

SEPTEMBER
2021
2021年9月

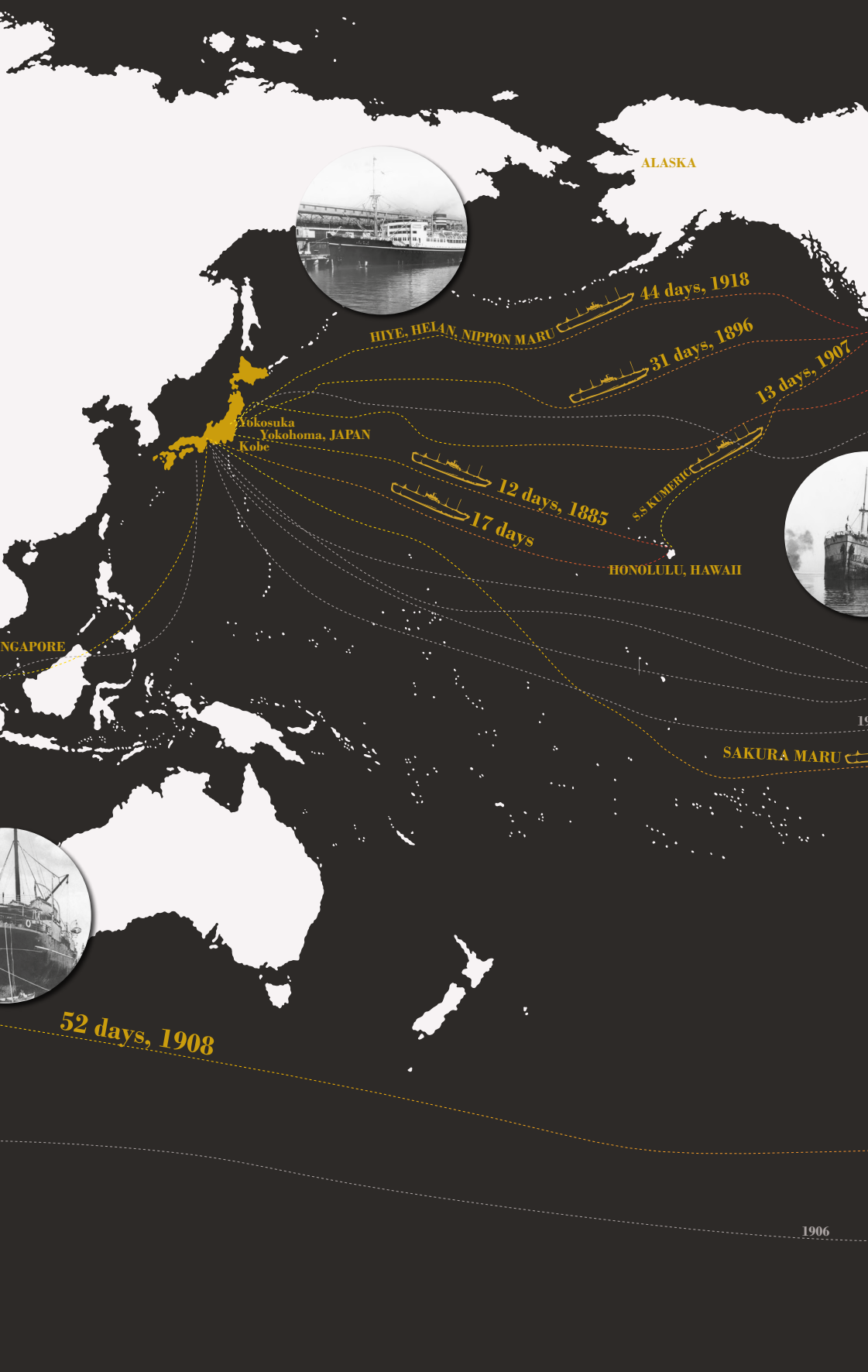
Vol. 47 Issue 9



JCCC Reopening
JCCC再開への道筋

Issei Day
一世の日

Maru: Immigration
On-site Tours
at the JCCC
丸:日系移民物語



ALASKA

HIYE, HELAN, NIPPON MARU 44 days, 1918

31 days, 1896

13 days, 1907

Yokosuka
Yokohama, JAPAN
Kobe

12 days, 1885

17 days

HONOLULU, HAWAII

S.S. KUMBERUC

SINGAPORE

1906
SAKURA MARU

52 days, 1908

1906



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for Lease at JCCC**

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

President	Gary Kawaguchi
Past President/Advisor	Marty Kobayashi
VP, Heritage	Jan Nobuto
VP, Management	Brian Toda
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Secretary	Sharon Marubashi
Directors	Ann Ashley
	Jiro Fukushima
	Karen Gordon
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	Keiichi Kubo
	Ryan Lang
	John Ota
	Cary Rothbart
	Elaine Shigeishi
	Karen Webb
	Seiji Ichii
	Elaine Shigeishi
Advisors	Mackenzie Clugston
	(Former Ambassador of Canada to Japan)
	Janice Fukakusa
	William Hatanaka
	Steve Oikawa
	Connie Sugiyama
	Christine Nakamura
Community Relations Advisor	Sid Ikeda
Chair - Capital Campaign	Chris Hope
JCCC Foundation Chair	Janice Fukakusa

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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 September 10, 2021.

次号の締め切りは2021年9月10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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Click on the page numbers to jump directly to each section



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

With the rise of COVID-19 cases in Ontario, the JCCC is cautiously and diligently checking with Ontario guidelines and working towards a safe reopening. In the meantime, here are the activities in the coming months at the JCCC (onsite and online).

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.

Events and Programs

Issei Day

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

Fall Japanese Class

Register now for September classes. Please see [page 16](#) for details.

Martial Arts – Summer Outdoor Practices

Following the success of the first session of outdoor practices in July/August, many of our martial arts clubs will continue with their outdoor practices for September/October. 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

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

オンタリオ州の新型コロナウイルスの感染者数増加に伴い、日系文化会館(JCCC)は州のガイドラインを確認しながら再開に向けて歩み始めています。この秋のプログラムや活動(館内及びオンライン)は下記の通りです。

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。

武道クラス - 夏の屋外練習

7月8月の屋外クラスが順調に行われたことを受け、引き続き9月10月のクラスを行う武道クラブがあります。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。

イベント・クラス

一世の日

詳細は[9頁](#)。

秋期日本語クラス

登録受付中 - 詳細は[16頁](#)。

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。

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J C C C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

The time is approaching for us to start (gradually) reopening the JCCC for our members, community and friends! We are putting the final touches on a plan that will allow us to open our doors and give tours of the new **MARU: IMMIGRATION STORIES** permanent exhibition in the Moriyama Nikkei Heritage Centre and the **BROKEN PROMISES** installation in the JCCC Gallery. Initially dates and hours will be limited and you will need to pre-book your visit. As we move forward and hopefully avoid a 4th wave, you can expect more events and classes to open over the course of the autumn. At the same time we'll continue to provide cultural and community offerings online and through outreach. Issei Day, for example, will follow last year's model with bento being delivered.

The JCCC recognizes that all visits to the Centre are optional and that everyone who comes to the JCCC expects that we will provide as safe an environment as possible. To that end, we have struck the Reopening Task Force to develop a reopening approach that takes every precaution to ensure you are safe when you come to the JCCC and we'll be asking you to help us by participating with us in taking precautions and observing the safety protocols. The new committee is made up of board and staff members who will focus on tracking the very changeable status of the pandemic and the directives issued by the city and the province. The team will create and implement a "reopening road map" that is consistent with the JCCC's long standing commitment to being a safe and welcoming environment for all. We will of course be reopening in a manner that ensures the safest Covid-aware environment possible.

