



2022年3月 MARCH 2022

IN THIS ISSUE - VOL. 48 ISSUE 3

MARCH FILM
SCREENING

三月の映画上映

MARTIAL ARTS @
JCCC

JCCC武道 クラス

CULTURAL
CLASSES

春季カルチャークラス





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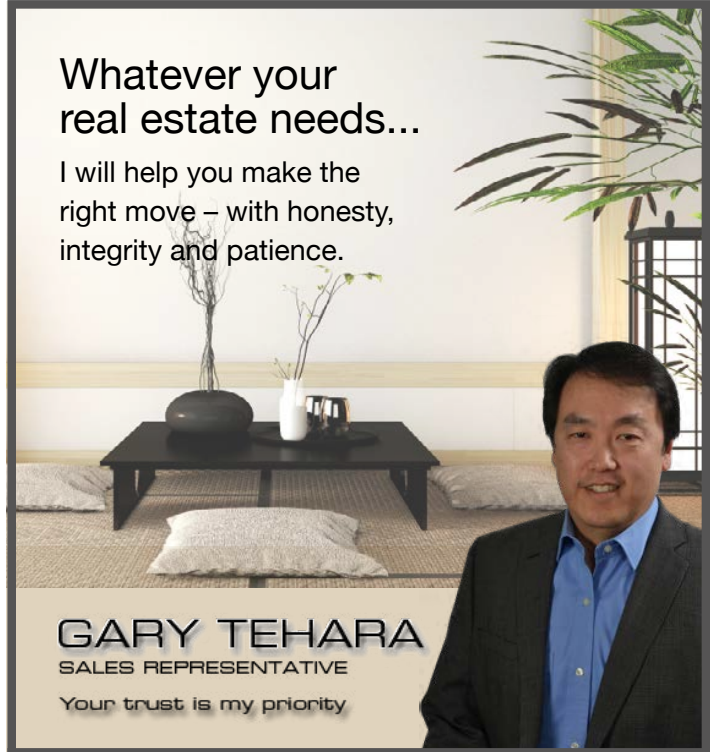
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**Office Space Available
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We have 1 or 2 office space(s) available or possibly coming available for lease at JCCC: 1 for 684 sf. and the other 1,911 sf. If interested, please contact our property manager, Jim Abe at:
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AS WE MOVE TOWARDS THE NEXT PHASE OF REOPENING, OUR PROTOCOLS WILL BE CHANGING.

The JCCC is committed to the safety and the well-being of our staff, volunteers, members, visitors and community. We continue to take all reasonable steps to ensure risks to health and safety are identified, assessed and managed appropriately. In accordance with the Province of Ontario's reopening plan, as of March 1, 2022, proof of vaccination will no longer be required to enter the JCCC. However, for the foreseeable future the JCCC will require participants in registered programs including martial arts, cultural classes and clubs to be fully vaccinated. Full vaccination is also required for staff, instructors and volunteers. Other protective measures, such as mask/face covering requirements, social distancing, hand-washing and active/passive screening of patrons, will remain in place.

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

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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 March 4, 2022.

次号締切日: 2022年03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

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What's On at the JCCC

WE ARE OPEN. The JCCC is open from Wednesdays to Sundays,
10am to 5pm.

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

New in March / 3月新

Events ・ イベント

March Film Screening - Drive My Car

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

3月の映画上映「ドライブ・マイ・カー」

詳細は[10頁](#)。

Programs ・ クラス

Cultural Classes

Please see [page 15](#) for details.

文化クラス

詳細は[15頁](#)。

Ongoing / 開催中

Programs ・ クラス

Martial Arts Classes

Please see [page 14](#) for details.

武道クラスニュース

詳細は[14頁](#)。

Hula Class - Winter Session - In Session

フラダンス冬季クラス (開催中)

Virtual Programs

Virtual Haru Matsuri

Please see [page 11](#) for details.

ヴァーチャル春祭り

詳細は[11頁](#)。

March Break Virtual Kamp Kodomo

Register Now. Please see [page 12](#) for details.

