

**JANUARY**  
**2022**  
**2022年1月**

Vol. 48 Issue 1



JCCC's Year in  
Review

2021年を振り返って

Martial Arts @JCCC  
JCCC武道 クラス

Another successful  
Keep the Lantern  
Lit Fundraiser!  
「灯籠のあかりを灯  
し続けよう」報告記事



## **DEAR JCCC MEMBERS,**

In accordance with new provincial directives the JCCC will be temporarily pausing our reopening of onsite programming and the facility until the “modified Step 2 restrictions” are lifted. We regret this unfortunate turn of events but remain committed both to protecting the health of our members, friends, and community, as well as to continuing with our reopening plans as soon as the province deems it safe. In accordance with this, we have revised our JCCC entry protocols in reaction to the current variant spread. As of February 15, 2022, participation in onsite JCCC programming and access to the facility will require proof of a vaccine booster for all those eligible.

You may find much of what you see in this issue of the newsletter to be out of alignment with our new realities. Please enjoy this edition but make sure to check our website for the latest in JCCC's reopening status.

We will keep you up-to-date through newsletters, social media and e-mail communication. Thank you, as always, for your patience and support. Please stay well.

The Covid 19 Update image  will indicate some of these inconsistencies.







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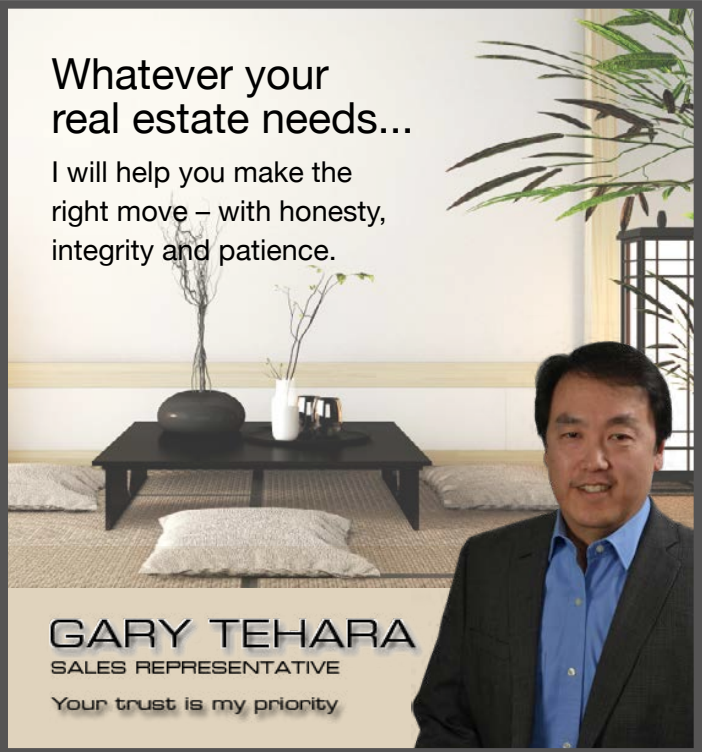
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## ANNOUNCEMENT

### DEAR JCCC MEMBERS,

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Thank you, as always, for your patience and support. 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	Linda Ono
Admin Secretary	Sharon Marubashi
Secretary	Jan Nobuto
Directors	Ann Ashley
	Jiro Fukushima
	Karen Gordon
	Mark Hashimoto
	Chris Hope
	Seiji Ichii
	Kristin Kobayashi-Reid
	Keiichi Kubo
	Ryan Lang
	David Moritsugu
	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
Community Relations Advisor	Christine Nakamura
Chair - Capital Campaign	Sid Ikeda
JCCC Foundation Chair	Chris Hope
	Janice Fukakusa

### JCCC Staff

<b>James Heron</b> Executive Director <a href="mailto:jamesh@jccc.on.ca">jamesh@jccc.on.ca</a>	416-441-2345 ext.224
<b>Kathy Tazumi</b> Chief Accounting/Administration Officer <a href="mailto:kathyt@jccc.on.ca">kathyt@jccc.on.ca</a>	416-441-2345 ext.229
<b>Sandy Chan</b> General Manager <a href="mailto:sandyc@jccc.on.ca">sandyc@jccc.on.ca</a>	416-441-2345 ext.226
<b>Constantin Dutescu</b> Operations and Technical Manager <a href="mailto:constantind@jccc.on.ca">constantind@jccc.on.ca</a>	416-441-2345 ext.236
<b>Haruko Ishihara</b> Special Events and Rentals Manager <a href="mailto:harukoi@jccc.on.ca">harukoi@jccc.on.ca</a>	416-441-2345 ext.228
<b>Christine Takasaki</b> Community Events Coordinator <a href="mailto:christinet@jccc.on.ca">christinet@jccc.on.ca</a>	416-441-2345 ext.221
<b>Volunteer Coordinator</b> <a href="mailto:volunteer@jccc.on.ca">volunteer@jccc.on.ca</a>	416-441-2345 ext.235
<b>Yayoi Kawabe</b> Website and Database Administrator <a href="mailto:yayoik@jccc.on.ca">yayoik@jccc.on.ca</a>	416-441-2345 ext.223
<b>Community Rentals</b> <a href="mailto:rentals@jccc.on.ca">rentals@jccc.on.ca</a>	416-441-2345 ext.231
<b>Su Yen Chong</b> Heritage Manager – Exhibition and Research <a href="mailto:suyenc@jccc.on.ca">suyenc@jccc.on.ca</a>	416-441-2345 ext.303
<b>Theressa Takasaki</b> Heritage Manager – Archives, Collections and Programming <a href="mailto:theressat@jccc.on.ca">theressat@jccc.on.ca</a>	416-441-2345 ext.300
<b>Shino Ihara</b> JCCC Receptionist <a href="mailto:jccc@jccc.on.ca">jccc@jccc.on.ca</a>	416-771-1340
<b>Yoko Tsumagari</b> Communications and Accounting Associate <a href="mailto:yokot@jccc.on.ca">yokot@jccc.on.ca</a>	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:

**Monday January 10, 2021.**

次号締切日: 2022年01月10日(月)

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

## Events ・ イベント

### Maru: Immigration Stories

Now open whenever the JCCC is open! (see page 15).

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。

## Programs ・ クラス

### Martial Arts Classes

Winter Session – Registrations Now! Please see [page 12](#) for details.

武道クラス 登録開始

詳細は12頁。

### January Films in the Kobayashi Hall

LUPIN III - THE FIRST ルパン三世 THE FIRST - **Sunday January 30 @ 1:00pm.**

DRIVE MY CAR ドライブ・マイ・カー - **Sunday January 30 @ 4:00pm**

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

一月小林ホール映画鑑賞会

詳細は25頁。

### Japanese Class

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

冬季日本語オンラインクラス

詳細は13頁。

## Exhibitions ・ 展覧会

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

Maru: Immigration Stories – Open Wed to Sun 10am – 3pm, or contact [heritage@jccc.on.ca](mailto:heritage@jccc.on.ca) for a guided tour.

展覧スケジュールは[こちら](#)

丸: 日系移民物語 – 水曜日から日曜日の午前10時から3時まで開館。ツアーガイドをご希望の方は[heritage@jccc.on.ca](mailto:heritage@jccc.on.ca) までご連絡ください。

## 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** during our operating hours (Wed – Sun, 10am – 3pm).

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。

一般的なご質問は、**416-441-2345**内線222に電話、メッセージを残してください。開館時間内(水～日、午前10時～午後3時)にご連絡ください。



# 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](#) during the JCCC's opening hours.

### 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。

## In Person

Visit the JCCC during our opening hours (Wed-Sun, 10am – 3pm)

### 開館にて:

開館時間中においでください。(水～日、午前10時～午後3時)



## Welcome Shino – the New JCCC Receptionist!

On Wednesday December 8, the JCCC was excited to not only welcome back our visitors, but also to welcome our new Receptionist, Shino!