We are almost there. Expect more news very soon and, in the meantime, stay well. We look forward to seeing you at the JCCC very soon.

(段階的ではありますが)再開の 때가近づいてきました!

長らく閉じていた会館のドアを開くための最終案がほぼ完成、わずかな修正を加えるだけの段階です。段階的再開は森山日系ヘリテージセンターの新常設展、**丸: 日系移民物語**とJCCCギャラリーの展覧、**破られた約束**のツアーから始める予定です。ツアーは特定の日時のみで、完全(事前)予約制となります。オンタリオ州のコロナ禍が収束に向かい、第四波を回避することができれば、今秋にはイベントやクラスも徐々に開催できるようになると期待が高まります。又、再開と並行して、オンラインやその他の方法で催し等も続けて行きます。昨年の「一世の日」では、お弁当配布を行いました。今年も同じ形式を取るようになりました。

JCCCへの来館が不要不急にあたらないこと、そして来館の皆様が可能な限り安全な環境を望んでいることを理解しています。これを踏まえ、JCCC

では来館時の安全がお約束できるよう、「**Reopening Task Force**」を立ち上げました。この新委員会は理事会役員とスタッフで構成されていて、メンバーはパンデミック状況の変化、及びトロント市やオンタリオ州発表事項を確認、それに対応していきます。来館者の皆様にも、我々同様警戒感を持ちながら、安全要項をしっかりとご確認いただくようお願いいたします。委員会が行うことは「再開への道筋」の作成と実施です。これにはJCCCが長年に渡り目指してきた、来館者全員に安全で友好的な環境をご用意する、という内容が織り込まれています。当然のことではあります、再開にあたっては、コロナ禍を見据えた最も安全な環境をお約束するものとなります。

再開まであと一歩。詳細は近々発表されますので、もう少々お待ちください。

JCCCで皆様にお会いできることを楽しみにしています。



Photo by KPMB Architects

Message from the President

理事長からの近況報告



COVID continues to present unique challenges to everyone and I hope that you and your families are coping and doing well.

The public health responsibility that we all share to protect one another is the core issue that the JCCC is concerned most about. I am sharing with you the key principles that have guided our decision making to date and any future plans to reopen the JCCC.

1. The JCCC has a duty to create a safe working environment for all staff, volunteer instructors, volunteers and guests
2. The JCCC is committed to going above and beyond public health guidelines for health and safety to reassure all participants, members and guests of the safety of our building.
3. The JCCC pays special attention to our most vulnerable populations and will not knowingly put them in harm's way. Our overwhelming policy bias is to protect the fully vaccinated and those that are not eligible for vaccination over the unvaccinated during this time where a COVID virus is still present in our society.

The JCCC is preparing a reopening plan and I apologize in advance if some of our guidelines to a safe re-opening present any inconvenience to individuals. The great majority of Canadians are fully vaccinated and it is to those individuals and the young children that our plans must focus on. I can only encourage everyone else to get their

vaccination and follow all public health guidelines for the safety of yourself and your family and friends.

コロナ禍でこれまでに経験したことがない苦境が続いていますが、皆様、お元気で過ごしていらっしゃいますか？

お互いを守るという公衆衛生の責任はJCCCが最も配慮すべき点であると考えています。JCCCが、再開の日程と今後の計画を進めるにあたり、指針としている3つの原則をお伝えいたします。

1. JCCCはスタッフ、インストラクター(ボランティア)、ボランティア、来館者の皆様、全てにとって安全な環境を作ることを努めとする。
2. JCCCは館内におけるイベント等の参加者、会員の皆様、来館者に安心していただけるよう、保健所が出す健康と安全の公衆衛生ガイドラインを上回るべく専心する。
3. JCCCは社会的弱者に危害が及ぶことのないよう細心の注意を払う。JCCCの方針は、新型コロナウイルスが社会に現存する中、ワクチン接種(2回)完了者、及びワクチン摂取の年齢に達しない人を非接種者から守るものである。

現在JCCCは安全な再開計画の準備中ですが、このガイドラインに支障がある方がいらっしゃれば先にお詫び申し上げます。大多数のカナダ人はワクチン接種を完了しており、JCCCの計画はワクチン接種者、及び子供達に焦点を合わせています。私に今できることは、ご自身、ご家族、ご友人の安全のために、未摂取の方に、ワクチンを接種し公衆衛生ガイドライン全てを守ることを奨励することです。

Steve Oikawa - Recipient of the Order of the Rising Sun, 2021



On August 4, 2021, Steve Oikawa was awarded the Order of the Rising Sun, Gold and Silver Rays in a small, outdoor ceremony hosted by the Consul- General of Japan, Sasayama Takuya. The honour was bestowed in recognition of Oikawa's contributions to the Japanese Canadian community, to the JCCC and to Martial Arts in Canada. The JCCC would like to extend our congratulations to Steve on this prestigious award.

スティーブ・オイカワさん、旭日章受章

日系文化会館とカナダ柔道への長年の貢献が認められたもので、2021年8月4日 総領事公邸の庭で授賞式が行われました。

Meet the JCCC Board and JCCC Foundation Directors

The JCCC Board of Directors and the JCCC Foundation have been working diligently throughout the pandemic to keep the Centre financially stable and prepared for when the doors can be opened and we can welcome everyone back. Since the start of the pandemic back in March 2020, both Boards have been meeting regularly via Zoom and working towards our goal to provide a safe environment for all.

Through the next few Newsletters, we will introduce the directors so that the members and community can become familiar and get to know the people that have been elected to represent and make decisions for the JCCC now and in to the future. There are varied backgrounds, skills, expertise in specific areas that all complement a hardworking and dedicated Board(s).

The JCCC Foundation Board oversees the investment of donations raised by the JCCC and are stewarding the capital so that operating funds are available to the JCCC. Also, the Board administers the Japan Earthquake Relief Fund. Currently on this Board are: Chair Janice Fukakusa, Secretary Sharon Marubashi, Grace Greaves, Chris Hope, Gary Kawaguchi, Christine Nakamura, Steve Oikawa, Nao Seko, Wilson Tow, and Advisor Mark Matsumoto.

For this edition we will be introducing Chair Janice Fukakusa, Christine Nakamura and Wilson Tow:



Janice Fukakusa

Chancellor, Ryerson University and Corporate Director

Janice Fukakusa is Chancellor, Ryerson University. She serves as a corporate director with extensive banking and financial services experience. She previously served as RBC's Chief Administrative Officer and Chief Financial Officer and a member of RBC's Group Executive, from which she retired in January 2017 following a distinguished 31-year career. Janice currently serves on the boards of corporate and not-for-profit organizations. She is a director on the Boards of Brookfield Asset Management, Cineplex, Loblaw, Riocan, and works with various not-for-profit and charitable organizations including Chairing the Boards of the Princess Margaret Cancer Foundation, Japanese Canadian Cultural Centre Foundation, SHEEO and is Chancellor, Canadian Business Hall of Fame. In 2007, she was inducted into Canada's Most Powerful Women Hall of Fame and, in 2016 she was named one of the 25 Most Powerful Women in Banking by American Banker magazine for the fourth consecutive year. She was also selected as Canada's CFO of the Year by Financial Executives Canada, PwC and Robert Half in 2014. Janice has the professional designations of Chartered Professional Accountant and Chartered Business Valuator. She was appointed Fellow of the Institute of Chartered Professional Accountants of Ontario (FCPA) in 2011. She obtained a Bachelor of Arts from University of Toronto and holds a Master of Business Administration from Schulich School of Business York University and in 2016 was awarded an Honorary Doctorate of Laws from York University.



