

Our Second Annual Virtual Fundraiser

KEEP THE LANTERN LIT 2021

Bento, Japanese Sweets, a Movie Double Feature
and Fabulous Gifts

Saturday, November 27, 2021

NOVEMBER
2021
2021年11月

Vol. 47 Issue 11



Okko's Inn

若おかみは小学生!



Sweet Bean

あん



Sedai Corner
世代コーナー

Maru: Immigration
Stories tour sign-ups
丸:日系移民物語
ガイドツアー申込

Martial Arts Update
お知らせ
JCCC武道クラス
メンバーの皆様へ

The 2021 edition of this popular event in support of JCCC operations includes:

- A Gourmet Japanese bento (wrapped in an elegant furoshiki)
- A gift from Shiseido Canada with a retail value over \$260
- A Japanese tea-cup crafted by a community artisan and a selection of fine teas
- Japanese sweets made by Natural JapanEats
- A video update of the JCCC and our new international exhibition titled Maru
- Two popular Japanese films available to screen for 48 hours

Packages are \$150 each delivered to your home or available for pick it up at the JCCC.

For more info go to www.jccc.on.ca

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

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



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DEAR READERS,

For the safety of our members, community and friends - and in accordance to Ontario public health directives - the JCCC remains closed to the public.

For the foreseeable future, the JCCC will continue distributing our newsletter online. Please feel free to share our newsletter as it contains helpful information about the community as well as JCCC online offerings during this time of social isolation. Our website, www.jccc.on.ca, and our social media channels will have the most up-to-date information.

Please note that this closure does not apply to private businesses operating within 6 Garamond Court. We thank you for your understanding and support, and look forward to welcoming you back soon as the crisis abates.

Please stay well.

2021 - 2022 JCCC Board of Directors

President	Gary Kawaguchi
Past President/Advisor	Marty Kobayashi
VP, Heritage	Karen Webb
VP, Management	Brian Toda
Finance Chair/Audit Chair	Linda Ono
Secretary	Sharon Marubashi
Directors	Ann Ashley
	Jiro Fukushima
	Karen Gordon
	Mark Hashimoto
	Chris Hope
	Seiji Ichii
	Kristin Kobayashi-Reid
	Keiichi Kubo
	Ryan Lang
	David Moritsugu
	Jan Nobuto
	John Ota
	Cary Rothbart
	Nao Seko
	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

JCCC Staff

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Sandy Chan General Manager sandyc@jccc.on.ca	416-441-2345 ext.226
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Yoko Tsumagari Communications and Accounting Associate yokot@jccc.on.ca	416-441-2345 ext.227

YOUR NEWS IS WELCOME!

皆様からの寄稿をお待ちしております。

The submission deadline for the next issue is:

Friday November 5, 2021.

次号締切日: 2021年11月5日(金)

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 at the JCCC

The JCCC is excited to reopen its doors to a number of activities in a limited capacity. All onsite activities require pre-booking. In the meantime, here are the activities in the coming months at the JCCC (onsite and online).

Events

Keep the Lantern Lit Fundraiser

Please see [page 6](#) for details.

Maru: Immigration Stories

[Book Now](#) for a guided tour visit of the exhibit at the JCCC ([see page 15](#)).

Programs

Martial Arts Classes

Reopening Indoors. Please see [page 12](#) 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](tel:416-441-2345) and leave a message at extension 222. One of our staff will return your call at our earliest convenience.

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](tel: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.

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 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。

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。登録は[こちら](#)。詳細は[15頁](#)。

灯籠のあかりを灯し続けよう

詳細は[6頁](#)。

武道クラス 道場内クラス再開

詳細は[12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](tel: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 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

I am happy to report that our gradual reopening has started and has been progressing smoothly so far.

As you know, we continue to open on an event-by-event basis with strict safety and cleaning protocols in place. Tours of our new **MARU: IMMIGRATION STORIES** permanent exhibition in the Moriyama Nikkei Heritage Centre and the **BROKEN PROMISES** installation in the JCCC Gallery have been very popular and the response has been extremely positive. Please book your tour soon! Community groups such as language schools and kenjinkai have rented spaces for events. We find our vaccination checking procedures are working well and the renters themselves have been very cooperative, well-organized and safety-conscious. This month we will be reopening some of our martial arts and cultural programs with early 2022 targeted for a broader reopening. October's **Issei Day** was fully booked and, although registrants had to pick up their bento again this year, it was wonderful to see so many familiar smiling faces. Our third annual **Toronto Japanese Film Festival in Hibiya** just wrapped up a week of live screenings in Tokyo.

The second **Keep the Lantern Lit Fundraiser** will be held this month and, based on the popularity of last year's, we expect it to sell out. It makes for a fun at-home evening featuring the finest of Japanese culture.

The Board of Directors, Staff and the Reopening Task Force are working very hard to keep your Centre viable and safe. Of course, none of this could have happened without the great support of you, the community and the membership. Thank you for standing behind us. We are almost there.

More details on page 9

Celebrate the 21st Anniversary

Shinnen Kai 2022

Take-out Osechi Bento

Curbside pick up at the JCCC – 6 Garamond Crt
By appointment on Thursday December 31st
Ticketweb link at www.jccc.on.ca
Order Deadline: December 20, 2021
\$55 plus HST
(limited supplies available)



Some items may be excluded or changed based on availability.

JAPANESE CANADIAN CULTURAL CENTRE
日系文化会館
6 Garamond Court, Toronto, Ontario M3C 1Z5
Torichi Catering Inc.

21周年特別記念

2022 年 新年会

お節料理テイクアウト

ご予約受付中!

\$55 + 税 (数量に限りあり)

ご予約:
www.jccc.on.ca より
Ticketwebリンクにて
2021年12月20日
までお申し込みください。
(要ご予約。)

お受取り:
12月31日(木)
JCCCにてカーブサイド
ピックアップ。

6 Garamond Court
JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館
6 Garamond Court, Toronto, Ontario M3C 1Z5
Torichi Catering Inc.



写真はサンプルのみ。食材入手状況により多少の内容変更の可能性あり。あらかじめご了承ください。

JOIN US FOR THE **KEEP** THE LANTERN LIT 2021!

灯籠のあかりを灯し続けよう

The Popular At-Home Fundraiser is Back

The JCCC Foundation is pleased to announce our virtual fundraiser, KEEP THE LANTERN LIT 2021, in support of the JCCC operations. Last year, we had our first KEEP THE LANTERN LIT fundraising event and it was a great success as 500 members and friends enjoyed an evening of Japanese food and culture in the comfort of their own homes.

