

OCTOBER
2021
2021年10月

Vol. 47 Issue 10



JCCC Vaccination
Policy

ワクチンに関する
JCCCの方針

October Special
Premiere Screening
10月の特別映画上映

Maru: Immigration
Stories On-site
Tours at the JCCC

丸:日系移民物語
(館内展)ガイドツアー



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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.

2021 - 2022 JCCC Board of Directors

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JCCC Staff

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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 October 8, 2021.

次号の締め切りは2021年10月8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

With the rise of COVID-19 cases in Ontario, the JCCC is cautiously and diligently checking with Ontario guidelines and will be reopening some activities at the JCCC this month. Onsite activities require pre-booking and you can find our health and vaccination policies on [page 6](#) of this newsletter. 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](#) 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

Maru: Immigration Stories

Book Now for a guided tour visit of the exhibit at the JCCC ([see page 19](#)).

October Film Series

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

Keep the Lantern Lit Fundraiser

Please see [page 10](#) for details.

Seniors Exercise Program

Please see [page 16](#) for details.

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](#) 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

オンタリオ州のコロナ感染者数の増加に伴い、引き続きオンタリオ州ガイドラインを注視しながら、今月、数種活動に限定、開館されます。館内イベントには全て事前予約が必須となります。健康とワクチンに関する方針は本誌の6頁をご参照ください。

JCCCが提供する今月の活動(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。

イベント・クラス

丸: 日系移民物語、館内ガイドツアー

登録開始。予約は[こちら](#)(link)。詳細は19頁。

10月の映画シリーズ

詳細は9頁。

灯籠のあかりを灯し続けよう

詳細は10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 JCCC is committed to the safety and well-being of our staff, volunteers, members, tenants, facility users, visitors and community. We have been coming together at the JCCC to learn, share and grow for over 50 years and have always ensured everyone who attends the JCCC is safe, respected and welcomed. So in addition to the JCCC's obligation as an employer to maintain a safe workplace, we are committed to ensuring that the JCCC is also safe for everyone who attends the premises, or attends events under the auspices of the JCCC regardless of location. The JCCC takes all reasonable steps to ensure risks to health and safety are identified, assessed and managed appropriately.

日系文化会館(JCCC)はスタッフ、ボランティア、会員、テナント、施設利用者、来館者、コミュニティ、全ての皆様の安全と健康への配慮に全力を注ぎます。50年以上に渡り、JCCCはコミュニティと共に学び、ヘリテージや文化の共有をしながら成長をしてきました。そして、常に敬意と歓迎の心で来館者をお迎えし、安全な環境をご提供することに尽力してまいりました。会館で就労するスタッフの雇用主として、職場の安全を確保するという義務に加え、JCCCはイベント参加、及びその他の目的で来館される皆様の安全保持を約束します。JCCCは健康と安全に対する危険を認識、判断、適切な管理が徹底される妥当なあらゆる手段をとっていく所存です。

This commitment to health and safety guides our actions and procedures as we begin to gradually reopen the JCCC for our members, community and friends! Starting this month, we are excited to be opening our doors and giving 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. We are also open for event rentals and following current Provincial guidelines.

会員やコミュニティの皆様に向けての段階的な再開に伴い、健康と安全に対するこの取り組みを実践へ繋げていきます。今月より遂に会館の玄関扉を開き、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ギャラリー展覧「破られた約束」のガイドツアーを行います。予定日時での開催で完全予約制となります。その他、プライベートイベントの会場としてJCCCの施設レンタルも始まっていますが、全てオンタリオ州のガイドラインに沿って行われます。

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.

今秋は館内でのイベントやクラスなど徐々に再開できる見込みです。それと同時にオンラインやアウトリーチによる文化やコミュニティ関連の活動も

続けて行きます。一世の日はその一例で、昨年同様、弁当配布を行います。

The JCCC recognizes that all visits to the Centre are a choice and that everyone who comes to the JCCC expects that we will provide as safe an environment as possible. To that end, we 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. We'll be asking you to help us by participating with us in taking precautions and observing the safety protocols. Greater detail on the new JCCC Health Protection Policy can be found on [page 6](#) of this newsletter and is consistent with the JCCC's long standing commitment to being a safe and welcoming environment for all.

JCCCへの来館が不要不急にあたらないこと、そして来館者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。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確認いただくようお願いいたします。健康に関する新方針は、来館者を安全、且つ友好的な環境でお迎えすると言う長年JCCCが公約してきたこと一貫しており、その詳細は本誌**6・7頁**でご覧いただけます。

For more information on the October "soft" opening please check [page 6](#) of the newsletter or watch our website.

10月の一部再開については、ニュースレターの**6頁**か、ウェブサイトをご覧ください。

We look forward to seeing you at the JCCC very soon.

近々、会館で皆様にお会いできることを楽しみにしています。

Message from the JCCC Board of Directors

JCCC理事会からのお知らせ

日本語版は[こちら](#)からどうぞ。

Dear Members and Friends of the JCCC,

In September 2021 the JCCC began to reopen in a staged manner, initially for pre-booked tours of the Moriyama Nikkei Heritage Centre and the JCCC Gallery. Please consult the JCCC website or newsletter for details on the reopening plan.

The JCCC approved a **mandatory vaccination policy** to come into effect in September and we are now adjusting our timing in compliance with the new rules announced by the Province of Ontario. Ontario has regulated that starting September 22nd everyone using indoor facilities such as restaurants, bars, gyms, meeting and event space, indoor sporting events and other facilities is to be fully vaccinated.

The JCCC is committed to the safety and well-being of our staff, volunteers, members, tenants, facility users, visitors and community. Our mission, Friendship through Culture depends primarily on programs, events and exhibitions that require gatherings of people at the JCCC. The mission is supported by ancillary streams of revenue generation, primarily event space rental and long-term leases with tenants; which also require gathering of people at the JCCC. So, in addition to the JCCC's obligation as an employer to maintain a safe workplace, we are committed to ensuring that the JCCC is also safe for everyone who uses the building, or attends events under the auspices of the JCCC regardless of location.