Christine Nakamura

Vice-President, Toronto Office, Asia Pacific Foundation of Canada

Ms. Christine Nakamura is Vice-President at the Asia Pacific Foundation of Canada's Toronto office. From 1976 to 2011, she was employed in various capacities by the Government of Canada in a number of departments including Citizenship and Immigration Canada, Department of Justice and most recently, Department of Foreign Affairs, Trade and Development. She has served overseas in Japan and Korea and holds a Bachelor's degree from the University of Toronto, where she majored in East Asian Studies. Ms. Nakamura is a board member of the Japanese Canadian Culture Centre Foundation in Toronto, Vice-President of the Japan Earthquake Relief Fund, board director of the National Coalition of Canadians Against Anti-Asian Racism and Operation Smile Canada, and a member of the Advisory Council (Canada) for the Prince Takamado Japan Canada Memorial Fund, and is the recipient of the Organization of Women in International Trade's 2020 JoAnna Townsend Excellence Award for Leadership in International Trade.

Meet the JCCC Board and JCCC Foundation Directors (continued)



Wilson Tow

Co-Founder and Managing Partner of Altrust Investment Solutions, Inc.

Wilson Tow has spent over 27 years working in the wealth and asset management industry. As a Co-Founder and Managing Partner of Altrust Investment Solutions Inc, Wilson advises on product structures, compliance distribution requirements, investment design, and he will work to educate investors on the benefits of alternative investment solutions.

Prior to co-founding Altrust Investment Solutions, Wilson was Co-Founder and Managing Partner at Fern Capital Partners where he helps create a unique alternative credit fund-of-funds mixing both private and public credit solutions. The novel structure offered retail investors access to assets traditionally available only to institutional investors.

Previously, Wilson was Director of New Products and Complex Investments at ScotiaMcLeod where he oversaw the due diligence and approval process for all investment products offered on Scotia's product shelf. This included a broad range of instruments ranging from GICs to non-brokered private placements and exempted securities. Under Wilson's leadership, Scotia's alternative offerings grew meaningfully, helping investment advisors and investors structure more robust investment portfolios.

Prior to ScotiaMcLeod, Wilson was Head of Product Research at Manulife Securities where he was responsible for formulating, designing, and implementing Manulife's product due diligence process.

Before moving to wealth management in 2006, Wilson spent the previous twelve years in the asset management business, starting his career at Scudder Canada and its successor companies where he held senior roles in relationship management as well as product management and development. He also spent some time at Maple Financial where he was an analyst and allocator for its fund-of-hedge-funds product.

Wilson is very active in the alternative asset industry in Canada and currently sits on the Member Advisory Panel of the Canadian Association of Alternative Strategies and Assets ("CAASA"). He holds a Bachelor of Science degree from the University of Toronto, where he majored in Mathematics and Philosophy.





JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

ISSEI DAY

一世の日・敬老

2021

A tribute to the
Seniors in our
Community

Get your FREE 2021 Issei Day Bento!

Available for [pick up only](#) on October 3 2021,
At 5 locations across the GTA

Registrants must be 70 years or older

Don't delay! Sign up today!

Registration deadline is Monday September 27, 2021

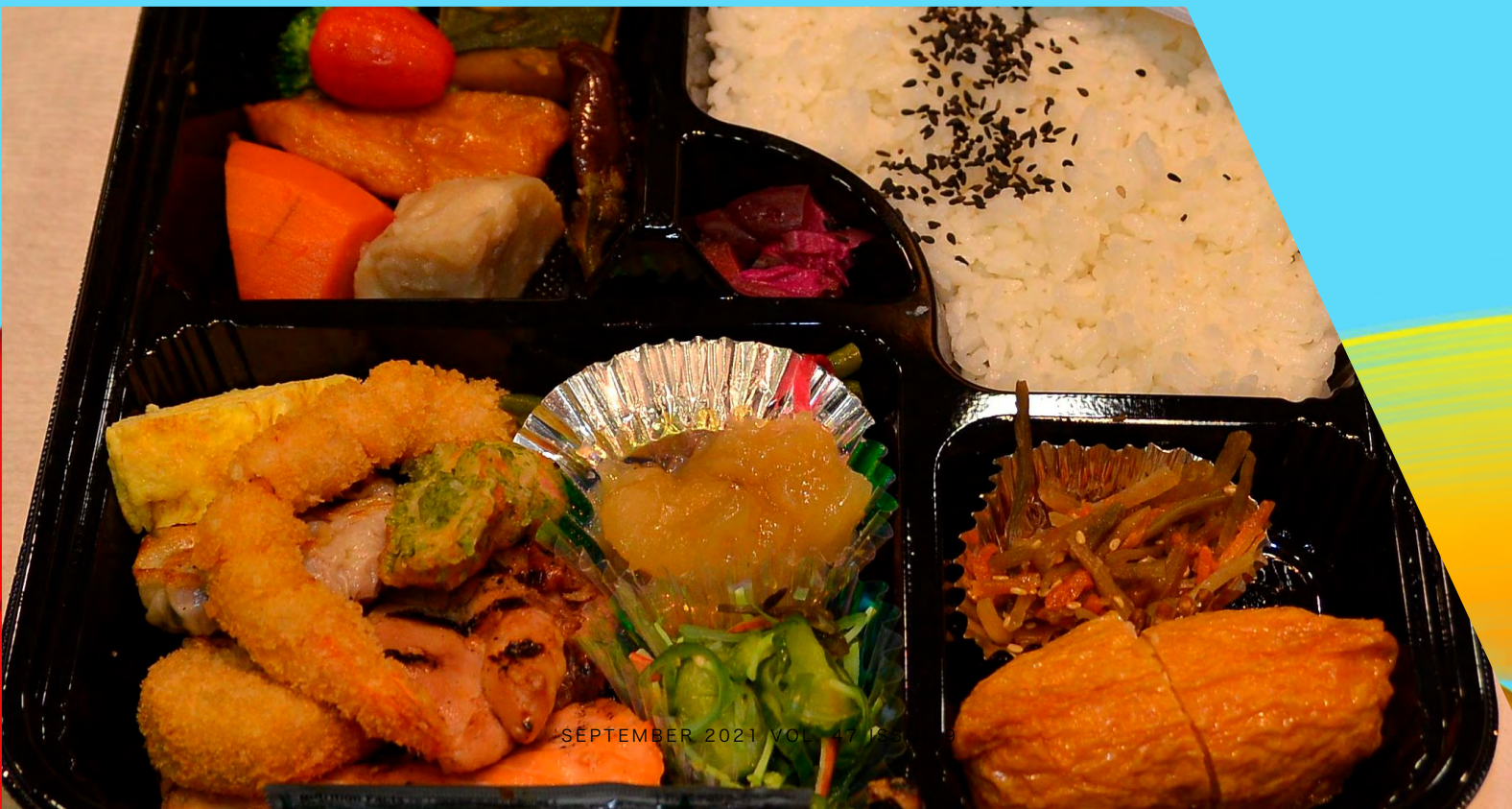
To register and for more information visit the JCCC website at www.jccc.on.ca

70歳以上のシニアへ無料弁当配布

2021年10月3日（日）、GTA内の5箇所で引渡し

要登録、締切りは2021年9月27日（月）

登録・詳細はウェブサイトwww.jccc.on.ca



Issei Day

一世の日

For 58 years the JCCC has held Issei Day. This is an opportunity for the JCCC Board of Directors to show their appreciation to all the seniors in our community. It is an event that we look forward to every year.

Unfortunately, with the continuing Covid 19 health crisis, the JCCC will not be able to hold the event once again. The current restrictions will not allow us to bring everyone together.