Shino enjoys movies and music. She also enjoys cooking (and eating) all kinds of foods. Shino is from Fukuoka-prefecture on Kyushu Island and moved to Canada for the first time in 2013, but enjoyed Canada so much that she came back in 2019.

We hope to see you soon so that you can welcome Shino with us!

新しいスタッフ 詩乃さんのご紹介

JCCCは12月8日(水)に開館いたしました。それと同時に、新しいスタッフ、しのさんを迎え入れました。詩乃さんは、受付で皆様のお越しをお待ちしております。

しのさんの趣味は映画と音楽鑑賞、そしていろいろな料理を作ること(もちろん、食べることも)です。九州の福岡県出身で、2013年に初めてカナダにきました。カナダでの楽しい生活が忘れられず、2019年にまたカナダに戻ってきました。

詩乃さんとともに、皆様に早くお会いできることを心待ちにしております

---

## あなたの投稿写真、お待ちしております!

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



## Greeting from the Executive Director

館長メッセージ

Happy New Year Everyone!

It is with great excitement that we enter 2022 with the JCCC's doors once again open to the public. We are approaching this new year with cautious optimism and planning a shift back to on site programming.

Online and outreach editions of January's Shinnenkai O-sechi feast and our Oshogatsu-kai New Year's festival will be followed by a return to our regular film screenings in the Kobayashi Hall at the end of the month. Martial arts programs are returning to full schedules in the dojos and cultural classes are being organized for the Spring sessions. A scaled back version of the Haru Matsuri is being studied by our volunteer committee and, in May, we will welcome Nagata Shachu and Japanese bamboo flutist Toki Tatara for a concert in the Kobayashi Hall. We are also building our line-up for the Toronto Japanese Film Festival in June.

Mixed-race musicians Annie Sumi and Brian Kobayakawa's anti-racist, interactive, multi-disciplinary art installation Tanuki arrives in March as does a new virtual exhibit called Origami – The Art of Paper Folding presented by the JCCC Art Gallery and Origami Partners. In partnership with the Sumi-e Artists of Canada, Sumi-e Summer comes to the Gallery in May.

Our spirits are further lifted as our tireless and dedicated volunteers begin to return. We thank all of you for your incredible patience and support during the pandemic. There are many challenges ahead but, with the support of our members, the community and its many friends, we are confident they can be overcome. We look forward to seeing you back at the JCCC very soon.

新年明けましておめでとうございます。

お陰様で昨年末にJCCCをオープンしました。そんなポジティブなお知らせで2022年を迎えられることを、大変うれしく思います。新年も気持ちを新たにより一層安全に心配りながら、会館内、敷地内でのプログラムを展開していきたいと思っています。

新年会おせちはお弁当、お正月会はオンラインとなりますが、続く1月末の日本映画上映会は久しぶりに小林ホールでの開催となります。武道教室はすでに道場での稽古が始まっており、文化クラスは春のセッションから通常通りの開催の予定です。また春祭りも以前と同じ規模での開催をボランティアコミッティの皆さんと検討中です。5月には、小林ホールに永田社中と日本の篠笛奏者の朱鷺たたらさんをお迎えしてコンサートを開催します。6月のトロント日本映画祭にむけて上映作品の選出作業も始まっています。

3月には、ミュージシャンのアニイ・スミさんと人種差別反対を表明するミュージシャン、ブライアン・コバヤカワさんの、インタラクティブで一つの分野にとらわれないマルチなアートインスタレーション、“TANUKI”を開催します。JCCCアートギャラリーとオリガミパートナー共催の、“おりがみ-折り紙のアート”展は、引き続きオンラインでご覧いただけます。5月には、墨絵アーティストオブカナダとの共催で、“墨絵 サマー”を開催します。

会館の再開に伴い、献身的な皆さんが続々とボランティア活動に戻ってこられ、私達も非常に心強く思っています。パンデミック中も皆様に色々な形でご支援を頂きました。改めて心から感謝を申し上げます。まだまだこれから先、いかなる困難が待ち受けているかもしれません。しかし会員の皆様とコミュニティ、会館を愛する皆様方の応援を力に、必ず克服できると確信しております。

皆様と会館でお会いできるのを楽しみにしております。



## 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:



### Elaine Shigeishi

As Vice President, Sales and Marketing, Skincare Division at Shiseido (Canada) Inc., Elaine is a creative, strategic and results-driven leader, managing brands that represent over 50% of corporate sales and profit. With over 35 years of experience in Sales, Marketing, Public Relations, and Training for prestige cosmetics and fragrances, she highly values building relationships on a strong foundation of trust, dependability, and open communication. Elaine develops and nurtures strong partnerships with retailers, editors, social media influencers, and sponsorships such as the Art Gallery of Ontario, Nuit Blanche by the City of Toronto, and Arterra Wines.

Motivated by upholding corporate vision and driven by growth strategies, analytics, and enterprising attitudes, Elaine champions new business opportunities and integration. As an agile change agent, she leverages her strong negotiation and communication background to transform the business. Elaine mentors each individual on her team to accomplish their best every day. As Co-Chair Diversity, Equity, and Inclusion at Shiseido, Elaine advocates to support platforms for education, awareness, and communication to implement change. Elaine holds an Honours Bachelor of Science Degree in Economics and Quantitative Methods Specialist, and a Sociology Major from the University of Toronto. She is third-generation Japanese-Canadian and together with her husband Bryan, proudly encourage their two daughters, Nicole and Kristen, to live life to its fullest and dream big.



### Mark Hashimoto

Mark Masayuki Hashimoto is the oldest son of the Hashimoto family which owns and operates Kaiseki Yu-Zen Hashimoto restaurant and he is their Marketing Manager. Mark works for Air Canada and is a Specialty Sales Manager (Asia). Many have seen him on television also in the OMNI program Wai Wai Wide, a kids show for Disney and YTV's "Japanizi Going Going Gong". He has taken part in various community events as MC and continues to search for opportunities to bring Canadian and Japanese cultures together. Mark brings his enthusiasm and insight to connect both cultures to the JCCC Board.



## Kristin Kobayashi-Reid

Kristin Kobayashi-Reid is a yonsei (4th generation) Japanese Canadian. Born in Toronto to parents Marty and Dawna Kobayashi, she has one younger brother and a large extended family. By virtue of example, the entire family instilled a spirit of volunteerism in Kristin and demonstrated the importance of giving back to the community, something that she carries with her to this day.

Kristin completed her Bachelor of Arts at the University of Guelph in 2010 and began working for her father as an Administrative Assistant. Now she is a fully licensed Associate Investment Advisor with iA Private Wealth, heading up the administrative team in the branch. She serves on the BACTM council for iA, and has been consulted as a subject matter expert for a number of internal projects with NBIN.

As a dancer, volunteer, or organizer, she has been involved with almost all of the annual JCCC events, from Haru Matsuri to Bazaar to the Sakura Gala, and countless more in between. Kristin has served on the JCCC Board for the past 6 years, and sits on the Board for the Canadian Multicultural Council - Asians in Ontario and Toronto Police Service's Asia Pacific Community Consultative Committee representing the JCCC. She is also one of the founding members of the Japanese Canadian Young Leaders group in Toronto (now the Young Japanese Canadians of Toronto).

