



2022年2月 FEB 2022



IN THIS ISSUE - VOL. 48 ISSUE 2

FEBRUARY FILMS
SCREENING

二月の映画上映

MARTIAL ARTS @
JCCC

JCCC武道 クラス

SEDAI CORNER
2021 ROUNDUP!

世代コーナー
ラウンドアップ

DEAR JCCC MEMBERS,

In accordance with the latest provincial directives, the JCCC will be reopening the facility and our onsite programming beginning **WEDNESDAY FEBRUARY 2, 2022**. Under the new directives, we will be maintaining the schedules set for Fall 2021 classes, with a 50% capacity cap. We remain committed both to protecting the health of our members, friends, and community, as well as to continuing with our full reopening plans as soon as the province deems it safe.

Beginning February 2, our Reception Desk and Gift Shop hours will be **Wednesday through Sunday, 10am to 3pm**. The Moriyama Nikkei Heritage Centre will also be open during these hours. Classes may operate outside of these hours and times, and capacity numbers will be communicated directly to participants.

All individuals who enter the JCCC will be asked to comply with our JCCC Health Protection Policy.

The JCCC requires all participants to be fully vaccinated in accordance with provincial guidelines in order to use the facility. We also strongly encourage everyone to get a booster shot as soon as they are eligible and able to schedule a vaccination as boosters may become a requirement for entry to the JCCC in the near future. We hope to avoid any disruption to entry and attendance at the JCCC.

Please note too that effective Jan. 4, 2022 Ontario will require people to use their QR code and the JCCC will use the Verify Ontario app. Dose and vaccine receipts will no longer be acceptable. The QR code can be used digitally or by printing a paper copy.

Visitors must be able to show QR Code proof of their vaccination status as well as a piece of Government issued ID. **[The full text of the Policy can be found here.](#)**

Please enjoy this edition but make sure to check our website for the latest in JCCC's reopening status. We will continue to keep you up-to-date through newsletters, social media and e-mail communication. We will also continue to use our Covid-19 Update image to indicate areas affected by any new directives.

Thank you, as always, for your patience and support. Please stay well.

The Covid 19 Update image  will indicate some of these affected areas.



ELITE ORIENT TOURS INC 

112 Elizabeth St, Unit 4,
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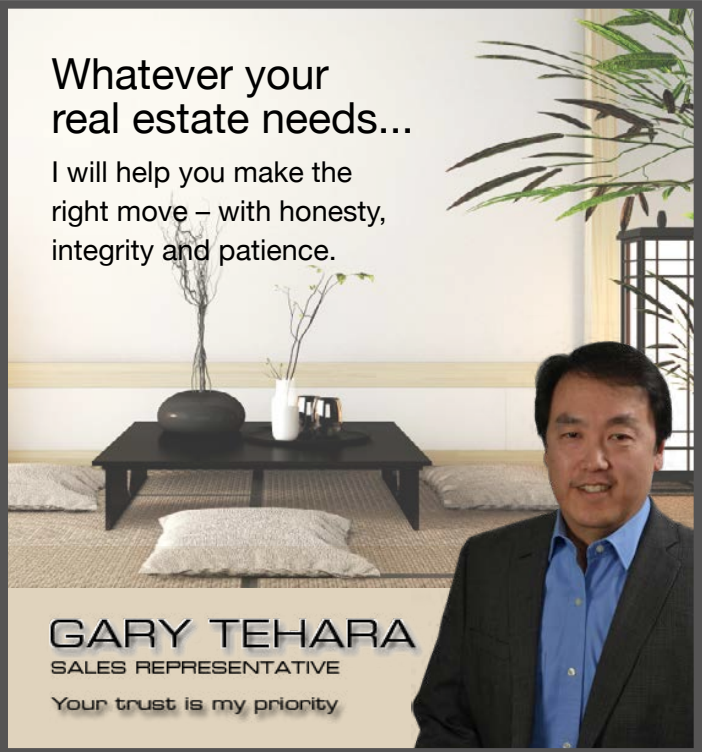
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Kiai (氣愛) Clinic is OPEN !



Kanae Urashima
Registered Acupuncturist,
Japanese Seitai,
Nutrition Specialist

One patient at a time
Surfaces are disinfected
Air purifier running

JCCC / Suite 276b
647-707-9530
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**Office Space Available
for Lease at JCCC**

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

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



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DEAR JCCC MEMBERS,

The JCCC will be reopening the facility and our onsite programming beginning WEDNESDAY FEBRUARY 2, 2022. We will operate within the parameters of the provincial government directives, and remain committed to protecting the health of our members, friends, and community.

The JCCC requires all participants to be fully vaccinated in accordance with provincial guidelines in order to use the facility. Visitors must be able to show QR Code proof of their vaccination status as well as a piece of Government issued ID.

We also strongly encourage everyone to get a booster shot as soon as they are eligible and able to schedule a vaccination as boosters may become a requirement for entry to the JCCC in the near future.

In this issue of the newsletter, we will also continue to use our Covid-19 Update image to indicate content that is subject to change as per any new directives.

