

DECEMBER  
**2021**  
2021年12月

Vol. 47 Issue 12



Holiday Greetings  
from the JCCC  
JCCC代表からの年末  
のご挨拶

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

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



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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](http://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.

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### JCCC Staff

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### 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 December 10, 2021.**

次号締切日: 2021年12月10日(金)

Please email to [newsletter@jccc.on.ca](mailto:newsletter@jccc.on.ca)

Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5

Phone: 416-441-2345

[www.jccc.on.ca](http://www.jccc.on.ca)

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# 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. Here are the activities in the coming months at the JCCC (onsite and online).

JCCCは、まだ、クラスや参加人数に制限はございますが、活動を再開いたします。館内イベントには全て事前予約が必須となります。

## Events • イベント

### Maru: Immigration Stories

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

丸: 日系移民物語、館内ガイドツアー

登録は[こちら](#)。詳細は[15頁](#)。

## Programs • クラス

### Martial Arts Classes

Reopening Indoors. Please see [page 12](#) for details.

武道クラス 道場内クラス再開

詳細は[12頁](#)。

### Fall Cultural Class

Ikenobo Class. Please see [page 25](#) for details.

秋季文化クラス

館内生け花池坊クラス。詳細は[25頁](#)。

### Japanese Class

Winter Session. Please see [page 13](#) for details.

冬季オンラインクラス

詳細は[13頁](#)。

## Exhibitions • 展覧会

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

展覧スケジュールは[こちら](#)

## Contact the JCCC • お問い合わせ

For enquiries, please contact respective staff directly [[see staff directory here](#)] or email us at [jccc@jccc.on.ca](mailto: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.

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](mailto:jccc@jccc.on.ca)までEメールをお送りください。

一般のご質問は、**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。

---

### 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](mailto:newsletter@jccc.on.ca). We look forward for your submissions!

# Membership Renewal ・ メンバーシップ更新

To renew your membership, you may use the following methods:

メンバーシップ更新には下記のオプションがあります。

## Online Renewal

For your convenience, you can [renew your membership online here](#).

### オンライン:

便利なお手続きは[こちら](#)。

## 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.

### 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。

## By Mail

You may choose to mail in your membership renewal, along with a cheque or your credit card information.

### 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。

## By E-mail

You may email the JCCC at [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca) with your completed membership renewal form.

### 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](mailto:jccc@jccc.on.ca)宛にお送りください。

## JCCC December Hours

The JCCC will be open for select hours during December. Reception, the Gift Shop and the Moriyama Nikkei Heritage Centre will be open during these times. For more information and before you visit us, please check our opening times at <https://jccc.on.ca/about/contact-us>.

## Advertise with us! 広告募集中!

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お問合せ: [newsletter@jccc.on.ca](mailto:newsletter@jccc.on.ca) 又は  
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### あなたの投稿写真、お待ちしております!

日本文化関連のコミュニティ写真をJCCCニュースレターでシェアしませんか?(写真サイズ、縦1000ピクセル以上)  
送付先: [newsletter@jccc.on.ca](mailto:newsletter@jccc.on.ca)



## Greeting from the Executive Director

館長メッセージ

When the JCCC closed its doors to the pandemic on March 15 2020, none of us could have predicted that they would remain closed for so long. It has been a grueling 21 months and probably the greatest challenge we have had to weather in our nearly 60-year history, but the end now seems within our grasp. The Centre started its gradual reopening with appointment-based tours of the Moriyama Nikkei Heritage Centre's new permanent exhibition **MARU: IMMIGRATION STORIES** and the JCCC Gallery's presentation of **BROKEN PROMISES**. Both have been attracting healthy crowds for pre-booked tours for the past 10 weeks. Martial Arts and some Cultural classes began in November and December. We are planning further reopening steps and are watching carefully for new municipal and provincial directives concerning health protocols. Our own revised Health Protection Policy are working well and many spaces, such as the washrooms and front entry, have been enhanced to make them touchless.

In the meantime, in order to continue to deliver on our mandate, we presented online versions of our Japanese language class, heritage events, the spring and summer festivals, Kamp Kodomo, the Toronto Japanese Film Festival, our second Keep the Lantern Lit Virtual Fundraiser and John Ota's popular podcast, All Things Japanese. Issei Day again found the volunteers and staff delivering bento to over 400 of our seniors. It has been a busy year.

This year we were very honoured to receive the **Heritage Toronto Award for Community Heritage**. Among the juror's comments was: "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 the Japanese Canadian community and the over 1000 volunteers who support the organization."

Of course, this award belongs to everyone: the community and its many friends, our members, board of directors, volunteers and staff. Since those first anxious days in early 2020 we have received countless messages of goodwill and encouragement. As exhausting and confusing as it has been, it has brought out the best in so many and happily confirms just how much the Centre means to so many people.

The JCCC remains blessed with a multitude of selfless volunteers, an active membership and community, a committed board of directors and a dedicated staff. I want to offer my sincere thanks to the community for giving me the chance to be a part of the Centre again for this, my 21st year. It is an honour and I do my best to serve the community in the manner it deserves. I wish you a Merry Christmas, a Happy Holiday and a 2022 that finds us again gathering at the JCCC in the happy pursuit of **"Friendship through Culture."**

2020年3月15日、パンデミックによりJCCCが会館の扉を閉めた時には、それがこれほど長い間続くことになるとは誰も予想しませんでした。その後の21か月は過酷で、会館の60年近い歴史の中で恐らく一番の試練だったといえるでしょう。しかし終わりがもうすぐそこまで来ています。今年の秋からは段階的な再開プランのもと、まず森山日系ヘリテージミュージアムをオープンしました。これは森山日系ミュージアムの新常設展示である丸・日系移民物語とJCCCギャラリーの展示「破られた約束」展を展覧できる予約制イベントです。オープンから10週間、どちらの展示もかなりの予約がありました。武道教室と一部の文化クラスも11月、もしくは12月から教室内で活動を開始します。今後も段階的に再開する予定ですが、市、州政府から出される新方針や安全対策にも注意し遵守しなければなりません。JCCC独自の健康衛生手順はよく機能しているといえるでしょう。トイレや玄関ホールはタッチレスに改良されています。

また、閉館中も日本語クラス、ヘリテージイベント、春・夏祭り、キャンプこども、トロント日本映画祭などをオンラインで提供してきました。また、第2回「灯籠のあかりを灯し続けよう」を開催いたしました。ジョン・オータによるポッドキャスト「オールシングスジャパン」も人気のプログラムです。今年の一世代の日では、ボランティアやスタッフが約400人のシニアの方々に弁当を配りました。色々と満載の一年でした。

