamisōma City in Fukushima Prefecture, and Futakami will speak about his experience of the disaster, and about working with artists who came to make art in his region, including Katagiri and Masao Okabe, who are featured in **A Future for Memory**, from the perspective of a curator from the disaster region.

Co-sponsored by the Museum of Anthropology and the Centre for Japanese Research at UBC.

Recordings of past lectures are available online at <https://www.youtube.com/playlist?list=PLZ7eQHOJTUYMEUxKdS3Z9fbPWNGgEP2I>.

More information: <https://moa.ubc.ca/event/a-future-for-memory-a-conversation-with-atsunobu-katagiri-and-fumihiko-futakami/>
<https://cjr.iar.ubc.ca/a-future-for-memory-katagiri-futakami/>
https://twitter.com/MOA_UBC/status/1412204405571604482
<https://twitter.com/ubcCJR/status/1411006880172810242>
<https://www.facebook.com/events/769091010418798/>



From Atsunobu Katagiri's *Sacrifice* series, 2013–2014. Flower: Southern magnolia/Location: Ukedo, Namine town.

長引くステイホームで運動、コミュニケーション不足になっていませんか？



「脳の運動教室」がオンラインを通し カナダ全土で受講可能となりました！

カナダ全土にお住いの在留邦人、日系人とオンラインでつながり、
楽しく体と脳を動かしながら、感染予防について一緒に学びましょう！

開催期間 **7月30日～12月10日 (20回)**
 毎週金曜日 午後**1時～3時**(トロント時間)
参加無料、各回40席のみ →ご予約は**こちらから**



West Coast Healthy Memory Society (WCHMS)はバンクーバーに2019年に誕生したNPOです。

「脳の運動教室」とは脳を活性化しながら、他者との交流、健康を促進するWCHMSオリジナルプログラムです。参加型の体操、脳トレ、レクを通し、楽しい2時間を演出します。脳の前頭葉を系統だてて刺激することで記憶力や集中力の改善が期待されます。

「脳トレ」とは日本の介護の現場で長年取り組まれている介護予防(要介護状態になることを未然に防ぐこと)プログラムです。



<7月～8月のトピック>

- 7/30 「夏真っ盛り、手荒れケア」
- 8/6 「コロナ回復期の"隠れ脱水"に注意！」
- 8/13 「災害と8感染症対策」
- 8/20 「バーチャルトラベル(ユーコン州)」
- 8/27 「Covid19最新情報」

日本外務省の海外在留邦人、日系人のビジネス、生活基盤強化事業の一環です。

健やかな老後をめざして その42 - 若年性アルツハイマー型認知症:二人で いっぱい ②

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)

アルツハイマー型認知症とは、脳にたんぱく質でできた老廃物が溜まって、神経細胞が傷つき死滅するために脳が委縮していき、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。65歳未満で発症すると「若年性アルツハイマー型認知症」と診断されます。

その41で紹介した足立昭一さんは、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、2007年から実名を公表し、家族や友人、医療専門スタッフ、地域の連携(介護ケア施設)、認知症の人と家族の会のサポートによって、夫婦二人三脚で諸活動に挑戦しました。2011年3月には世界認知症協会主催のトロント国際会議にて唯一の当事者として発表!2011年11月には、地域福祉の模範となる業績に敬意を表す「大分合同新聞福祉賞」を受賞しました。

最近では、適切な薬物治療と生活環境、生活習慣の改善、個人に寄り添ったサポートなどにより、緩やかに機能低下していくことを望める様になりました。それでも時間の流れに容赦はありません。72歳の昭一さんにも、認知症のみならずエイジングによる課題が押し寄せます。

常に傍で支え、共に挑戦し続けている妻の由美子さんにインタビューを行いました。その内容を42と43の2回に分けてお伝えします。自身や家族の問題としてどう対処したらよいかについて、私たちは多様な側面から学ぶことができるものと思います。

1. 認知症と診断され、今日に至るまでの15年間には様々な困難があったことと思います。治療面、サポート体制、個人としての生活に関して特に気づかれたことを教えてください。