The COVID-19 pandemic has created a new and evolving challenge. The JCCC follows current public health guidelines and operational best practices, but we also intend to err on the side of caution for the health and well-being of all visitors.

The JCCC has created a Health Protection Policy that was passed unanimously by the board to guide its' safe re-opening and implemented the policy effective **Wednesday, September 22, 2021**.

ALL VISITORS 12 YEARS OF AGE AND OLDER WILL BE REQUIRED TO PROVIDE PROOF OF FULL VACCINATION TO PARTICIPATE IN ANY ACTIVITIES DELIVERED UNDER THE AUSPICES OF THE JCCC INSIDE THE JCCC FACILITY.

UNTIL THE PROVINCE'S VACCINE PASSPORT or QR CODE IS RELEASED THE ONLY ACCEPTABLE FORM OF PROOF IS:

PRINTED or ELECTRONIC COPY OF PROVINCIAL VACCINATION RECEIPT SHOWING TWO VALID DOSES WITH 2ND DOSE ADMINISTERED A MINIMUM OF 14 DAYS PRIOR. YOU CAN ACCESS A COPY OF YOUR VACCINATION RECEIPT BY GOING TO THE PROVINCIAL WEBSITE IN THE LINK BELOW.

<https://covid19.ontariohealth.ca/>

AND VALID GOVERNMENT ID

NOTE – valid provincial vaccination receipts are 'watermarked'.

Important: you must have your copy on your person each time you visit the JCCC upon entering the building. We are not collecting and keeping your personal information. Unfortunately, there are no exceptions to this policy.

This policy applies to:

JCCC Board of Directors and Advisors

All JCCC Staff

Volunteers participating in onsite activity

Instructors participating in onsite activity

Class participants participating in onsite activity

Guests to the building

NOTE: Children who are currently ineligible for a vaccine are only permitted to attend events or classes under the auspices of the JCCC if they attend with a vaccinated adult family member escorting them at all times. Once they are eligible for a vaccine, this policy applies to them without distinction except for the requirement that a parent or guardian must sign a waiver and provide required documentation on the child's behalf.

Q&A

Q: Where can I access a copy of the Health Protection Policy?

A: The policy is posted on the JCCC website at jccc.on.ca

Q: How will access to the JCCC be monitored beginning September 22nd?

A: There will be one access point for check in by the reception desk. All members and guests will be asked to provide proof of vaccination upon check in. At this time and until the province has developed an electronic QR code, we will only accept a printed or electronic copy of your valid vaccination receipt. It is extremely important that you have this information on your person each time you check in or you will not be allowed access.

Q: What if I have a medical exemption or contraindication?

A: Unfortunately for members and guests, at this time the JCCC will not be in a position to consider the validity of these exemptions. Once valid medical exemptions are integrated as part of the provincial vaccine certificate, we will review this aspect of the policy.

Q: What if I don't have proof of my vaccination status?

A: A PDF of your vaccination certificate can be downloaded and printed by going to <https://covid19.ontariohealth.ca/>. This certificate is watermarked to ensure validity.

Q: What if I received a valid full vaccination outside of Ontario?

A: If you received a valid full dose vaccination outside of Ontario and you are an Ontario resident, you must provide valid proof from the country of origin. The Provincial Government is in process of developing tools to ensure verification of fully vaccinated individuals from outside Ontario and/or who were vaccinated outside of Ontario. The JCCC reserves the right to restrict access to any person if validity of vaccination proof is in question. For more information if you were vaccinated outside of Ontario please review the attached link: https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_guidance_for_individuals_vaccinated_outside_of_ontario.pdf

Q: Are children under 12 years of age permitted in restricted areas?

A: Yes, under supervision of an adult who must be fully vaccinated.

Q: What about current COVID-19 protocols currently in place?

A: All current protocols will remain in place. They are:

You must be masked outdoors whenever 2m physical distancing cannot be maintained.

You must be masked indoors at all times. Masks can only be removed for eating or drinking.

Q: What should I do if I have additional questions?

A: All questions about JCCC guidelines, vaccination requirements or any other related topic should be directed to James Heron, who will respond on a confidential basis.

These remain very challenging times and the implementation of such a protocol will not be easy for Staff and Management. For the safety of all, we will rely heavily on the Membership for respect and full cooperation.

Board of Directors

Japanese Canadian Cultural Centre

JCCC Board Profiles

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 Grace Greaves and Steve Oikawa:



Grace Greaves

Grace Sachiko Greaves is a manager in the assurance practice at Ernst & Young. She holds her CPA designation and works as an auditor of public companies and specializes in the power and utilities sector. She graduated from the Ivey School of Business at Western University with her Honors Business Administration (HBA). She takes part in recruiting and hiring at Ernst & Young and has won unwavering trust from clients, as well as partners of Ernst & Young.

Grace is the founder and the Chair of the young Japanese professional group called MUSUBU (which means to Connect). MUSUBU is a group set out to connect the young Japanese community within the GTA. MUSUBU was founded in 2018 and quickly recognized and welcomed by the broader Japanese community as it has demonstrated a significant role to connect generations of Japanese people and different fields of professionals and businesses in the GTA.

Grace enjoys travelling, going to fitness classes and spending time with her 9 month-old puppy, Walter.



Steve Oikawa

Steve Oikawa began his volunteer participation at the Centre in the 1970's, helping at various events and also assisting as one of many dedicated instructors of the Centre's Shito Ryu Itosukai Karate Club led by Kei Tsumura. He achieved the level of 3rd Dan. He began his participation on the Board of the JCCC in 1987 and served as president for two terms during his tenure and continues as an advisor to the Board. During the years of Metro Toronto Caravan, he served as the Mayor of the Tokyo Pavilion for three years. The JCCC is a family affair for the Oikawa's with his wife Linda and their three adult children Dereck, Sandra and Catherine being familiar faces at the Centre. Professionally, he was in the Engineering and Construction disciplines of the Telecommunications industry, retiring in 2015 after a 40 year career. He served in companies including Bell Canada, Prestige Telecom and Aecon Construction serving in varied capacities including General Manager Ontario Provincial, Vice President Engineering and the Director of Telecommunications respectively. In 1997, he received the Citizenship Award from the Professional Engineers of Ontario and he was honoured recently with the conferment of the Order of the Rising Sun Gold and Silver Rays from the Government of Japan. Steve has the designation of Professional Engineer and obtained his Bachelor of Applied Science from the University of Toronto in 1975.