今年JCCCは"The Heritage Toronto Award for Community Heritage"という栄誉ある賞を頂きました。賞の審査委員は"わずか20人足らずのスタッフで、これほど多彩で内容のあるプログラムを企画運営していることに審査員一同感銘を受けました。"とコメントしています。更に、日系人コミュニティ外での活動のレベルの高さや、会館を支える千人を超えるボランティアの存在にも言及しています。

この賞は全ての皆さんのものです:日系コミュニティ、コミュニティに友好的な人々、会員、理事会メンバー、ボランティアそしてスタッフ全員です。COVIDの始まり当初から数知れないほどの善意や激励のメッセージを貰いました。過酷であればあるほど、混乱すればするほど真価が問われます。つまりJCCCは多くの皆様にとって大切なものであるということ、改めて知らされたのです。

JCCCは今も無私無欲のボランティアの皆様へ心強く支えられ、会員数も保持できており、日系社会、理事会メンバーやスタッフからの力強い協力もあります。私が館長となり間もなく21年目を迎えることとなりますが、これまで続けてこれたのも本当に多くの皆様からの絶大なご支援のお蔭であり、皆様には深く感謝申し上げます。また皆様のご信頼に応えられるよう最善の努力を尽くすことを誓います。

メリークリスマス、ハッピーホリデー、そして2022年にはJCCCで皆様にお会いできることを楽しみにしています。良いお年をお迎えください。来年もどうぞよろしくお願い致します。

館長

ジェームス・ヘロン



## Holiday Greetings from the JCCC Foundation Chair

JCCC Foundation  
代表からの年末のご挨拶

As we approach the end of 2021, and Covid restrictions begin to subside, at the JCCC Foundation we are very proud to be a solid source of support and funding for JCCC operations, which continues to be significantly impacted by the pandemic.

We oversee the investment of donations raised by the JCCC, and are engaged in ensuring that we are stewarding the capital so that operating funds are always available to the JCCC. Despite the volatile markets, the investments have continued to maintain their value, and we have continued helping fund JCCC operations.

The \$1 million credit facility the Foundation has provided the JCCC is being drawn for operational and other costs, as required. Both the distributions and potential drawdown of the line of credit will be funded out of the investment income from the portfolio, and, if required, liquidating a part of the investments.

Since 2013, The Japan Earthquake Relief Fund, which is administered by the JCCC Foundation, has supported 55 qualified undergraduate and graduate students from the Tohoku region, studying medicine, nursing, psychology and psychiatry. We funded several university terms of their university education, with many more to come. Funding of approx. \$712,000 (JPYen57,550,254) has been disbursed to these students, as well as \$100,000 to Red Cross, \$100,000 to each of the 3 prefectures, Iwate, Fukushima and Miyagi, and a \$15,000 contribution to the Canadian Embassy. Feedback has been very positive. Many students have sent letters of appreciation.

We look forward to continuing our support to the JCCC as it emerges from Covid 19, resumes full operations, and renews its strategy.

I thank all our Board Members for their hard work this year in setting the course for our Foundation, providing wise counsel throughout the year and actively engaging at all our meetings.

On behalf of the Board of Directors of the JCCC Foundation I wish you and your families a safe and happy holiday season and a healthy and prosperous New Year!

Sincerely,

Janice Fukakusa

### JCCC財団代表の年末のご挨拶

2021年も終盤へと近づき、またCOVIDの規制緩和も進んでまいりました。JCCC はパンデミックにより深刻な影響を受けておりますが、JCCC FoundationがJCCCの運営を支えることができたことを非常に誇らしく思います。

JCCC FoundationはJCCCに寄せられた寄付金の投資とその管理をしっかり行い、尚且つ基金の資本は確実に維持し、JCCCの運営をいつでもサポートできるようにしています。不安定な株式市場にもかかわらず、財団の投資は価値を維持し続けており、JCCCの運営に資金援助しています。

JCCCにが資金提供した100万ドルは、運営費やその他必要な経費に充てられています。その供出金や非常時の際の与信枠の利用金は、投資利益で充当しますが、必要に応じては投資資本の一部を充当する場合があります。

JCCC Foundationが行っている「The Japan Earthquake Relief Fund」は、2013年以来東北地方の55人の医学、介護学、心理学、精神学を学ぶ大学生や大学院生を支援してきました。これまで東北地方の複数の大学に何期にも亘って援助を行いました。今後も引き続き援助活動を行う予定です。総額71万2千ドル(¥57,550,254)がこれら学生へ、10万ドルが赤十字社への寄付、岩手、福島、宮城の各県へ10万ドルずつ、そして1万5千ドルをカナダ大使館へ送りました。非常に好意的な反応を頂いています。学生達からも感謝の手紙がたくさん届いています。

COVID-19の終息とともにJCCCも完全回復を目指して戦略も新たに運営を行うこととなりますが、我々は引き続きJCCCを全力でサポートします。

財団理事の皆様には常に真摯で、財団のとるべき道を決定する際、毎回ミーティングで貴重なアドバイスを頂くなど、ひとかたならぬご協力を頂きました。ここで改めて感謝を申し上げます。

ホリデーシーズンにあたりJCCC Foundationの理事会を代表して、会員の皆様やご家族のご健康とご多幸をお祈り申し上げます。そして新年が皆様にとって実り多き年となりますようお祈り申し上げます。

ジャニス深草





## Happier Holidays and Wishing Everyone A Promising 2022

JCCC理事長からの  
年末のご挨拶

I hope that you and your families are doing well. This year feels much better than a year ago and hopefully everything reopens so that we can all get back to the things that we enjoy with family and friends.

I would like to thank all those that continued to support the JCCC since we closed in March 2020. From a financial perspective, we made it through the first 20 months and now as we reopen, the challenge gets a little more difficult. The federal government emergency relief programs have ended and our operating costs are increasing as we reopen the building, putting us in the position now of having to borrow from the Foundation to make it all work. So, your support is greatly appreciated.

We are still hopeful that 2022 will see the return of some of our large in-person events and festivals. Our signature Sakura Gala, where we had hoped to honour Japanese Canadian achievement in Canadian sports history, has been on hold for a couple of years and maybe 2022 will be the year that we can move ahead with this.

I would also like to thank the staff, volunteers and all the Board members of the JCCC and the Japanese Canadian Cultural Centre Foundation for all of their support over the past year.

I wish you, your families and friends a safe and happy holiday season and hope that you have a new year full of good health, promise and prosperity.

See you soon at the JCCC.