This year's event will be held on Saturday November 27 and features:

- A gourmet Japanese bento (wrapped in an elegant furoshiki)
- A gift from Shiseido Canada with a retail value of over \$260
- A Japanese tea-cup crafted by a community artisan and a selection of fine teas
- Japanese sweets made by Natural Japaneats
- A video update of the JCCC and our new international exhibition titled, MARU: Immigration Stories
- Two popular Japanese films available to screen online for 48 hours (SWEET BEAN, a gentle drama about Japanese sweets and OKKO'S INN, family anime about a friendly ghosts in a traditional inn)

Packages are \$150 each and will be delivered to your home or you can pick it up at the JCCC. Please note that the delivery area is GTA, from Burlington to Ajax and north to Aurora.

Tickets sold out quickly last year so please book now to make sure that you don't miss this fantastic event and help the JCCC during these difficult times.

Tickets can be purchased at <https://jccc.on.ca/event/lantern-2021> or by phone at **416-771-1340**, or **416-441-2345**.

ご自宅から参加できるファンドレージング・イベント

JCCC Foundationは、JCCCの活動を支援するために、ヴァーチャルファンドレージング「2021年、灯籠のあかりを灯し続けよう」を開催いたします。昨年のこのイベントには、JCCCメンバーの方をはじめ、約500名の方々にご参加いただき、ご自宅で日本の食と文化をご堪能いただきました。

今年は、11月27日(土)に開催いたします。内容は、

- 美味しいお弁当(素敵なデザインの風呂敷包み)
- 資生堂カナダ提供ギフト(260ドル相当)
- 選りすぐりの日本茶と地元アーティスト制作の湯呑
- Natural Japaneatsの和菓子
- JCCCの最新情報と新展示「丸:日系移民物語」の動画
- 日本映画2本のオンライン上映。48時間視聴可能。(「あん」和菓子にまつわる心優しいストーリー。「若おかみは小学生!」ご家族で楽しめるアニメ。旅館の若おかみと幽霊の物語。)

チケットは、1枚150ドルです。ご自宅にお届け、或いはJCCCでのお渡しのいずれかが選択できます。配達地域は、GTA、西はBurlington、東はAjax、北はAuroraまでです。

おかげさまで、昨年はチケットは締め切り前に完売いたしました。チケットのご購入はお早目に。JCCCの支援につながるこの素晴らしいイベントをお見逃しなく。

チケットは、<https://jccc.on.ca/event/lantern-2021> のウェブサイトか、お電話(**416-771-1340** 或いは **416-441-2345**)にて、ご購入いただけます。



Photographs of the 2020 Keep the Lantern Lit Fundraiser

JCCC AGM Review

On Monday September 27 2021, the JCCC held its' Annual General Meeting for the fiscal year ended March 31, 2021.

President Gary Kawaguchi noted that this has still been a difficult year for the JCCC and for the community. The Centre has been able to weather the storm with government subsidies which has helped offset costs. It is unknown how much longer we will still be able to receive these subsidies but we do have a credit facility set up from the JCCC Foundation in case we will need it. He commented that we are grateful to the JCCC staff for all that they have done the last 18 months. In particular the Maru exhibit – which was all worked on and completed during Covid. This is a model that may be adopted by other organizations globally. He expressed appreciation to Su Yen, Theresa, Sandy and Jan. Karen Webb will be the VP Heritage for next term.

We are pleased to announce the 2021-2024 Board of Directors. Every year 6 Directors are nominated for a 3 year term and the slate approved this year are: Mark Hashimoto, Chris Hope, Kristin Kobayashi-Reid, Linda Ono, Nao Seko and Brian Toda. There is also a 1 year term that will be filled by David Moritsugu.

The rest of the Board are: Ann Ashley, Jiro Fukushima, Gary Kawaguchi, Karen Gordon, Seiji Ichii, Keiichi Kubo, Jan Nobuto, John Ota, Cary Rothbart, Elaine Shigeishi, Karen Webb. Ryan Lang will be representing Nikkei National Museum and Cultural Centre in Burnaby BC. Past President is Marty Kobayashi, and current Advisors are Steve Oikawa, Sid Ikeda, Christine Nakamura, Connie Sugiyama, Bill Hatanaka and Mackenzie Clugston.

The JCCC Board of Directors appreciate your support and patience as we cautiously and diligently work on plans for the future of the Centre during these unprecedented Covid times.

Japanese Canadian Survivor Survey



The Province of BC has provided Nikkei Seniors with \$2 million as part of its commitment to honour seniors who lived through the traumatic uprooting and displacement of almost 22,000 Japanese Canadians during the Second World War.

This funding is primarily targeted at seniors who were directly impacted – uprooted and displaced – by the BC Government during this period. Seniors whose families left BC during the war but were born out of province from 1942- April 1st, 1949 are part of this demographic. The fund will be distributed in Canada. These funds will be distributed in Canada through large and small organization grants as well as to individuals who apply and receive approval.

The JCCC is applying, under the Large Organization category, for a grant focused on providing community outreach support to our past and present JCCC members who are JC Survivors. To help us, we are requesting all JC survivors or their families to **fill in this simple survey**. This information will assist us with our grant application and the ensuing program we hope to provide.

Currently, we are working to identify these survivors in our community. As such, we kindly ask all those survivors or their families to fill in this simple survey. This information is used strictly for data collection, and for the purpose of this grant only.

Photo credit: Ivan Mauric. 2018.

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416-441-2345 ext. 231.

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お問合せ: newsletter@jccc.on.ca 又は

416-441-2345内線231

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 Seiji Ichii and Brian Toda:



Seiji Ichii

Seiji is currently President and CEO of Weins Canada. Weins Canada was established in 1973 as Don Valley North Automotive Group, an extension of the Japanese business, Yokohama Toyopet. Since then, Weins has become one of the largest automotive groups in Canada running 15 dealerships across Ontario.

Previously, Seiji worked for Toyota Canada as President and CEO and prior to that he was with Toyota Motor Corporation in various roles for over 30 years in Japan, Canada and the USA. He attended and graduated from Graduate School of International University of Japan and majored in International Relations and obtained a Masters degree, and also has a major in Economics with a Bachelors degree from Kyoto University. Seiji has served as Vice President of Toronto Japanese Association of Commerce and Industry (Shoko Kai), Chairman of the Japanese Automobile Manufacturers Association of Canada and Chairman of the board of Japanese School of Cincinnati.