昭一さんの異変を感じ、受診をしたことが、つい最近のことのように思い出されます。最初に出会う医師との相性は重要です。昭一さんの今の思いをしっかり聞き、受け止めて下さる医師との出会い。そのことがこの病と向き合える方向へと繋がっていったのです。「ああしたらいいよ」「こうしたらいいよ」と押し付けるような診察ではなく、「そうか、そうだよね」「足立さんはどう思いますか?」などと、「寄り添い診察」が心の支えとなり、治療に対して前向きになることができました。しかし、診断されたことで生活は大きく変わっていききました。その戸惑いをサポートしてくださったのが、ケアマネジャーの存在でした。制度のことなど全く知らなかった私たちに、利用できる制度を丁寧に説明し、手続きをして下さいました。その対応の丁寧さとスピード感は、私たちの不安を一枚一枚剥がしていってくれたのです。その行動力と豊かな知識は、戸惑っていた私たちの生活を少しずつ落ち着きのあるものに導いてくれました。昭一さんが「若年性アルツハイマー型認知症」と診断されたときに、私たち二人はこの病のことを隠すという気持ちは全くありませんでした。とにかく、この病を恐れるのではなく「今、自分たちにできることをする」という気持ちを持ちながら前進し始めました。

2. 現在、昭一さんの認知症の状態と生活状況(暮らしぶり)はいかがですか?

診断されて15年という月日が流れ、現在は全介助という状況の中で日々を送っています。月～金はデイサービスで、土と日は自宅でゆっくりと過ごしています。デイサービスも含め生活は、車イス又はソファやベッド上で過ごすことがほとんどですが、今の昭一さんにとって、毎日が同じ環境の中で時間が流れるということが心身共に一番安定するようです。デイサービスは「共生型デイサービス」という施設で、高齢者だけではなく、障害児もいます。多様な利用者の方々がおられ、まるで大家族の中で生活をしているようです。施設は日本家屋を改造した建物で、とても心地よく、まるで自宅で大家族と過ごしているような感じです。昭一さんがこのような雰囲気のもとで、毎日を穏やかに過ごせていることにより、私も安心した日々を送らせてもらっています。

3. 現在、お二人でどのような社会的活動(認知症の人と家族の会など)を行っていますか?

診断されて以降「認知症の人と家族の会」と出会ったことによって、私たちに大きく道が開いていきました。様々な情報を得られ、何よりも同じ思いの仲間と出会ったことが最高の喜びでした。家族会での出会いにより、全国に同じ病の仲間や、そのサポートをされる方々が沢山いらっしゃることを知りました。家族の会は全国組織として活動をしています。認知症と診断された当事者とその家族の思いを聴かせてほしいという依頼を受け、家族の会の方と一緒に、体験談や交流をさせていただくようになりました。昭一さんは、自分の思いを聴いていただけることに「今の自分にも人を元気にすることができる」と、使命感と充実感を感じたようです。現在は、昭一さん自身が思いを語ることはできなくなりましたが、昭一さんに代わって、私が啓発活動をさせていただいています。彼は、診断されてから日記を書き続けてきました。「日記に綴られている昭一さん自身の言葉や思い」を皆さんにお伝えできることは、私にとってもかけがえのない時間となっています。

4. 由美子さんは、どのように工夫しながら(ご両親の介護や自身の体調管理なども含め)現状の生活を維持継続していますか?