ヴァーチャル春休みキャンプこども 登録受付中

詳細は[12頁](#)。

Virtual Programs

Japanese Class - Winter Session Online -
In Session

日本語冬季オンラインクラス (開催中)

Exhibitions • 展覧会

Open Wed to Sun 10am – 5pm

館内展 水曜日から日曜日の午前10時から3時まで

Please see [page 17](#) for exhibition calendar

展覧スケジュールは[こちら](#)

Moriyama Nikkei Heritage Centre

Maru: Immigration Stories. Contact heritage@jccc.on.ca for a guided tour.

森山日系ヘリテージセンター

丸:日系移民物語 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。

JCCC Gallery

Origami - The Art of Paper Folding

JCCCギャラリー

折り紙アート

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。

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



Greeting from the Executive Director

館長メッセージ

It was two years ago this month that the JCCC, and the world, shut down in the face of COVID-19 pandemic. Two years after the fact we find ourselves well into our reopening and March 2022 finds many programs and events back again.

This month all of our martial arts programs return to full pre-pandemic schedules, and classes like Hula, Ikenobo Ikebana and Bunka Shishu start their Spring programs. Films are back in the Kobayashi Hall, the Moriyama Nikkei Heritage Centre is open, a new exhibition, Origami - The Art of Paper Folding, will be unveiled in JCCC Gallery, and we are working to reopen the library very soon. Planning for June's Toronto Japanese Film Festival is well underway and we plan to deliver the festival onsite. The Haru Matsuri is online but our spectacular hina doll display will be set up and available to visit at the entrance of the JCCC. We are definitely on the road to recovery.

We are not entirely out of the woods yet though. The board and staff have worked very hard to keep the centre alive and the hub for virtual Japanese and Japanese Canadian culture and heritage. But two years without being able to meet the community and without a significant part of our revenue has been exhausting. As we rebuild, we hope you will continue to support us through donations, renewed membership and participation in our programs and events, and most importantly, through your presence. In the past two years the JCCC has built an exciting new virtual component but after all, the Centre has always been, and always will be, a place for the community and its many friends to gather and celebrate "Friendship through Culture".

In order to do this safely we have put in a lot of work on our health protection policy and protocols, and a dedicated team of volunteers act as vaccination monitors. Most importantly, we have put great efforts into enhancing the safety of the building itself. Please check the article on [page 9](#) of this newsletter that outlines all the improvements to ventilation and washrooms.

If you haven't been back yet, please come visit again and check out all the positive changes.

Thank you and see you at the Centre!

全世界がCOVID-19禍に直面しJCCCが閉館したのは、2年前の今月のことでした。その2年後の現在、2022年3月、私達は段階的ではありますが会館をオープンし、色々なプログラムやイベントを実行するところまで来ています。

今月は全ての武道クラスがCOVID以前の形態での活動を再開します。フラダンス、活け花、文化刺繍などは2月から春季クラスが始まっています。小林ホールでの映画上映も始まります。森山日系ヘリテージセンターも完全にオープンし、"オリガミ-アートの世界"展もJCCCギャラリーでの展示が始まります。ライブラリーは再開に向けて準備中です。トロント日本映画祭も恒例6月の小林ホールでの開催に向けて、作品の選出作業中です。春祭りは今年もオンラインでの開催ですが、会館入り口に雛人形を飾る予定です。私達は確実に復活に向けて前進しています。

しかし、まだ完全に森から抜け出したわけではありません。理事会もスタッフも会館が休眠状態にならないように、また日本人と日系人の拠り所としてのその役目を保たなければと、大変な努力を続けて来ました。正直なところ、2年の間日系社会、会員の皆様とも顔を合わせることもできず、またその間会館への収入が大幅に減ったこともあり、理事会、スタッフは精神的に非常につらい状態でした。ここから再開するにあたり、会員の皆様にはドネーションをしたり、メンバーシップを更新したり、イベントやプログラムに積極的に参加したりなど、皆様ができる方法で引き続きご支援を頂ければ幸いです。そしてなにより皆様の存在こそが会館にとって一番大切なのです。過去2年の間にJCCCはオンラインやバーチャルでのプログラムやイベントを行い好評でした。しかしJCCCはこれまでずっとそうであったように、これからも日系コミュニティの場所であり続けなければなりません。そして"文化がわかる、心が通う"を体現する場所としてあり続けなければなりません。