Thank you. 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
	Christine Nakamura
Community Relations Advisor	Sid Ikeda
Chair - Capital Campaign	Chris Hope
JCCC Foundation Chair	Janice Fukakusa

JCCC Staff

James Heron	Executive Director	416-441-2345 ext.224
jamesh@jccc.on.ca		
Kathy Tazumi	Chief Accounting/Administration Officer	416-441-2345 ext.229
kathyt@jccc.on.ca		
Sandy Chan	General Manager	416-441-2345 ext.226
sandyc@jccc.on.ca		
Constantin Dutescu	Operations and Technical Manager	416-441-2345 ext.236
constantind@jccc.on.ca		
Haruko Ishihara	Special Events and Rentals Manager	416-441-2345 ext.228
harukoi@jccc.on.ca		
Christine Takasaki	Community Events Coordinator	416-441-2345 ext.221
christinet@jccc.on.ca		
Volunteer Coordinator		416-441-2345 ext.235
volunteer@jccc.on.ca		
Yayoi Kawabe	Website and Database Administrator	416-441-2345 ext.223
yayoik@jccc.on.ca		
Community Rentals		416-441-2345 ext.231
rentals@jccc.on.ca		
Su Yen Chong	Heritage Manager – Exhibition and Research	416-441-2345 ext.303
suyenc@jccc.on.ca		
Theresa Takasaki	Heritage Manager – Archives, Collections and Programming	416-441-2345 ext.300
theressat@jccc.on.ca		
Shino Ihara	JCCC Receptionist	416-441-2345
jccc@jccc.on.ca		
Yoko Tsumagari	Communications and Accounting Associate	416-441-2345 ext.227
yokot@jccc.on.ca		

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 February 4, 2022.

次号締切日: 2022年02月4日(金)

Please email to newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5

Phone: 416-441-2345

www.jccc.on.ca

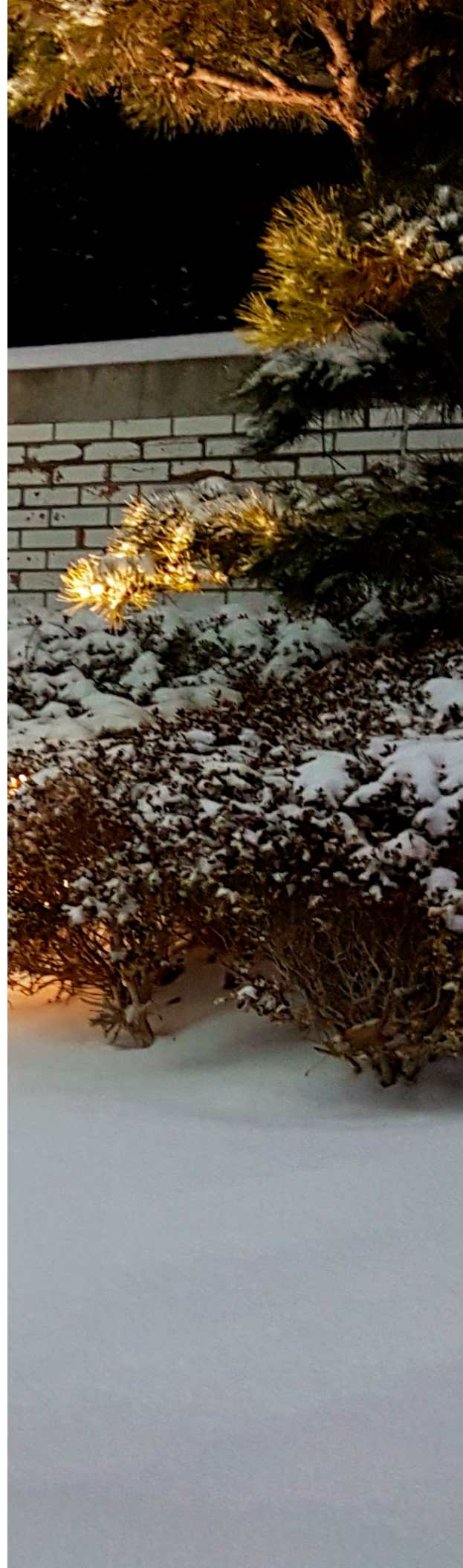
FEBRUARY 2022 VOL. 48 ISSUE 2

Contents

3	What's On at the JCCC
5	Greeting from the Executive Director
6	JCCC Board Profiles
8	Shinnen Kai Review
9	Oshogatsu Kai Recap
10	February Film Screenings
11	Haru Matsuri 2022
12	Kamp Kodomo March Break 2022
13	JCCC on the Web
14	Martial Arts Corner
15	Seniors' Supper Club
16	Calendar of Exhibitions
18	Heritage News / Volunteer Spotlight
19	Sedai Corner
20	Kaze by Nagata Shachu and Toki Tatara
21	Donations
25	Shodo Canada
26	Japan Foundation Toronto News
27	Community / 健やかな老後をめざして その48
28	読書の時間 - 書店が選ぶおススメ本
29	JSS Online Programs: February 2022



Click on the page numbers to jump directly to each section



What's On at the JCCC

WE ARE OPEN. The JCCC is excited to reopen from
Wednesdays to Sundays, 10am to 3pm.

長らくお待たせしました!

水曜日から日曜日、午前10時から午後3時のスケジュールで開館中

Events ・ イベント

February Films

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

二月の映画

詳細は[10頁](#)。

Programs ・ クラス

Martial Arts Classes

Martial Arts Classes Resumes – Registrations Now Open! Please see [page 14](#) for details.

武道クラス 登録開始

詳細は[14頁](#)。

Japanese Class – Winter Session Online

日本語冬季オンラインクラス

Hula Class – Winter Session

フラダンス冬季クラス

Exhibitions ・ 展覧会

Please see [page 16](#) for exhibition calendar

Maru: Immigration Stories – Open Wed to Sun 10am – 3pm, or contact 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 一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 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. 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。開館時間内(水～日、午前10時～午後3時)にご連絡ください。

Want your photo featured in the JCCC newsletter?