Brian Toda

Global Human Resources Leader Translating Business Strategy into Human Capital Terms

Brian is a positive and pragmatic Global HR leader with extensive experience in translating business strategy into human success. A collaborative, high energy senior leader with expertise in building Human Resources strategies, Brian joined the JCCC Board of Directors and took on the role of VP, Management. Most recently Brian was Senior Vice President, Human Resources, Asia Pacific Region, Scotiabank, based in Hong Kong with accountability for leading and transforming the Human Resources platform in the region. Prior to this Brian was Scotiabank's Senior Vice President, Global Talent Management with a mandate to oversee Succession, Leadership and Learning globally (85,000 employees). Among his many major achievements, he managed the CEO Succession process, developed a Senior Leader Assessment program for all Top Talent and developed and implemented a Global Learning Strategy. Prior to his Scotiabank experience, Brian successfully led major consulting assignments, and led the Client Management Group at Aon Hewitt, held a key HR role at the Globe and Mail, led Senior Consulting assignments at Hay Management Consultants and held several HR roles at Manulife Financial. Brian earned his **B.Sc.** (Psychology) and Master of Industrial Relations degrees at the University of Toronto. He is a well regarded leader and provides effective and actionable advice and counsel to senior business leaders on all HR matters and issues.

Celebrate New Year's Day the Japanese way - with a feast!

御節(おせち)で祝う元旦

Unfortunately, we will still not be able to hold our **Annual Shinnen Kai** gathering again this year.

We are currently working with Chef Ishii of Toriichi Catering to develop a specially prepared bento to be available for pick up.

This bento will include many of the osechi ryori favourites from our Shinnen Kai that are traditional to eat on New Year's Day.

Osechi ryori items are eaten to bring the person a special wish for the New Year. Some of the items that may be included are: Datemaki (sweet egg roll) - for scholarship and learning Kuro mame (sweet black beans) - for health Ebi (shrimp) - for longevity Kobu maki (Kelp roll) - for happiness Kuri kinton (Chestnut puree) - for wealth.

And so much more!

Bento pick up will be at the JCCC on the afternoon of Friday December 31, 2021.

The bento will be prepared without rice so that you will be able to refrigerate it and can eat it on Saturday January 1, 2022.

This special edition Shinnen Kai bento will be \$55 plus HST and only be available in limited quantities. Online ticket sales will begin on Wednesday December 1, 2021. Please watch for more information on our website and in our next newsletter.

2022年の元旦も会館に集まっての祝い「新年会」は催さず、今年に引き続きお節料理販売のみと致します。

鳥市が腕によりをかけて作る御節セットを、数量限定で販売いたします。価格は55ドル+税。受け渡しは、12月31日(金)午後1時に日系文化会館で行います。御節セットにはご飯が入っておりませんので、冷蔵保存していただき1月1日に召し上がっていただけます。ご注文予約は、12月1日(水)よりオンラインにて承ります。詳細はウェブサイトもしくはニュースレター12月号でご確認ください。

Issei Day

一世の日

For 57 years the JCCC has held Issei Day onsite, but once again, the Covid-19 pandemic prevented this from occurring this year.

For a second year, the JCCC Board of Directors offered the traditional bento for pick up. This allowed many of our community seniors the opportunity to enjoy the delicious bento at home where they would be safe. With the assistance of Toriichii Catering, some JCCC staff, Board Members and selected volunteers, more that 380 bento were prepared, packed and distributed from 5 locations across the GTA.

Many thanks to: Our community partners, Japanese Gospel Church of Toronto, Kyoda Plastics, Momiji Health Care Society and Toronto Buddhist Church, who allowed us to use their locations as pick up points.

Thank you to Mrs. Dawna Kobayashi, Mr. Eizo Oka and Mrs. Karen Webb for delivering bento to 3 local senior's residences and Chef Ishii, his family and staff for preparing the food.

Much appreciation goes out to JCCC staff, board members and volunteers, who assisted with packing and distribution.

This pandemic has been difficult for everyone, but it has been especially difficult for our seniors. Although restrictions have been loosening, many are still isolated and out of contact with the community. The JCCC misses everyone and is grateful to have had the opportunity to brighten the day of even a few members in the community. We hope to see everyone back in the building next year.

57年にわたりJCCCが続けてきた一世の日ですが、新型コロナウイルスによるパンデミックのため、今年も昨年に引き続き、お弁当配布のみとさせていただきます。鳥市、JCCCスタッフ、理事会メンバー、ボランティアにより380個のお弁当を準備、指定場所での受け渡しを行いました。全関係者のご協力に深く感謝いたしますと共に、受け渡し場所としてご協力くださいましたトロント日系福音教会、Kyoda Plastics、モミジ・ヘルスケア・ソサエティ、トロント本願寺に厚く御礼申し上げます。

パンデミックはだれにとっても厳しい状況ですが、シニアの皆様には特に辛い経験となっています。徐々に規制が緩んできているものの、まだまだ(孤立状態にある)外出自粛など行動を制限されているシニアも多くいらっしゃいます。一世の日のお弁当で少しでもコミュニティの皆様を元気づけることができたらと願います。来年は館内でのイベントでお祝いができますように。



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!



Throughout the Covid-19 pandemic, the JCCC has worked hard to bring new and exciting online content to all of our members, through courses and workshops, exhibitions and links to a variety of YouTube channels.

This month, we are excited to show you some behind the scenes work for the upcoming virtual Keep The Lantern Lit fundraiser. Not only will attendees be treated to a fantastic bento, but they will have access to a variety of online offerings including movies and video messages from the JCCC. In addition to the bento, attendees will receive a selection of teas with a handcrafted tea cup. This month in JCCC on the Web, we would like to direct you to some video interviews and footage of our three artisans creating the teacups. Kokuban is featuring interviews with members of the early JCCC Women's Auxiliary. In addition to the JCCC's daily Facebook Haiku, this month we are also encouraging our members to take part in the SAKURA Haiku Challenge. [More details can be found on p26.](#)



Podcast



LET YOUR CREATIVITY BLOSSOM WITH OUR

Sakura Haiku Challenge

OCT 1, 2021 - DEC 10, 2021

OPEN TO EVERYONE 2 ENTRIES PER PERSON IMAGES WELCOME

SUBMISSIONS MUST BE IN ENGLISH

JCCC Martial Arts Update

お知らせ
JCCC武道クラスメンバーの皆様へ

Dear JCCC Martial Arts Member,

We hope this finds you well.

We want to give you an update on the reopening plans for the JCCC's martial arts program.

As you know, the JCCC is a multi-use facility with members and guests sharing many of the same spaces. This makes our reopening significantly more complicated than for single use spaces like gyms or stand-alone dojos. We approach this challenge with a balance of enthusiasm and caution.

Our Board of Directors and its Reopening Task Force have created a Health Protection Plan demanding the highest level of diligence in maintaining the health and safety of our members, community and friends. The core message is here:

The JCCC is committed to the safety and well-being of our staff, membership, 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 feels safe, respected and welcomed. While we have continued to offer programming virtually, the JCCC has been physically closed through the duration of the pandemic as we wanted to minimize risk to all of our stakeholders. At this time, we have decided to gradually reopen subject to developments in the pandemic. The reopening plan for the JCCC will be based on our commitment to safety and well-being and we intend to do the utmost to provide the highest level of safety for members, staff and the public. Our reopening plan is based on current scientific and medical guidance and best practices, of course, but we also intend to err on the side of caution to minimize risks. We believe this approach is essential for us to continue to fulfill our mission of Friendship through Culture.