Sincerely,

Gary Kawaguchi

President

### ハッピーホリデー 2022年が皆様にとって実り多い一年となりますようお祈り申し上げます。

会員の皆様、そしてご家族もお変わりなくお元気のことと拝察いたします。今年は昨年より状況がかなり好転しており、会館も元通りに開館できるのではと期待しています。そうなればまた皆様と一堂に会して以前のように色々なイベントを楽しむことができます。

皆様にはこの状況下でも引き続き会館をサポートして頂き、心より感謝申し上げます。経営面の話をしますと、昨年3月からの20か月間をなんとか乗り切り再開となりましたが、これから新たな試練に立ち向かわなければなりません。政府による緊急支援プログラムは終了し、会館再開となり運営コストも増え不足分を補うためにJCCC Foundationからの借入れが必要となります。皆様には引き続きご理解とご支援をお願いします。

2022年には会館の大規模な行事や祭りなども復活開催できると期待しています。次期の桜ガラではカナダのスポーツ界で活躍する日系カナダ人を承認し賞賛することが決定していましたが、COVIDにより開催が2年間延期となっています。2022年こそこの桜ガラも開催できるのではと希望を持っています。

会館のスタッフ、ボランティア、JCCC及びJCCC Foundationの理事会メンバー、すべての皆様のご理解とご支援に対して、心から感謝を申し上げます。皆様この一年もありがとうございました。

皆様と皆様のご家族のご健康とご多幸そして、新年が皆様にとって実り多き一年となりますよう、心よりお祈り申し上げます。

JCCCでまたお会いしましょう。

JCCC理事長

ゲーリー川口

## 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 Jan Nobuto and Keiichi Kubo:



### Jan Nobuto

Jan started volunteering at the JCCC in 2010 when she was asked to help work on the JCCC community cookbook, *Just Add Shoyu*, which was nominated in 2011 for the Canadian Culinary Arts Award and can now be found in their archives at Guelph University.

Following the work on the cookbook Jan joined the Heritage Committee under the leadership of Peter Wakayama and in 2014 joined the JCCC Board of Directors. After Peter retired as Chair of Heritage, Jan accepted that role, which has grown to include responsibilities for the Moriyama Nikkei Heritage Centre, the JCCC Art Gallery, Archives, the Sedai Project, and events such as Nostalgia Night and the Nikkei Veterans Memorial Service and Luncheon.

Jan is involved with several committees such as Archives, Volunteer, Ishizue Award, and the Sakura Gala Committees, and helps with the Seniors Supper Club.

Prior to becoming a JCCC volunteer Jan was a classroom teacher for 11 years before becoming the District Professional Development Coordinator for the Toronto District School Board. There she led a team that developed and implemented programs to support teachers in the classroom from their beginning as new teachers to improving teacher practices through to leadership. As well she had responsibility for business and support staff programs, for which she received a National Staff Development Service Award, and for strategic planning and system change.

After retiring from the TDSB she went on to work for the HOPE Foundation in the United States, working with school districts and teachers to help them improve their student achievement.

Jan has two children and four grandsons, who keep her very busy in her spare time.



### Keiichi Kubo

Keiichi has been a Board Member with the JCCC since August 2016. With a strong background in business development between Canada, Japan and the rest of the world, Keiichi brings his extensive experience in Market Research, Business Strategy, International Expansions and International Team Leadership to the JCCC Board of Directors.

He has been a Visiting Scholar at the University of Washington, as well as a guest lecturer at the Toronto Japanese Association of Commerce and Industry, the Japan Foundation Toronto and the Toronto District School Board. In addition to sitting on the Board of Directors for the JCCC, Keiichi is on the Board for Shinkikai (the Association of Japanese Canadian Businesses and Professionals) and the Keio Federation of Mita-Kai (Alumni Association) in Toronto. He is also a volunteer with the JSS Concert Committee.

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

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

We have collaborated 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. The proposed menu can be found on our website.

Bento pick up will be at the JCCC on the afternoon of Friday December 31, 2021. You can select your pick up time with your ticket purchase.

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 began on Wednesday December 1, 2021.

**Ticket sale deadline is December 20, but don't delay as we sold out last year.**



**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 31<sup>st</sup>  
Ticketweb link at [www.jccc.on.ca](http://www.jccc.on.ca)  
Order Deadline: December 20, 2021  
**\$55 plus HST**  
(limited supplies available)

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

 Toriichi Catering Inc

Some items may be excluded or changed based on availability.



**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](http://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

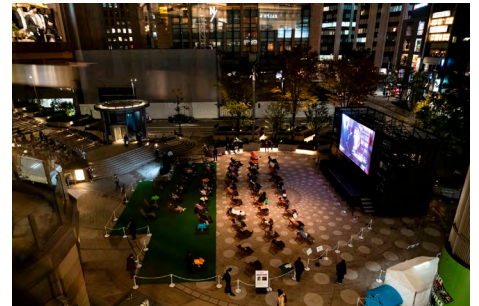
 Toriichi Catering Inc

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。

## 3rd Annual Toronto Japanese Film Festival in Hibiya

The JCCC again re-introduces the best of Japanese cinema with audiences in Japan

The 2021 edition of the Toronto Japanese Film Festival in Hibiya was held between October 22 and 29 and we are honoured by the great directors who joined us in the beautiful Tokyo Midtown Square to introduce their films. They included Kiyoshi Kurosawa (*Wife of a Spy*), Shuichi Okita (*Ora Ora Be Goin' Alone*), Haruki Kadokawa (*Mio's Cookbook*), Akiko Ohku (*Hold Me Back*) and Michihito Fujii (*The Brightest Roof in the Universe*).



## Fuyu Matsuri Virtual Event Postponed

Due to the nature of this very popular event, the JCCC, along with the Fuyu Matsuri Committee, have decided to postpone this year's 11th Annual Fuyu Matsuri to December 2022 so we may gather together in-person to share the joy and share the culture.

If you are looking for holiday activities to do with your family and friends, we encourage you to [revisit last year's Fuyu Matsuri activities here](#).

From our family to yours, we wish all of our members, vendors, sponsors, volunteers and hard working staff the very best for a safe and joyous holiday season.

## JCCC on the Web!



## Podcast



As we get ready for the holidays we know that you will be busy with online shopping, holiday movies and holiday get togethers. While you are online, we wanted to direct your attention to just a few of the JCCC's online offerings.

This month's Kokuban will take you to Okinawa through interviews and articles. The All Things Japanese podcast would be great for listening to as you get ready for the holiday season. And for a little bit of fun, we have brought back many of the activities from the 10th Annual Fuyu Matsuri for your enjoyment! Happy Holidays!



# JCCC Martial Arts Update

お知らせ  
JCCC武道クラスメンバーの皆様へ

## We're Back!

The JCCC is very excited to announce that we are welcoming our Martial Arts programs back into our dojos. November saw the start of 4 of our martial arts classes: laido, Jodo, Kyudo and Naginata.

Although classes are limited in size, and our priority was given to participants who were registered before the Covid-19 restrictions, we still had many participants eagerly signing up and navigating our registration process to return to class.

December will see the return of the remaining 4 martial arts: Aikido, Judo, Karate and Kendo. This means that our Tatami dojo will also be in operation.