We'd love to share our community's photos that represent Japanese culture in our newsletter! Photos should be at least 1,000 pixels in height. Please send your photos to newsletter@jccc.on.ca. We look forward for your submissions!

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 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)

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



Greeting from the Executive Director

館長メッセージ

Hello Everyone,

I hope this finds everyone healthy, warm and safe.

I have to admit, this is the second version that I have written of my monthly greeting. The initial version talked about how the Omicron shutdown had dashed the excitement and optimism with which we were poised to enter 2022.

Since that time of course, we have been informed by the province that we will be allowed to begin a new phased reopening beginning at the end of January. As a result, we will return to our temporarily paused reopening plan starting February 2. The COVID rollercoaster ride continues but it is good to be moving forward again.

Since our last newsletter we held our outreach version on the Shinnen-kai which was enjoyed by over 220 people and I know my bento was absolutely delicious. We pivoted and reopened our JCCC Virtual Cinema for January. Our tireless martial arts senseis have been outstanding, pivoting quickly online while staying ready to relaunch programs with the green light from the province. Heritage and Art Gallery programming can be found online and the new MARU exhibition in the Moriyama Nikkei Heritage Centre is now accessible to visit again. We plan a hybrid version of our February film with a screening in the Kobayashi Hall as well as online. Sign-ups for online group Japanese lessons are very healthy and our spring and summer concerts and events remain on track.

We are back again and hope to see you at the JCCC very soon. Until then please stay well.

皆様、お元気で変わりなくお過ごしのことと思います。

実は、私は一度書いていたこの号への文章を書き直さなければなりません。元々の文章には、2022年の幕開けを非常に前向きな態度で迎えていたのに、オミクロンの蔓延により、せっかく高揚していた気持ちがそがれてしまった、というようなことを書いていました。

しかしその後州政府から通達があり、1月末から段階的に開館できるようになりました。その通達に基づき、現在一時停止中の開館計画を2月2日から再開することになりました。まだまだCOVIDに振り回されていますが、取り敢えず前に進めるのですからよしとしましょう。



前回のニュースレター配布以降のイベントとして、新年会おせちを企画し220人以上がご利用になりました。1月の日本映画鑑賞会は、再びオンライン上映会となりました。武道教室の先生達には、急な方針転換にも迅速に対応して頂き、州政府からオーケーサインが出るまでは、オンラインでのレッスンを続けて頂いています。ヘリテージとアートギャラリーの企画はオンラインでの閲覧が可能です。森山日系ヘリテージミュージアムの常設展「丸：日系移民物語」は、ご予約を頂ければ会場での閲覧が可能となっています。2月の日本映画上映は、小林ホールでの有観客とオンラインの両形態での上映を予定しています。オンライングループ日本語教室はすでに多くの登録があり、春夏のカルチャープログラムは予定通りの日程で開催します。

間もなくまた会館をオープンします。皆様とお会いできるのをとても楽しみにしています。どうぞお体大切に、安全にお過ごしください。

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 Ann Ashley, David Moritsugu, Jiro Fukushima and Karen Webb:



Ann Ashley

Ann is a retired Specialist Teacher of the Deaf. She taught for the Toronto District School Board in both the secondary and elementary panels. She also taught general studies with the Jewish School Board. She is well known in the JC community with her involvement on the JCCC Board and is currently Co-Chair of the Momiji Health Care Society Board. She also sits on the Nikkei Voice Board. Ann is part of the management team for the JCCC and leads the Volunteer Committee as well as participating in other special event committees such as the Keep the Lantern Lit and Sakura Gala. She is the proud grandmother to two beautiful girls, Nami and Yuna.



David Moritsugu

David has been recruited to fill a one-year vacancy on the Board. He is the former Executive Director, Admissions, at Greenwood College School where he worked for 18 years as a teacher, coach and member of the Senior Leadership Team. David is a graduate of McGill University and the University of Toronto Law School, and practised corporate-commercial law for 16 years with Fasken Martineau DuMoulin in Toronto, including two years working as a foreign lawyer at a Japanese law firm in Tokyo. David is currently a member of the board of Global Pathways School in India, and previously served on the board of a Canadian public company and as a member of the Independent Review Committee of two Canadian public mutual fund groups David has earned several academic awards in Japanese studies and speaks conversational Japanese.

JCCC Board Profiles



Jiro Fukushima

Jiro has shown an avid interest in the Centre and has shown to be a very dedicated and active volunteer on our event and festivals committees. Jiro is a business owner doing home improvements and also is experienced in landscaping, carpentry, and design – graduating from Sir Sanford Fleming College. He is involved in the Japanese Canadian community by volunteering with JSS, Genten and SOK Fundraising events. This year he has taken on the improvements in the front garden with the Japanese Garden club and has done an amazing job. Jiro is bilingual in Japanese and English and brings leadership, interpersonal skills and enthusiasm to the JCCC Board.



Karen Webb

Karen Webb has served on several boards as a director and as a business advisor and has executive experience in Financial Services, Tech, Oil and Professional Services. She is a long-time community volunteer with over 15 years of board experience.

Karen is currently Vice-Chair & Chair of Governance on the Scarborough Health Network board, Chair of the Up With Women board, and is a member of the CRAM Toronto and Lakefront Utility Services Boards. Past board experience includes Chair for Camp1, Chair of Scholarship & Foundation Affairs for CPAC Foundation, Vice-Chair & Chair of College and Government Affairs at Seneca College, Chair of MicroSkills and Co-Chair of Women in Engineering for Professional Engineers Ontario.