In keeping with the prioritization of health, we are undergoing a period of testing with a staged soft reopening of our martial arts program. This period is coordinately intricately in consultation with the Board, the staff as well as the instructors. The purpose of this is to test our ability to safely manage the reopening of the dojo while COVID continues to present a risk. The clubs who are scheduled to take part in the first stage of this soft reopening starting November 6 are Kyudo, Jodo, Iaido and Naginata. These clubs were prioritized based on consideration for safety, especially the safety of our more vulnerable. Factors include: level of physical contact, use of personal equipment, location of activity (wood room only); and participation of adults vs children. The remainder clubs - Aikido, Judo, Karate and Kendo - will follow promptly. We will update the membership once dates have been determined for the remainder of our clubs.

For those of you participating in clubs not scheduled to reopen immediately, please accept our apologies as well as our sincere appreciation for your great patience.

We cannot wait to fully reopen the JCCC for your enjoyment and the pursuit of **"Friendship through Culture"**.

We will be in touch again soon. Stay well.

日系文化会館は、会員、非会員を問わず、様々な目的や用途で共有、使用される施設です。スポーツクラブや町の道場のように、限定的な用途で 사용되는施設ではないため、再開に向けて、様々な面を考慮し、また複雑な手順を得る必要があります。会員、コミュニティ、来館者の皆様の健康と安全を維持するべく、理事会とReopening Task Forceは健康保護計画を作成いたしました。本計画の概要を下記の通りお知らせいたします。

日系文化会館(JCCC)はスタッフ、会員、来館者、コミュニティの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。オンラインでのプログラムを続けてご提供する一方、ご利用される皆様および提供側の危険を最小限に抑えるべく、会館はパンデミックを通してこれまで館内へのドアは閉ざしてまいりました。この度、パンデミックの状況を鑑みながら段階的に再開する運びとなりました。JCCC再開計画は安全と健康への最大の配慮が根底となり、会員、スタッフ、そして社会全体への最高水準の安全をお届けする所存です。

再開計画は現時点での科学と医学に基づく指示と実践を基盤に、危険を回避するために慎重すぎるくらいを目指しています。この取り組み方は日系文化会館が掲げてきた「文化がわかる。心がかよう。」というミッションを全うするために不可欠であると考えます。

健康第一を念頭に、まずはテスト期間として、武道クラスの段階的再開、理事会、スタッフ、インストラクターと相談をしながら進めてまいります。このテスト期間の目的は、新型コロナのリスクが現存する中で、道場を安全に管理及び運営できるか試すことにあります。まず第一段階として、11月6日から弓道、杖道、居合道、なぎなたクラスを開始いたします。クラス再開順につきましては、現時点での新型コロナウイルスに対する危険度に配慮がおかれています。その要因は、練習中の生徒同士の接触、道具の使用、道場(床道場のみ)、参加者の年齢(成人・子供)などです。その他のクラス、合気道、柔道、空手、剣道も少し遅れて開始する予定です。会員の皆様には、開始日が決まり次第、ご連絡いたします。

まだ日程が決まっていないクラスの皆様にはお詫びとともに、長期間にわたるご忍耐に感謝を申し上げます。

会館がフルオープンして、我々のスローガンである「文化がわかる。心がかよう」を通して、また皆様にお楽しみいただける日が一日でも早く来ることを、会館は待ち望んでおります。

In Kind Donations バザー用ドナーンションに関して

The JCCC is thankful for the support of the community. Throughout the years we have been the very generous recipients of donations towards our annual Bazaar.

We know that you are eager to clean up your homes and to provide the JCCC with the means to raise funds.

Unfortunately, we are unable to accept general donations at this time.

With any possibility of a bazaar over 7 months away, we simply do not have the space to accept and store donations until that time. Please hold on to anything that you would like to share with us. We will let you know as soon as we are able to accept donations.

If you would like to donate photographs or other items to our Archive and Collections, please contact heritage@jccc.on.ca. All such donations must be approved by a member of the Heritage Department before an appointment can be booked for their receipt.

We apologize for any inconvenience that this may cause and if you are unable to hold on to these items until that time, we suggest Value Village as alternative donation recipient.

皆様におかれましては、平素よりご理解とご支援を賜り厚く御礼申し上げます。これまで年一回行っておりましたバザーでは、皆様から多くのご寄贈をいただいております。バザーのためにと多くの物を保管して下さっているご家庭もあるかと存じます。


コミュニティの皆様のご支援に常に感謝をいたしておりますが、残念ではございますが、現時点では寄付の品を受け取ることができないことをお伝えしなければなりません。

来年のバザー開催が可能となった場合でもまだ7か月先のことであり、寄付の品を保管するスペースが確保できないのが現状です。バザーへのご提供を考えている物をお持ちの場合、もしばらくご自宅で保管いただければ幸いです。バザー用寄付の受付が始められるようになりましたら、お知らせいたします。

ヘリテージのアーカイブコレクションへの写真その他のご寄贈をご希望の際は、heritage@jccc.on.caまでご連絡ください。ヘリテージ部門のメンバーが承認したのち、受け取りの予約をいたします。

ご寄付の受付ができない状況でご迷惑をおかけしておりますが、ご理解の程、どうぞよろしく願いいたします。ご事情によりご自宅にて保管できない場合は、Value Villageを寄贈先としてご検討ください。

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、カルガリーなどカナダ全土から参加者ぞくぞく! 後半戦になり、更に盛り上がります。

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](#)

<11月の感染予防トピック>

11/5 文化とこころの健康とセルフケア-カナダで生活するために
11/12 Dr館野による新型コロナウイルスの現状②
11/19 旅行シリーズ④: オーロラ鑑賞の全て
11/26 防災コラム④: 感染症蔓延時に災害発生!
とるべき避難行動は?

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**

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、レクを通して、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。



SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash

Nimono

Serves 2

Ingredients

- 1 medium potato, peeled and quartered
- 2 shitake mushrooms, soaked (reserve liquid)
- 1/2 small daikon, peeled and cut into chunks
- 1/2 small carrot, cut into chunks
- 4 slices of konnyaku

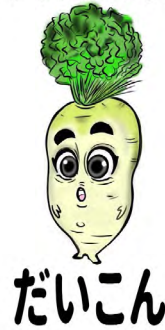
Dashi

- 2 cups water (including reserved shitake liquid)
- 2 tsp hondashi powder
- 4 tbsp sugar
- 2 tbsp mirin
- 1 tbsp shoyu

Equipment

- Cutting board
- Vegetable knife
- 2 medium saucepans
- Wooden spoon

DAIKON



This hearty vegetable dish is a perfect way to use some of the bounty of fall. Rich with root vegetables like Daikon, and perfect on crisp fall days, nimono will warm your house and your belly. For a truly vegetarian dish, try using Kombu Dashi Powder.