We are hopeful that the new year will see expanded class sizes, more class times available and the opportunity to re-open to beginning students.

Check our website for more information.



## Winter 2022 Japanese Language Program for Adults 成人向け日本語学習クラス、冬のコース

Thanks to our instructors' hard work and dedication as well as the continued enthusiasm of our students for learning Japanese, the Japanese Language for Adults program will resume in 2022 and more information will be available on our website under Upcoming JCCC Events [<https://jccc.on.ca/visit>]. New registrants for all levels are welcome. To learn more about the program, [please visit here](#).

成人向け日本語学習クラス、冬のコース

オンラインで行われた秋季コースに引き続き、今冬も開催します。冬季コース詳細はJ C CウェブサイトUpcoming JCCC Eventsに掲載されます。プログラムについては[こちら](#)をご覧ください。

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

## JCCC Gift Shop

With the approaching Holiday Season, the JCCC is re-opening the Gift Shop for your shopping needs on a limited basis.

In addition to all of our regular inventory, the JCCC graciously accepted a very generous donation from Cocoro Canada upon their closure. As a result, we have many one-of-a-kind items available for sale. Everything from dinnerware to gift items, Kimono and more. And all items are available at incredible prices!

Due to the nature of our inventory, we cannot guarantee the availability of a particular item or variety of products available at the time of sale. Items are sold as is and all sales are final.

**The Gift Shop will be open in December for select hours only. Proof of full vaccination is required to enter the JCCC.**

For more information and before you visit us, please check our opening times at <https://jccc.on.ca/about/contact-us>, email us at [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca) or call 416-441-2345.

## JCCC Gift Shop Holiday Sale

Shop for unique gifts with Japanese influence!

100's of items are available.

One of a kind items and so much more!

Make sure that you don't miss out!

Check our website for more information.



# SENIORS' SUPPER CLUB

## SUKIYAKI!!

### Ingredients

- 1/2 lb frozen sliced sukiyaki or hot pot beef
- 1/2 pkg vermicelli noodles
- 4 oz (100g) firm tofu
- 1 large onion
- 5 green onions
- 1/2 bunch leafy greens\*
- 1/2 cup frozen sliced renkon, thawed
- 6 dried or fresh shitake mushrooms
- 1 tsp oil
- 2 eggs (optional)

#### Stock

- 5 tbsp. water
- 1/2 tsp dashi no moto
- 3 tbsp. shoyu
- 1/4 cup mirin
- 1/2 tbsp. sake
- 1/2 tbsp. fine sugar

### Equipment

- Medium saucepan
- Measuring cups & spoons
- Cutting board
- Knife
- Plates for presentation
- Chopsticks
- Electric frying pan or hotpot with burner

\* A variety of leafy greens can be used in this recipe. Traditionally, Shungiku or Tong Ho or Garland Chrysanthemum is used. However, you can use Nappa cabbage, bok choy or any other leafy green you can get.

You can also add other vegetables. Takenoko (bamboo shoots), sliced carrot 'coins', enoki mushrooms, and spinach can all be used. Shirataki noodles can be used in place of the vermicelli.



As our winter celebrations approach, we thought this would be a great idea to share a recipe for a celebratory meal! Once the prep work is complete, guests can sit and enjoy each other's company while they cook and eat together.

## Instructions

1. Combine Stock ingredients in saucepan over medium heat and stir until sugar is dissolved. Remove to a jug and set aside.
2. Cut tofu into 1/2 inch cubes and arrange on platter.
3. Cut onion in half, then each half into 8 slices. Arrange on platter.
4. Cut green onion into 2 inch lengths and arrange on platter.
5. If using dried shitake, soak in hot water until soft. Discard stem ends and slice. If using fresh shitake, gently wipe with paper towel to remove soil. Arrange on platter.
6. Rinse and dry leafy greens. Arrange on platter.
7. If using raw eggs, gently wash the outside then crack into individual small cups or bowls. Keep refrigerated until ready to cook.
8. Arrange beef slices on separate platter.
9. Remove platters and jug of dashi to table for cooking.

## Cooking Instructions

1. Prepare cooking table with an electric frying pan or induction burner with sukiyaki pot placed in the center. Make sure that all electrical cords are secured to the table or floor to prevent tripping hazards.
2. Arrange prepared platters of vegetables and meat and the prepared dashi around the cooking surface.
3. Dish out rice in donburi bowls to each diner.
4. Serve diners chilled egg cups where requested.
5. Begin cooking when all diners are seated.
6. Heat pan to high, then reduced heat to medium-high. Add 1 tsp of oil and lightly coat the pan.
7. Add 1/4 of prepared stock to the pan. When bubbling, add 1/4 of each of the vegetables and noodles to the pan, arranging them side by side, and leaving room for the beef.
8. Add 1 piece of beef each to the pot and cook to taste. Remove immediately to donburi bowls. Other ingredients can be removed to bowls at this time as well.
9. If using egg, scramble egg slightly in bowl with chopsticks, then dip cooked ingredients into the raw egg and enjoy.
10. As ingredients are removed and eaten, replenish the sukiyaki pan with raw ingredients, adding more dashi as needed.
11. Enjoy!



12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. [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)が始まりました(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。

The JCCC reopened the Moriyama Nikkei Heritage Centre and the Art Gallery to the public by appointment on September 18, 2021 after the closure of the JCCC in March 2020. Since then, staff have carried out over 50 exhibit tours for visitors to explore the exhibits, Maru: Immigration Stories and Broken Promises (this exhibit has closed on November 22, 2021). As we inch closer to the reopening of the JCCC, we have opened up appointment slots for visitors who would like to visit the exhibit, Maru: Immigration Stories without a tour guide. To book your time slots, [click here.](#)



The JCCC is committed to the safety and well-being of our community. The JCCC has created a Health Protection Policy to guide its' safe re-opening and this policy applies to all visitors including visitors to the Moriyama Nikkei Heritage Centre.

[Click here to view policy.](#)

12月

LIVE NOW

開催中

## 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](#).

## 折り紙アート

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。折り紙創作家の皆様、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](mailto: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](mailto:roweota@rogers.com) までご連絡ください。

## Lest We Forget

For many years, the JCCC has paid homage to all who have served and has tried to ensure that all Canadians are aware of the service of Japanese Canadians in Canada's military. Despite not having the rights of citizenship until 1949, Japanese Canadians have fought for Canada in many of its major conflicts.

As we were not able to hold in-person ceremonies this year, the JCCC reached out to the veterans in our community with letters and gifts in recognition of Remembrance Day. We hope that all of our readers took a few moments on November 11 to recognize and remember the sacrifice of all of Canada's military personnel.