She earned her ICD.D (Institute of Corporate Directors designation) from UofT's Rotman School of Business, an M.B.A. from York University and a Systems Design Engineering degree from University of Waterloo.

Karen joined the Board in 2019 and is currently taking on the role of VP Heritage and is Lead on the Strategic Planning Committee and the Keep The Lantern Lit Fundraiser. She is a sansei (third generation) Japanese Canadian. She is the daughter of Roy Nakagawa who is an Archives volunteer and Ann Nakagawa who was a member of the Sumi-e Artists of Canada.

Shinnen Kai Review

Akemashite Omedeto Gozaimasu! Happy New Year!

Due to the ongoing Covid restrictions, Shinnen Kai was planned as a takeout event once again. And while it was disappointing to do so, we were glad this was the case as Toronto saw a huge surge in cases and more restrictions with the Omicron variant.

Chef Ishii and Toriichi Catering once again graciously agreed to prepare Osechi Ryori bento boxes for the JCCC, enabling us to offer a traditional New Year's meal for the community. With many planning to hold smaller events at home, the demand for this bento was still strong and we sold more than 200 bento. Purchasers were also treated to a special addition of a roll of maki sushi courtesy of Chef Ishii.

Once the bento arrived at the JCCC, a small group of JCCC staff and staff family members worked to distribute the bento boxes via curbside pick up. It was so great to see some familiar faces even if behind masks, with social distancing and only to drop off the bento into your car. We even saw many family members greeting each other in the parking area.

Participants in the event were also able to view the short film "Haru's New Year" by director Alice Shin.

We hope that the bento was enjoyed by all. And, although we said this last year, we hope that the symbolism and wishes associated with eating the food found in our Osechi Ryori will bring a much better year for everyone in 2022.



Photo of Shinnen Kai Bentos and Maki Sushi served with other traditional favourites. Photo courtesy of Megumi Ogawa.

JCCC Venue Rentals

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

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

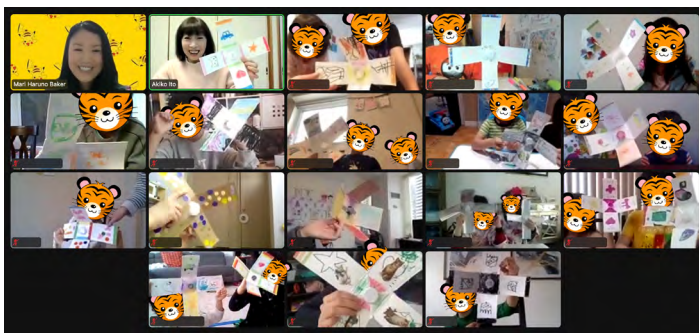
Oshogatsukai Recap

Oshogatsukai, held on Sunday January 23, was a great success. If you were unable to attend on the day, video streaming is still available. Please enjoy 2022 New Years speeches, Children stories with music, Kimono Show and Restaurant videos as well as Sing-a-Thon and Dance-a-Thon at the JCCC website. [Please click here to view.](#)

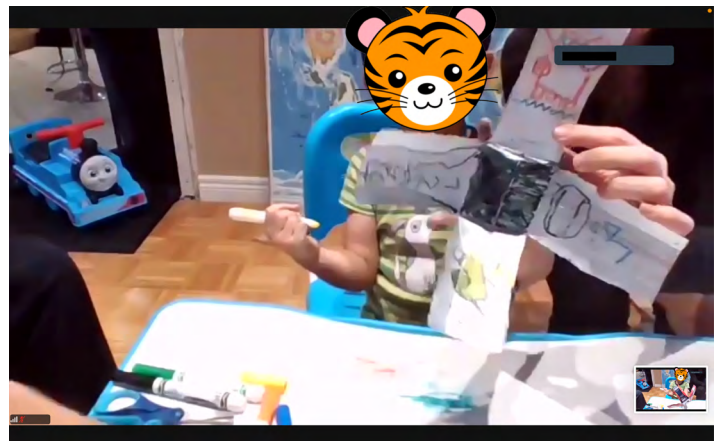
2022年お正月会のビデオ(新年ご挨拶、変わり紙芝居(子供向け)、着物ショー、歌&ダンスマラソン、レストランビデオ)配信中。[こちらよりご覧ください。](#)

Seniors lived it up playing bingo and children enjoyed Stories and crafting and spinning tops.

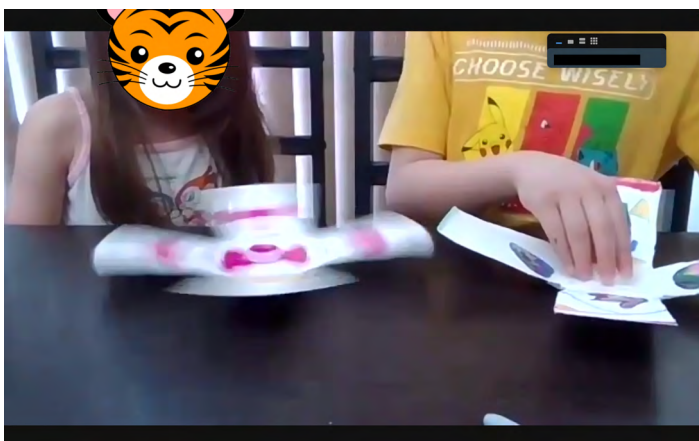
シニアはビンゴ大会で大いに盛り上がり、子供たちは笑顔いっぱいの楽しい時間を過ごしました。