JCCCでは再開に向けて、会館施設を安全に使用できるよう改善を行い、明確な規則を設けました。数名のボランティアには献身的にワクチンチェック作業に携わって頂いています。再度強調して言いますが、会館を皆様に安全に安心してご利用頂けるように、私達はできる限りを尽くしています。このニュースレターの[9ページ](#)をご参照ください。会館の換気設備やトイレの改善改装されたところをご覧ください。

COVID以来まだ来館されていない方、ぜひ機会を見つけてご来館ください。皆様とお会いするのを心から楽しみにしています。

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 Cary Rothbart, Karen Gordon, Linda Ono and Nao Seko:



Cary Rothbart

Cary has been on the JCCC Board for many terms. He has previously served two terms on the Board of the Momiji Health Care Society and continues to serve on the Momiji Foundation Board. Cary is a graduate of Osgoode Hall Law School and has practiced as litigation counsel in private practice and as In-House Corporate Counsel for the well-known Canadian Home Health Care company Obus Forme. He has also worked as a licensed investment advisor in the Canadian Securities industry in the area of commercial real estate syndication.

Over 30 years of travel to Japan and this love of Japanese culture has helped shape his professional business career. His company, The Sky's The Limit International has been doing business in Japan for over 25 years, representing many well-known Canadian and international Food and Beverage manufacturers in the Japanese market. With this practical experience, he has also lectured for Agriculture Canada across Canada on how to do business in Japan. He continues to provide this guidance to other Canadian industries wanting to do business with Japanese companies.

Cary recently joined the Arts Committee at the JCCC. His love of art fostered and thrived during the 20 year period that his family owned a well-known gallery in Toronto. He has served on the Sakura Gala committee from the initial event onwards and has been inspired by seeing the importance of the event grow in prominence as it honours those who played roles that have impacted the Japanese Canadian community in a positive way. He Co-Chaired the Sakura Gala that honoured both the Toronto Jewish community and the Japanese diplomat Chiune Sugihara in 2014.

Known to have a camera with him at all times, Cary has helped document many important events at the JCCC and Momiji. He has been a contributor of articles and photographs to the Nikkei Voice for many years.

Nao Seko

Nao is entrepreneur and owner of Masami Holdings with experience in commercial development, petroleum retailing and property management. His property management and construction expertise has been of great assistance to the JCCC. Nao has a professional financial background and has been a member and volunteer of the JCCC for many years dating back to the 70's and the Caravan days. He continues to stay involved as a dedicated and resourceful Board member. Nao is also on the JCCC Foundation Board.

JCCC Board Profiles

Karen Gordon

Karen Gordon's route to the Japanese Canadian Cultural Centre started more than a decade ago when she bumped into a former work colleague, Chris Hope, at a neighbourhood drug store. That chance meeting led to her working with him as story editor and co-writer on his feature documentary. "Hatsumi" is the story of Chris's grandparents, who met and married in Vancouver, and how the internment of Japanese Canadians during the Second World War affected their lives. A few years later, she sat as a jury member for the Toronto Japanese Film Festival. Since then, she and Chris have collaborated on several projects, including the JCCC's videos for both "Keep the Lantern Lit" COVID-era fundraisers.

Documentaries and movies are only part of her career. Karen has a long and varied history in the area of communications, broadcast and writing, across all media and platforms, and has done everything from producing to hosting. She's a writer and story editor for documentary TV and IMAX/Giant Screen. She's just wrapped work on the giant screen film "Serengeti", which starts rolling out internationally in Spring 2022. She's a film critic, and one of the founding members of the movie review website original-cin.ca. She's collaborated with celebrity chef David Rocco on three cookbooks, including the award winning "Made In Italy".