She enjoys writing and photography, and her work can be seen in past issues of the Nikkei Voice, JCCC Newsletter, and as the Editor of the JCCC's 50th Anniversary Yearbook. She has volunteered her time as the photographer for the Santa photos at Fuyu Matsuri for the last 7 years, and has taken photos at various community events. Kristin is also an active volunteer for the Momiji Health Care Society. She loves to cook and bake (and eat!), and in her spare time, you're most likely to find her on the golf course with her husband, Chris, or traveling the world in search of adventure and new experiences.



## John Ota

John is a retired architect and became involved with the JCCC in 2010 initially to help Peter Wakayama with the Art Committee which gave him the opportunity to connect with the Japanese Canadian community. John continues to serve as an active member of the Art Committee and is the voice behind the JCCC podcast All Things Japanese with John Ota.

John brings an academic and professional background in architecture and business planning skills to the Board. After graduating from university, John worked in private architecture firms in New York and Toronto. He was the provincial government lead on capital projects including the Renaissance ROM Project, AGO Transformation Project and the Revitalization of Ontario Place.

During these years John was also a writer on architecture for newspapers and magazines. He curated architecture exhibitions at Harbourfront Centre and Cambridge Galleries. He chaired the Awards Committee of the Ontario Association of Architects. He also has experience as a Board Member on the Toronto Historical Board.

John also wrote the book "The Kitchen" that was published in Spring 2020 on architecture and food.



## Congratulations Janice

On December 29, 2021, Her Excellency the Right Honourable Mary Simon, Governor General of Canada, announced 135 appointments to the Order of Canada. Among the new appointees is the JCCC Foundation Chair, Janice Fukakusa.

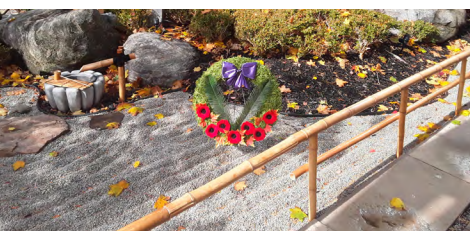
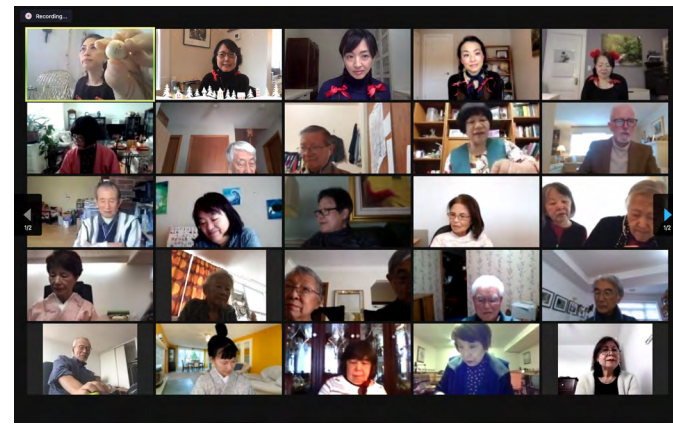
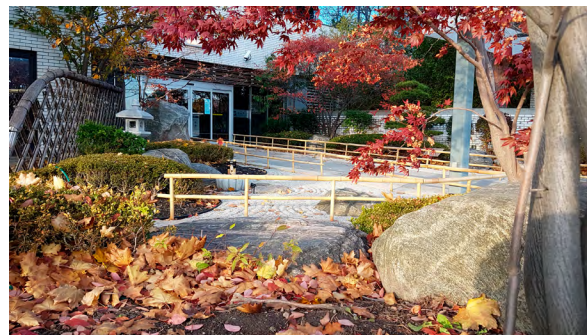
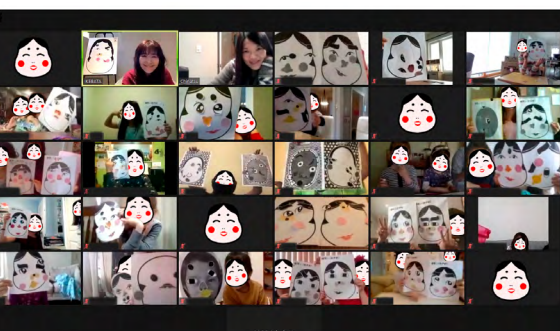
The Order of Canada is one of our country's highest civilian honours. Its Companions, Officers and Members take to heart the motto of the Order: DESIDERANTES MELIOREM PATRIAM ("They desire a better country").

The JCCC would like to extend our sincere congratulations to Janice on this prestigious honour.



# JCCC's Year in Review 2021

2021 was a year of changes. While we were away, the JCCC underwent changes to make it a safer, friendlier place to visit. Though we were not able to gather together, we all learned new ways to gather while apart. The photographs on these pages show some of the ways that we have changed, some of the ways that we gathered while apart, and some of the ways that we are gathering now that the JCCC is reopening. Enjoy!







40th YEAR THE BEST OF CONTEMPORARY JAPANESE CINEMA

HYBRID EDITION

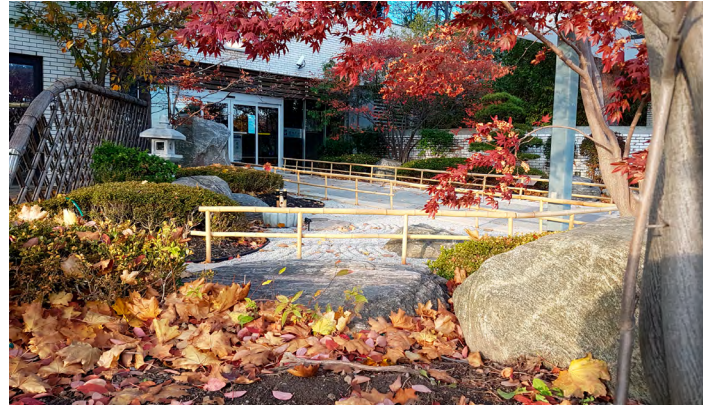
SHUVEIDO present

**TORONTO JAPANESE FILM FESTIVAL**

VIRTUAL June 5 - 27, 2021

WWW.TORONTOJFF.COM

Japanese Canadian Cultural Centre • 468-441-2345



**THE JAPANESE CANADIAN LEGACY PROJECT**

**SEDAI**

ORAL HISTORY CATALOGUE

<https://vimeo.com/sedai>

SEDAI is a project of the Japanese Canadian Cultural Centre (JCCC) in Toronto, Ontario. It is a digital oral history project that collects and shares the stories of Japanese Canadians. The project is a collaborative effort between the JCCC and the Japanese Canadian Community Association (JCCA) in Vancouver. The project is a part of the Japanese Canadian Cultural Centre's ongoing efforts to preserve and promote the history and culture of Japanese Canadians in Canada.