Instructions

1. In a small saucepan, boil daikon in water for 20 minutes.
2. In a separate saucepan, combine dashi ingredients and bring to a boil. Reduce to a simmer, then add all vegetables except the daikon. Simmer for 10 minutes.
3. Drain the daikon, then add to the rest of the ingredients. Simmer for 10 minutes more. Drain liquid and serve.

11月

NOW OPEN!
By Appointment
Only
開催中

11月

SEPTEMBER 19
- NOVEMBER 22
2021

2021年9月開催:
予約制

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. [Click here for reservation.](#)

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。

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.](#)

[On Site Exhibit Tour Sign Up ▶](#)

「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。

[予約に関する詳細はこちらをご覧ください。](#)

11月

LIVE NOW

公募

近日公開

COMING SOON

Origami - The Art of Paper Folding

Everybody Loves Origami! It engages everyone – young and old alike. However, in today's world origami has graduated beyond 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.

The new virtual exhibit presented by the JCCC Art Gallery and Origami Partners in the GTA explores the history of origami before inviting visitors to individual virtual rooms that features the works of origami artists Jackie Han, Tim Murphy, Miya Turnbull, and Mui-Ling Teh.

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

We are still accepting submissions! To submit, [please fill in the Origami Content Entry Form](#).

近日公開:折り紙アート

2021年10月、JCCCアートコミ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

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、近しい人が集まって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。

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。

Volunteer For the JCCC Art Gallery

JCCCアートギャラリー
ボランティア募集

If you ever thought you might be interested in being an art curator, art marketer or an art lover, the JCCC Gallery might be for you. To volunteer at the JCCC Gallery contact John Ota at roweota@rogers.com and it might lead to seeing the world in a different and artistic way.

アート関連のキュレーション、マーケティングなどにご興味のある方、もしくはアート好きの方、JCCCギャラリーで、あなたのアートへの世界が広がってみませんか。ボランティアにご興味のある方は John Ota, roweota@rogers.com までご連絡ください。

Sedai Corner

This month, we are pleased to report Sedai's work progress since April 2021. With the support of the community and funding from provincial and federal sources, our summer contractors worked on multiple Sedai interviews. Despite working remotely for the most part, by transcribing interviews they were able to learn about the history of the Japanese Canadian through first-hand account.

"Both Sedai interviews and Maryka Omatsu Collections really shed light on the experience of Japanese Canadians and their tremendous commitment to protecting their community." (Alexia Kim, JCCC 2021 Collection Assistant)

16 hrs
24 min

**Interview Transcripts
Generated**

7 hrs
33 mins

**Transcripts
published to date**

NEW
Collection
Online!

**Japanese Canadian
Experience
Conference
Collection**

Check Out These New Transcripts!



Laiko Matsubayashi ▶



Teruo Ted & Joyce Izukawa ▶



Sachiko Takahashi ▶

The JCCC Wins the Heritage Toronto 2021 Award!

We are excited to announce that the JCCC had been awarded the Community Heritage Award from Heritage Toronto! The JCCC would like to thank all JCCC's incredible volunteers (past and present) for contributing their valuable time to ensuring the JCCC continues to serve the Japanese Canadian community as well as other community groups in the region. We would also like to thank JCCC members, JCCC staff and board members, as well as individuals and groups who have supported the JCCC.

"The jury was impressed by the depth and breadth of the JCCC's programming given its modest staff of 20. The jury also remarked on the level of engagement outside of the Japanese Canadian community and the over 1000 volunteers who support the organization."

JCCC Venue Rentals resumed

JCCC会場レンタル

We in Ontario look forward to the return to a more "normal" life with greater activity as the pandemic comes under control. We are pleased to inform you that the JCCC has resumed our Venue rental programs. In-person meetings, seminars and other private events can now be arranged.

The JCCC diligently follows the provincial/city regulations and guidelines and has initiated enhanced safety measures to provide a safe environment. If you are thinking of hosting an event of any size please contact us and we can discuss the space rentals to meet your requirements. Please email harukoi@jccc.on.ca for information or bookings.

日常生活を完全に取り戻すことが難しい日々ですが、段階的な再開を始めた日系文化会館では会場施設レンタルが始まり、団体、個人のイベントを行っていただけるようになっていきます。オンタリオ州やトロント市の規制及びガイドラインに従い、安全で安心いただける環境をご用意しております。

ご家族やご友人、クラブなどのグループでの集まり、セミナーやミーティングなど、イベント等で会場レンタルにご興味のある方は、お気軽にご相談ください。

連絡先: harukoi@jccc.on.ca



JCCC Venue Rentals

Parties • Banquets
Seminars • Conferences
Conventions • Craft Shows
Film Screenings • Performances • Fashion Shows

6 Garamond Court, Toronto
(Don Mills & Eglinton)
Parking available

Contact: harukoi@jccc.on.ca

Not Your Usual Origami

折り紙アート

The JCCC Art Committee has posted a beautiful and unusual collection of origami art pieces on the JCCC website – <https://jccc.on.ca/event/2021/10/origami-art-paper-folding>

Origami has come a long way from the Tokagawa era folded cranes to the 21st century innovations in paper folding in the industrial design, science, engineering and manufacturing industries. Featured in this exhibit are origami artists: Jackie Han, Tim Murphy, Miya Turnbull, and Mui-Ling Teh.

If you would like to have your origami work posted in this exhibit, please contact John Ota at roweota@rogers.com.



JCCCアートコミッティはウェブサイトにて美しい折り紙作品を掲載しています。[こちら](#)からご覧ください。折り紙は江戸時代から折られてきた鶴から21世紀の工業、科学、エンジニア、製造などの分野におけるイノベーションにまで変化を遂げました。折り紙作家、Jackie Han, Tim Murphy, Miya Turnbull, and Mui-Ling Tehさんの作品をお楽しみ下さい。

本オンライン展への参加ご希望の方はJohn Ota, roweota@rogers.com までご連絡ください。



Heritage Contractor - Tonya

Over the summer, I had the opportunity to dive back into cataloguing personal collections and family histories. In particular, I was able to further expand the family histories of Terry and Koto Adachi, whose collection I first began cataloguing in 2019. In addition to my own research, I had valuable assistance from Kathi Adachi in revising these records. I encourage anyone who is interested in getting a glimpse into the lives of Terry and Koto Adachi, a history that spans from the early 1900s to the early 2010s, to check out their collection, which can be found under accession number '2018-20' in the JCCC's online catalogue.