Karen is also a media trainer, and performance coach with a background in strategic publicity, marketing and branding. She spent the big hair, big shoulder pad 1980s working in the music industry in Montreal and Toronto.

Above all Karen believes that arts and culture is a powerful bridge that stimulates conversation, opens doors, connects, enlightens, brings joy and builds friendship.



Linda Ono, CPA CMA

Linda is currently Finance Chair (formerly was JCCC Audit Chair) and has been with the Japanese Canadian Cultural Centre Board of Directors since 2018. She holds a Bachelor of Commerce degree from McGill University and has her CPA, CMA designation. She heads the JCCC Finance Committee and provides monthly financial reports and works closely with the JCCC management team and Audit Committee.

Linda brings a wealth of knowledge and experience from private, entrepreneurial and not for profit businesses within educational publishing, manufacturing, distribution/wholesale, services and not for profit sectors. With over 25+ years of experience, she has expertise honed in the areas of finance, accounting, business planning and cash management. Linda was VP, Finance and Administration with the Canadian Professional Sales Association where she provided her financial and operational executive level experience to positively impact Finance, IT and Operations.

On a personal side, Linda has been involved and volunteered at JCCC events such as the Bazaar (Sushi Bee) for several years. She also enjoys cooking, golf and curling.

Japanese Canadian Survivors Health and Wellness Fund (JCSHWF) Awards Two Grants to the JCCC

The Japanese Canadian Survivors Health and Wellness Fund (JCSHWF) came from the efforts of the NAJC's British Columbia Government Redress initiative. At its core the fund primarily focuses on Japanese Canadians who were uprooted and displaced during WWII including those families that left BC during the war and whose children were born out of province from 1942-1949.

In addition to the individual grants that have been awarded, the JCSHWF is providing grants to organizations to enhance programs, activities, and services that will directly benefit the health and well-being of these living survivors.

Organizations were invited to apply for support by detailing programs that would further the JCSHWF's purpose. The JCCC successfully applied for two maximum \$10,000 grants to be used during the 2022 calendar year.

Donna Tsuji is chair of the grant aimed to provide outreach to seniors who, due to health or access issues, are unable to attend and participate in events at the JCCC which may limit their opportunities to socialize with friends and family and engage in Centre activities.

Sharon Marubashi is chair of the grant which will support a one-day special event at the JCCC, celebrating and honouring the JC Survivors who are current/past JCCC members, along with their family and friends.

Details of both programs will be provided along with how to register for them. We encourage those for whom these programs are designed to register and enjoy the support they offer.

JCCC to Launch new Seniors Outreach Program

The JCCC is pleased to announce a pilot for a Seniors Outreach Program funded by the Japanese Canadian Survivors Health and Wellness Fund (JCSHWF). The program is designed for past and current JCCC members who were uprooted and displaced during WWII including those JC families that left BC during the war and whose children were born out of province from 1942-1949. The focus of this Seniors Outreach Program is to support those JC Survivors who would like to stay connected with the Centre but find it difficult to attend in person.

The pilot focuses on providing social connections with the Centre and, through technology such as Zoom, with friends and family. The program will include social visits with a friendly and familiar volunteer or family member who will deliver bento box meals provided by the Centre, remote access to JCCC events, and other resources such as DVD films or books from the lending library. Simply ask your visiting volunteer!

RSVP by April 4, 2022 to jccc@jccc.on.ca or phone JCCC Reception at 416-441-2345

Participation in the pilot program is limited to the first 100 respondents.

For further information contact Donna Tsuji, donnattsuji@gmail.com or phone 416-385-0024.