**Today's Sakes**

- Hakkaisan Hoppo Nigori Sparkling Sake, HAKKAISAN Brewery (Niigata, Japan)
- Tamachihikari Omachi Bizen Junmai Daiginjo Sake, TAMAUCHIHIKARI SAKE BREWERY (Iyosaki, JAPAN)
- Hakkaisan Tokubetsu Honjozo Sake - HAKKAISAN Brewery (Iwata, Japan)

**2021 Virtual Natsu Matsuri**

Saturday July 10, 2021

WWW.JCCC.GA





# Thank You for another successful Keep The Lantern Lit Fundraiser

On Saturday November 27th, 600 supporters of the JCCC "Keep the Lantern Lit" fundraiser received a gift package including a gourmet bento from Ginko Restaurant, delicious yuzu and fuji apple mochi from Natural Japaneats, a selection of tea from Momo Tea, a delightful artisan created tea cup and a generous gift of personal care products from Shiseido. These packages were delivered to their homes from Burlington to Oshawa and as far north as Newmarket by the 33 volunteer drivers including all of the JCCC Board of Directors. People drove in from as far away as Niagara on the Lake and Midland to meet with our drivers to pick up their packages. Volunteers assembled all of the packages including the wrapping of each bento using a beautiful Shiseido scarf as a furoshiki wrap to complete the presentation.

Following the dinner each participant was able to enjoy two Japanese films at their leisure. An update from the JCCC was provided online which featured an informative interview with Su Yen Chong, the lead curator of the new "Maru: Immigration Stories" exhibition which is the first phase of the examination of the global Japanese diaspora and Canada's connection to it. This interview can be found on the JCCC website titled Keep the Lantern Lit, which gives you a glimpse of what to expect. Guided tours of the exhibit in the Moriyama Nikkei Heritage Centre can be arranged by contacting the JCCC.

This year we increased the number of Keep the Lantern Lit packages to 600 from 500 last year and we sold out very quickly. Based on the feedback from participants when meeting their volunteer drivers and the survey results after the event, everyone was impressed and is looking forward to the next one.

Thanks to the JCCC staff, Keep the Lantern Lit committee and other volunteers for helping to make this a fun and memorable event. Given that this is the only JCCC Foundation fundraising event of the year we are very grateful for the support.

From all the volunteers and staff we hope you had a safe and happy holiday season.





## FILM SCREENINGS

We had planned to screen 2 films in the Kobayashi Hall at the end of January: Takashi Yamazaki's animated blockbuster **LUPIN III - THE FIRST** and Ryusuke Hamaguchi's internationally acclaimed **DRIVE MY CAR**. Those screenings are postponed and we will show them as soon as Provincial restrictions allow. In the meantime we will reopen the JCCC Virtual Film Series with something that is great fun. Enjoy!



### BEYOND THE INFINITE 2 MINUTES ドロステのはてで僕ら

**Friday January 14 @ 9:00am to Sunday January 16 @ 9:00pm**

Admission: \$7.99

*Best Asian Feature/Audience Award, and Special Mention/Best First Feature award winner - Fantasia Film Festival  
Audience Award, Jury Award winner - Nippon Connection Japanese Film Festival*

Junta Yamaguchi's film is a high-concept time-loop movie that transcends expectations with its inventive concept, lunatic humour, energy and delightful performances.

Kato runs a café in Kyoto who discovers that the TV in his cafe suddenly shows images from the future, but only two minutes forward. His regular customers, his crush Megumi from the barber shop next door and the local Yazuka all get involved. Then a mysterious duo appears and the future strikes back! Heart-warming, silly loveable and the recipient of critical praise and festival awards internationally. Now it is your turn the savour the infinite 2 minutes!

Starring Kazunari Tosa, Aki Asakura, Riko Fujitani, Gota Ishida

In Japanese with English Subtitles

**Tickets: English | Japanese**

\*The prices include HST

# New Year's Festival 2022

Virtual  
バーチャル

## Join us!! 2022 Oshogatsu-Kai Live Fukuwarai Game and Kamishibai storytelling for kids!! All in Japanese!

Mrs. Yukari Ikebata ( Ikebata Nursery) welcomes you to play and laugh together!

Date: January 23, 2022 (Sun) @10am~

Method : ZOOM

Qualification: Children up to Grade 3

Application/Question: Email us at [jccc.oshogatsukai@gmail.com](mailto:jccc.oshogatsukai@gmail.com) (English/Japanese)

## Join Us!! 2022 New Year's Senior Online Bingo! LIVE!!

Prizes to be Won!!

Date: January 23, 2022 (Sun) @10:30am~

Method : ZOOM

Qualification: Anyone who are self-claimed seniors

Application/Question: Email us at [jccc.oshogatsukai@gmail.com](mailto:jccc.oshogatsukai@gmail.com) (English/Japanese)

## 2022 New Year's Sing-A-Thon/Dance-A-Thon - video streaming

One Song "Ue wo Muite Arukou", One Dance "Koi ", One Heart, One Community

Video Available on: January 23, 2022 (Sun) on JCCC website/Youtube

## Japanese Restaurant Video streaming Introduce New/Special Menu for 2022!

Video Available on: January 23, 2022 (Sun) on JCCC website

For details of all Oshogatsu programs [please see the JCCC website, Oshogatsukai page.](#)



Virtual  
ヴァーチャル

# New Year's Festival 2022

ちょっとだけ  
ふれてみよう! 日本のお正月

1月23日 (日)  
Sun. Jan. 23

Live Streaming on Zoom  
Kids game  
Storytelling  
Senior Bingo

Video Streaming on Youtube and JCCC website  
Sing-a-Thon · Dance-a Thon  
Restaurant Videos · Speeches



# バーチャルお正月会 2022

Photo by Yiran Yang on Unsplash

## 子供たちの福笑い 参加者大募集!

池端ナーサリースクールの池端友佳理先生と一緒に、元気な笑い声でコロナを吹っ飛ばそう!紙芝居もあるよ!!(日本語)

ライブビンゴ当日:2022年1月23日(日)10時~

配信方法:ZOOM

応募対象:G3までの児童

応募受付・お問合せ:[jccc.oshogatsukai@gmail.com](mailto:jccc.oshogatsukai@gmail.com)

## シニアライブビンゴ 参加者大募集!

景品用意しています!!

ライブビンゴ当日:2022年1月23日(日)10時半~

配信方法:ZOOM

応募資格:自称シニアの方

応募受付・お問合せ:[jccc.oshogatsukai@gmail.com](mailto:jccc.oshogatsukai@gmail.com)

## 歌・ダンスマラソン ビデオストリーミング!

コロナに負けない元気な歌声とダンス、想いをつなげて心を1つに。

歌は「上を向いて歩こう」、ダンスは「恋」でつなげます。

配信開始日:2022年1月23日(日)

配信場所:JCCCHP、JCCCYoutube

## 日系レストランおすすめ紹介 ビデオストリーミング!

おいしそうな食べ物と親しみ持てる紹介で見る人の顔も心もほころぶビデオをお楽しみに!

配信開始:2022年1月23日(日)

配信場所:JCCCHP、JCCCYoutube/Instagram

お正月会プログラムの全詳細はJCCCウェブサイト、[お正月会ページ](#)をご覧ください。



## JCCC on the Web!



This month on the Web, we have new content for you to enjoy! Our Keep the Lantern Lit fundraiser video is now on the JCCC website. Have a look to see just some of the changes that have been happening at the JCCC. In addition, our Oshogatsu Festival will be online again this year. Kokuban this month is focused on some New Years traditions in our community and a new All Things Japanese podcast episode has just launched! In addition to all of this, the Choreographic Process Showing of Mayumi Lashbrook's Defined By Bone will be available on YouTube until the end of January, <https://www.youtube.com/watch?v=BHVelwixT88>

## Podcast



Virtual  
ヴァーチャル

# New Year's Festival 2022

ちょっとだけ  
ふれてみよう! 日本のお正月

1月23日 (日)  
Sun. Jan. 23

Live Streaming on Zoom  
Kids game  
Storytelling  
Senior Bingo

Video Streaming on Youtube and JCCC website  
Sing-a-Thon · Dance-a Thon  
Restaurant Videos · Speeches



From left to right: Sid Ryan Eilers, Bradly Eng, Mikaela Demers, Denise Solleza. Centre: Mayumi Lashbrook. Photograph credit: Marlowe Porter.