BUT, the JCCC Board of Directors still wants to honour our seniors!

So once again, we are working on getting a **FREE bento, to those that are 70 year or older**, to enjoy at home. We have set up 5 locations throughout the GTA where you can book a time to pick up your bento.

These locations will be:

- At the JCCC (Don Mills Road and Eglinton Avenue East)**
- Momiji Health Care Society (Kingston Road and Markham Road)**
- Japanese Gospel Church of Toronto (McNicoll Avenue and Midland Avenue)**
- Toronto Buddhist Church (Sheppard Avenue West and Allen Road)**
- Kyoda Plastics (Dixie Road and 401)**

All pickups will take place in the parking lot and no access to the buildings will be permitted.

Please go to our website at www.jccc.on.ca to find the registration link. Pick a preferred pick-up location and time then fill in the form with your information (name, address, birthdate). If a family member or friend is picking up on your behalf, please make a note in the "Pick up instructions" section to let us know or we won't be able to release your bento to them.

Bentos will be distributed on Sunday October 3rd. You must still be 70 years of age or older to register. The number of bento and time slots are limited so please make sure that you register carefully.

Don't delay! Supplies are limited and we distributed all available bento last year! The deadline to register is **Monday September 27th.**

If you have any problems with the registration, or you have any questions or concerns, please contact us at jccc@jccc.on.ca or **416-441-2345 ext. 222**.

58年間続いている一世デーはJCCC理事会がコミュニティのシニアの皆様へ謝意を表すイベントです。今も続くコロナ禍により、昨年に続き今年も、ご自宅で召し上がっていただくお弁当(無料)の配布のみ、とすることになりました。(館内でのイベントはありません。)

お弁当受取り場所は下記五箇所の駐車場となります。(ビルの中には入れません。)

- 日系文化会館 (Don Mills Road and Eglinton Avenue East)**
- モミジ・ヘルスケア・ソサエティ (Kingston Road and Markham Road)**
- トロント日系福音教会 (McNicoll Avenue and Midland Avenue)**
- トロント仏教会 (Sheppard Avenue West and Allen Road)**
- Kyoda Plastics (Dixie Road and 401).**

お弁当配布日: 10月3日(日)

参加登録条件: 70歳以上

登録締切り日: 9月27日(月)

登録はJCCCウェブサイトwww.jccc.on.ca内の一世の日登録リンクから。

登録方法: お名前、ご住所、生年月日と共に、ご希望の受取り場所と時間をご記入ください。代理受取りの場合は、登録ページの"Pick up instructions" メモ欄に必ずご記載ください。代理受取り情報がない場合は、お弁当の引き渡しできませんのでご注意ください。

登録時の不都合やご質問はEメールjccc@jccc.on.ca、もしくはお電話 **416-441-2345 内線222**までお問い合わせください。

お弁当数と受取り時間に制限があります。お早めの登録を!!

SAVE THE DATE!

KEEP THE LANTERN LIT 2021

IS COMING!

SAVE THE DATE!!! Please join us Saturday, November 27 for the second virtual fundraiser, “Keep The Lantern Lit 2021” from the comfort of your home. Once again, the evening will include a special bento and other goodies, as well as a double bill movie curated by the Toronto Japanese Film Festival’s programmer James Heron. Celebrate our community, Japanese culture and support the JCCC Foundation through these challenging times!!



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

Previous tickets sold out quickly so if you don't want to miss this fantastic event, look for more details on registering for “Keep the Lantern Lit 2021” in upcoming newsletters and communications.

SAVE THE DATE!

灯籠のあかりを灯し続けよう

昨年に引き続き、ご自宅から安心して参加できるファンディング・イベント
「2021年、灯籠のあかりを灯し続けよう」を11月27日(土)に開催。

弁当をはじめ豪華な品々やオンライン映画(二本)が含まれており、
日本文化を十分にご堪能いただける内容になっています。
現況を乗り切るためにJCCCファンデーションへのご支援を よろしくお願いします。



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
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

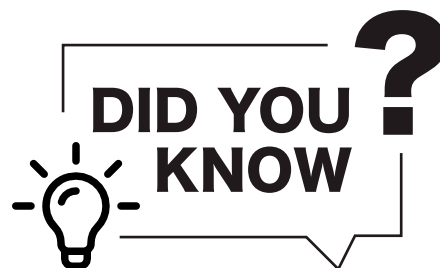
JCCC on the Web!



JCCC on the Web is a new page in our Newsletter. This page will highlight some of the activities that the JCCC is a part of that are available only through the internet. In Kokuban, our monthly e-publication, we have highlighted the contributions of Japanese Canadian Women. On Youtube, we are highlighting the Sugoi Tokyo series of mini-documentaries created by the CBC with author Mark Sakamoto for the 2020 Olympic Games. You will also find the link to the JCCC Podcast, All Things Japanese on this page moving forward. Keep watching this page for more fun and interactive messages!



During the Tokyo 2020 Olympic Games, author Mark Sakamoto hosted “Sugoi Tokyo”, mini documentaries about Tokyo and being Japanese Canadian. You can watch the whole series here: [\(Sugoi Tokyo | Tokyo 2020 Olympics\)](#). Can you guess where some of the scenes were shot??



The JCCC Facebook page publishes **daily Haiku??**

JCCC Martial Arts Update

JCCC武道クラスの活動について

The JCCC has begun to cautiously re-open our martial arts programs onsite with outdoor classes for the summer and the fall. As of this newsletter, we are working towards re-opening indoor programs, but do not have a definitive start date. Please keep an eye on our website and social media as we will post updated information as it develops.

The fall session of outdoor programs is ready to begin on September 11 (depending on the martial art discipline). The classes are still limited in size.

1. Complete an initial online sign up (deadline September 5th)
2. Have an active JCCC membership
3. Complete an online waiver package
4. Process a class fee payment (or credit transfer)

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 and a sign-up link to the specific martial art that they were associated with at that time.

Do not delay! The deadline for the first step in the signup process is September 5th.

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!

武道クラス情報

夏より屋外クラスを始めたJCCC武道クラス。今後のパンデミック状況を見極めつつ、屋内でのクラス再開に向け準備中です。屋内クラスの日程はまだ確定していませんが、アップデートが次第ウェブサイトやSNSを通じてお知らせを流します。

秋期屋外クラスは9月11日頃開始予定(開始日は各武道クラスにより異なる)で人数制限があります。

各武道クラス初日前までに、下記の手続きをお願いします。

1. オンラインにてクラス参加登録(9月5日締切)
2. JCCC会員申込、もしくは会員証が有効期限内であることを確認
3. オンライン上でwaiver formの記入
4. クラス参加費の支払い(もしくはクレジット使用の手続き)

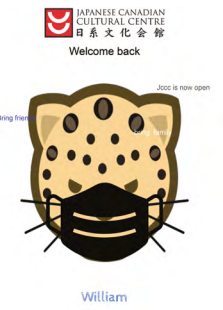
2020年3月の時点でクラス登録があった生徒さんには屋外武道クラスの新規範、及び参加していた武道クラスの登録ページリンクをEメールにてお送りします。Eメールを受け取られていない方は会員の期限が切れている可能性がありますので、更新、及びご登録Eメールアドレスに間違いがないかご確認ください。

武道クラスに関するご質問はEメールonlineclass@jccc.on.ca までどうぞ。

Kamp Kodomo Graphics Workshop キャンプこども

Kamp Kodomo participants expressed their excitement for the JCCC reopening with a fun poster design. Below are some of the results from the workshop. The JCCC thanks all the participants who attended!