The JCCC would like to extend a warm welcome to the following Newly Appointed Board Members; Chris Hope, Nao Seko and David Moritsugu; as well as welcoming back Kristin Kobayashi-Reid, Mark Hashimoto, Linda Ono and Brian Toda who are returning for a second term.

Gift of Fire

太陽の子



Join us for the Canadian premiere of the 2021 film *Gift of Fire*, inspired by true events regarding Japan's attempt to develop an atomic bomb in the last days of World War II. The film follows a young researcher in scenic Kyoto living through WWII. Shu is a scientist and the Japanese government has commissioned his research team to try and split the atom, an attempt to create the basis for an atomic bomb. Shu feels remarkable pressure to complete this task, as his step-brother, Hiroyuki, goes to fight on the front lines. Shu, Hiroyuki, and their best friend through childhood, a girl named Setsu, try to understand their complicated feelings for each other and their country as the war progresses and Japan's chances of winning become more and more slim. Shu struggles to honor his obligations to science, his family, and his country, in a moment in history when atomic research was critical to the world as we know it.

Featuring an all-star cast including Yuya Yagira, Kasumi Amimura, Haruma Miura, Yuuko Tanaka, Jun Kunimura and Issey Ogata

Available October 22 – 24 at <https://jccc.on.ca/film/gift-fire>

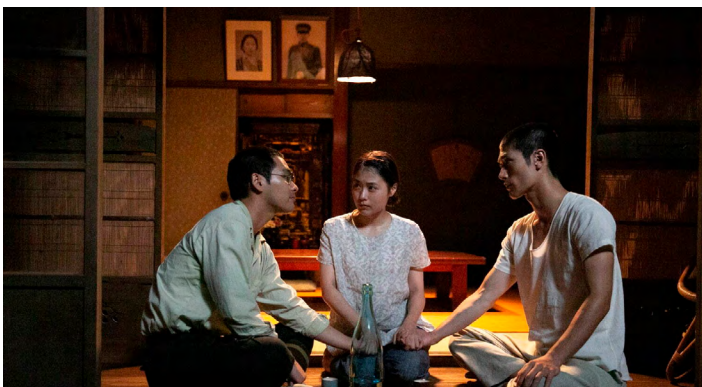
日系文化会館では、「太陽の子」のカナダプレミアオンライン上映会を行います。

あらすじ:

第二次世界大戦終結前に実際に行われていた日本の原爆開発を背景に、京都に住む若い研究員の姿を描く。科学者・石村修とそのチームは、国からの支援をうけ、原子核爆弾の研究開発を進めていた。戦地に赴く弟の裕之のことを思い、修はこの任務に重圧を感じていた。戦況がだんだんと厳しくなっていく中、修と裕之、そして幼なじみの世津はお互いの複雑な感情を理解しあおうとしていた。原爆開発が重大な結果をひきおこしたその時、修は研究、家族、そして国を想い葛藤していた。

出演：柳楽優弥、有村架純、三浦春馬、田中裕子、國村隼、伊ッセー尾形

上映日時：10月22日から24日。詳細は、<https://jccc.on.ca/film/gift-fire>



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!!



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!



The JCCC has been busy adding new material to the internet this month. In addition to our Kokuban e-newsletter, we have been connecting our new Maru: Immigration Stories to our Sedai stories through the use of QR codes. We invite you to try out this code, which will link you to one of our Kokuban features, Ted Nishio.



We are so excited to announce that the All Things Japanese Canadians podcast has reached over 1000 listeners!! Congratulations! Please follow the link below to access all of the available episodes. This month's Kokuban is looking at mushrooms through an interview with Ted Nishi and through our Nikkei Food display case. Finally, for those of you who can not make it to the JCCC to visit the newly opened Maru: Immigration

Stories, the virtual exhibit remains online on the Google Arts and Culture platform. To date, we have had over 10K visitors to this virtual exhibit!!



Exhibit

Maru: Immigration Stories Virtual Exhibit



Visit the virtual exhibit ▶



Podcast



55+ Flexibility Exercise Classes with Michelle Kano

55+ ストレッチ体操クラス

Join us for the newest virtual program in our series of 55+ activities!

This gentle yet effective class will help you increase your flexibility and mobility. With these Yoga based exercises, you can improve your posture, balance and core strength as well as strengthen your joints and muscles, improve your overall mental clarity and respiratory health.

Michelle is a certified fitness instructor, personal trainer and nutrition and wellness specialist who has been working in the industry for nearly 15 years.

These virtual classes will run from 9:00 to 9:30 am, Saturday November 6 until December 4. All classes will be conducted in both English and Japanese.

Please register here.



Flexibility Exercise Class

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

Then come and join the JCCC as we join Michelle Kano for new series of exercise classes focused on Flexibility

55歳以上の皆さん、柔軟性を高めるストレッチ体操のクラスです！毎週土曜、11月6日～12月4日 午前9時～9時30分（日英バイリンガル）

Saturdays
November 6 to December 4
9:00 – 9:30 am

Instruction will be bilingual (in English and Japanese)

NO EXPERIENCE NECESSARY!