# CONGRATULATIONS TO PAUL SUNN SENSEI, LATEST RECIPIENT OF THE ISHIZUE AWARD

On November 30, the JCCC Aikikai held the first martial arts practice in the tatami dojo since the pandemic began. This special evening was made even more memorable as we took the opportunity to recognize one of our sensei for his extraordinary contributions to the JCCC and the Aikiko club.

Paul Sunn, Sensei 6th Dan, was given the Ishizue Award and all agree that Paul is most deserving of this recognition. The word ishizue, meaning cornerstone or foundation, pays tribute to the 75 families who, at significant personal financial risk, guaranteed the original mortgage on the JCCC at 123 Wynford Drive in the early 1960s. The JCCC has created the Ishizue Award and this special evening to acknowledge and express our appreciation and respect to members or friends of the Japanese Canadian community who have made exceptional contributions to the Japanese Canadian Cultural Centre over many years.

Paul's practice started in 1970 at the JCCC and has been continuous until the present. His preferred style of practice is using circular movements, "going with the flow" without utilizing one's physical strength. He believes this type of practice should include good balance, allowing free and easy movement with power coming from a quiet center using "kokyu" to release energy. He also feels learning how to quiet ourselves inside is very important to practice, allowing calm throughout and that Aikido should be practiced 24 hours a day in and out of the Dojo by being always aware of your center.

Congratulations Paul and thank you for so perfectly embodying the pure and selfless volunteer spirit that is so central to the JCCC.

## VOLUNTEER SPOTLIGHT MARK U.



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

I have been a volunteer since the 1980's, so about 40 years.

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

I started volunteering a bit during Caravan with the Shito-Ryu Itosu-Kai Karate Club, JCCC Dojo. Volunteering has grown over the years and now I am able to encourage other karate students to volunteer also.

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

I have been volunteering weekly as a karate instructor in the Martial Arts Program. I try to volunteer at all JCCC functions like Road to Asia, Natsu Matsuri and Obon, Bazaar, Haru Matsuri and the Toronto Japanese Film Festival.

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

Happiness

### JCCCでボランティアをしてどのくらいになりますか?

1980年代から約40年です。

### どのようにしてJCCCを知りましたか?

キャラバンの時に、空手の糸東流糸洲会JCCC道場から初めてボランティアしました。その後ボランティアをすることが増えて、今では空手の生徒達にもボランティアを進めています。

### どのようなボランティアをしてきましたか?

武道教室の空手インストラクターとして毎週ボランティアをしてきました。これまでJCCCのRoad to Asia、夏祭り、盆踊り、バザー、春祭りそして、トロント日本映画祭などの様々なイベントに参加しました。

### JCCCでのボランティア経験を一言で表すと?

幸福



# MARTIAL ARTS @ JCCC

Our martial arts classes will be back in full swing in 2022. The JCCC offers eight different disciplines.

We offer [Aikido](#), [Iaido](#), [Jodo](#), [Judo](#), [Karate](#), [Kendo](#), [Kyudo](#), [Naginata](#).



## WORLD CLASS INSTRUCTION

All of our martial arts programs are recognized by federations in Japan, Canada and internationally. Many of our instructors are accredited examiners, international competitors and champions. We have also nurtured many students who have gone on to be world-class athletes.

## FRIENDSHIP THROUGH CULTURE

In the spirit of our Motto "Friendship through Culture", we continue to make our programs affordable and accessible to the community. Participants have access to other JCCC programs and offerings.







## CHILDREN'S CLASSES

Four of our martial arts programs offer children's classes. Children as young as six can registration is some of our children's classes. Children's classes are offered for Aikido, Judo, Karate and Kendo.

Child rates are as low as 45% off the regular general rate. Families can also enjoy discounts with multiple registration.

## WOMEN'S CLASSES

We know many women feel more comfortable learning from and with other women. Our Judo and Aikido program also offer classes specific for women. These are perfect opportunities for young girls and women in general to engage in the physical and mental discipline of martial arts training with other women.



## NON-CONTACT MARTIAL ARTS

In this covid climate, it is so important to stay safe, while remaining physically and mentally strong. Many of our martial arts are non-contact disciplines, and allow for individual to train while being socially distant with others. These include [Naginata](#), [Jodo](#), [Iaido](#) and [Kyudo](#). Visit the JCCC website to learn more about them.



## Safety is our #1 Priority

To ensure the safety of our participants, instructors and staff, the JCCC will be conducting our martial arts classes with the highest standard of safety.

We follow government guidelines for capacity, distancing, screening and contact tracing.

There is also a thorough disinfecting process between each class.

Please refer to our [health and protection policy](#) for more details about the steps the JCCC is taking to ensure the programs are the safest possible.

## Register Now!

Many of our martial arts programs for the Winter 2022 session has begun. Please refer to the JCCC website, and to each specific martial arts program for registration details.

# JCCC武道 クラス

2022年より合気道、居合道、杖道、柔道、空手、剣道、弓道、薙刀のJCCC全武道クラスが再開となります。



## 一流の指導

各JCCC武道クラスは、日本、カナダ、国際連盟に所属。指導陣の多くは段級位審査員として、又は世界選手権大会で選手として活躍しており、これまでJCCC生徒を世界レベルの選手へ育成してきました。

## 文化がわかる。 心がかよう。

JCCCの基本理念「文化がわかる、心がかよう」の精神で、手ごろな価格でコミュニティの皆様にご利用いただきやすいプログラムの提供を続けていきます。武道クラスの参加者にはJCCCの各種プログラムやサービスをご利用いただけます。







## 子供向けクラス

合気道、柔道、空手、剣道は子供向け(最少年齢6歳)のクラス開設しています。クラスにより最少年齢が異なりますので、ご確認ください。

子供向けクラス料金は種類により異なりますが、最大割引で(一般料金の)45%。同家族内での複数登録への割引もあります。

## 女性向けクラス

柔道と合気道には女性専用クラスがあり、女性指導者や女性だけのクラスを希望される方にはおすすめです。



## ソーシャルディスタンスが保てる武道

コロナ禍の現在、心身の健康保持もさることながら、安全も重要課題です。体が触れ合うことなく、ソーシャルディスタンスを保って稽古ができる武道クラスには、**薙刀**、**杖道**、**居合道**、**弓道**があります。詳細はJCCCウェブサイトにてご覧ください。



## 安全第一

武道クラスは参加者、インストラクター、スタッフの安全を図り、最善の対策のもと行われます。

政府のガイドラインに沿った参加人数、ソーシャルディスタンス、スクリーニング、コンタクトトレーニングの実施、又、クラス終了後に殺菌消毒を行い徹底した感染防止対策を行います。

JCCCの安全対策詳細は「[健康と安全の方針](#)」をご確認ください。

## 今すぐお申込み!

既に2022年冬季セッションが始まっている武道クラスもあります。登録等の詳細はJCCCウェブサイトでご確認ください。



## 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](#).

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JCCC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 Now Open!