キャンプこどもワークショップで参加者が作成した会館再開を待ち望むポスター



Radio Taiso Review ラジオ体操クラスを終えて

Our latest 55+ program saw a nearly full enrollment of participants for 5 weeks of Radio Taiso classes. Each week, this dedicated group, including a small group of residents from the Momiji, met with our instructor Nao. In addition to teaching 2 -3 steps of Radio Taiso each week, Nao also helped all the participants with general stretching and warmup. Her instructions not only included safe practices, but also the benefits of each movement. Building on each week, by the fifth class, everyone was able to do the entire routine.

On our final day, we invited Ikebata Day Care to join in and we all did this popular exercise routine together.

We would like to thank all of our dedicated participants, Nao for her enthusiastic leadership and NJCC for their guidance and support.

55+ (55歳以上のプログラム)のラジオ体操クラス(全5回)がこの夏行われました。ウォーミングアップやストレッチも取り入れたクラスで、インストラクターのナオさんは参加者の安全に留意しながらも、それぞれの動きが健康に有益なラジオ体操の動きをステップ・バイ・ステップで分かりやすく指導。最終日には池端ナーサリースクールの生徒さんも特別参加。全員が音楽に合わせてラジオ体操を通して行うことができました。インストラクターのナオさん、企画を支えたNJCC、そして熱心な参加者の皆様に感謝申し上げます。

Register Now! 2021 Fall Japanese Language For Adults Program on ZOOM 登録始まる! 2021年秋の日本語 ZOOMクラス(成人向け)

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.

To learn more about and register for the program, [click here](#). A JCCC Membership is required to participate.

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。

SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash

As the weather threatens to be a little bit colder, we start to think about cooking inside more often. Chicken Gohan, cooked in the rice cooker, is a great meal to cook inside without heating up the whole house.

Chicken Gohan (Takikomi Gohan)

Serves 2

Ingredients

2 rice cooker cups or 1 1/2 measuring cups rice
1/4 lb of boneless chicken thighs
1/4 of a cake of konnyaku
1 inari age (optional)
1/2 large carrot coarsely grated
1 shiitake mushroom in 1/2 cup of hot water
1 1/2 tbsp mirin
1 1/2 tbsp shoyu
1 1/4 cups dashi (1 1/4 tsp hondashi in 1 1/4 cup warm water)

Equipment

Rice cooker
Cutting board
Sharp vegetable knife
Small mixing bowls
Measuring cups and spoons

Instructions

1. Wash rice at least three times or until water runs clear. Drain all water from rice (let it sit in a sieve) and then place into bottom of rice cooker pot.
2. Place shiitake in small bowl and pour hot water over them. Let soak for 15 minutes until softened.
3. Boil 2 cups of water in a pot and place konnyaku in water for 1 minute to remove smell. Remove from pot and set aside to cool. Then slice into 2 cm lengths and set aside.
4. Make dashi and let cool.
5. If you are using it, rinse the inari age of excess flavouring. Slice it into thin 2 cm lengths and set aside.
6. Squeeze out excess water from shiitake making sure to keep the water. Slice shiitake into thin slices and set aside.
7. Slice chicken thigh into thin 2 cm slices and set aside.
8. Strain shiitake water and add to the 1 1/4 cups of cooled dashi to make 1 1/2 cups of total liquid. Add the shoyu and mirin and pour over the rice.
9. Place each of the ingredients on top of the rice in the following order and do not mix. Begin by spreading chicken in thin layer on top of rice, then add the carrots, konnyaku, inari age and shiitake. DO NOT MIX.
10. Start cooking the rice and when it is finished do not open for 5 minutes to allow the steam to continue the cooking of the ingredients.
11. When five minutes is up, open the lid and using a rice paddle gently fold to combine the ingredients.

Storage and Reheating

Store any left-over Chicken Gohan in the refrigerator. Leftovers should be eaten or discarded within 3 days. Reheat in a saucepan or in the microwave.

Alternately, leftovers may be frozen for up to 2 months. Allow to defrost overnight in the refrigerator, then reheat as above.

九月

OPENING
SEPTEMBER
20212021年9月
開催・予約制

九月

OPENING
SEPTEMBER
20212021年9月
開催・予約制

Calendar of Exhibitions



Maru: Immigration Stories (On-site and virtual)

The highly anticipated new permanent exhibit at the JCCC will soon be available for on-site visits (booking will be required). [Please watch the JCCC website for more information.](#)

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

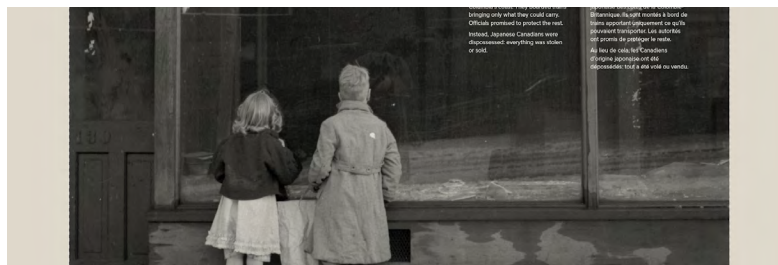
The JCCC has partnered with Google Arts & Culture, a non-profit initiative that works with cultural institutions and artists around the world to make Maru: Immigration Stories accessible to anyone, anywhere.

[Visit the virtual exhibit ▶](#)

丸:日系移民物語 (館内&オンライン)

待ち望まれたJCCC森山日系ヘリテージセンターの新常設展(館内)が始まります(要予約)。アメリカ大陸における日系の物語をお楽しみください。予約に関する詳細は[page 18](#)頁をご覧ください。

館内展の凝縮版はGoogle Arts & Cultureと共同で立ち上げたオンラインミュージアムにてご覧いただけます。お楽しみください。オンラインミュージアムへは[こちら](#)からどうぞ。



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。

準備中

COMING SOON

Coming Soon



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

(Call for submission)

Last Year the Japanese Canadian Cultural Centre celebrated the 10th anniversary of its cookbook. This year, 2021, we are moving into our second year living with the COVID-19 pandemic and it has been a long time since we have been able to gather with loved ones from near or far to share dinner.

The JCCC Gallery would like to invite our community to set up their dining table for the guests they want to be with right now, but can't be OR show us your plan for the first meal and who you would invite when we are able to do so. Bring out your best dishes, plan for a feast of family and friend favourite foods. Show off your unique family specialties and delectables that are your cultural staples, your genius fusion inventions and your favourite comfort foods. Set this all up on your dining room or kitchen table and photograph it so we all can dream of feasting there too.

For more information, [click here](#).

近日公開:誰がごはんを食べに来る?公募アート展

(募集開始)

コロナ禍2年目の今年、近い人が集まっての食事が行われなくなって久しい今日この頃ですね。そこでJCCCギャラリーのちょっと変わった新企画へのご招待です。

今、あなたが食事を共にしたい人を招待するとしたら、(それが実現できる時)どんな食卓にしますか?家族、友人の好物や得意料理を考えてみてください。故郷名物や工夫を凝らした料理、はたまた癒しの食べ物など、家族の定番料理、自慢料理をテーブルやキッチンに並べ、その写真を送ってください。みんなで味を想像して楽しみましょう。

詳細は[こちら](#)からどうぞ

Origami - The Art of Paper Folding

(Call for submission)

In October 2021, the JCCC Art Committee will host an online exhibition on ORIGAMI, the art of paper folding. The intention of this open, curated Origami exhibit will be to attract something new; to uncover an artistic approach. We encourage artists to find their inner origami spirit and explore beyond the iconic crane.

To submit, please fill in the [Origami Content Entry Form](#).