Pre registration is required

www.jccc.on.ca



55歳以上向けのプログラム、55+の新しいオンラインプログラムが始まります。

柔軟性を高め、運動機能促進に役立つ、効果的な軽い運動クラスです。ヨガを基本にした動きで、姿勢やバランス感覚の向上と共に、関節や筋肉（深層筋、表層筋）を鍛え、心身全体の改善を目指します。

講師の狩野ミシェルさんは15年近い経験を持つ、認定フィットネスインストラクター、パーソナルトレーナー、栄養と健康のスペシャリストです。

クラス日時：11月6日から12月4日までの毎週土曜日、午前9時から午前9時半まで。全クラス、英語と日本語とのバイリンガルで行われます。

登録はこちらから。

次回参加したい率100%、リピーター率80%



ご紹介動画はこちらから↑



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！

「脳の運動教室」への参加者募集

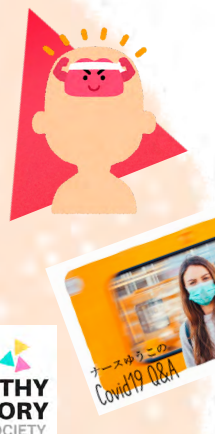
トロント、モントリオール、オタワ、カルガリー、ウィニペグ、バンクーバーなどカナダ全土から参加者が続出！

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**

<10月の感染予防トピック>

- 10/1 「コロナ禍での仕事と日常生活」新しい生活様式とは?」
- 10/8 「健康と幸せの秘訣～動物との暮らし～」
- 10/15 「旅行シリーズ③：カナダ極北の野生動物の世界」
- 10/22 「正しい情報の探し方」
- 10/29 「防災③：避難計画を立てて自分と家族を守ろう！」

当事業は日本外務省による「海外在留邦人・日系人の生活・ビジネス基盤強化事業」活用し、**West Coast Healthy Memory Society** が企画・運営します。



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。脳の前頭葉を系統たっ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。

十月

NOW OPEN!
By Appointment
Only

開催中

十月

NOW OPEN!
By Appointment
Only

開催中

Calendar of Exhibitions



Maru: Immigration Stories (Onsite and virtual)

The highly anticipated new permanent exhibit at the JCCC is now available for on-site visit (booking is required). Join us in discovering stories of the Japanese diaspora in the Americas. For more information on booking, [click here](#).

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

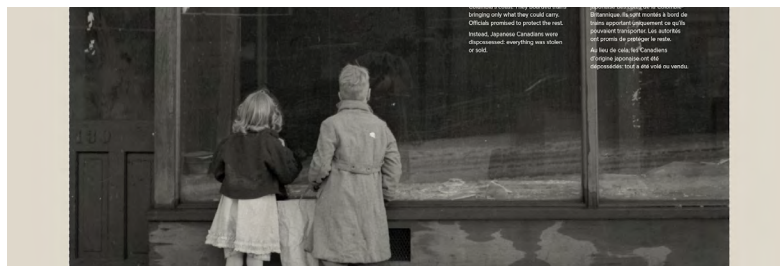
The JCCC has partnered with Google Arts & Culture, a non-profit initiative that works with cultural institutions and artists around the world to make Maru: Immigration Stories accessible to anyone, anywhere.

[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。予約は[こちら](#)から。予約に関する詳細は[19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 (Onsite - 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.

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

「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。](#)

近日公開

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)

昨年は日系文化会館の料理本発行から10年という記念の年でした。2021年の今年はコロナ禍も2年目となり、近い人が集まったの食事が行われなくなって久しくなりました。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)どんな食卓を用意しますか?家族や友人の好物やご自身の得意料理、お国料理やヒュージョン、心やすらぐ食べ物などを考えると、ワクワクしませんか?テーブルやキッチンに家族の定番料理、自慢料理を並べ、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 Exhibit)

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)

音、音楽、インスタレーション、そして映像を組み合わせたノブオ・クボタの「インターメディア」作品の数々を紹介する。

SHIKAKU – Sight, Vision (Virtual Exhibit)

A JCCC Art Gallery Virtual Exhibition

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。

WHAT TO EXPECT WHEN YOU VISIT THE JCCC

Effective September 22, 2021, all who enter the JCCC premises must:

- Provide proof of identification and proof of being fully vaccinated against COVID-19 before they can enter the area if they are 12 years old and older.
- Wear a face mask inside the JCCC.
- Abide by all public health safety measures (including but not limited to capacity limits, patrons screening, masking, physical distancing and contact tracing).
- Complete the health screening questions as determined by the City of Toronto COVID-19 Active Screening tool.
- Comply with province's contact tracing procedure by providing your full name, contact information and reason for visit.

Please be ready to provide your proof of identification and your printed or electronic proof of vaccination. Examples of identification documents that may be used to confirm the identity of the holder of the vaccine receipt include:

- Driver's licence
- Permanent Resident card
- Passport
- OHIP card

An individual is considered fully vaccinated if s/he has received:

- The full series of the COVID-19 vaccine as authorized by Health Canada.
- Their final dose of the COVID-19 vaccine at least 14 days prior to visit to the JCCC.

NJCC Presents Maru: Immigration Stories!

丸：日系移民物語

On August 26, 2021, members of the New Japanese Canadian Committee (NJCC) hosted a virtual Maru: Immigration Stories exhibit tour in Japanese. The tour brought together the community and the level of engagement between participants and the exhibit team showcased the importance of continuous community connections in the Japanese Canadian Shin-ijusha community, even as the distinctions of pre and post war Japanese Canadian communities continue to fade with time and fluid interactions. At the end of the evening, a heartwarming thank you was given to the NJCC speakers by JCCC volunteer, Michiko Kozlowski and the rest of the audience could be seen through their webcam nodding in harmonious agreement. Michiko Kozlowski, along with volunteer Yosh Inouye, are ijusha members of our community who have been committed to the work of the JCCC Heritage department through their tireless efforts as weekly volunteers of the JCCC Archival group. Volunteers such as they have allowed for our history and information to be more accessible to both our English and Japanese speaking communities.

The New Japanese Canadian Committee (NJCC) of the JCCC is a volunteer team committed to creating a strong community for these New Japanese Canadians in the Toronto area and this event is part of their continued efforts in engaging their community.