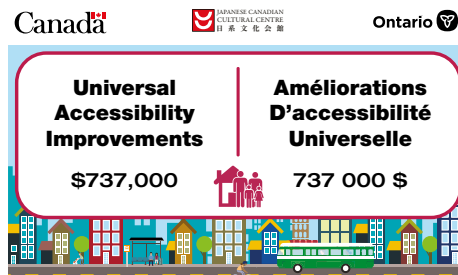
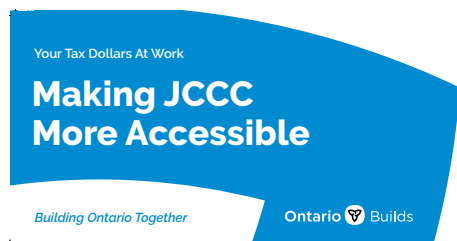
JCCC to host Honour our JC Survivors Day

The JCCC will host an afternoon to celebrate and honor current and past JCCC members who are Japanese Canadian Survivors (Japanese Canadians who were uprooted and displaced during WWII including those families that left B.C. during the war and whose children were born out of province from 1942-1949) with their families and friends. This event will provide the opportunity for the seniors to socialize and re-connect with other senior friends and members of our community, reminisce and share stories of their lives, view archival photos highlighting their pre-war life to post-war times and take part in re-unions for those that were in internment camps. There will be some food and entertainment provided. Also, there will be guided tours of the latest exhibition titled Maru, an examination of the Japanese diaspora including Canada.

More details to follow and date to be announced.

COVID IMPROVEMENTS TO JCCC FACILITY

The JCCC is proud to introduce some of the changes that we have made to the facility during our pandemic closures. These changes would not have been possible without the financial assistance of the following organizations.



Improved Air Flow



Touchless Features

Common Areas

- Changed to Merv 13 (Hepa) Filters in Dojos, Administration Office, the Moriyama Nikkei Heritage Centre including the Library and Tea Room, and Kobayashi Hall to provide improved clean air supply
- Portable Hepa Air filter units purchased for moveable placement within Centre
- Adjustment of Air flow in Rooftop HVAC's to increase fresh air supply
- Conversion to Touchless Front Doors
- Plexiglass Protection installed at Reception for staff/visitors

Washrooms

- New HEPA Filters added to all washrooms
- Improved Ventilation/Exhaust System in East Washrooms
- Changed to Touchless fixtures in all Washrooms
- Installed new UV/high-capacity hand dryers in East/Dojo/2nd floor Washrooms
- Installing new Touchless Soap dispensers in all Washrooms

Dojos

- Three new Exhaust Fans Installed in Dojos to improve air quality (provide clean air by exhausting 'used' air)
- Two New Circulating High Capacity Fans Installed in Dojos to clear air quickly between classes
- Improved Ventilation/Exhaust System in Change Rooms and Dojo Washrooms
- New flooring and fixtures have been added to the Dojo area washrooms

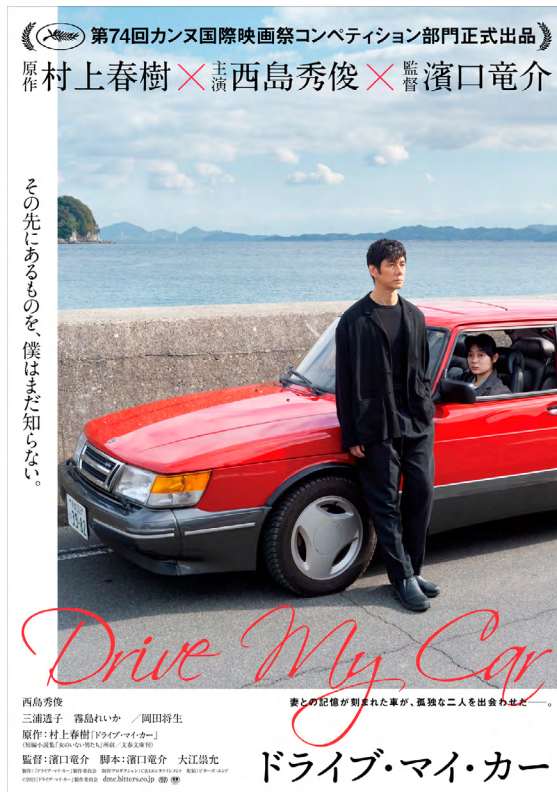
In addition to the specific changes mentioned, you will notice that all of our washrooms have a new look. All of the washrooms have been renovated to provide our visitors with a safe and comfortable experience.