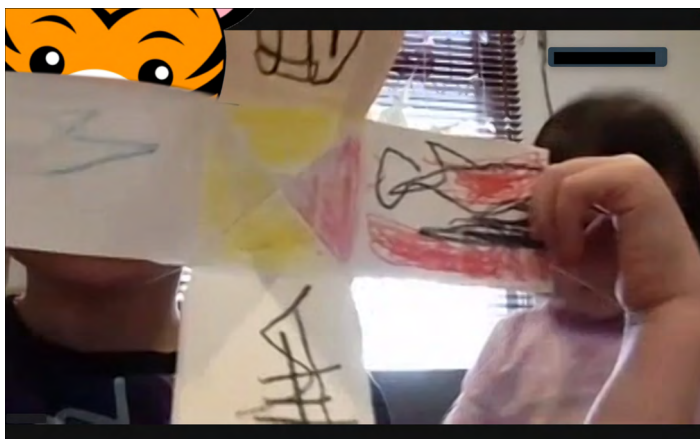
Children showing final products. 手作りコマの完成作品を見せ合う



Explaining what they just drew 描いた絵の説明も楽しかったね



Spinning their colourful tops.コマを回すと一層カラフルに!

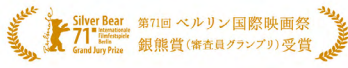


Explaining what they just drew 描いた絵の説明も楽しかったね



Seniors enjoying bingo games 白熱のビンゴゲーム中、真剣な顔も余裕顔も。

FILM SCREENINGS



驚きと戸惑いの映画体験が、いま始まる――

濱口竜介
短編集

偶然と想像

第一話「魔法 (まほう不確か) / 第二話「扉は開けたままで」 / 第三話「もう一度」

Wheel of Fortune and Fantasy

"A stunning production... amongst the best of the year."
—RORY O'CONNOR, THE FILM STAGE



Wheel of Fortune and Fantasy

WRITTEN AND DIRECTED BY
RYUSUKE HAMAGUCHI

FILM MOVEMENT

WHEEL OF FORTUNE AND FANTASY

偶然と想像

Kobayashi Hall: Sunday, February 27 at 2:00pm

Online: Available on Demand: Fri. Feb 25 @ 9am - Sun. Feb 27 @ 9pm

Admission: \$7.99 (tickets available at: jccc.on.ca or at the JCCC reception desk: 416-441-2345)

Onsite and online tickets are sold separately and are not interchangeable.

"ONE OF THE BEST FILMS OF 2021" - Los Angeles Times, New York Times, Sight and Sound, Rolling Stone

Director Ryusuke Hamaguchi created 2 masterpieces in 2021. DRIVE MY CAR has been shortlisted for the Academy Award for Best International Feature while his other film WHEEL OF FORTUNE AND FANTASY has received similar critical praise appearing on countless Top Films of 2021 lists including the New York Times, Rolling Stone, CBS News and Sight and Sound.

An unexpected love triangle, a failed seduction, and a chance encounter with the past. Propelled by coincidence and imagination, and guided by love's gentle current, acclaimed director Ryūsuke Hamaguchi (Happy Hour, Asako I & II, Drive My Car) returns with an enchanting triptych that spins mundane encounters into a world of infinite possibilities. In Episode 1: Magic (or Something Less Assuring), a young woman is startled when she realizes that her best friend's new flame might just be her ex; in Episode 2: Door Wide Open, a disgruntled student plots to trick his college professor, using his friend-with-benefits as bait; and in Episode 3: Once Again, a girl's college reunion leads to an unanticipated run-in with an old friend, and awakens feelings long since forgotten. Playfully inspired by life's tiny miracles, and bound together by memory, regret, deception, and fate, Hamaguchi leaves no stone unturned in his quest to chart the ever-deepening mysteries of the all-too-human heart.

Starring Kotone Furukawa, Ayumu Nakajima, Hyunri, Kiyohiko Shibukawa, Katsuki Mori, Shouma Kai, Fusako Urabe, Aoba Kawai

Haru Matsuri 2022

The JCCC is working hard to develop activities for Haru Matsuri 2022. However, with the continually changing Covid restrictions, the majority of activities will take place virtually. Please keep checking our Haru Matsuri webpage at www.jccc.on.ca. We will keep updating this page with any new activities as they develop.



Virtual Haru Matsuri
March 5 – 6, 2022

Performances, demonstrations, heritage activities, craft activities and so much more!

春まつり



 JAPANESE-CANADIAN CULTURAL CENTRE
日系文化会館
© Copyright © JCCC, Toronto, Ontario M4C 1L5

www.jccc.on.ca

KAMP KODOMO March Break 2022

Virtual
バーチャル

Photo by Yiran Yang on Unsplash

Join us for Virtual Kamp Kodomo!

The JCCC is excited to be offering a variety of programs for Kamp Kodomo between March 14 to 18. All programs will be offered online and it's just \$10 per session. These programs, geared for children between 6 and 12, will include cooking, crafts and an activity from our Heritage Team. At least one activity will be offered in Japanese.

For more information and registration links please check out the Kamp Kodomo page on our website at www.jccc.on.ca.

www.jccc.on.ca'."/>

**VIRTUAL
KAMP KODOMO**
MARCH 14 - 16, 2022

For more information or to register www.jccc.on.ca

 JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

JCCC on the Web!



With the return of Pandemic Protocols throughout Ontario, the JCCC has once again pivoted to providing classes, workshops and exhibitions virtually.