## 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 [rentals@jccc.on.ca](mailto:rentals@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: [rentals@jccc.on.ca](mailto:rentals@jccc.on.ca)

**JCCC Venue Rentals**

Parties • Banquets  
Seminars • Conferences  
Conventions • Craft Shows  
Film Screenings • Performances • Fashion Shows  
Contact: [rentals@jccc.on.ca](mailto:rentals@jccc.on.ca)

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

# The JCCC Art Committee presents: Origami – The Art of Paper Folding.

折り紙アート

Origami, the Japanese art of paper folding has come a long way from the culturally rich **Edo period** (1603 to 1867) when **noshi** were attached to gifts, much like **greeting cards** are used today. In the 21st century, Origami has gone space age and Origami concepts are now used in the design of spacecraft, architecture, computers and industrial design. But whether you are a rocket scientist or an eager origami starter, everybody is invited to visit the Origami online exhibit, **“Origami - The Art of Paper Folding.”** The virtual exhibit is now online and live on the JCCC's website. **To view the exhibit, click here.**

The JCCC Art Committee thanks our Origami artists who make up this exhibit. If you are an Origami enthusiast and would like to be part of this exhibition, please send an email to John Ota at [roweota@rogers.com](mailto:roweota@rogers.com). Please keep an eye open for LIVE Origami activities in 2022!

Photo Credit: Shuntei Miyagawa (1873-1914), “Children Making Origami Crane” from *Customs of Children* series, 1896.



## Hazel - Education Outreach Program Coordinator

I worked as an Education Outreach Program Coordinator at the JCCC for the past two months and it meant a lot to me. I was able to put into practice many of the skills and methodologies that I learned as part of my post-graduate program in Museum and Cultural Management. I provided tours and information about Maru and Broken Promises exhibitions to visitors as well as created a docent handbook for future docents. I also had an opportunity to research about academic and community organizations to promote museum programs. While doing so, Su Yen and Theresa supported and helped me to learn more skills and principles at JCCC. They were the BEST supervisors and it was my pleasure to work with such great people at JCCC. Finally, I really enjoyed learning about the Nikkei community and history in depth, which I cannot learn from anywhere else. I would like to thank the JCCC for providing such a great opportunity to me.



## Broken Promises Leaves the JCCC

Broken Promises, the travelling exhibit associated with the Landscapes of Injustice Project, has now ended its time at the JCCC. In spite of all of the challenges of hosting a travelling exhibit while being closed to walk in visitors, we are very pleased with the overall success of the exhibit. Over 200 visitors were able to book appointments to visit the exhibit. Many interesting conversations were started while reading the information available and many connections were made as visitors discussed their own dispossession experiences. This exhibit would not have been possible without our Landscapes of Injustice Partner Institutions: <https://www.landscapesofinjustice.com/partner-institutions/>



This project has been made possible by the Government of Canada.  
Ce projet a été rendu possible grâce au gouvernement du Canada.

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## Defined by Bone - December 17, 2021



From October through mid-December, Mayumi Lashbrook has led the Choreograph Process Showing, Defined by Bone at the JCCC. Mayumi works with a team of collaborators: Mikaela Demers, Sid Ryan Eilers, Denise Solleza, Bradley Ng, Denise Fujiwara, Sammy Chien, Jasmine Liaw, Robin Lacambra, and Yobi. As a biracial Nikkei artist, Mayumi offers a unique opportunity to explore connections to culturally relevant experiences. “With a surge in anti-Asian hate crimes, I see an urgency in sharing my family’s history of displacement and isolation. Our story is/was harsh and a repetitive narrative that is part of our country’s history that cannot be forgotten. The reminder of these cycles of oppression help steer us on the road to equity and bring to light the role we each play in achieving communal liberation.”

Witness the outputs of the creation process at the JCCC with a culminating work-in-progress showing on December 17th at 12-1pm. To join the progress showing virtually, [click here](#). **To sign up for in-person spots at the JCCC (spaces are limited), [click here](#).**



Mayumi Lashbrook.

Photograph credit: Jess Bullock

## DONATIONS

# DONATIONS TO THE JCCC

**AS OF NOVEMBER 4, 2021**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

### JCCC

Mrs. Mitsuko Dazai	300
Ms. Karen Dmytryshyn	50
Mr. Douglas Dwyer	150
Mr. Michael Filosa	100
Mrs. Kumiye M. Gardiner	60
Mr. Kevin Hyatt	23
Mrs. Irene Kagawa	500
Mr. Yoshifumi Kitaura	60
Mr. & Mrs. Glenn Lee	125
Mr. Harold David Marsden	50
Mr. & Mrs. Ronald Nishi	300
Mr. & Mrs. Shizuhiko Nishisato	200
Miss Toshi Oikawa	500
Mr. Umar Saleem Rana	10
Mr. Robyn Small	12
Mr. Andre Siegel	90
Mr. Terence Takashima	100
Mr. Roger & Mrs. Evelyn Teshima	20
Mr. Harry Tonogai	100
Ms. Donna Tsuji	200

### In Memoriam

#### *In memory of Alex Yanoshita*

Mr. Sid & Mrs. Marie Ikeda	100
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#### *In memory of Kimi &*

#### *Yoshiko Fukushima*

Ms. Joy Fukushima	500
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#### *In memory of Louise Okawara*

Mrs. Sandra Tateishi-Kotack	50
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#### *In memory of Masako Yoshida*

Mr. Sid & Mrs. Marie Ikeda	100
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#### *In memory of Miyeko Sugamori*

Anonymous	250
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Mrs. Diane Carter	25
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Mr. Ken Miyasaki	75
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#### *In memory of Pauline Tanaka*

Mr. Gary Kawaguchi &	100
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Ms. Gayle Taguchi

#### *In memory of Shigeo Seko*

Steve, Nao, Amy and Nelson	1,000
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Mr. Gary Kawaguchi &	100
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Ms. Gayle Taguchi

#### *In memory of Toshie Miura*

Mr. Yukio Tannoch	100
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#### *In memory of Tsugio & Fumiko Ito*

Ms. Mary Ito-Ammendolia	2,000
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Ms. Joy Reiko Takahashi	100
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### Foundations

The Frank H Hori Charitable Foundation  
Toronto Foundation

### Chris Kano Taiko Studio

Anonymous

### Heritage

Anonymous	66
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Miss Linda Caplan	180
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In memory of Tatsu Hori

Ms. Stacey Inouye	50
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Broken Promise Tour

Mr. Dave Kishimoto	25
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### Supporting Member

#### *Leader*

Mrs. Valerie Nash	477
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Miss Toshi Oikawa	477
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#### *Partner*

Mr. Sid & Mrs. Marie Ikeda	150
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Mr. & Mrs. Glenn Lee	110
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Mr. & Mrs. Shizuhiko Nishisato	110
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Ms. Nobuko Oikawa	127
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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 - NOVEMBER 4, 2021**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