近日公開 折り紙アート

(公募)

2021年10月、JCCCアートコミッティはオンライン折り紙アート展を開催します。新しい物や芸術的アプローチが引き出されることを願った折り紙企画展です。折り紙作家の皆様、作品を応募ください。

応募は[こちら](#)からどうぞ

ONGOING

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 'Inter-media'. 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、インストレーション、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 On-site Tour at the JCCC

丸：日系移民物語

JCCC members' Early Access

We are almost ready to welcome JCCC members to sign up for on-site tours of our latest exhibit, Maru; Immigration Stories. Registration will soon open for JCCC members to sign up for available slots. Tours are planned for Sundays and Mondays and all visitors will be asked to respect the JCCC visitor guidelines so that the JCCC can offer you a safe and welcoming place to explore and learn.

[Please watch the JCCC website for more information.](#)

会員への特別先行、丸(館内)ガイドツアー

森山日系ヘリテージセンターの新常設展、丸：日系移民物語のJCCC会員向けガイドツアー(館内)がまもなく始まります。日程確定に少々お時間をいただきますが、開催日は日曜日と月曜日を予定しています。日時が決定次第、参加受付を開始します。ご参加の皆様にご来館いただける環境をお届けできる様、参加に当たってはJCCC来館者用ガイドラインの遵守をお願いすることになります。

最新情報、詳細はJCCCウェブサイト順次掲載していきますので、お見逃しなく。



Broken Promises

破られた約束

Broken Promises, the travelling exhibit grounded in research from Landscapes of Injustice – a 7 year multi-disciplinary, multi-institutional, community engaged project, has arrived at the JCCC. This exhibit explores the dispossession of Japanese Canadians in the 1940s and illuminates the loss of home and the struggle for justice of one racially marginalized community. Through stunning 8 ft tall image displays, set pieces and audio visual experiences, visitors will be able to follow the story of seven narrators from before WWII through to the legacies their internment experiences left them with.

[Please watch the JCCC website](#) for more information on how to book your appointment to view this exhibit at the JCCC.

日系コミュニティの諸団体が7年の歳月をかけた共同プロジェクト、不当な風景からのリサーチを基礎に作り上げられた巡回展、破られた約束。この展覧がJCCC館内で始まります。

第二次世界大戦から強制収容までの体験がもたらしたものは何かを、音声、映像でつづる展覧です。

詳細及びまもなく始まる完全予約制の展覧ガイドツアーについては[JCCCウェブサイトをご覧ください](#)。



New Faces on the JCCC Art Committee

JCCCアートコミッティの新メンバー紹介

We are happy to announce that Cary Rothbart is the newest member of the JCCC Art Committee. Cary currently serves as a Board Member for the JCCC. He has also been an art curator; an art seller and his family operated an art gallery in Toronto for 30 years. Bailey Hoy has also joined the committee as a researcher and is assisting with the upcoming online exhibit on Origami. In the past, Bailey has been an intern with JCCC Heritage. We welcome Cary and Bailey to the JCCC Art Committee!

If you have an interest in art activities (marketing, research, gallery sitting) at the JCCC, please send an email to gallery@jccc.on.ca We would love to meet you!

新メンバーはJCCC現役員で、アートのキュレーターや販売の経験があるCary Rothbartさんと過去にJCCCヘリテージ部門でインターンの経験を持つBailey Hoyさんのお二人です。

JCCCでのアート関連活動(マーケティング、リサーチ、ギャラリー内の監視)にご興味のある方はgallery@jccc.on.caまでご連絡ください。

Summer Contractors Wrap Up

It is that bittersweet time of year again, when we have to say goodbye to our summer contractors. Bitter because we will miss them and all of the digitization that they do for us, and sweet because we hope that they will have gained some valuable field experience as they continue with their education. As always, we are grateful to the support of the Young Canada Works, Canada Summer Jobs and Documentary Heritage Communities Program for their financial support.



Alexia

This summer I had the pleasure of working with Theresa and Su Yen on various Heritage projects at the JCCC. Starting from transcribing oral history interviews to accessioning and digitizing textual records, I learned a great deal about the skills and knowledge of archival work. More importantly, I feel very fortunate to have had the chance to know more about Japanese Canadian history. Both Sedai interviews and Maryka Omatsu Collections really shed light on the experience of Japanese Canadians and their tremendous commitment to protecting their community. Also, conversations with Theresa and Su Yen about their own experiences of working with the Japanese Canadian community was another highlight of my time at the Centre and will definitely stay with me as I continue to explore my career paths in museum and cultural heritage preservation.



Emma

As an anthropology student the importance of archival work to me has always been connected with the archive as a research tool. The community-oriented nature of the JCCC's archive and museum has transformed this understanding completely. Over my time with the JCCC, hearing the stories of the Japanese Canadian community, documenting the artifacts of these stories, and learning about the JCCC's programming and Heritage projects, I have come to see how much more complex and significant the relationship between an archive and a community can be. I am grateful for the knowledge and experience gained from this position. Thank you to my supervisors Theresa Takasaki and Su Yen Chong, as well as the rest of the JCCC staff, for welcoming me and allowing me the opportunity to work on such amazing initiatives as the Sedai Project and the digitization of the Joy Sato Collection during my time here.

Funded by the Government of Canada

Financé par le gouvernement du Canada



We acknowledge the support of
Nous reconnaissons l'appui de



Library and Archives Canada

Bibliothèque et Archives Canada

DONATIONS

DONATIONS TO THE JCCC

AS OF AUGUST 9, 2021

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	10
Mr. Ka Lun Au	50
Mr. Kwame Ben Eden	100
Mr. Connor Fitzgerald Furney	20
Mr. Kevin Hyatt	100
Ms. Carol Jackson	200
Ms. Meg Karper	10
In honour of The Otani Family	
Mrs. Masako Kawabe	200
Mr. Kevin K. Kawaguchi	50
Ms. Laura Kawaguchi Cogill	50
Mrs. Eleanor McAnsh	100
In appreciation, Virtual Bon Odori 2021	
Ms. Yoko Ode	500
In celebration of Yuki Ode.	
Happy 100th Birthday	
Mrs. Masako Seto	54
Mr. Illia Simochko	20
Mr. & Mrs. Hideo Takasaki	200
Ms. Grace Takenaka	250
Ms. Marina Tanaka	100
Ms. Sandra Tonegawa	12
Mr. Mark & Mrs. Gaila Uyeda	100

Heritage

Mr. Ron & Mrs. Judy Nishimura	1,000
In memory of Pauline Toyoko Tanaka	
Ms. Marina Primorac	200
In memory of Richard Hiroji Yamanaka	
Ms. Kim Wray	100
In honour of the Nissei	
Ms. Ann Zube	150
In memory of Henry Sugiyama Sedai Project	

In Memoriam

In memory of Aileen Reiko

Yokota

Ms. Jaime Yamashita	50
---------------------	----

In memory of Kenneth Katsumi

Sakamoto

Ms. Jessie Ebata	50
Mr. Clayton Gytoku	50

In memory of Louise Okawara

Dr. Sam Misumi	100
Ms. Joyce Nakamichi	50
Mrs. Doreen Oyagi	50
Ms. Joy Sato	50
Mr. Weldon Stevens	100

In memory of Pauline Toyoko

Tanaka

Mr. Geoffrey Ikeno	100
--------------------	-----

Mr. Brian Kagawa	50
Mr. & Mrs. Howard Kagawa	50
Ms. Muriel Nishihama	200
Mr. Hideo & Mrs. Naomi Takasaki	30
Mr. & Mrs. Bill Tanaka	30
<i>In memorial of Pauline Tanaka, Bunka Shishu Instructor & dedicated volunteer for the JCCC</i>	
Mr. Austin Tanaka	1,000
<i>In memory of Thomas Arai</i>	
Mrs. Betty Lou T. Arai	2,000
<i>In memory of Tom Nishio</i>	
Ms. Shelley Nishio	50
<i>In memory of Yoko Kobayashi</i>	
1st Year Memorial	
Mr. James H. Kobayashi	200