2021年8月26日、JCCC新日系コミッティ(NJCC)が、丸：日系移民物語オンライン展の日本語ガイドツアーを行いました。

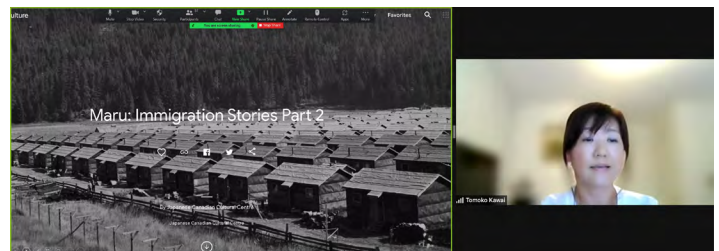
このzoomでのガイドツアーでは、参加者と展覧ガイドチーム間の強い繋がり生まれ、カナダの日系移住者コミュニティ内の継続的な繋がり的重要性を示してくれました。それは戦前と戦後の移住者の違い(特徴)が時や交流と共に薄れていく様を見ているようでした。

イベントの最後にJCCCボランティアのコズロヴスキ・ミチコさんからNJCCガイドメンバーへ温かいお礼の言葉が贈られ、それに他の参加者が同調する様子もビデオカメラを通して見る事ができました。新移住者であるコズロヴスキ・ミチコさんと井上ヨシュさん(同じくツアー参加者)はJCCCヘリテージのアーカイブボランティアで、歴史資料などを日英両言語で提供できるよう毎週骨身を惜しまず活動を続けてくださっています。

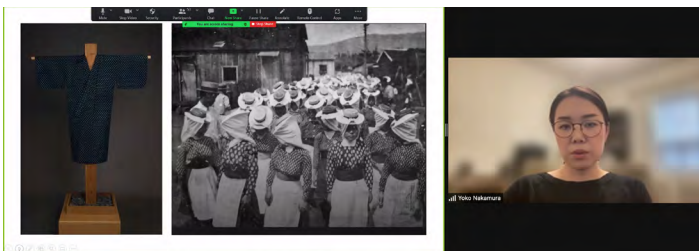
JCCCの新日系コミッティはトロントエリアで新移住者の確固たるコミュニティを作り上げていくべく邁進しているボランティアチームです。今回のイベントは、日本語話者と繋がりをもつというコミッティの継続的な努力の一環です。



Anzu Hara welcoming virtual participants of the virtual exhibit tour
原あず、オンライン展ガイドツアー参加者に挨拶

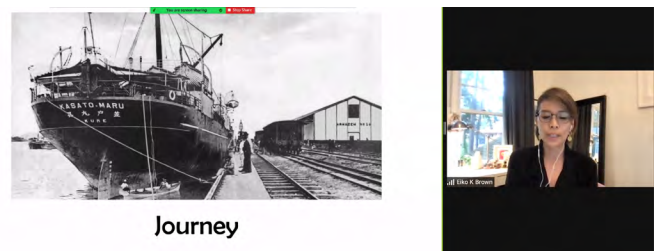


Tomoko Kawai presenting Part 2 of the virtual exhibit Maru: Immigration Stories
河合智子、丸：日系移民物語オンライン展、第二部の説明



Yoko Nakamura presenting Part 1 of the virtual exhibit Maru: Immigration Stories

中村陽子、丸：日系移民物語オンライン展、第一部の説明



Journey

Eiko Brown presenting Part 1 of the virtual exhibit Maru: Immigration Stories on Google Arts and Culture

ブラウン栄子、Google Arts and Culture、丸：日系移民物語オンライン展のナビゲーション説明

Everybody Loves Origami - A Virtual Exhibit at the JCCC Gallery

折り紙大好き -
JCCCギャラリー・オンライン展

Everybody Loves Origami! It engages everyone – young and old alike. However, in today's world, origami has graduated beyond the crane with space craft, industrial design, biological sciences, engineering, and architecture all turning to origami for new solutions. You see, it's all about the fold.

Coming in October 2021 is the JCCC Art Committee's online exhibition on origami. Did you know that traditional Japanese Origami has been practiced since the **Edo period** (1603–1867) and that ori means “folding” and kami meaning “paper”? The goal is simple – transform a square sheet of paper into a finished sculpture through folding techniques that create an intricate design, or is it?

The intention of this open, curated Origami exhibit is to attract something new; to uncover an artistic approach. The exhibition will include examples from origami artists from across Canada.

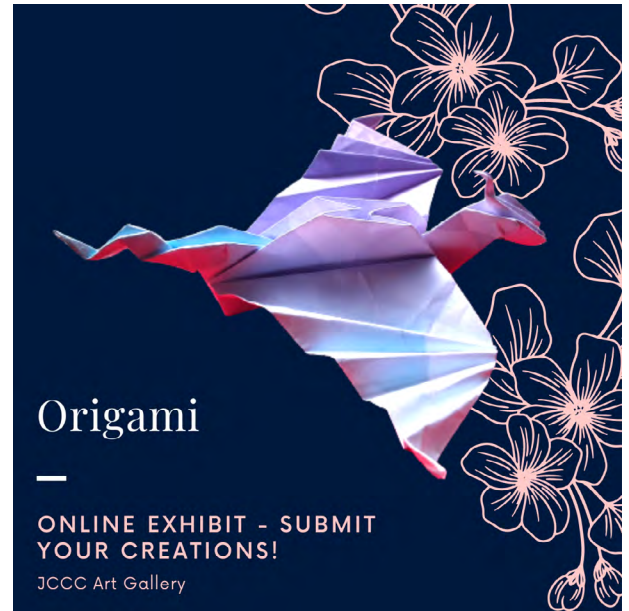
If you would like to submit an origami entry, **please review the exhibit guidelines here**. We encourage artists to find their inner origami spirit and go beyond the iconic crane.

The Art Committee of the JCCC is always looking for volunteers to help with curating, exhibiting and marketing art. To learn more or send an expression of interest, please email us at gallery@jccc.on.ca.