ON SITE
EXHIBIT TOURS
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Maru: Immigration Stories
Broken Promises

SUNDAYS AND MONDAYS

VISIT WWW.JCCC.ON.CA FOR MORE INFO

Broken Promises – Closing November 22, 2021!

The Broken Promises exhibit is set to close this month so that it can start on the next leg of its journey. The exhibition looks at the dispossession of Japanese Canadians in the 1940s, by following the stories of 7 narrators. This groundbreaking exhibit is just one of the outputs of the Landscapes of Injustice Project and, as such, will be travelling to other venues throughout Canada in 2022. The next stop for Broken Promises is at the Museum of Surrey, in Surrey, BC.

To book your tour of the exhibit before it is too late, please visit <https://jccc.on.ca/event/2021/09/broken-promises>.

Defined by Bone – A Choreographic Process Showing at the JCCC



Mayumi Lashbrook.

Photograph credit: Jess Bullock

A story of adaptation and resilience, Defined by Bone choreographed by Mayumi Lashbrook presents an intimate look into a sliver of Canadian history by unfolding an intergenerational narrative, and intersecting dance and theatre. This work brings together the muscles of Canadian history, the blood of Japanese ancestry, and the bones of a story written in prejudice. Defined by Bone is a reclaiming of history, contextualizing what is carried forward in our communal mosaic.

Mayumi carefully and courageously crafts the experience of forced displacement through dance theatre, projection and sound design. Mayumi is joined by collaborators Mikaela Demers, Sid Ryan Eilers, Denise Solleza, Bradley Ng, Sammy Chien, Jasmine Liaw, Robin Lacambra, and Yobi.

Watch our social media to witness the creation process taking place at the JCCC October through December, with a virtual culminating work-in-progress showing on December 17th at 12-1pm.

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



DONATIONS

DONATIONS TO THE JCCC

AS OF OCTOBER 7, 2021

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Mrs. Ann Ashley	27
Ms. Christine Chiba	300
Friends of Jonathan Carter	305
In celebration of Jonathan's Birthday	
Mrs. Sanae Fukushima	50
Mr. Kevin Hyatt	25
Ms. Meg Karper	10
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Mr. Toyoo Katsuragi	100
Mr. Gene &	250
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Mr. Yoshifumi Kitaura	60
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Mr. George Pachovsky	30
Ms. Lillian Reiko Shin	50
Ms. Robyn Small	12
Mr. Victor & Mrs. Bev Suzuki	100
Mr. Byron & Mrs. Shirley Tanaka	100
In celebration of 70th Wedding Anniversary	
Mr. Yukio Tannoch	100

In Memoriam

<i>In memory of John Mizutani</i>	
Mr. & Mrs. Arthur Ishii	30
<i>In memory of Kiyoko Maikawa</i>	
Ms. Grace M. Kobayashi	25
<i>In memory of Louise Okawara</i>	
Ms. Kay Oiye	100
<i>In memory of Marcia Masako Yoshida (nee Miyazaki) & Mitsue Miyazaki (nee Murakami)</i>	
Dr. Eric Yoshida	2,000
<i>In memory of Mitsue Mitzi Miyazaki (nee Murakami)</i>	
Joanne Miyazaki, Fred & Ryan Mack	
<i>In memory of Robert (Bob) Tabuchi</i>	
Mr. & Mrs. Herbert Kikuta	30
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Mr. & Mrs. Cliff Amemori	50
Mr. Mits Kuroda	50
<i>In memory of Toshie Miura - 10th Year</i>	
Mr. Hideo & Mrs. Naomi Takasaki	50

Chris Kano Taiko Studio

Mr. Ron Shimizu	100
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Heritage

Ms. Christine Mori	500
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Supporting Member Leader

Mrs. Sharon Marubashi	466
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Partner

Mr. & Mrs. Kaz Shikaze	110
------------------------	-----

Issei Day donations are greatly
appreciated. The individuals'
name will not be published in
the newsletter.
Thank you, JCCC

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 - OCTOBER 7, 2021

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

Club

JCCC Judo Kai

General

Anonymous

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Mr. & Mrs. Takehiko Yoshida

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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

Mrs. Yuli Marubashi-Scheidt

In memory of Eric & Tomiko Nobuto

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In memory of John Binions

Mr. & Mrs. James Heron

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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:

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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 KIMIKO S.



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

30 years

How did you get involved with volunteering at the JCCC?

Visiting "Tokyo Caravan" at the JCCC on Wynford Drive was the beginning of my volunteering journey. The festival was a compressed and mixed version of traditional festivals held in Japan and was filled with smiles and happiness. My gut feeling told me that I should be a part of this community. LOL. Since I did not know about the JCCC before then, I felt like I was discovering a whole new world when I joined.

What type of volunteer work have you done?

Since I joined the Japanese dance club, Sakura Kai, I got more opportunities as a volunteer. I prepared Kimono for dancers and took care of them until the next showtime. I made 25 kimonos for child dancers. Whenever I see they are still wearing those Kimono, it makes me very happy.

I made and sold a lot of teriyaki chicken and Maki Sushi, as well as helping with Mochi making and being covered with flour!

I have been Kitsuke-shi putting on Kimono on entertainers and greeters at Oshogatsu Kai, Haru Matsuri, TJFF, and Sakura Gala. I have also joined Clogging, Ukulele, and Hula Club and have volunteered as a performer. These experiences and fun memories have enriched my life.

Describe in ONE word your volunteer experience at JCCC.

Joy

JCCCでボランティアをしてどのくらいになりますか？

30年です。

どのようにしてJCCCを知りましたか？

旧日系文化会館で催されていた“東京キャラバン”を見に行ったことが始まりです。

凝縮された日本の祭りそのもので、会館中が笑顔と活気に満ち溢れていました。この中に私もいるべきだと直感しました(笑)

それまで存在すら知らなかったのが、メンバーになったことで一気に世界が広がった感じがしました。

どのようなボランティアをしてきましたか？

日本舞踊“さくら会”に入ったのをきっかけに、踊り子達の着物の準備、使用後の風通しやアイロン掛け、そして次回まで家で保管。子ども達の揃いの着物を25枚ほど作ったりもしました。今でも大切に使われているのを見ると嬉しくなります。

照り焼きチキンや巻き寿司を大量に作って販売したり、暮れになると粉まみれになりながら、餅作りもしました。

また、お正月、春祭り、映画祭、桜ガラの時には、振り袖の着付けもやらせて頂いています。日本舞踊を皮切りにクロッキング、ウクレレ、フラダンスなどボランティアをしながらステージにも立ち、楽しい思い出が沢山増え、人生が深いものになっています。

JCCCでのボランティア経験を一言で表すと？

喜び

Consulate-General of Japan invites Submissions to the SAKURA (cherry blossom) Haiku Challenge



We are reaching out to you to let you know about the SAKURA Cherry-Blossom Haiku Challenge currently being hosted by the Consulate-General of Japan.