MOVIES ARE BACK IN THE KOBAYASHI HALL!

We are thrilled to bring you the internationally celebrated masterpiece **DRIVE MY CAR** by Ryusuke Hamaguchi. **We did an exclusive Q&A with the director where he answered some of our questions, which we will show after the film.**

Since this interview, **DRIVE MY CAR** has been nominated for Academy Awards for Best Picture, Best Director, Best Adapted Screenplay and Best International Feature!



DRIVE MY CAR ドライブ・マイ・カー

Sunday March 6 @ 1:00pm in the Kobayashi Hall

Admission (tax incl.):
\$8 JCCC member
\$10 non-member

Tickets: 416-441-2345 or jccc.on.ca

"Best Film of the Year" - New York Film Critic's Circle, L.A. Critic's Circle

"A Masterpiece" - Justin Chang, Los Angeles Time

Yusuke Kafuku (Hidetoshi Nishijima), a stage actor and director is happily married to Oto (Reika Kirishima), a screenwriter. Oto suddenly dies, leaving behind a secret. Two years later, still unable to fully cope with the loss, he receives an offer to direct a play and drives to Hiroshima with his car. There, he meets Misaki (Toko Miura), a reticent woman assigned to become his chauffeur. As they spend time together, Kafuku confronts the mystery of his wife... Ryusuke Hamaguchi's new film has received universal acclaim including Best Screenplay at the Cannes Film Festival. It is Japan's candidate for the Academy Award for Best International Film.

Haru Matsuri 2022

The JCCC has worked to prepare a variety of activities for this year's event. While we are unable to have a larger festival, we hope that you will join us for the smaller events and our virtual offerings.

Please check our Haru Matsuri webpage at www.jccc.on.ca for information on registration or to connect to a virtual event.



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
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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!

We hope that you will join us for one the Kamp sessions listed below. Registration deadline is Thursday March 10.

Make your own Rice Cracker (Senbei) Workshop

With just a few simple ingredients and a little help from an adult, you can make your own Rice Crackers.

Thursday March 17 - 11:00 am to 11:45 am EDT

Suggested ages for this workshop is 6 – 12 years

Broccoli Ice Cream

A Fun, Bilingual Musical Workshop with Haru Sensei using Physical Brain Science Activity

Join us and learn Japanese vocabulary while having fun with song and physical movements.

Date: Tue, March 15, 2022 - 10:00 am - 11:00 am EDT

Suggested ages for this workshop is 6 – 12 years

Origami Workshop

A fun, one-hour origami workshop where you will fill a bento box with delicious looking origami food. This workshop, part of JCCC's Heritage and Art Gallery programming, will be an experience that engages the sense of touch, sight, and sound and will focus on how these foods create a sense of warmth that lasts through generations.

Friday March 18, 2022 - 11:00am - 12:00 pm EDT

Suggested ages for this workshop is 7 – 12 years *good manual dexterity required

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



The graphic features a circular collage of photos showing participants in a virtual workshop. One photo shows a tray of freshly made rice crackers (senbei). The text 'VIRTUAL KAMP KODOMO' is written in large, bold, yellow letters, with 'MARCH 14 – 16, 2022' below it. At the bottom, there is a logo for the Japanese Canadian Cultural Centre (JCCC) with the text 'JAPANESE CANADIAN CULTURAL CENTRE' and '日系文化会館'. A URL 'www.jccc.on.ca' is provided for more information.

JCCC on the Web!



March is an exciting month at the JCCC. Although we have now reopened our doors to the public, many of our programs are continuing in a hybrid format, with parts being offered both online and in person. This month, we are happy to share our Sports themed Kokuban, in honour of the 2022 Beijing Winter Olympics and Paralympics. We also have a new episode of All Things Japanese to share with you. Finally, we invite you to join us for our Haru Matsuri programming on March 5 & 6, which will include a time lapse video of our popular Hina Matsuri display being assembled in our main lobby, as well as many other activities.