- Hundreds of Items
- One-of-a-Kind and Stock Merchandise

Check the JCCC website for operating hours



# SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash

## Cumberland Chow Mein

### Ingredients

- 1/8lb (60g) yat ca mein
- 1/2 cup takenoko (bamboo shoots)
- 3 dried shitake mushrooms
- 1/2 onion
- 1/2 cup baby corn
- 1/2 cup snap peas
- 1 large celery stalk
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1/4 lb (115gr) char sui
- Salt and pepper to taste
- 1/8 cup hot water
- Vegetable oil for frying

### Equipment

- Cutting board
- Knife
- Medium pot boiling water
- Colander
- Medium frying pan
- Wooden spoon or chopsticks
- Oven proof pan

Noodles are an important part of New Year celebrations around the world. Try this Cumberland Chow Mein recipe for your next celebration!

### Instructions

1. In a small bowl, soak dried shitake in hot water until soft (about 10 minutes).
2. Break noodles in half, drop into pot of boiling water and stir. When water comes to a boil again, drain noodles in colander. Set aside.
3. In a medium non-stick frying pan on medium heat, heat 1 tsp oil. In small batches, fry noodles, constantly stirring and separating the noodles until they stick to a wooden spoon or chopsticks. Spread noodles in a large, oven proof pan. Repeat until all noodles are fried.
4. Julienne takenoko and celery. Thinly slice the onions. Cut baby corn and snap peas into half inch lengths.
5. Squeeze water out of shitake. Remove stems and slice thinly.
6. Julienne the char sui, removing the fat.
7. In a medium non-stick frying pan on medium heat, heat 1 tsp oil. Stir-fry takenoko and shitake. Add onions and celery and stir-fry until slightly soft. Add baby corn and snap peas. Stir fry 1 minute. Add garlic and ginger and stir. Add char sui and stir.
8. Place cooked vegetables on top of noodles and serve. If you would like the noodles hotter, microwave entire dish about 3 minutes.

### Storage and Reheating

- Store any left over Cumberland Chow Mein in the refrigerator.
- Reheat in the microwave 1-2 minutes or it also tastes great cold.



# Calendar of Exhibitions

1月  
ON NOW  
開催中



## Maru: Immigration Stories (Onsite and virtual)

Visit the virtual exhibit ▶

The highly anticipated new permanent exhibit at the JCCC is now available for on-site visits. Join us in discovering stories of the Japanese diaspora in the Americas.

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.

### 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。

## Origami - The Art of Paper Folding

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

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

## The Intermedia Work of Nobuo Kubota (Virtual Exhibit)

Visit the virtual exhibit ▶

This exhibition features some of Nobuo's Intermedia work, exploring textual marks and phonic sounds.

### ノブオ・クボタのインターメディア作品展

音、音楽、インストレーション、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)

Visit the virtual exhibit ▶

A joint exhibit of the JCCC Art Committee and the Toronto Japanese Garden Club

### シカク:視覚、ビジョン(オンライン)

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。

1月

COMING SOON  
開催中



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

(Call for submission)

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. 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)

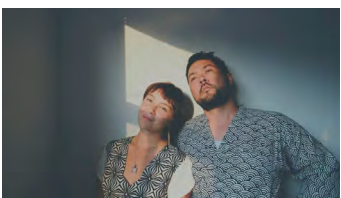
詳細は[こちら](#)からどうぞ。



## Sumi-e Summer

(Coming May 2022)

Debuting their first on-site exhibit since the closure of the JCCC, the JCCC Art Gallery in collaboration with the Sumi-e Artists of Canada brings Sumi-e Summer to the JCCC. Featuring 12 artists, visitors will be immersed in the wondrous and contemplative art of ink wash painting.



## Tanuki

(Coming March 2022)

'Tanuki' is an anti-racist, interactive, multi-disciplinary, art installation by mixed-race musicians Annie Sumi and Brian Kobayakawa. A reflection on racial identity, healing ancestral trauma, and the fragmented history of the Japanese Canadian internment, this temporary exhibit is created with the help of shadow-puppeteer duo Mind of a Snail.

# 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。



## Heritage Year in Review

Despite the restrictions caused by the Covid-19 pandemic, the Heritage Department had a very busy 2021. We hosted 13 student internships and contractors as part of our mentorship programming to help youth acquire skills in the heritage, arts, and cultural sector. All of these positions were either part of post-secondary coursework or the result of grants received by the JCCC. In return, we were able to process and digitize archival collections at the JCCC. This year, we partnered with the Nikkei National Museum in a Documentary Heritage Communities Program grant called Women of Change. This digitization project focuses on and highlights contributions and stories of **Japanese Canadian women**, which will result in a joint virtual exhibit on the JCCC's virtual exhibit platform on Google Arts and Culture.

With most projects and events moving online, **Sedai, The Japanese Canadian Legacy Project** launched its Oral History Catalogue on the JCCC's website. Armed with features like keyword searches and various topic filters, the Sedai Project strides forward with its commitment to preserve and share the history of Japanese Canadians.

In September, we welcomed a new member to the team. Board Member Karen Webb took over the role of VP Heritage from Jan Nobuto. Although we will not be allowing Jan to get too far away from Heritage, we are excited to welcome Karen and all of the wonderful ideas that she will bring to the table.

It won't be a surprise to our readers that one of our most cherished efforts of 2021 was the unveiling of the JCCC's new permanent exhibit, **Maru: Immigration Stories**. The exhibit is available both virtually and in person at the Moriyama Nikkei Heritage Centre (MNHC). The virtual and condensed version made available on Google Arts & Culture has seen over **15,000 visitors across the world**. Another highly anticipated national exhibit that graced the JCCC was **Broken Promises**, an exhibit that showcased the depth of Japanese Canadian dispossession during WWII through newly digitized documents and stories. Like the rest of the JCCC, the Arts Committee pivoted their exhibit and programming online with virtual exhibits like **Shikaku – Sight, Vision; Origami – the Art of Paper Folding**, and **Who's Coming to Dinner**. These exhibits showcase incredible artists from various backgrounds and experiences. Another successful launch by the Arts Committee was the podcast, **All Things Japanese by John Ota** that is available on your favourite podcast platforms and the JCCC's website. The podcast hosted distinguished guests like the Consul-General Sasayama Takuya as well as JCCC's very own Jiro Fukushima, Aki Takabakata, and James Heron.

We closed out the year by partnering with choreographer Mayumi Lashbrook on the Defined by Bone;

A Choreographic Process Showing project. Lashbrook and her team practiced over several months in the Wood Room Dojo, with a final Live-Stream and In Person showing on December 17. After so many months of the JCCC being empty of visitors, this showing was a fantastic way to end the year!

## Defined by Bone Choreographic Process Showing



Mayumi Lashbrook in Defined by Bone. Photograph credit: Marlowe Porter.

From October through mid-December, Mayumi Lashbrook has led the Choreograph Process Showing, Defined by Bone at the JCCC. Mayumi worked with a team of dancers Mikaela Demers, Sid Ryan Eilers, Denise Solleza, and Bradley Ng under the mentorship of Denise Fujiwara. On Friday December 17, being one of the first on-site event hosted by the JCCC, the team presented their provoking work in progress surrounding the experience of forced displacement through dance theatre, projection and sound design to over 30 in-person viewers and countless livestream viewers. The livestream was also presented to Momiji residents who gathered to participate and Mayumi's team expressed great gratitude for their virtual presence which had added another layer of context to the project. The performance was followed up with a Critical Response Process led by Denise Fujiwara where participants on-site and online provided feedback and shared their experience.