### Club

JCCC Judo Kai

### General

Anonymous

Anonymous

Anonymous

Anonymous

Anonymous

Anonymous

Anonymous

Anonymous

Ms. Martha Arima

Ms. Mary-Beth Arima

Mrs. Joanne Asano

Ms. Meredith Best

Miss Linda Caplan

Mrs. Diane Carter

Ms. Heather A Chan

Ms. Ruby Yap Cruz

Miss Caitlin Dailey

Mrs. Elinor J. Dunlop

Mr. Patrick Dunlop

Mr. Ian Findlay

Mrs. Norma N. Fleming

In celebration of Yaeki Frances  
Nakamura's 100th Birthday

Mr. Stephen Fulton &

Ms. Lisa Archibald

Mr. Adam Goucher

Mr. Robbie Grant

In honour of Front line workers,  
Small Business

Mr. Winston Hayashi

Ms. Catherine Heighway

In celebration of Chiyo Izumi's  
100th birthday

Mr. & Mrs. James Heron

Mrs. Patricia Idenouye

Ms. Nadia Gigi Inara

Ms. Stacey Inouye

Ms. Haruko Ishihara

Dr. Susan Kitchell

In honour of James Heron

Ms. Alley Kurgan

Mr. Stephen Lau

Mr. & Mrs. Masaru Matsubara

Mr. Michael Micheff

Mr. Tim Nishikawa

Mrs. Jan Nobuto

Ms. Chiyo Osawa

Mr. & Mrs. Karl Otani

In honour of Teruko Otani

Mrs. Teruko Otani

In honour of Dr. John Kawaguchi's  
retirement

Mr. Seishiro Gordon Ozawa

Mr. Paul J. Park

Mr. Richard Phillips &

Ms. Kyoko Takahashi

Mrs. Nancy Roxby

Mr. Jerome Ryan

Mr. Jon Sasaki

Mr. Keith Smithers

Mr. George Suyama

Mr. Yukio Tannoch

Danny, Jerome and Yoko

Mr. & Mrs. Rui Umezawa

Ms. Laila Vincze

Mrs. Irina Werner

Mr. Masuo Yamashita

Mr. Wayne Yamashita

Ms. Marion Yanase

Mr. & Mrs. Takehiko Yoshida

Mr. & Mrs. Toshi Yoshimatsu

Mr. & Mrs. Mark Yoshimura

### In Memoriam

***In memory of Aileen Reiko***

***Yokota***

Anonymous

Mrs. Norma N. Fleming

***In memory of Bert Nasu***

Ms. Leslie Brindley

***In memory of Bob &***

***Paul Marubashi***

Mrs. Yuli Marubashi-Scheidt

***In memory of Eric &***

***Tomiko Nobuto***

Anonymous

***In memory of John Binions***

Mr. & Mrs. James Heron

***In memory of Ken &***

***Ruth Tanino***

Ms. Karen Tanino

***In memory of Kenneth***

***Katsumi Sakamoto***

Mr. Greg Nishio &

Ms.Carolynne Mori

***In memory of Norma Cheng***

Mrs. Kathleen Nasu

***In memory of Masayuki***

***(Roy) Uyenaka***

Anonymous

Mrs. Larysa Essex

Mr. Taras Isoki

Mr. Gregg Paisley

Elinor, Tim, Doug, Mel, Sarah &  
Gennie



## DONATIONS

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### ***In memory of Mitsue Miyazaki***

Wendy, Jinaha &  
the Mount Pleasant Funeral Centre  
Team

### ***In memory of Paul Marubashi***

Mrs. Norma N. Fleming

### ***In memory of Pauline Tanaka***

Bunka Shishu Group

Mr. Jesse Cranin

Mrs. Kay Fukuda

Mrs. Jennifer Williams

### ***In memory of Richard Hiroji***

#### ***Yamanaka***

Don, Lisa & Garrett Nose

### ***In memory of Roman T Yap***

Mr. William Cruz

### ***In memory of Saburo &***

#### ***Nancy Morita***

Anonymous

### ***In memory of Saburo Morita***

Anonymous

Anonymous

Mrs. Kay Mitsui

### ***In memory of Shoji &***

#### ***Sachi Takahashi***

Mr. Chris Barkley &

Mrs. Midori Takahashi

### ***In memory of Suzuko Susie***

#### ***Mori***

Mrs. Marie T. Baba

Mrs. Janice Gonsalves

Mrs. Claire (Joe) Nakamura

Mr. Ken &

Mrs. Cathy Nakamura (nee Otsu)

Mr. Matt & Mrs. Sharon Shintani

### ***In memory of Teruko Otani***

Mr. & Mrs. Karl Otani

### ***In memory of Tomi-Taro***

#### ***Nishio***

Mrs. Dale Reid

### ***In memory of Tony &***

#### ***Kimi Takenaka***

Mr. Regan Takenaka



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

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

Please consider supporting the JCCC Emergency Appeal. We know these are tough times for everyone so we welcome any donation. Thank you for your support.

## DONATIONS

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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

# DONATIONS TO THE JCCC FOUNDATION

### **AS OF NOVEMBER 4, 2021**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

#### **General**

Anonymous	200
Ms. Janice Fukakusa	5,000
Mr. & Mrs. Shiro Sasaki	50
Keep the Lantern Lit Fundraiser	
Ms. Emiko Toki	100
Keep the Lantern Lit Fundraiser	

#### **Corporate**

NagataConnex Executive Legal Search
Keep the Lantern Lit Fundraiser

## VOLUNTEER SPOTLIGHT BETTY LOU A.



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

I have been a volunteer for approximately 50 years.

### How did you get involved with volunteering at the JCCC?

I got involved when the JCCC needed help for Bazaar. We recruited the members of Ikenobo Ikebana club and made sushi and packed it on Friday and then sold it during Bazaar. I cashiered at Artisan and did Ikebana arrangements in the containers being sold. I also did demonstrations at the Caravan every other night. It was a very busy time with huge lineups. I currently volunteer mainly as an Instructor for Ikenobo, both in person and online.

### What type of volunteer work have you done?

In 1997 I started Kamp Kodomo at the old centre with nil budget. We went outside with the children picked flowers and grasses, and they did arrangements in the Japanese beer cans. Now, we do demonstrations at Spring Festival, Fuyu Festival and sell pies and coffee at Bazaar. I have been volunteer teaching Ikenobo Ikebana since 1977, and have taught hundreds of students.

### Describe in ONE word your volunteer experience at JCCC.

It is **exhilarating!** Just to see how far we have come and may it go on for many years.