子供から大人まで楽しめる、みんなが大好きな折り紙。でも近年少し様子が変わってきています。シンボルとも言える鶴を超え、折り紙のコンセプトは今ではスペースクラフト、工業デザイン、生物化学、エンジニアリング、建築の分野における新しい解決策となっています。

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。江戸時代に始まった折紙ですが、今回は新作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。カナダ全土の折り紙作家の皆様、作品をご応募ください。本展ガイドラインは[こちらから](#)。

JCCCアートコミッティはキュレーション、エグジビット、マーケティングなどに携わってくださるボランティアを常に募集しています。ご興味のある方はgallery@jccc.on.caまでご連絡ください。



Onsite Exhibit Tours Sign Ups

館内展ガイドツアーの
登録について

Maru: Immigration Stories and Broken Promises

The JCCC is excited to present two highly anticipated exhibitions now available for viewing in person at the JCCC. Maru: Immigration Stories, the JCCC's new permanent exhibit explores over 150 years of Nikkei histories across the Americas. 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 and is available for a limited time only. Visitors will have the opportunity to visit both exhibits during their appointments. **To reserve your spot, click here.**

The JCCC is committed to the safety and well-being of our staff, volunteers, members, tenants, facility users, visitors and community. The COVID-19 pandemic has created a new and evolving challenge. The JCCC requires everyone who attends an event under the auspices of the JCCC or enters the JCCC premises to follow all health and safety protocols that exist at that time. For more information on visitors' guidelines, [click here](#).

待ち望まれた二つの展覧が館内にてご覧いただけるようになりました。

一つは、150年以上に及ぶアメリカ大陸の様々な日系史が織り込まれたJCCCの新常設展、丸：日系移民物語。もう一つは、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（期間限定展示）です。[予約はこちらから](#)。

日系文化会館(JCCC)はスタッフ、ボランティア、会員、テナント、施設利用者、来館者、及びコミュニティの皆様との安全と健康への配慮に全力を注ぎます。新型コロナウイルスのパンデミックはこれまで経験のなかった困難をもたらし、しかもその状況は刻々と変わっています。JCCCのイベント参加、及びその他の目的で来館される皆様には、JCCC敷地内において、入館当日時点での健康と安全の規定に従っていただきます。

来館者ガイドラインの詳細は[こちら](#)をご覧ください。

DONATIONS

DONATIONS TO THE JCCC

AS OF SEPTEMBER 8, 2021

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	1,000
Mr. Kwame Ben Eden	100
Mr. & Mrs. Constantin Dutescu	250
Ms. Meg Karper	10
In honour of The Otani Family	
Ms. Courtney Maruno	40
Mr. Stephen & Mrs. Linda Oikawa	2,000
Mrs. Dana Kinoshita Spencer	100

In Memoriam

In memory of Alex Yanoshita

Mr. Donald & Mrs. Kay Takashima & family	250
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In memory of Betty Innes

Mr. Andrew Pike	1,000
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In memory of Kay Takaoka

Mr. George Takahashi	30
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In memory of Lily Kuroda

Mrs. Cathy Tanaka	50
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In memory of Louise Okawara

Mr. Sid & Mrs. Marie Ikeda	100
Mr. Gordon & Mrs. Ruth Mori	100
Mr. Bill & Mrs. Jean Tanaka	30

In memory of Marcia Masako Yoshida

Mrs. Lynn Mack	100
Mrs. Joanne Miyasaki, Mr. Fred & Ryan Mack	10

In memory of Masayuki (Roy)

Uyenaka

Mr. Donald Budd	100
Mrs. Margaret Budd	25
Ed, Lucy, Elyze, & Julia Yamasaki	100
Mrs. Chantal Eder	25
Ms. Julia Garreffa	100
Mr. Stephen Grant	100
Ms. Marjorie Izumi	50
Ms. Debbie Katsumi	25
Ms. Juneko Nakano	50
Ms. Wendy Pridham	100
Mr. & Mrs. Stephen Saito	100
Mrs. Yoshiye (Yosh) Suyama	25
Ms. Sandra Tonegawa	250
Mr. Robert Wilson & Mrs. Cathy Y-Wilson	500

In memory of Pauline Tanaka

Mrs. Chiyo Inamoto	50
--------------------	----

Foundation & Organizations

Ikebana International Toronto Chapter 208	
The Naoyoshi Alex Family Foundation	

Heritage

Mr. Lindsay Takashima	500
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In memory of Louise Okawara

Ms. Kathryn Okawara	500
Mr. Peter Wakayama	100

In memory of Masayuki (Roy)

Uyenaka

Chrissy, Mark, Mike & Dani Asadoorian	200
Ms. Laura S. Uyenaka	150

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 - SEPTEMBER 8, 2021

THE JCCC GRATEFULLY ACKNOWLEDGES
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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 MINORU T.



Minoru at Arigato Day receiving Ontario Volunteer Service Award.

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

About 25 total years

How did you get involved with volunteering at the JCCC?

I was taking karate, under KC Tsumura, when I was a high school student and got involved in volunteer work.

What type of volunteer work have you done?

As a student, I helped out with Caravan and other JCCC events. In 1999 I joined the Board of Directors and was mainly involved in the Phase One of the construction at 6 Garamond. In addition I have been a volunteer helper at events like the film festival, Natsu Matsuri, and Bazaar. When I started Kyudo, I constructed Kyudo dojo equipment to set up the facility. I built special bookcases for the library, made Chado facility (Tea Room) improvements and did other programs related work. Also, as a volunteer for the University of Toronto Engineering Faculty, I have worked with students to develop solutions for physical issues at the Centre.

Describe in ONE word your volunteer experience at JCCC.

Fascinating.

JCCCでボランティアをしてどのくらいになりますか？

トータルで約25年になります。

どのようにしてJCCCを知りましたか？

自分が高校生の時、KC 津村師範の下で空手を習っており、それがきっかけでボランティアを始めました。

どのようなボランティアをしてきましたか？

学生時代、キャラバンや他のイベントでボランティアをしました。1999年、JCCC理事に着任し、センターが6 Garamondに移転する際の第一階段工事に関与しました。その後は、トロント日本映画祭や夏祭り、バザーなどのイベントでボランティアをしました。又、弓道クラブに入会してから、JCCC 道場で弓道の稽古が出来るよう、稽古道具などを作り、道場設備を整えました。その他にも、ライブラリーの本棚を作ったり、茶室の設備改善するなどをしてきました。

又、トロント大学工学部でもボランティアをしています、その生徒達と、JCCC 施設内の物理的な問題を解決するプロジェクトを行いました。

JCCCでのボランティア経験を一言で表すと？

素晴らしい。

Japan Foundation, Toronto Digital Library

Borrow Japan-related ebooks, audiobooks and streaming videos in English and Japanese from Japan Foundation Toronto's digital library. Visit [JFT OverDrive](#) or download the [Libby app](#) and sign in with your JFT library card. To get a new library card or to renew your existing card, [please follow the instructions here](#).