This showing was just one more step in the process to create the final show and will be available to watch on [Youtube](#) until the end of January. There will be a complete showing sometime in 2022 so please watch the JCCC news-letter, social media and website for more information. We would like to thank the National Association of Japanese Canadians (NAJC), Canada Council for the Arts, Ontario Arts Council, and the support of the City of Toronto through the Toronto Arts Council.

# Kaze by Nagata Shachu and Toki Tatara

「風」永田社中 x 朱鷺たたら



Nagata Shachu Japanese Taiko and Music Group and the JCCC proudly present "Kaze" featuring master bamboo flutist from Japan, Toki Tatara. Marking the first concert at Kobayashi Hall since the pandemic, Toronto's own Nagata Shachu will collaborate with Tatara in a performance that will seamlessly combine the worlds of shinobue (bamboo flute), taiko, and the three-stringed shamisen while exploring new possibilities for these traditional instruments.

Born in Kyoto, Tatara has spent her musical life in the research of bamboo flutes. She actively composes and performs many of her own works, having cultivated both Japanese traditional and Western classical techniques. In pursuit of the full potential of the shinobue which is somewhat nostalgic in the souls of the Japanese people, Tatara performs music that touches upon the hearts of this generation. Tatara has recorded several CDs and is the Director of the Japan Shinobue Association, professor at Okayama Niimi Public University, and shinobue music club instructor at the Ueno Gakuen Music University.

This concert is part of Nagata Shachu's 2021-2022 Concert Season "Saiki" sponsored by Marty Kobayashi (iA Private Wealth) and Air Canada.

## KAZÉ (wind)

### Nagata Shachu and Toki Tatara

「風」永田社中 x 朱鷺たたら

Sunday, May 1 at 7 pm

Tickets: \$40, \$35 JCCC members (tax incl. service fees apply)  
To purchase tickets, Online ([ticketweb - click here](#)) or JCCC reception desk at 416-441-2345 (from Jan 5th)

## 新しい可能性を求めて! 和太鼓と竹笛の音色が交じり合い、引き立てあう

トロントを拠点とするカナダ随一の和太鼓グループ永田社中がJCCCに帰ってきます。

今回は篠笛奏者の朱鷺たたらさんとのコラボで、篠笛と和太鼓、三味線で繰り広げられる新しい永田社中の世界が披露されます。2020年3月のロックダウン以降、JCCCが小林ホールにてお送りする初のパフォーマンスイベント、華やかなコンサートをお楽しみください。

朱鷺たたら: 篠笛・能管奏者、作曲家

どこか懐かしく、日本人の魂に迫る竹笛の調べを、現代の人々の心にどう響かすかをテーマに活動。古典に独奏曲を持たない篠笛の可能性を追求するべく、作曲、演奏活動を行う。日本の伝統的な古典奏法と西洋音楽の学びで培ったテクニックを併せ持ち、高度な技術を駆使した演奏スタイルは、各方面から高い評価を得ている。

日時: 5月1日(日)、午後7時(会場6時半)

チケット: 一般40ドル・JCCC会員35ドル(HST 込み)

お求めは、チケットウェブ(12月13日より)[こちらから](#)又は、JCCC受付(1月5日より)416.441.2345





## DONATIONS

# DONATIONS TO THE JCCC

**AS OF DECEMBER 8, 2021**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

### JCCC

Anonymous	100
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Mr. Terence Takashima	2,000
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### In Memoriam

<b><i>In memory of Arthur Ikeda</i></b>	
Mr. Kenzo & Mrs. Evelyn Sekiya	100
<b><i>In memory of Barbara Akiko Shimada</i></b>	
Mrs. Katharine Matsumoto	50
Mr. & Mrs. Delano Ishida	50
<b><i>In memory of Bob &amp; Paul Marubashi</i></b>	
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Ms. Elaine Hughes	200
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<b><i>In memory of Miyeko "Micky" Sugamori</i></b>	
Mr. Sam Ito	50
Mrs. Eleanor McAnsh	100
Mrs. Kay Mitsui	25
Mr. Rick & Mrs. Carolyn Miura	50
Mr. Terence Takashima	50
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In memory of Bob & Shirley Takagi	
Mrs. Sumiko Nakawatase	150
In memory of Joe Uyede	
Mrs. Lydia Yatabe	500
In memory of Min Yatabe	
<b><i>In memory of Miyeko "Micky" Sugamori</i></b>	
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## 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 - DECEMBER 8, 2021**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

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JCCC Judo Kai

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Anonymous

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In celebration of Yaeki Frances

Nakamura's 100th Birthday

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In honour of Front line workers,

Small Business

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In celebration of Chiyo Izumi's

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##### *Yokota*

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Mrs. Norma N. Fleming

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Ms. Leslie Brindley

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##### *Paul Marubashi*

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##### *Katsumi Sakamoto*

Mr. Greg Nishio &

Ms. Carolynne Mori



## DONATIONS

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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**

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**Award Presentation & Exhibition**  
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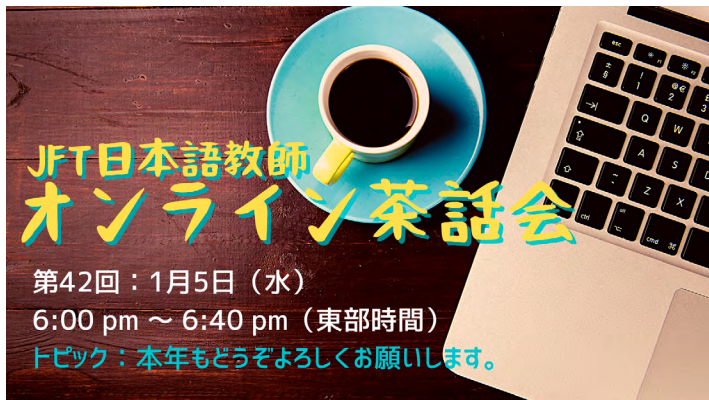
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## JFT Online Language Events

Feel free to check out our **Sawakai** events for Japanese language teachers, as well as **Nihongo Salon** for teachers and advanced learners, all year round!



The Japan Foundation, Toronto's

## NIHONGO SALON

A place where advanced Japanese learners and teachers in Canada can speak Japanese regularly to maintain their language proficiency

16th Online Nihongo Salon

Wed, January 12, 2022

8:00 pm – 9:00 pm (EST)

Topic: Let's try "Hyakunin Isshu 百人一首"



## 健やかな老後をめざして その47

### ③ 認知症に関する様々な相談や質問など

知人Gさん(80代前半)からの相談です。「妻(70代後半)がアルツハイマー型認知症と診断され、頻繁に徘徊するようになった。どこへ、なぜ行くのかわからないのでとても困っている。どんどん症状は進んでいくの？彼女はもう子どものようになってしまったの？」と訴え、妻の行動に非常に戸惑っている様子がひしひしと伝わってきました。

お話をよく聴くと、短期記憶障害(もの忘れ)が進んでいる様子です。発症年齢、病気の背景、薬物治療の効果やケア環境などにより、人それぞれに認知症の進行状況は異なります。

他者には目的がないように見えても、徘徊には本人なりの想いがちゃんとあるのです。食料品を買いに、子どもを迎えに、家に帰るために...など様々です。「家に帰る」という表現はおかしい、と皆さまは感じるかもしれませんが、認知症のシニアと施設で過ごしてみると、しばしば「家に帰る」と訴えます。自宅へ戻りたいと思うのは当たり前です。ところが、家族と帰宅してもやはり「家に帰る」と！その人の家とは一体どこなのでしょう？子どもの頃の両親の居る家、あるいは、本人の描く家庭が心の中にあるのかもしれませんが、その言葉を何度となく聴きながら「私ならば一体どこへ帰りたい？」と考え込んでしまいました。帰る所はもうここしかない現実...それでもなお私は、生まれ育った島へ帰りたいだろうか！？