Newsletter Survey

As we move closer to our full reopening of the JCCC, we are looking at ways to improve our newsletter. Please take a moment to answer a few questions for us, either [through this Google Survey](#), by email at theressat@jccc.on.ca or by mailing your responses to Newsletter at JCCC, 6 Garamond Court, Toronto, ON, M2H 1T8.

What is your favourite feature of the JCCC newsletter?

What features MUST STAY in future newsletters?
(from the Contents list)

What do you feel about the overall length of the online newsletter?

1. too short, 5. too long

Would you prefer your newsletter

1. Printed, 2. Online ?

How often would you like to receive a print copy?

1. Monthly, 2. every other month, 3. Quarterly

Thank you from the Newsletter Committee



Martial Arts Activities – Back in Full Swing Limited Spots Still Available – Join Now

全武道クラスがフル始動！ クラス人数に制限がありますので お申し込みはお早めに。

Thanks to all our instructors who have been so flexible in pivoting martial arts activities online during closure, and then promptly back into the dojo once we reopened, the JCCC is pleased to report that all of our martial arts club activities have resumed back into our dojos.

While the current winter session is already underway, there are still limited spots available for those who still wish to join.

To learn more about the programs, visit <https://jccc.on.ca/programs/martial-arts>.

To enquire about or register in a program, please email jccc@jccc.on.ca or call 416-441-2345.

閉館中はオンライン練習等の活動で、会館再開時にはすぐに対面で、と柔軟にご対応くださったインストラクターの皆様のおかげで、全武道クラスが道場に戻りました。

限られた人数ですが、既に始まっている冬季クラスは今からでも参加可能です。

各武道クラスの詳細は[こちら](#)からご覧いただけます。

クラスお申し込みに関するご質問はEメールjccc@jccc.on.caへ、又は416-441-2345までお電話をどうぞ。

Spring Cultural Classes In Person at the JCCC Starts March 21

館内対面、春季カルチャークラス 3月21日よりスタート

Returning and New Students Welcome!
更新及び新規生徒募集



Ikenobo Ikebana - Japanese Flower Arrangement

Daytime and Evening Classes Available

To learn more, visit jccc.on.ca

To register, contact jccc@jccc.on.ca, or call 416-441-2345

華道:池坊クラス

昼と夜のクラスあり

詳細は、JCCCウェブサイトjccc.on.caをご覧ください。

登録申込みは、Eメールjccc@jccc.on.caか、お電話 416-416-2345までご連絡ください。

Bunka Shishu & Japanese Punch Needle Embroidery

Tuesday @ 10:00am & Friday @ 1:00pm

To learn more, visit jccc.on.ca

To register, contact jccc@jccc.on.ca or call 416-441-2345

Classes will be conducted in small numbers. As spaces are limited, please register quickly to avoid disappointment.