### JCCCでボランティアをしてどのくらいになりますか?

50年近くJCCCでボランティアしています。

### どのようにしてJCCCを知りましたか?

初めはバザーのお手伝いの求人のでJCCCを知りました。生け花の池坊流のみなさんと一緒にバザーでは寿司を作って売りました。また、生け花を行ってそれを販売いたしました。行列ができるほど大盛況だったのを覚えています。また、キャラバンの際は、生け花のデモンストレーションもしました。現在では主にオンラインと対面で、生け花の講師としてボランティアを続けています。

### どのようなボランティアをしてきましたか?

1997年にJCCCキャンプ子どもを一から立ち上げました。子供達と一緒に草花を摘み、その花を使いビール缶にいけました。今では春祭りや夏祭り際に、生け花のデモンストレーションもしています。1977年から現在まで生け花池坊流の講師も続けており、これまでたくさん生徒に教えてきました。

### JCCCでのボランティア経験を一言で表すと?

これまでやってきたことと今後どうなるかを考えるだけでワクワクします。

## Welcome Back Ikenobo!

The JCCC is pleased to be able to welcome back in-person classes of the Ikenobo Ikebana Group. Meeting for the first time in over 20 months, the class met in the Heritage Lounge. 15 participants were once again able to practice the art of Ikebana together with their instructors Betty Lou and Teresa.



## The Japanese Garden Club Unveils a New Plaque

On Saturday October 16, the Japanese Garden Club, led by Irene Foulkes, with the help of Gary Kawaguchi and Nao Seko, unveiled a plaque commemorating the efforts of Scott (Yonezo) Fujita in designing and maintaining the JCCC Gardens since the JCCC's move to Garamond Court. With the help of Ben Nishitoba, Fujita, a certified landscape architect, has been maintaining the gardens since the late 1990's. Though he has passed the torch for maintaining the gardens to the JGC, Fujita still plays an active role in the gardens' remodeling.

The plaque contains a haiku written by Irene Foulkes as well as the dedication and an explanation of its' accompanying water feature, the 'Tsukubaki'.



## 14th Japanese Calligraphy Competition in Canada

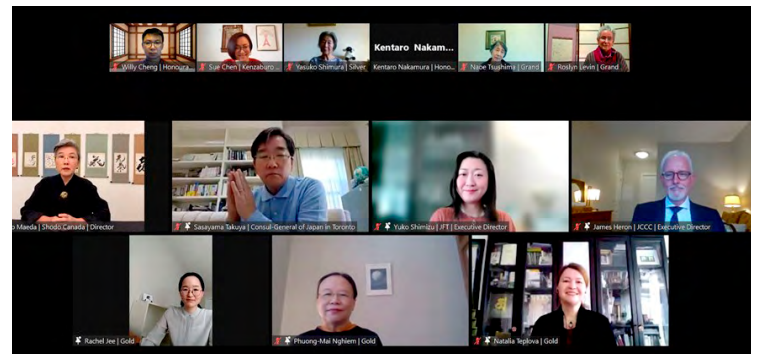
by Shodo Canada

Shodo students from Canada continued their practice at home with shared passion and dedication. This year's online exhibition of 128 works mounted on silk scrolls shows great diversity and unique interpretation executed with skill and discipline.

We celebrated online for the Opening Ceremony on November 7, 2021 with speeches by the Consul-General of Japan, Mr. Takuya Sasayama; Ms. Yuko Shimizu, Japan Foundation Toronto, and Mr. James Heron, Japanese Canadian Cultural Centre. Hosted by Sensei Noriko Maeda, many entrants, students, friends and family, joined us from across the country and around the world. Ms. Sue Chen delivered an acceptance speech on behalf of all award winners. There were many heartfelt expressions of hope, deep reflection and appreciation for the art of Shodo.

Shodo Canada wishes to thank the Consulate General of Japan, the Japan Foundation Toronto and the Japanese Canadian Cultural Centre for their support.

We are pleased to announce the 15th Japanese Calligraphy Competition in Canada. Deadline March 31, 2022. For information visit: [www.shodocanada.com](http://www.shodocanada.com)



## 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](#).



## Online Network for Heritage Language Education 6



### Q&A Session on the Lecture Video “Bilinguals and Multilinguals Growing Up in Canada”

In the sixth meeting of the Online Network for Heritage Language Education, our guest Ms. Nakajima will answer questions about her lecture video, after which group discussions will follow. This online networking event for stakeholders in Japanese as a Heritage Language Education is co-organized with the Canadian Association for Japanese Language Education (CAJLE).

## JFT Online ‘Sawakai’ for Japanese Teachers

The JFT Online 'Sawakai' for Japanese Teachers is where teachers can share with others how their online classes are going. All topics are welcome, including any ideas you would like to try out, or anything you feel a little stuck on. Why not take the opportunity to talk with other teachers from across Canada? Regular meetings are held on the first Wednesday of each month.



## Nihongo Salon for Japanese Teachers



The Japan Foundation, Toronto's Nihongo Salon is a place where advanced Japanese learners and teachers in Canada can network, and speak Japanese regularly to maintain their language proficiency. Regular meetings are held on the second Wednesday of each month.

## 健やかな老後をめざして その46 - ② 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)

2021年3月号(その37)より認知症に関わる情報や身近な人々の体験などについて連載していますが、いくつかの相談、質問やコメントをいただきました。ご本人の理解を得たので、皆さまと共有したいと思います。

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したり、脳梗塞や脳出血などによって血管性ダメージを受けたりすることによって、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。

第2子出産後の30代に糖尿病と診断されたMさん(60代前半)。「フルタイムで働いていた頃は食生活も運動も思うようには実践できず、とうとう薬物治療へ。コントロールが難しく何度か薬変更も。60歳でパートタイムになってからは夫と一緒に毎日1時間歩き、指導された食事療法に前よりも積極的に取り組んでいるせいか、この2〜3年は検査値が落ち着き、高血圧だった夫の血圧も低くなった。取り組みが良い結果をもたらしているみたい」と話してくれました。「ただ、糖尿病性認知症が注目されるようになり、それがとても気がかり」と。

血糖が適切にコントロールされていれば、必要以上に心配することはないでしょう。調子が悪くても受診せず、高血糖状態が続いていたら、それは要注意ですね。血糖を下げるために「インスリン」が分泌され、インスリンはその役割を終えると「インスリン分解酵素」により分解されます。ところが、インスリン分解酵素は脳の「アミロイドβ(アルツハイマー病の原因)」も分解する役割を担っています。血糖が高くて多量のインスリンが分泌されると、インスリン分解酵素がインスリンを分解することで手いっぱいになり、アミロイドβが分解されずに脳に残ってしまうのです。これこそが「血糖コントロールが認知症発症予防に重要」とされる理由です。