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JAPANFOUNDATION 

The Toronto Japanese Language School is seeking candidates for the position of Principal.

The TJLS is a registered charity, originally established in 1949 to provide lessons in Japanese language and culture in the wake of the internment. Today we provide language instruction to anyone interested in the Japanese language, with approximately 200 students across our children's and adult divisions.



Applicants for the position should have significant experience in teaching and/or educational leadership, and be competent in both English and Japanese.

For further information about the role and directions for applying, please see the full position posting on-line at <https://bit.ly/2ZG3J19>

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44 - 認知症サインに早く気づくために!

マーナ豊澤英子

(医学博士 老年看護スペシャリスト mernagh@rogers.com)

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

最近の認知症研究はとても進んでいます。軽度の段階で気づけば、薬物治療によってその状態を長期に維持することが可能になっています。それどころか、生活習慣の見直しや様々なトレーニングによって改善さ望める場合もあります。認知症になることを怖れるのではなく「自分にもやがて来る道」と考えて、積極的にその研究成果を役立てることで!発症予防とその準備として「英子の認知症対策」をお勧めします。対策5は既に済ませましたよ。あなた成りの「生活や志向に添った対策」を作成してみましょう。

私はクッキングが大好きです。様々な能力がもっとも試されるように感じています。まず、どんな材料が必要かを考えて買い物し、冷蔵庫や冷凍庫を整理・活用しなければいけません。作る順番を考えて材料や調理器具の準備、美味しく仕上げるためにソース/香辛料の選択、火力の調整、美しく・楽しく盛り付けるための皿選び/テーブルセット、食後の片付け等等、多様な要素が組み込まれています。考えてみると非常に複雑な工程ですね。総合的スキル(考える、実行する、細かな手先の技術を使う、五感を使う)を求められる作業です。

若い頃から「料理しながら片づける」を実践しています。食事が始まる時にはシンクは綺麗になっている、を心がけています。日本に居る頃は、一般的に食器洗浄器はなく、しかも片付けは全て女性の仕事でした。食後にゆっくりしたくて実践していたのが、いつの間にか習慣になりました。簡単なようだけれど大変です(笑)。スムーズに行うための段取り(遂行機能)が要求されます。私の場合、その段取りがうまく行かなくなれば「あれっ?」と気づくのではないかと思います。もしそう感じ始めたら、認知機能の低下サインとして受け止め、その他の行動にも注目しましょう。もちろん、職業柄身についてしまった観察記録にしっかりと書き留め、受診の際に持参します。

茶、コーヒー、酒や食べ物の香りを嗅ぐのも大好きです。特に、コーヒーを淹れる時の香りを楽しむのが癒しになっています。10数年前から「自身の五感(触覚、聴覚、視覚、味覚、嗅覚)がエイジングと共にどう変化するか」に関心を向けるようになりました。老年学専門家としての好奇心からでした。体調、病気や薬物治療などにより五感に変化します。COVID-19はそのことを強く私たちに印象づけましたね。

最近の研究は「認知症と嗅覚障害には深い関係があり、脳の病変が嗅細胞にも影響を及ぼす」ことを示唆しています。様々なタイプの認知症があるので全ての人に当てはまる訳ではないですが、もし記憶障害などに嗅覚障害が加わってれば、早期発見の判断材料になりますね。一般的に、嗅覚低下は男性では60歳代、女性は70歳代から始まりますが、気づいていない人がほとんどです。徐々に進んでいくので気づきにくいのです。予防には嗅覚トレーニング(意識してにおいを嗅ぐ)が効果的と考えられています。私の場合、偶然にもトレーニングを実践していたことになりました!更にどういったにおいか、左右差があるのかも意識しています。これが嗅細胞を再生させることにつながります。

70歳の今日この頃、以前と明らかに異なるのは、お湯を沸かしている折に他の用事を思いだしてキッチンを離れると、そのことを忘れてしまうようになった事です。40代後半の頃は、傍でPC作業している秘書にその文書変更を指示しながら、他部門からの電話も受け、デスクの会議資料にも目を通し、大学院生の研究計画についても詳細に検討していました。いくつかの仕事を同時進行させるのは日常茶飯事で、それに不都合が出る事はありませんでした。

それらを遂行する脳の力(ワーキングメモリ)は人によって違いはあるものの、エイジングと共に確実に落ちていきます。例えば、4つの仕事を同時に実行できていたはずなのに3つ、2つと少なくなっていく。ですから、お湯を沸かしていることを忘れるようになってもそれ程心配はしていません。でも、その回数が増えたり、もの忘れが他の事柄でも目立つようになったり、前述したように料理の段取りが悪くなったりしたら、私は認知症専門医を受診します。あなたが日常生活で感じる問題の「頻度、程度と広がり」に注意することが大事です。

認知症の場合、家族や周囲は受診を勧めることをためらう場合があります。素直にアドバイスを受け入れられるように、40歳代になったら(もちろん若い人であっても)一人ひとりが認知症に対する正しい知識をしっかりと養いましょう。正しい知識を得ることは、認知症であろうとどんな病気であろうと同様です。己の心身は己で守るという自覚ですね!「誰の世話にもならないから、別に受診する必要はないし、このままで良い」と考える人がいるかもしれませんが、人は人との関わりの中で暮らしています。人に迷惑をかけずに生きていきたい、死んでいきたいと願っても、残念ながらそれはできません...。当事者も心穏やかに、周囲もなるべく負担と感じずに、共に認知症と生きていける方法を考えることから逃げないようにしましょう。

認知症を予防し、そのサインに早く気づくために、あなたはこの瞬間(今)からまず何を始めますか!?