In addition to new content being added to the [Origami exhibit](#), all of the episodes from Season 1 of the All Things Japanese with John Ota Podcast! have been collected into one playlist for your bingeing pleasure. We are excited for the Season 2 where John will continue to explore the myriad of topics surrounding All Things Japanese! Thank you to all of the listeners for making this podcast a success. Link to playlist: <https://jccc.on.ca/all-things-japanese-2021-podcast-playlist>

This month we would also like to draw your attention to a short video which highlights some of the changes that have been made at the JCCC. This video, produced for the Keep the Lantern Lit 2021 Fundraiser, also includes an interview with Su Yen Chong, lead curator of the Maru: Immigration Stories exhibit.

Kokuban is exploring Japanese New Year's traditions, including Oshogatsu Kai, the Year of the Tiger and Japanese Food!



Podcast



Plan Your Visit



Martial Arts Classes – Resumed. Registration Open



The Martial Arts Program has resumed. Many of our clubs have or will resume their classes in the coming weeks. Please visit our [website](#) to register for our martial arts program.

All classes will be conducted in accordance with provincial guidelines with the safety of our members and instructors as our priority.

武道クラス再開、登録申込できます！

武道クラス再開となりました。すでに再開が始まったクラスも近日再開となるクラスもあります。登録お申し込みは[JCCCウェブサイト](#)からどうぞ。

全クラスは会員及びインストラクターの安全を最優先に州政府の安全ガイドラインに従い行われます。

SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash

Egg Drop Soup

(Serves 2)

Ingredients

- 1 tsp oil
- 1/2 tsp grated ginger
- 1/2 bunch sliced green onion
- 3 oz fresh mushrooms, sliced
- 1 tsp soya sauce
- 1 tsp bonito flakes
- 1/2 liter chicken stock
- 3/4 cups water
- 1/2 cup baby spinach
- 1—2 eggs, lightly beaten
- 2 tbsps cornstarch with 1 tbsps water

Equipment

- Medium stock pot
- Cutting board
- Sharp vegetable knife
- Medium mixing bowl
- Measuring cups and spoons
- Wooden spoons

During the coldest months of winter, it is nice to have a warm, comforting meal to turn to. This Egg Drop Soup is quick and simple to make, and oh, so comforting as you look out your window at the freezing cold.

Instructions

1. Heat oil in pot over medium heat. Add grated ginger & white part of sliced green onions and sliced mushrooms. Saute until tender, about 5- 6 minutes.
2. Add water, chicken stock, soya sauce and bonito flakes.
3. Bring to boil, add spinach.
4. Bring to a boil again and add corn starch and water mixture. Simmer for 2-3 minutes. Add egg slowly, stirring in a circular motion.
5. Add the greens of the green onions just before serving.

Storage and Reheating

Store any left over Egg Drop Soup in the refrigerator. Left overs should be eaten or discarded within 3 days. Reheat in a stock pot or in the microwave.

Volunteer For the JCCC Art Gallery

JCCCアートギャラリー
ボランティア募集

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

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

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。

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

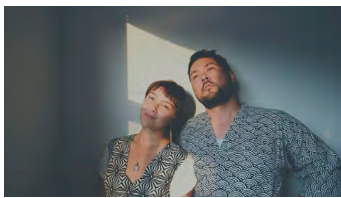
(Call for submission)

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。



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.



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.

Origami Exhibit Community Submission: Leng Sladden

We have a new corner in the Origami Exhibit featuring Leng Sladden's origami. Leng Sladden's work incorporates story telling through the combination of different origami pieces, colours, and textures. Learn more about Leng and her beautiful folds in the Origami Exhibit.

Photo credit: Origami by Leng Sladden.



VOLUNTEER SPOTLIGHT ANZU



How long have you been volunteering at JCCC?

Since 2000, I have been a part of the JCCC when I became the director of the NJCA. (New Japanese Canadian Association, now a committee under the JCCC called NJCC, New Japanese Canadian Committee). I have been gradually participating in events at the JCCC as a volunteer since the New Year's Festival (Oshogatsu-kai) in 2001.

How did you get involved with volunteering at the JCCC?

In 2000, after I got married and had a baby, I was looking for a Japanese Canadian community for my child to grow up in. That's when I found out about the NJCA, and through their activities, I learned about the JCCC.

What type of volunteer work have you done?

Since 2000, I have volunteered at the Spring Festival, Bazaar, Summer Festival, Winter Festival, Kamp Kodomo, Issei Day and New Year's Festival, etc. One of the most memorable events was the workshop we organized, with the help of the Heritage Committee, for the children of the second generation to learn about the history of Japanese Canadians.

I was also a founding member and representative of the NJCC in 2015 and was a member of the JCCC Board of Directors. Today, in 2022, I am the current chair of the NJCC. I am working with members to organize the New Year's Festival, which has been going on for more than 20 years as a part of the Japanese Language and Culture Project.

We are the only committee under the JCCC that works in the Japanese language. Furthermore, we support events and workshops that fit the diversifying Japanese Canadian (Nikkei) community.

Describe in ONE word your volunteer experience at JCCC.

It's a commonly used word at the JCCC, but I believe it is "Kizuna" (bond). There is always a moment when you can connect with your colleagues, friends and someone of a different generation. This is an opportunity that the JCCC has been able to give everyone involved because of the importance it places on history and heritage.