Mさんの場合、現状をなるべく維持していきたいものです。糖尿病は、認知症リスクのみならず神経系や血管系の老化を進行させるからです。脳血管障害が起きると、それも認知症リスクを高めます。最近の研究は「食後過血糖が見逃されると動脈硬化を促進し、脳梗塞や心筋梗塞を引き起こすことが多くなる」と指摘しています。「食事はまず野菜類をゆっくりと食べ、肉や魚、最後に米や麺類といった順に...」とよく聞くのは、食後に血糖を急上昇させないためなのです。「空腹時血糖」「ヘモグロビンA1c(過去1〜2か月の血糖値の平均的状態)」のみでなく「食後血糖」にも関心を払いましょう。

私の場合、これまでの連載でお伝えしたように「ミネラル豊富なナノバブル水素水、バランス良い食事、減塩、脂質の摂り方、食べ過ぎない(腹八分目)」に心がけています。お酒はほんのわずかな量です。生活習慣病、ひいては認知症にも通じる食生活の基本です。簡単なようで実際にはなかなか難しいとも言えます。継続のコツは「普段はなるべく気をつけて、でも記念日や会食時は楽しんで!」というメリハリでしょうか。時々は何でも食べ飲む...も大事です。ご褒美の日があると、その有難さと楽しさも倍増します。

Tさん(60代後半)の運動に関する工夫をご紹介します。Tさんは40代半ばに高血圧と脂質異常症を指摘されました。「薬を処方されたけどコントロールはあまり良くなかった...食事療法も運動も指導通りに出来ていなかったから!もともと身体を動かすのは面倒くさい方だったけど『体重を減せば血圧と膝の痛みの改善につながる』と医師に何度も言われて、数年前に退職してやっと重い腰をあげたの(笑)。それにもの忘れも気になり始めた頃、運動が認知症予防に大切と知ったこともあって、三日坊主になるかも〜と思ったけど、ただ散歩するだけでなく“季節ごとの何か”を楽しもうと決めたら(例えば、春には庭の花々、夏は公園の動物、秋は綺麗な紅葉

探し、冬はモール内でウインドウショッピングなど)けっこう次々と小さな目標ができて何となく続くようになったの。ある日突然、子どもの頃から絵を描くのが好きだったことを思いだして、この美しい景色を描いてみよう!散歩しなければ、きっとその思いには至らなかったわね。コロナ禍で外出があまり出来なくなった折はスケッチブックから絵手紙へ。メールもいいけど、懐かしい人々に手紙を書くという、忘れていた楽しみも加わったの。もちろん、散歩から始まった運動は室内エクササイズへ広がって...マーナさんお勧めの“メチャクチャダンス(体操、盆踊りからロックまで何でも踊る)”を大好きな音楽を聴きながらやってみたら、自由気ままに身体を動かす楽しさに心が解放されるようになって、私にも合っていると実感。寒い季節の自宅エクササイズに最適!」と。

私は音楽が大好きです。小さな島で生まれ育った2〜3歳の頃から、田舎太鼓に魅かれて自然とリズムをとり、村一番の歌い手(長老)による不思議な音色(こわい)遣いに耳を傾けていました。勉強に明け暮れた日々でも何かしら音楽活動を続けていました。大学教授として働いていた48歳の頃、Johnに巡り合いました。彼に隠していたわけではないけど、その(唄い踊る)ことに話が及ばなかっただけです(笑)。50代半ばに仕事でドミニカ共和国へ出かけた際、宿泊したホテルで「観光客ダンストーナメント(地元の曲に合わせてリズム感を競う企画)」が催され、偶然にその場に居合わせた私は躊躇なく応募しました。カリビアンミュージックを踊った経験はゼロだったにも関わらず!まずはダンサーから基本リズムを習い、世界中から集まった老若男女90名ほどがグループに分かれての勝ち抜き戦。勝敗はお客様の拍手です。勝ち抜いてきた8〜9名が最後の舞台へ。何と優勝したのは私でした!Johnは妻がそんな特技を持っているなど露ほども知らず、あっけにとられて写真さえ撮るのを忘れていたとか(大笑)。ホテルからいただいた地元産のお酒がその証拠品です。68歳でプロ歌手デビューし、舞台上で唄い踊るEIKO(写真)...我が人生では当然の帰結でしょうか。

認知症予防に、また認知症と共に生きる日々に備えるために、普段から自己肯定感を養い、幸福感をもって生きる(青い鳥を追わない!)ことがとても大切と感じています。



写真: 大分ホルトホールにて

## 読書の時間 - 書店が選ぶおススメ本



### 夜が明ける

思春期から33歳になるまでの男同士の友情と成長、そして変わりゆく日々を生きる奇跡。まだ光は見えない。それでも僕たちは、夜明けを求めて歩き出す。現代日本に確実に存在する貧困、虐待、過重労働。

「当事者でもない自分が、書いていいのか、作品にしていいのか」という葛藤を抱えながら、社会の一員として、作家のエゴとして、全力で書き尽くした渾身の作品。

西加奈子 / 著  
 出版社名: 新潮社  
 出版年月: 2021年10月  
 ISBNコード: 978-4-10-307043-6  
 店頭価格: \$40.70+TAX



### 私が見た未来

幻の「予言漫画」復刻!!

22年の沈黙を破り、作者が新たな警告「本当の大災害は、2025年7月にやってくる」。

1999年に刊行され、東日本大震災を予言していた漫画として話題沸騰。元ネタにもなっている自身の夢を書き溜めた「夢日記」の内容をついに本書で初公開。漫画に描かれたもの、描かれなかったもの、「夢日記」を元に予知夢の詳細を解説。

なぜ表紙に「大災害は2011年3月」と描いたのか? 「富士山大噴火」の夢が意味していたことは…そして、新たな「未来の夢」のメッセージとは。

たつき諒 / 著  
 出版社名: 飛鳥新社  
 出版年月: 2021年10月  
 ISBNコード: 978-4-86410-851-5  
 店頭価格: \$25.50+TAX

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日本で出版されているあらゆる新刊、新しい書籍や雑誌をカナダの皆様にお届けします。(宅配もします。) J-TownのReal 書店では日本の雑貨も取り揃えております。



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## JSS プログラム: 2021年12月

### 歳末助け合いホリデードライブ2021 ※詳細は[こちら](#)

JSSは例年通り、ホリデードライブ(歳末助け合い運動)を開始しております。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! 寄付の方法は[こちら](#)をご覧ください。

お問合せはお気軽に、JSS Holiday Driveチーム(holidaydrive@jss.ca/416-385-9200)まで。

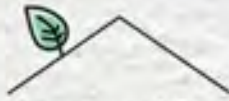
### Holiday Drive 2021

Japanese Social Services is starting its annual Holiday Drive Program. Help us so that JSS can deliver support to our community members in need for their warm holidays! \*[Click here](#) for how to support.

Should you have any questions, do not hesitate to contact our Holiday Drive team (holidaydrive@jss.ca/416-385-9200)







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**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**  
Dorena Itochiyuki Teruya was in Toronto for the film's premiere  
Kelly Fleck Staff



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