Running from October 1 to December 10 of this year, we are inviting everyone to think Spring and submit up to 2 haiku and accompanying artworks or photos.

We understand that it might be difficult to find inspiration for cherry blossoms out of season, so we invite you to draw it from our Sakura Cherry Blossom album on Facebook. Please find it in the link below.

Approved Haiku entries will be posted on our Social Media throughout the cherry blossom season of 2022. Also, approved Haiku will be included in an electronic anthology and sent out to all writers.

All eligibility details can be found on our website in the link below, along with the Application Form.

We would love to have you participate and to share this Challenge with your friends and family/organization members!

SAKURA Cherry Blossom Haiku Challenge:

https://www.toronto.ca.emb-japan.go.jp/itpr_en/11_000001_00238.html

Sakura Cherry Blossoms Album: https://m.facebook.com/media/set/?vanity=JapanConsToronto&se=t=a.4404362012987940&_rdr

Japan Through The Lens



<https://www.hotdocscinema.ca/c/japan-lens>

The Japan Foundation, Toronto is proud to support the Hot Docs Cinema and co-present five enriching documentaries about the many unseen layers of Japan. From cocktails to mental health to queer activism, explore these rare and unique films together with us, many rarely screened in North America. Use the promo code **JAPAN** for a free 1-month trial subscription to watch these great finds on the **Hot Docs At Home** streaming platform.



MORI Eto at The Japan Foundation, Toronto

www.jftor.org



Join us this month for special presentations celebrating the translated novel *Colorful* written by MORI Eto.

Watch the animated version of *Colorful* directed by HARA Keiichi, which will be accompanied by a talk between MORI Eto and Japanese Canadian author Kerri Sakamoto. There will also be an interview between translator Jocelyne Allen and MORI Eto as part of the *Parallel Worlds: Translator series*. More details at www.jftor.org

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45 - ① 認知症に関する様々な相談や質問

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)

認知症に関するいくつかの相談や質問をいただきました。本号では「父親がアルツハイマー型認知症なので、自身の発症がやっぱり気にかかります」という相談について、皆さまと共に考えてみたいと思います。

様々な病気と遺伝子に関する解析研究は過去に比較できないほどのスピードで進んでおり、様々な関連性が明らかになっています。認知症に関しても、遺伝性の家族性アルツハイマー型認知症が稀に存在します。また、いくつかの遺伝子の関与も明らかになっており、今後の研究によって遺伝子関与の詳細が更に解明されていくことでしょう。しかし、「アルツハイマー型認知症は、例えば遺伝子傾向があったとしても、様々な要因が複合的に影響しあった結果として発症する多因子病である」ことに間違いはありません。

アルツハイマー型認知症とは「脳にたんぱく質の老廃物がたまり、神経細胞が死滅して脳が委縮することによって、もの忘れなどが生じて日常生活に支障をきたす状態」のことです。大きな要因は加齢、次に注目されているのは生活習慣病(糖尿病、高血圧や脂質異常症など)です。一般的に、加齢に伴って細胞の酸化(サビ化)が進み、遺伝子の変異も起こりやすくなります。加齢が、認知症のみならず諸々の病気の大きな要因とされる理由です!それに加え、食生活、運動、睡眠、育った環境、健康観などの後天的要因が長い期間をかけて影響を与えていきます。後天的要因という視点からみると、親子に共通点は多いかもしれません。

私の場合、家系的には心臓・脳血管系(高血圧、狭心症、脳出血など)の治療経験を持つ人が多く、母が60歳の頃に高血圧を指摘され、父が70代後半に脳出血で入院といった事が次々と起こり、現実的に自身の健康課題について注意するようになりました。食生活や運動に気をつけ始めたのです。とは言っても、まるで企業戦士のような働き方だったので、とうとう40代半ばに血圧が不安定になり、心臓の痛みを生じて緊急検査になりました。過労死の一手手前でした!ストレス状態に陥った時、もし器質や機能の低下があったなら、私はその波に押し流されていたかもしれません。お蔭様で、その当時の検査結果に問題はありませんでした。家系・体質的な健康課題に注目し、努力していたことがその事態を切り抜けた要因の1つ、と感じています。

しかし、年齢を重ねるにつれ誰も病気から逃れることはできません。ですから、51歳でカナダへ移住して以降はシニア世代への準備を心がけるようになりました。70歳の現在、総コレステロール、悪玉や善玉コレステロール、中性脂肪は40代の頃よりも改善。血圧も然りです。つまり、生活習慣に関わる問題は関心を注いで努力すれば改善できることを示すエビデンスです!

アルツハイマー型認知症では、発症の20年ほど前からたんぱく質の一種である「アミロイドβ」が脳の神経細胞の外側に蓄積していきます。そうすると「リン酸化タウ」が神経細胞の中に蓄積するようになり、次第に神経細胞が死滅し、脳が委縮して発症すると考えられています。となると、それらの老廃物をためないようにすることが重要です。若い頃より生活習慣の改善に心がければ発症予防の可能性があるので。

最近の研究では、糖尿病がその発症に深く関わっていることがわかってきました。血糖値を下げる「インスリン」は、その働きを終えると「インスリン分解酵素」によって分解されます。この酵素はアミロイドβを分解する役割も担っています。もし血糖コントロールがよくないと、血糖を下げるためにインスリン分泌量が増え、酵素はその分解にかりきりになり、アミロイドβまで手が回らなくなるのです。血糖コントロールは、認知症の発症予防に重要です。

蓄積した老廃物を排出する働きもわかってきました。アミロイドβは主に睡眠中に脳から排出されます。現時点では「7時間ほどの睡眠がベスト」との報告もあります。適切な睡眠の時間や質に関しては更なる研究を期待します