JCCCでボランティアをしてどのくらいになりますか？

2000年から新移住者協会の理事(現在はJCCC傘下のコミッティー:新日系コミッティー)となって以来、JCCCには通っています。2001年のお正月会から徐々にJCCCにおける他のイベントにボランティアとして参加しはじめました。

どのようにしてJCCCを知りましたか？

2000年、結婚と出産を機に、子供のアイデンティティー形成のため、日系のコミュニティーを探していました。そこで、新移住者協会を知り、その活動を通してJCCCを知りました。

どのようなボランティアをしてきましたか？

2000年以来、バザー、春祭り、夏祭り、冬まつり、一世デー、キャンプコドモやお正月会などです。中でも印象に残っているのは、ヘリテージ部門の協力を得て、共に新日系2世の子供達向けに、日系の歴史の一部を学んでもらうワークショップを開催したことです。

また、2015年に新移住者協会がJCCC傘下の新日系コミッティーとなった際に、立ち上げメンバーとして代表を務め、JCCC理事もしておりました。2022年の現在もまた新日系コミッティーの代表を務め、唯一日本語で活動するJCCC傘下のコミッティーとして、メンバーと共に日本語文化継承事業の一環である20年以上続くお正月会や、多様化する日系社会に合ったサポートイベントやワークショップを開催しています。

JCCCでのボランティア経験を一言で表すと？

JCCCではよく使われていますが、やはり「絆」ですね。一緒に活動する仲間や同志のみならず、世代の垣根を越えて誰かと繋がる瞬間が必ずあります。それは、歴史やヘリテージを大切にしているJCCCだからこそ、関わる全ての人に与えられる機会だと思います。

Sedai Corner: Round up of 2021 Sedai Features!

[Click here for the Sedai Feature Playlist](#)

JANUARY



Kinzie Tanaka

FEBRUARY



Jean Nobuko Nagata

MARCH



Margaret Lyons

APRIL



Tsutomu Stony Nakano

MAY



Tak Yoshida

JUNE



Bob and Shirley Takagi

JULY



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AUGUST



Kei Tsumura

SEPTEMBER



Laiko Matsubayashi

OCTOBER



Ted Nishi

NOVEMBER



Masako Okawara

DECEMBER



Blanche and Nori
Kanashiro

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



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APRIL 1, 2021 - JANUARY 6, 2022

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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.

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Jiro Fukushima
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Checkmate Development
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AS OF JANUARY 6, 2022

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15th
**Japanese
Calligraphy
Competition**
in Canada

日本書道公募展

Entry Deadline | March 31, 2022

Award Presentation & Exhibition
Online November 6, 2022

Entry Forms available on website
<https://shodocanada.com>

Follow us   

Competition organized by SHODO CANADA

JFT Online Workshop for Japanese Language Teachers 8: Let's Create Can-do's and Apply Them to Lessons

Tuesdays, February 8th and 22nd, 8:00 PM - 9:30 PM (EST)

Registration Deadline: February 3

Gain hands-on knowledge about Can-Dos and design classes based on task accomplishments.

<https://jftor.org/event/workshop220208/>



Reading Alone? Connect and enjoy Japanese books together at JFT Book Club Online

Join our virtual conversation about Natsuko Imamura's *The Woman in the Purple Skirt*, an Akutagawa Prize-winning novel, moderated by Kris Kosaka (Columnist, *The Japan Times*). Imamura is one of Japan's most acclaimed young writers and is also known for writing characters who are a little out of the ordinary. This will be an exciting way to meet other Japanese book lovers from different cultural backgrounds, get inspired by a diversity of experiences and opinions, and develop a richer understanding of the book and contemporary Japan that you wouldn't gain from reading alone. Email us to RSVP at library@jftor.org.



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

17th Online Nihongo Salon

Wed, February 9, 2022

8:00 pm – 9:00 pm (EST)

Topic: Let's try "Word Wolf"



健やかな老後をめざして その48

呼吸機能の大事さ

「かぜ(感染症)は万病のもと」と古くから言われてきましたが、2019年に始まった新型コロナウイルス感染症パンデミックによって、感染症の怖ろしさを思い知らされました! 感染症に負けないためには病気に打ち勝つ力、特に呼吸機能に注目することの大事さを改めて認識させられました。

何も意識せずに当たり前のように行っている呼吸。息を吸い込むことにより酸素が肺に取り込まれ、肺胞(肺の奥にある袋状組織)で酸素と二酸化炭素の交換が行われ、息を吐くことにより二酸化炭素が身体の外へ排出されます。しかし、一旦停止すれば、たちまちの内に心臓が止まり、脳に酸素が運ばれなくなって命の危険に陥ります。また、喫煙や加齢などにより知らず知らずの内に呼吸機能は低下していきます。

肺活量は、胸郭の大きさや肺・胸部の伸展性により非常に個人差があります。高校生の頃の測定で、私は同級生の中でも少ないほうでした。胸郭が小さいので予想通りの値でした。でも、長い間の歌唱活動を通して呼吸法を学び、呼吸機能の重要性に関心を注いできた成果が現在の歌声に反映されていると感じています。大事なことは肺活量の大小ではなく、吸う時に使う筋肉(吸息筋)と吐く時に使う筋肉(呼息筋)をしなやかにすることです。そうすれば胸郭や横隔膜の動きも大きくなり、自力では動けない肺の伸展を助けます。

吸息筋や呼息筋が固くなると呼吸数が増えます。「呼吸数が多い」ということは、身体の緊張が解けずに脳が「緊急モード」になっている状態です。交感神経が活発に働き、血圧が上がり、筋肉を緊張させます。心の緊張状態(ストレス、不安や不眠)にも繋がります。壇上で発表など行う前に「深呼吸を!」とよく勧められるのは、正に脳の緊急モードを緩和するためなのですね。緊張状態が慢性的に続くようになると呼吸が浅くなり、身体の様々な機能に影響して不調をきたすようになると考えられます。特に、感染症などで肺が侵された時、どのくらいの肺機能をもっているかはやはり重要になります。