妻に「どうしても言わずに出かけたの！勝手に出ないように言ったじゃないか！」などの非難や怒りの言葉を発しないことが非常に大切です。それらの言葉を記憶できないのだから、怒っても仕方のないことです。この場合、彼女には怒られたという負の感情のみが心に残ります。認知症であっても感情は最後まで保たれます。「私のことを理解してもらえない」という気持ちが高まり、更に徘徊するようになり、暴力的な行動なども生じるかもしれません。

Gさんがうまく演じることが大事です。徘徊を見つけたら「随分と歩いたから喉が渴いたね。ティータイム(妻が好きなものを!)にしようよ」と声を掛けましょう。彼女は家を出た時の目的を既に忘れてしているので、楽しいことに上手に誘導するのがコツです。「朝ごはんを食べていない」と訴えたら「貴女が好きなオムレツの作り方を教えてね」と言いながら料理本を渡したり、大好きな歌のDVDを観せると、食事のことは忘れてしまいます。その時にコーヒーが出ると、私なら嬉しいです(笑)。好きなものを知って活用しましょう。

認知症になっても“子どもにかえる”わけではありません。この言葉をしばしば聞きますが、私はそうは考えません。記憶障害を生じ、それに伴ってまるで子どものような言動を示すかもしれませんが、妻として、母として、職業人として、社会人として生きてきた“その人そのもの”の全てを失ったわけではありません。出来ないことが増えていっても、愛する人であることを忘れずに笑顔で接することが大切ではないでしょうか。

皆さまにとってお健やかで幸多き2022年でありますようお祈り致します。

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](mailto:mernagh@rogers.com))

## 読書の時間 - 書店が選ぶおススメ本



### 永田町動物園 日本をダメにした101人

いまの永田町には、骨のある政治家がめっきりいなくなった。安倍晋三、菅義偉、小沢一郎、石原慎太郎.....

亀井静香が出会い、権力闘争のただ中でともに笑い泣いた、100人の政治家たち。その功も罪もひっくりめ、亀井節がバツバツと切り伏せる。永田町を震撼させた週刊現代の人気連載「亀井静香の政界交差点」がついに待望の書籍化。

安倍晋三を一喝し、小沢一郎に恐れられた日本政界最強の男が猛獣たちのウラのウラまで手加減なしに書き尽くす。

亀井静香 / 著  
 出版社名: 講談社  
 出版年月: 2021年11月  
 ISBNコード: 978-4-06-526069-2  
 店頭価格: \$34.80+TAX



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出版社名: JTBパブリッシング  
 出版年月: 2021年11月  
 ISBNコード: 978-4-533-14720-3  
 店頭価格: \$31.50+TAX

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## 2021年第22回ホリデードライブ

2021年に実施した「第22回ホリデードライブ」プログラムに多大なご協力、ご援助をいただき、厚く御礼申し上げます。結果報告は[こちら](#)をご覧ください。

## The 22nd Annual Holiday Drive

Thank you so much for your generous support to our 2021 Holiday Drive. Please [click here](#) to see the result report.

## JSS プログラム:2022年1月

詳細やお申込み(必須)は各リンクから、またはRumiko(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。

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

### (1)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](#)。

#### 「アルツハイマー病と最新の研究」

1月12日(水) 15時 英語

CAMHより講師を招き、脳の健康に影響を与える様々な要因と、それらのアルツハイマー病や認知症に与える影響、更に最新の研究について学んでいきます。

#### 「喪の作業 - グリーフワークについて知る」

1月26日(水) 15時 日本語

日本ではまだ馴染みの薄いグリーフワーク、グリーフケアの知識を学びながら、毎日の生活におけるグリーフワークまたグリーフケア方法、色々なグリーフの種類やグリーフについての誤解等について学びます。



### (2)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 (craftclub@jss.ca)

縫い物 1月5日(水) 10時半-正午

「布クラフト大好き講座・可愛いマスクカバー」

編み物 1月19日(水) 10時半-正午

「愛情たっぷり手編みベスト3選」

#### 2. ホットランチ交流会

1月26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。お問合せは SMSG@jss.caまで。

#### 4. やさしいシニアヨガ

第6期:1/17~2/28 (2/21除く)。お問合せは senior.yoga@jss.caまで。

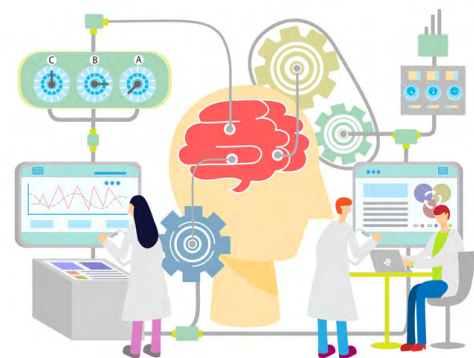
### (1) e-Learning Series

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

#### Alzheimer's Disease and Research Update

Wed. Jan. 12, 3pm (English)

Learn about some factors that affect brain health and how it impacts Alzheimer's disease and dementia, inviting Dr. Wai Haung (Ho) Yu from CAMH.



#### Navigating through Grief - Introduction to Grief Work

Wed. Jan. 26, 3pm (Japanese)

The seminar will focus on different kinds of grief and strategies for coping with grief and educating non-bereaved individuals on how to support their peers or loved ones.

### (2) JSS Regular Online Programs (in Japanese)

#### 1. Craft Club Social (Knitting) \*RVSP at craftclub@jss.ca

Sewing: Wed. Jan. 5, 10:30am to noon

"Fabric crafts course - Cute Mask Cover"

Knitting : Wed. Jan. 19, 10:30am to noon

"Three types of hand-knitted vests"

#### 2. Hot Lunch Social

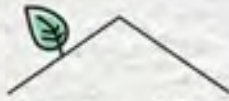
Wed. Nov 24, 10:30am to noon \*RVSP at hotlunch@jss.ca

#### 3. Online Single Mothers Support Group (monthly)

Inquire to SMSG@jss.ca

#### 4. Easy Senior Yoga

6th term: Jan-Feb. Inquire to senior.yoga@jss.ca



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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  
TOSHINOBU — Every year thousands of anime and manga fans flock to Anime North in Toronto's Harbourfront.

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



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## **DEAR JCCC MEMBERS,**

In accordance with new provincial directives the JCCC will be temporarily pausing our reopening of onsite programming and the facility until the “modified Step 2 restrictions” are lifted. We regret this unfortunate turn of events but remain committed both to protecting the health of our members, friends, and community, as well as to continuing with our reopening plans as soon as the province deems it safe. In accordance with this, we have revised our JCCC entry protocols in reaction to the current variant spread. As of February 15, 2022, participation in onsite JCCC programming and access to the facility will require proof of a vaccine booster for all those eligible.

You may find much of what you see in this issue of the newsletter to be out of alignment with our new realities. Please enjoy this edition but make sure to check our website for the latest in JCCC's reopening status.

We will keep you up-to-date through newsletters, social media and e-mail communication. Thank you, as always, for your patience and support. Please stay well.

The Covid 19 Update image  will indicate some of these inconsistencies.