Corporate & Organizations

B. Ozawa and Brother Foundation	
Subaru Canada Inc	
TJFF 2021	

Supporting Member

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Mr. Ka Lun Au	116
Mr. Kevin K. Kawaguchi	116

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 - AUGUST 9, 2021

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

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JCCC Judo Kai

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Anonymous

Anonymous

Anonymous

Anonymous

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In celebration of Yaeki Frances

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Ms. Lisa Archibald

Mr. Robbie Grant

In honour of Front line workers,

Small Business

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In honour of Teruko Otani

Mrs. Teruko Otani

In honour of Dr. John Kawaguchi's

retirement

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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

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In memory of John Binions

Mr. & Mrs. James Heron

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In memory of Norma Cheng

Mrs. Kathleen Nasu

In memory of Paul Marubashi

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In memory of Pauline Tanaka

Bunka Shishu Group

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In memory of Roman T Yap

Mr. William Cruz

In memory of Saburo &

Nancy Morita

Anonymous

In memory of Saburo Morita

Anonymous

Anonymous

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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 DAVID L.



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

6 years

How did you get involved with volunteering at the JCCC?

When I returned from my first visit to Japan, I was truly intrigued with the country & its culture. As a result, I wanted to become more involved in the Japanese community. I learned about the JCCC from a friend and decided to join both as a volunteer & a member.

What type of volunteer work have you done?

I have volunteered for the TJFF, the annual Spring Festival, and as a committee member for Fuyu Matsuri for the last 5 years.

Describe in ONE word your volunteer experience at JCCC.

WONDERFUL!

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？

日本へ初めて旅行した後、日本という国とその文化に大きな関心を抱き、日系コミュニティに何らかの形で携わりたいと思いました。友人からJCCCのことを聞き、ボランティアとして、メンバーとしてJCCCに関わる事に決めました。

どのようなボランティアをしてきましたか？

トロント日本映画祭 (TJFF) と春祭りのボランティア。また、冬まつりでは実行委員会のメンバーとして過去5年間、企画運営に携わってきました。

JCCCでのボランティア経験を一言で表すと？

素晴らしい!

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Virtual JAVA Workshop**

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Olympic follow up

The 2020 Olympic Games have concluded and Canada made an impressive showing with their highest total of medals for a non-boycotted Games. While there were many highlights to the 19 days of competition, we wanted to highlight a few things too.

Congratulations to [Nathan Hirayama](#) from Richmond, BC for being selected as the opening ceremonies flag bearer along with [Miranda Ayim](#). Nathan has an impressive array of statistics as a member of the Canadian Rugby Sevens team and is a well-respected player. The Canadian Rugby Seven's team finished 8th of 12 teams.

Congratulations to [Nyl Yakura](#) for his efforts alongside his partner, [Jason Ho-Shue](#). With a field full of badminton talent, they did not advance out of the pool play (only 8 of 16 teams advance to elimination play). However, Nyl embraced the whole Olympic experience and you can check out his YouTube channel and Instagram profile for his humorous postings of his Olympic experience.

Congratulations to the JCCC's own [Shady El Nahas](#). Shady fought valiantly through 5 matches during the 1 day of competition for the -100kg category. Shady was heartbroken by his close loss in the bronze medal match.

We hope that these athletes, and all the athletes who participated in the Olympic Games, can look back on the experience with pride at their accomplishments in their sport and to having achieved the status of an Olympian. You can still check out all kinds of Olympic highlights, interviews and videos, including full preliminary rounds that may not have been broadcast, at [Home - CBC Tokyo 2020](#).

Finally, we congratulate [Mark Sakamoto](#) for his "Sugoi Tokyo" series. These short videos, aired throughout the Olympic coverage, explored a wide variety of topics and included references to Mark's family history. You can see the whole series on YouTube here: [\(43\) Sugoi Tokyo | Tokyo 2020 Olympics - YouTube](#). We challenge you to spot the portions recorded at the JCCC and included in his videos.

その幕を閉じた2020東京オリンピック、カナダ選手たちは(ボイコットなしの大会で)史上最高のメダル獲得数という輝かしい成績を収めました。

BC州出身、カナダラグビーチームの[Nathan Hirayama](#)さんは開会式で旗手を務め、カナダラグビーチームは参加12チーム中8位の成績を残しました。

バドミントン、ダブルスの[Nyl Yakura](#)さんは決勝トーナメントには進めなかったものの、オリンピック体験をYoutubeやInstagramでユーモアたっぷりに伝えています。

JCCC柔道の[Shady El Nahas](#)さんは柔道100キロ級で5試合に挑みました。銅メダルをかけた3位決定戦で接戦の末惜しくも敗れてしまいましたが、その健闘を讃えます。

又、オリンピック期間中に放映された日系[Mark Sakamoto](#)さんの短編ビデオ「Sugoi Tokyo」の全シリーズが現在Youtubeで(43) Sugoi Tokyo | Tokyo 2020 Olympics - YouTube [観ることができます](#)。オリンピックのハイライトは[Home - CBC Tokyo 2020](#)。

JCCC Family and Friends Golf Tournament

Hello friends and family of the annual JCCC golf tournament! Hope you have all been keeping safe and well over the past year. We wanted to let you know that, regretfully, we will be postponing the tournament once again to 2022. Circumstances and uncertainties with the pandemic are still lingering and we had to make the decision to cancel this year as we consider the safety of everyone.



BUT ... we are so looking forward to the next one! So mark your calendars for Sunday September 18 2022. Until then, let's all stay healthy and safe and will see you all soon.

JCCC Golf committee Chairs Sharon and Dawna

14th Japanese Calligraphy Competition in Canada

日本書道公募展

Award Presentation | Nov. 7, 2021 | 2PM
The ceremony will be broadcast via Zoom
Exhibition | <https://shodocanada.com>

Competition organized by **SHODO CANADA**
Follow us @   /shodocanada

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

健やかな老後をめざして その43 - 若年性アルツハイマー型認知症:二人で いっぱい ③

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萎縮していき、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と42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年に実名を公表。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、夫婦二人三脚で積極的に諸活動に挑戦。2011年3月、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、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、認知症と診断されても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15年という時間の流れに容赦はありません。

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、その42では「認知症と診断されて以降の治療面、サポート体制、現在の暮らしぶりや社会的活動など」についてお尋ねしました。

本号では、妻としての想いや人々に伝えたい事を語っていただきます。

1. 今日この頃、昭一さんの妻として感じることや想っていることを教えてください。

昭一さんが52歳、私が42歳の時に結婚したのですが、私は46歳の時に子宮体癌と診断されました。病名を告げられ、泣きながら昭一さんに連絡をすると、昭一さんは冷静な口調で「大丈夫!!俺が治してやる。早く帰って来い」と言ったのでした。昭一さんのその言葉を聞いた時、私には何故か「私は助かる!」という安心感が広がりました。昭一さんが言った「大丈夫!」という言葉が、今、認知症のご本人と関わる際にとても重要な言葉になっています。「大丈夫ですよ。私がいます。安心してください」と声をかけて差し上げるだけで、ご本人の不安はどれだけ軽減されるでしょうか!私は今、昭一さんと同じ環境の中で共に生きることによって、多くの学びがあることに気づかされています。

2. 認知症の理解のために、人々にいちばん伝えたいことは何でしょうか?