夫の寝息が私の呼吸数と違う事に気づき、驚いたことがあります。日頃から呼吸の安定に心がけているせいか、私の呼吸数はとても少ないのです。成人の呼吸数は1分間に平均15回ほどです。一般的に、深呼吸する時は鼻から息をゆっくりと吸い込みながら胸を広げ、吸う時よりも更にゆっくりと口から吐きます。私の深呼吸は、吸気を2段階の動作(まず横隔膜を引き下げて腹部を十分に膨らませ、それからゆっくりと胸を広げる)で行い、肺が伸びている感覚をしっかりと感じます。そして、吸気の2倍ほどかけてゆっくりと吐いていきます。合唱活動に明け暮れていた10代の頃より腹式呼吸を心がけていたのですが、50代半ばのソロ活動をきっかけに「両者を十分に広げる腹胸方式」を意識するようになりました。

最初はちょっと戸惑うかもしれませんが、胸もとや肩甲骨の広がりを感じながらゆっくりと呼吸するように努めましょう。深呼吸を生活の中で意識するだけでも呼吸機能は違ってくると思いますよ。次に大事なことは「日頃より良い姿勢、つまり、猫背ではなく、背筋を伸ばして胸郭や肺を広げやすい姿勢」に心がけることです。あなたの 座る姿、立つ姿、歩く姿 をさあ~チェック!

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)

読書の時間 - 書店が選ぶおススメ本



ももたろう 笑本おかしばなし 1

ギャグマンガ界の鬼才中の鬼才！
マンガ家デビュー30周年を迎えた漫☆画太郎が、「ガタロー☆マン」として本気で描く、子ども向け笑本(えほん)シリーズ刊行。
子どもも大人も、一緒に笑って楽しめるまったくあたらしい昔話。
第1弾は「ももたろう」。

ガタロー☆マン / 作
出版社名: 誠文堂新光社
出版年月: 2020年12月
ISBNコード: 978-4-416-62060-1
店頭価格: \$30.50+TAX



認知症世界の歩き方 認知症のある人の頭の中をのぞいてみたら？

これまでに出版された本やインターネットで見つかる情報は、どれも症状を医療従事者や介護者視点の難しい言葉で説明したものばかり。肝心の「ご本人」の視点から、その気持ちや困りごとがまとめられた情報が、ほとんど見つからないのです。
そこでご本人にインタビューを重ね、「語り」を蓄積することから始めました。
認知症とともに生きる世界では、だれもがいろいろなハプニングを体験することになります。なかなか理解してもらえずに困っていた「認知症のある方が実際に見ている世界」がスケッチと旅行記の形式で、すごーくわかる!まるで「ご本人の頭の中を覗いているような感覚」で、認知症のことを楽しみながら学べる一冊です。

寛裕介 / 著 認知症未来共創ハブ / ほか監修
出版社名: ライツ社
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JSS プログラム: 2022年2月

2022年2月に予定されているプログラムのお知らせです(事前登録が必要)。詳細やお申込み(必須)は各リンクから、または416-385-9200 / programs@jss.ca まで。

(1) モミジ&JSSオンライン講座シリーズ

※登録可能な講座・過去の講座一覧などシリーズ情報は、[こちら](#)。

「糖尿病入門」

2月9日(水) 15時 英語

ウエストトロント糖尿病教育プログラムより講師を招き、糖尿病に関する基礎的な知識を学びながら、糖尿病の危険因子・長期的な合併症の予防、糖尿病の管理等について学んでいきます。



「もしものための委任状と遺言状セミナー」

2月23日(水) 15時 日本語

いつもご好評をいただいている「委任状と遺言状」。昨年5月の開催を逃してしまった方や、昨年参加したけれど、その後の改正点について知りたい方など、大歓迎! ※オンタリオ州の内容が中心です。

(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 2月2日(水) 10時半-正午

「布2枚か手ぬぐい1枚で、1回縫うだけ! 簡単マスクケース」

編み物 2月16日(水) 10時半-正午

「初心に戻って編み物始め - かぎ針、棒針、基本の編み方」

2. ホットランチ交流会

2月23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。

Check out our upcoming February programs! *Pre-registration required. Click each link and/or contact 416-385-9200 / programs@jss.ca for more details & RSVP.

(1) e-Learning Series

*Click [here](#) for the list of seminars & past recordings.

Introduction to Diabetes 101

Wed. Feb. 9, 3pm (English)

Learn the basics about diabetes from the expert at the West Toronto Diabetes Education Program; including the risk factors for developing diabetes, prevention of long term complications and Diabetes Management.

Power of Attorney (POA) & Will

Wed. Feb. 23, 3pm (Japanese)

Bringing back the popular demand with an Ontario estate lawyer. This time changes to the related law will also be explained.



(2) JSS Regular Online Programs (in Japanese)

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

Sewing: Wed. Feb. 2, 10:30am to noon

“Easy Mask Case”

Knitting : Wed. Feb. 16, 10:30am to noon

“Knitting Basics -Crochet, Knitting needle “

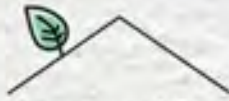
2. Hot Lunch Social

Wed. Feb. 23, (4th Wed) 10:30am to noon

*RVSP at hotlunch@jss.ca

3. Online Single Mothers Support Group (monthly)

Inquire to SMSG@jss.ca



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Summer Reading List
A curated list of the best new books from Japanese Canadian and American authors this year
Summer Reading List P. 10

Uncovering the life of a cultural trailblazer
Author Kyō Makino explores the life of Cyo's Yukana in her new children's book
Summer Reading List P. 10

NIKKEI VOICE
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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
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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