現在、私と昭一さんとの二人暮らしですが、別棟に私の両親(父89歳・母92歳)が住んでいます。高齢となった父母の生活も私がキーパーソンとなり、日々を過ごしています。私たちが両親のもとへ帰ってきたのは7年前です。

私は、これからの両親との生活において一番大切なこととして「私たちがどのような暮らし方をしたいのか」ということを、きちんと伝えておくことだと思いました。そこで、両親には「父さん・母さんのことは私がきちんとサポートしますので、昭一さんのサポートに関しては、私の考え方を尊重して見守ってほしい」と伝えたのです。最初は、お互いに気持ちのズレや勘違いなどが生じ、言い合いになることも多かったのですが、月日が流れていく中で、両親は、私たちが工夫しながら生活をしていることに気づいてくれるようになったのです。また、周りの方々のおかげで私たちの生活が成り立っているということも理解してくれるようになり、いつの間にか、協力できることは全面的に関わってくれるようにもなりました。「手助けが必要な人に、自分ができることでサポートする」ということが私たち家族の絆のひとつになっているのでは、と感じている日々です。(その43に続く)



ナイアガラ滝の昭一と由美子

読書の時間 - 書店が選ぶおススメ本



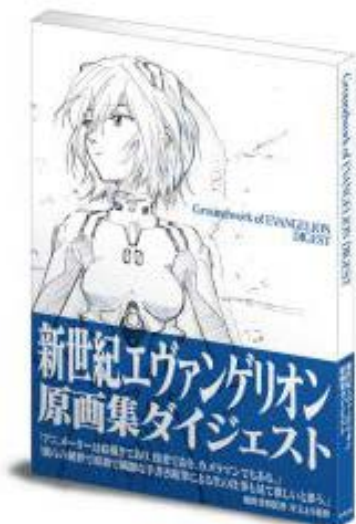
- 文庫版 新価格 -

ぼくはイエローでホワイトで、ちょっとブルー

人種も貧富の差もごちゃまぜの元底辺中学校に通い始めたぼく。
人種差別丸出しの移民の子、アフリカからきたばかりの少女やジェンダーに悩むサッカー小僧。
まるで世界の縮図のようなこの学校では、いろいろあって当たり前、みんなぼくの大切な友だちなんだ。
ぼくとパンクな母ちゃんは、ともに考え、ともに悩み、毎日を乗り越えていく。
最後はホロリと涙のこぼれる感動のリアルストーリー。

Yahoo!ニュース|本屋大賞2019ノンフィクション本大賞受賞。

ブレイティみかこ / 著
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ISBNコード: 978-4-10-101752-5
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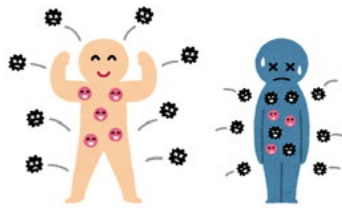
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JSS プログラム: 2021年8月

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) Momiji & 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](#)



「自己免疫力を高めよう」

8月11日(水) 英語のみ

COVID-19などのウィ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。

「和食シェフ直伝: サバの味噌煮を作ろう」

8月25日(水)

サバの選び方・骨などの処理・メープルシロップを使った子どもからお年寄りまで安心して食べれるやさしい味をトロント在住の和食シェフより教わります。

※日本語のみ



(2) 電話で話そう〜「お元気ですか?」プロジェクト

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ながら、お持ちの質問や疑問にできる限りでお答えします。



(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 8月18日 「親子でも楽しめる: 指編みエコたわし&シュシュ」

2. ホットランチ交流会 8月25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)

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.

Boosting your Immune System

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.

*Register [here](#).

Cooking with Japanese Chef: Saba Miso-ni

Aug 25 (in Japanese)

Join us to learn how to cook gently-seasoned miso-simmered mackerel (saba miso-ni) with maple syrup, that anyone can enjoy. Our guest, Toronto-based professional Japanese chef, will also share tips to choose mackerel and to remove bones, etc.

(2) "Ogenki-desuka?" Project

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

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)

(3) JSS Regular Online Programs (in Japanese)

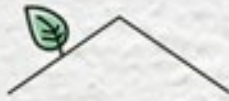
1. Craft Club Social: Wednesday 10:30am to noon *RVSP at craftclub@jss.ca

- Knitting - Aug 18 "Finger-knit Eco Scrub & Scrunchie"



2. Hot Lunch Social: Wednesday Aug 25, 10:30am to noon *RVSP at hotlunch@jss.ca

3. Online Single Mothers Support Group (monthly): *Contact Chie / programs@jss.ca



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