今でも忘れません。「若年性アルツハイマー型認知症です」と診断された日のことを。「これからどのような人生を歩いていけばいいのか」「この病はどのようになってしまうのか」と、不安でたまりませんでした。けれど、診断された本人の昭一さんは「仕事はどうなる」「働かせてもらえるのか」「俺はどんな仕事でもする」と、前に進むことしか考えていませんでした。同時に私自身も、認知症という病名を隠そうとは思いませんでした。私たち二人は不安ながらも、すぐに動き始めました。昭一さんは「今の自分に見合った仕事」を探しに。私は「認知症という病の正しい知識を知りたい」「同じ病の人や家族と出会いたい」という気持ちで動いていくと、まるで「縁」があったかのように、いろいろな人や場に繋がっていくことが出来ました。

診断されて15年の月日を振り返ってみて、認知症という病になったのは残念ではありますが、決して不幸な月日ではありませんでした。失うものも確かにありましたが、それ以上のものを得ることができたと思っています。何よりも、今の私は「共に生きる」という意味を深く考えることができるようになりました。そして、経験者として伝えたいことは「この病を隠さないこと。当事者・家族・キーパーソンとなる人とよく話し合うこと。孤立せず同じ病気のご本人、家族、理解をしてくれる仲間との出会いの場に出かけていき、思いを話せる仲間をもつこと」の大切さです。

最初の「いっぱい」をなるべく早く踏み出して欲しいのです。必ずどこかに繋がっていきま。認知症という病になっても、自分らしい人生を歩めることを願って!

由美子さん、その42と43を通して様々な経験を伝えて下さって有難うございました!今後は昭一さんのみでなく、高齢になった両親の健康面のサポートも増加することが予想されます。親とどのように暮らすかに関しては、日本と当地では文化や環境などの違いがあります。とは言っても、親と子が互いを想う心情に違いはありません...。「家族に認知症の人がいたとしても、一人ひとりになるべく笑顔で幸せに過ごすためには、日頃からの意思疎通が大事であること」を、由美子さん家族に教えていただきました。

人々の健康寿命が延びていることは喜ばしいことです。しかし、それによって認知症発症リスクの増大、老介護や経済的困窮など新たな課題も現実となっています。私の友人は、一家の大黒柱として彼女の父親や子どもたちと暮らしています。ところが、80代半ばになった父親に痴呆症状が見られるようになりました。彼はほとんど英語を話すことができません。オンタリオ州の提供するケアサービス、あるいは民間サービスを利用することは可能ですが、ケア施設を体験する度に言語の壁がどうしても彼を不安にさせていました。

彼女が海外出張した折、以前とは異なるショートステイを利用したので、話し相手となるために施設を訪問しました。その施設は、アジア系スタッフが交流方法を色々工夫し、元々ウイットに富んだ彼の性格をうまく引き出してあげていました。一緒にランチを体験してみたのですが、つい二人で顔を見合わせ「食事だけは和食がいいなあ」とぼやいてしまいました(笑)。どこでも自分の居る場所を楽しくする自信のある私でも、毎日となる食事だけは本当に悩みの種であることを実感!

シニアになれば、認知症本人、あるいは介護者のいずれの立場にもなりえます。親戚、友人、地域の方々との経験に耳を傾け、自助、公助と共助の情報に少しずつでも関心を向けましょう!昭一・由美子さんの経験は、例え国は異なってもそれらが大切であることを伝えてくれています。



昭一デザイン「いっぱい」のTシャツで山登り 英子とJohn

読書の時間 - 書店が選ぶおススメ本



言語学バーリ・トワード Round 1 AIは「絶対に押すなよ」を理解できるか

「読むなよ、絶対に読むなよ！」
ラッシャー木村の「こんばんは」に、なぜファンはズッコケたのか。
ユーミンの名曲を、なぜ「恋人はサンタクロース」と勘違いしてしまうのか。
日常にある言語学的话题を、ユーモアあふれる巧みな文章で綴る。
著者の新たな境地、抱腹絶倒必至！

川添愛 / 著
出版社名：東京大学出版会
出版年月：2021年7月
ISBNコード：978-4-13-084101-6
店頭価格：\$36.20+TAX



食べものから学ぶ世界史 人も自然も壊さない経済とは？

砂糖や小麦粉など身近な食べものから「資本主義」を解き明かす！
産業革命、世界恐慌、戦争、そしてグローバリゼーションと「金融化」まで、
食べものを「商品」に変えた経済の歴史を紹介。
気候危機とパンデミックを生き延びる「経世済民」を考え直すために。

平賀緑 / 著
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出版年月：2021年1月
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JSS プログラム: 2021年9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) JSSコロナ情報ホットライン

金曜除く月一土: 11-16時 ※詳細は[こちら](#)。

(2) 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](#)。

「アドバンス・ケア・プランニング入門」

9月22日(水) 英語(日本語通訳付)
自分でヘルスケアの希望を伝えられなくなった場合に備え、オプションについて考え始め、周囲の支援者に正確に伝えていくプロセスを学びます。実施日2日前締切。



(3) 電話で話そう〜「お元気ですか?」プロジェクト

※詳細は[こちら](#)。

コロナ禍のシニアや介護者の孤立を減らすための電話訪問サービスです。JSSスタッフ(社会福祉士)と電話で気軽にお話ししてみませんか? 定期的なお話し設定も可能です。



(4) 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 9月15日

「豪華なのに簡単な三角ショールで秋の装いグレードアップ」

2. **ホットランチ交流会** 9月22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. **やさしいシニアヨガ** (第5期: 9/13-10/25 *10/11以外)

※詳細は[こちら](#)

(5) オンラインプログラムサポートボランティア募集

平日・在宅で行っていただくボランティアです。詳細は[こちら](#)。

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

(1) JSS COVID-19 Information Hotline

Mon. - Thur. and Sat., 11:00am - 4:00pm

*Click [here](#) for the details.



(2) Momiji & JSS e-Learning Series

Wednesdays, start at 3:00pm

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

Introduction to Advance Care Planning

Wed. Sep 22 (English with Japanese Interpretation)

Learn the process to communicate your health care wishes to your supporters and prepare for the case where you no longer can make these decisions for yourself. *Register [here](#) by Sep 20.

(3) "Ogenki-desuka?" Project

One-to-one phone chat with a JSS social worker. Regular chat schedule can be set upon your needs. (in Japanese, English)

(4) JSS Regular Online Programs (in Japanese)

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

- Knitting -Sep 15 "Easy & Gorgeous - Triangle Shawl"

2. **Hot Lunch Social**: Wednesday, Sep 22, 10:30am to noon *RVSP at hotlunch@jss.ca

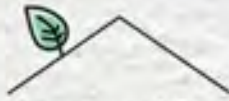
3. **Online Single Mothers Support Group (monthly)**: *Contact Chie / programs@jss.ca

4. **Easy Senior Yoga**: (5th term: Sep 13 - Oct 25, Except Oct 11)
*Click [here](#) for details and RVSP.

(5) Calling for Online Program Support Volunteer

Japanese, weekday, remote. Click [here](#) for details.





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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

<9月の感染予防トピック>

- 9/3 「お母さん必見！ 学校開始直前：子供と感染症」
- 9/10 「防災コラム②：知っておきたい防災備蓄の豆知識」
- 9/17 「現地ガイド直伝、カナディアンロッキーの歩き方」
- 9/24 「喉周りの筋肉を鍛えてしっかり呼吸器感染予防」
- 10/1 「仕事とコロナ：休みたくても休めないあなたへ」

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。



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。