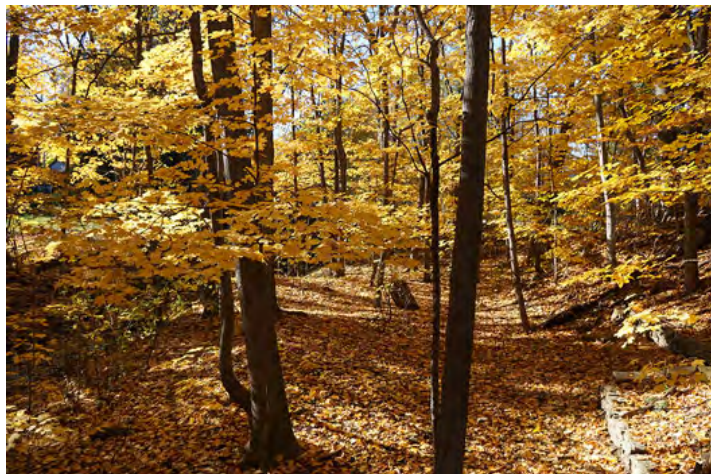


写真:我が家の自然林

が、ともかくも睡眠は大事です。アミロイドβの蓄積期間を考えると、30代以降の皆さま、将来の発症を抑える対策の1つとして関心を注ぎましょう。

私自身が日頃から大事にしているのは五感(触覚、視覚、聴覚、嗅覚と味覚)です。特別の医療機器がなくても、日々の観察である程度の異常を知ることができるからです。「意識して暮らす」ことがとても大事なのです。味覚を研ぎ澄ませようと思うと、自然と味付けは薄くなります。また、口腔内ケアにも関心が向き、健康な歯、歯茎や舌を保つようになります。小さな物音に耳を傾けられるように、歌とピアノレッスン以外は音の大きさに注意しています。食事やお酒はまず香りを楽しみます。嗅覚に左右差がないかも時々チェック。視覚と聴覚も同様にやっています。皮膚は20年以上も基本的に手洗いです。

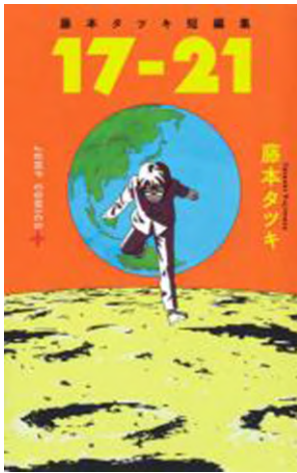
老年学の視点より、自身の五感がエイジングによってどのように変化するのかに興味をもって始めたのが発端ですが、今ではもう習慣になっていますね(笑)。もちろん、検診も受けていますよ。還暦記念に耳鼻咽喉科を受診。医師は「不調があるわけでもないのに健康診断に訪れる人は稀!」と。「耳は50代から衰えていくので、多くの方が一度検査をして早目にケアを開始すれば、有毛細胞(いったん衰えると再生しない!)の機能低下を防げる」とも伝えてくれました。

最近の研究は、脳の老化を防ぐために五感に注目することの重要性を指摘しています。また、認知症と嗅覚、聴覚、味覚との関連も明らかになりつつあります。改めて、脳と五感の繋がりを実感しています。

以上述べたように、例え認知症になりやすい要因を有していたとしても、その発症に至るプロセスには私(あなた)自身の食生活、睡眠、運動、脳への刺激などが大きく影響しているのです!先へ先へと延ばす方策があるので、認知症になることを怖れるのではなく、それらを実践していきましょう。

英子の認知症対策は、①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(一段昇降と計算、メチャクチャダンスとしりとり)、④新しい分野に挑戦(短歌や作詞・作曲)、⑤終活/終括(遺言書、成年後見人指定、重要事項の整理、物品の断捨離)です。楽しんでやれる方法を取り入れることこそ継続のコツです!

読書の時間 - 書店が選ぶおススメ本



17-21 藤本タツキ短編集 ジャンプコミックス JUMP COMICS+

『チェンソーマン』を生んだ鬼才・藤本タツキの原点！
漫画賞初投稿作『庭には二羽ニワトリがいた。』から、思春期の熱情が暴走する『佐々木くんが銃弾止めた』、進む恋心が全てを蹴散らすSFラブコメ『恋は盲目』、ネジがぶっ飛んだ殺し屋少女の恋『シカク』まで、剥き出しの圧倒的才能が炸裂する、初期短編集!!

藤本タツキ／著
出版社名：集英社
出版年月：2021年10月
ISBNコード：978-4-08-882803-9
店頭価格：\$13.90+TAX



ぼくはイエローでホワイトで、ちょっとブルー The Real British Secondary School Days 2

13歳になった「ぼく」に親離れの季節が。中学生の「ぼく」の日常は、今も世界の縮図のよう。授業でのスタートアップ実習、ノンバイナリーの教員たち、音楽部でのポリコレ騒動、ずっと助け合ってきた隣人との別れ、そして母の国での祖父母との旅“事件”続きの暮らしの中で、少年は大人へのらせん階段を昇っていく。

80万人が読んだ「親子の成長物語」、ついに完結。

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JSS プログラム: 2021年11月

詳細やお申込み(必須)は各リンクから、またはプログラム担当者(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](#)。

(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](#)。

「認知症入門」

11月10日(水) 15時 英語(日本語通訳付)

アルツハイマー病とその他のタイプの認知症に関する基礎的な知識や違い・加齢vs認知症・診断・アルツハイマー協会などについて学びます。



「和食シェフ直伝: 伊達巻と出汁巻玉子」

11月24日(水) 15時 日本語

特別な日本の道具や手に入りにくい素材がなくても作れる日本の代表卵料理をToshiさんより教わります。でホリデーシーズンの食卓を賑やかにしてみませんか。



(3) JSS イベント

a. **ファンドレージング: 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](#)。

チームJSS、10月に完走しました! ご寄付を引き続き受付けています!

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](#)

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ホリデー前に支援をお届けできるよう、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** 11月17日(第3水曜)、10時半-正午 (craftclub@jss.ca)

2. **ホットランチ交流会** 11月24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(SMSG@jss.ca)

Click each link and/or contact JSS program staff(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.

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

Dementia 101

Wed. Nov 10, 3pm (English with Japanese Interpretation)

Learn the basic information and differences of Alzheimer’s Disease and other dementias, dementia vs. changes related to aging, diagnosis, and Alzheimer Societies, etc.

Cooking with Japanese Chef – Datemaki & Dashimaki Tamago

Wed. Nov 24, 3pm (Japanese)

No need of special Japanese tools and hard-to-acquire ingredients! Let’s cook these 2 Japanese traditional egg cuisine with Toshi, as a cheerful addition to your holiday dinner!

(3) JSS Events

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

Team JSS completed its running – you can still support us! *Click [here](#) for more details

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

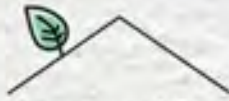
Help us so that JSS can deliver support to our community members in need for their warm holidays! *Click [here](#) for how to support

(4) JSS Regular Online Programs (in Japanese)

1. **Craft Club Social (Knitting)**: Wed. Nov 17, 10:30am to noon *RVSP at craftclub@jss.ca

2. **Hot Lunch Social**: Wed. Nov 24, 10:30am to noon *RVSP at hotlunch@jss.ca

3. **Online Single Mothers Support Group (monthly)**: *Inquire to SMSG@jss.ca



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A curated list of the best new books from Japanese Canadian and American authors this year.
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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

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



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