英子の認知症対策

1. まずバランス良い食生活と腹八分目
2. 適切な睡眠
3. 身体と脳の同時トレーニング
 - ・一段昇降 / メチャクチャダンスと同時に計算 / しりとり 等
4. 新しい分野(事)にチャレンジ
 - ・読書 / 歌 / ピアノ / 日本舞踊
 - ・エッセイの編集と出版 / 短歌
5. 身の周りの整理(終活 / 終括)
 - ・遺言書作成と成年後見人の指定
 - ・重要事項と連絡先の整理
 - ・物品の断捨離

『 変わりゆく 光も音も ただ 冴えて
秋の 気配に 包まれし宵 』

読書の時間 - 書店が選ぶおススメ本



沈黙のパレード

静岡のゴミ屋敷の焼け跡から、3年前に東京で失踪した若い女性の遺体が見つかった。逮捕されたのは、23年前の少女殺害事件で草薙が逮捕し、無罪となった男。だが今回も証拠不十分で釈放されてしまう。町のパレード当日、その男が殺された。容疑者は女性を愛した普通の人々。彼らの“沈黙”に、天才物理学者・湯川が挑む！待望の文庫化！
ガリレオ v.s. 善良な市民たち “容疑者X”はひとりじゃない。

東野圭吾 / 著
出版社名: 文藝春秋
出版年月: 2021年9月
ISBNコード: 978-4-16-791745-6
店頭価格: \$18.10+TAX



もしあと1年で人生が終わるとしたら？

少しの時間でも構いません。
あなたの人生をふり返ってみませんか。
後悔することはないか。
これからどう生きれば幸せなのか。
人生を変えたいと思う、すべての人に読んでほしいホスピス医からのメッセージ。
後悔なく生きるための17のこと。

小澤竹俊 / 著
出版社名: アスコム
出版年月: 2021年3月
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JSS プログラム: 2021年10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。セミナー参加申込締切は実施日2日前まで。

(1) JSSコロナ予防・孤立を減らそうシリーズ(期間限定)

8/28提供「COVID-19ワクチン接種とその後の生活」録画版 ※[こちら](#)。

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](#)。



電話で話そう〜「お元気ですか?」プロジェクト ※詳細は[こちら](#)。

JSSスタッフ(社会福祉士)と気軽にお話してみませんか?

定期的なお話しも可。

(2) オンライン講座シリーズ ※シリーズ情報・過去ビデオは[こちら](#)。

「詐欺から身を守る」※前回より少し長い版

10月27日(水) 15時 英語(日本語通訳付)

トロント警察巡査を再度招き、日々ますます手の込んでくる詐欺の手口から身を守るため、また被害に遭ったらとる行動などの情報を学びます。



「友人シニアに寄り添う」

10月28日(木) 18時 日本語

あなたが健康や安全を心配しているシニアの友人知人は周りにいませんか。どう寄り添い、どんな準備を薦め、どこに支援を求めたらよいかなどについて学びます。

(3) JSSイベント

a. **ファンドレイジング: チームJSSへのご寄付をお願いします!**

Scotiabank Waterfront Marathon Oct 2021

※詳細は[こちら](#)。

スタッフ・ボランティア・理事から成るチームJSSが、再び走ります! 皆様のご寄付、またはレースへのご参加をお待ちしています。



b. **歳末助け合いホリデードライブプログラム2021** ※詳細は[こちら](#)

今年もパンデミック版でお届けする準備が始まりました。コミュニティ内で生活上の助けを必要としている方々に支援が届くよう、ぜひ皆様の温かな寄付をお寄せください!

(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)

「三角ショール#2 & ギフトを編もう#1」

2. **ホットランチ交流会** 10月27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)

Click each link and/or contact Chie (416-385-9200 / programs@jss.ca) for RSVP. Seminars: RSVP by 2 days before each session from each link below.

(1) COVID-19 Prevention & Isolation Alleviation Series

Aug. 28 Recording: COVID-19 Vaccination & Life After (Japanese)

*Click [here](#).

JSS COVID-19 Information Hotline

Mon. - Thur. and Sat., 11:00am - 4:00pm *Click [here](#) for the details.

“Ogenki-desuka?” Project

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

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

(2) e-Learning Series *Click [here](#) for the list of seminars and videos.

Protect Yourself from Frauds

Wed. Oct. 27, 3pm (English with Japanese Interpretation)

Longer version! Bringing back the Toronto Police Constable to learn how to protect yourself from ever sophisticated fraud tricks and what to do if you encounter or become victim of fraud.

Support your Senior Friend

Thu. Oct. 28, 6pm (Japanese)

Worried about your senior friend's health or safety? Learn how you can support your them, what to encourage them to prepare, and where to call for help when needed.

(3) JSS Events

a. **Fundraising: Scotiabank Toronto Waterfront Marathon Oct 2021**

Team JSS (staff, their family, volunteers, and board directors) is running again! Please sponsor or join the race! *Click [here](#) for more details

b. **Holiday Drive 2021: Prep started!**

Our annual program (pandemic version) has started its preparation. Help us to help your fellow community members in need! *Click [here](#) for how to support

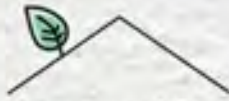
(4) JSS Regular Online Programs (in Japanese)

1. **Craft Club Social** : *RVSP at craftclub@jss.ca

- Knitting - Oct. 20, 10:30am to noon

2. **Hot Lunch Social**: Wed. Oct. 27, 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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“Maybe it’s time we thought about it”

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Uncovering the life of a cultural trailblazer
Author Kyō Makino explores the life of Cyo's Yukana in her new children's book
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THE JAPANESE CANADIAN NATIONAL NEWSPAPER
SUMMER 2019 VOL. 33 NO. 6

Kimono fashion show
Tofino apologizes for 1947 motion to exclude Orientals
Minnon prevented Asians from owning property or businesses
Michael He Contributor

East meets West on the runway at Anime North's Kimono Fashion Show
Scott Luk Contributor
TOSHINOBU — Every year thousands of anime and manga fans flock to Anime North in Toronto to celebrate their favorite characters, the characters and the anime/manga industry and performers. Anime North by Toronto's premier anime convention, held annually at the Toronto Congress Centre.

Comedian Toshiyuki Teruya's film explores a rare Okinawan tradition
Diveeta Toshiyuki Teruya was in Toronto for the film's premiere
Kathy Fleck Staff



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