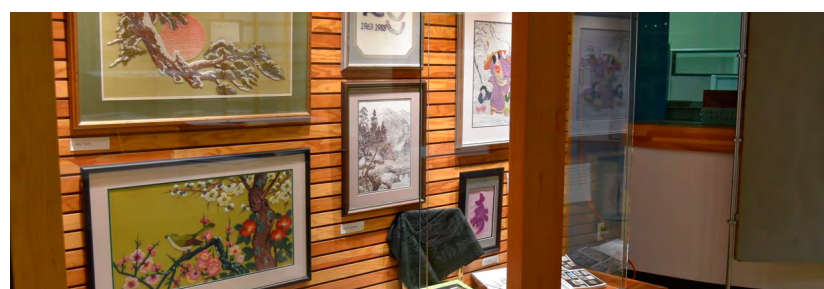
文化刺繍

火曜日、午前10時・金曜日、午後1時

詳細は、JCCCウェブサイトjccc.on.caをご覧ください。

登録申込みは、Eメールjccc@jccc.on.caか、お電話 416-416-2345までご連絡ください。

各クラス少人数制のため、登録数に限りがあります。お早目に申し込みください。



SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash

Chawan Mushi

Ingredients

- 1 cup cooled dashi
- 2 egg slightly beaten
- 1/2 tsp shoyu
- 4 oz chicken sliced into thin strips
- 6-8 leaves of baby spinach chopped
- 2 mushroom washed and sliced
optional
- Sliced water chestnuts
- Deveined peeled shrimp
- Celery cut into thin matchstick
- Sliced kamaboko

* You can make a quick dashi by dissolving 1 tsp hondashi into 1/4 cup boiling water, then adding 3/4 cup cold water to cool it.

Equipment

- 2 soup or chawan mushi bowls medium sauce pan
- Cutting board
- Sharp vegetable knife
- Small mixing bowl
- Measuring cups and spoons

As we get closer to spring, the thought of joyful festivals start to fill our heads. With festivals come special foods, and Chawan Mushi is a perfect celebration food with which to look forward to spring.

Instructions

1. In a small bowl, lightly beat egg and add dashi and shoyu. Place chicken, spinach, and mushrooms in bottom of serving bowl. Gently pour soup mixture into the serving bowl.

2. Place bowls covered with lid in sauce pan deep enough for a lid to go on. Add enough cold water for the bowls to sit in 1 inch/2 cm of water. Place lid on pot and bring water to boil, then reduce heat to simmer. Simmer for approximately 8-10 minutes. Test to see if done by lightly pushing on the top of the egg mixture with the back of a spoon. If runny egg rises it is not done.

3. The soup should look like a custard with a smooth top. The egg needs to be slightly firm, but still silken with no bubbles around the edges as this indicates it is overdone.

4. When done carefully remove the bowls from the pot of hot water and place on serving dish.

Storage and Reheating

- You shouldn't have any. Chawan mushi is too yummy for leftovers.
- Chawan mushi can also be made in the microwave. Follow the directions above, but instead of cooking on the stove, cook in a microwave safe bowl at medium heat for 8-10 minutes. Follow the same guideline for doneness. Microwave power does vary- start at 8 minutes and add time until your chawan mushi is ready.

Volunteer For the JCCC Art Gallery

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。

JCCCアートギャラリー
ボランティア募集

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 (New Onsite Pop Up!)

With the reopening of the JCCC, the Arts Committee welcomes you to the Origami exhibit available for viewing at the JCCC Gallery until last week of April.

The virtual exhibit presented by the JCCC 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 ▶

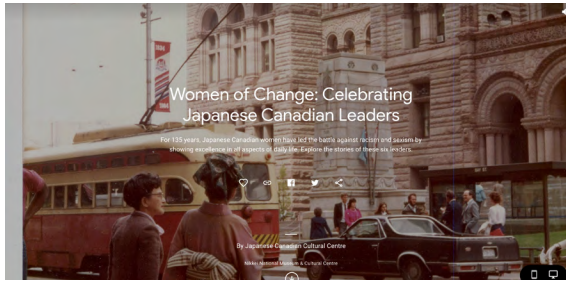
A joint exhibit of the JCCC Art Committee and the Toronto Japanese Garden Club

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



Women of Change

(Launching March 8, 2022 – International Women’s Day!)

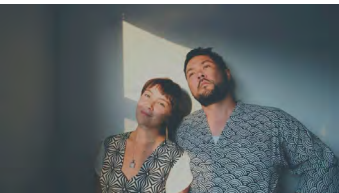
The culmination of a year-long digitization and research project focusing on the existing collections of Japanese Canadian women leaders, the JCCC and Nikkei National Museum & Cultural Centre present a virtual exhibit that highlights the incredible stories of six Japanese Canadian women who upheld the community for over a century: Tomiko Nishimura, Miyoshi Mickey Tanaka, Michiko Midge Ayukawa, Kinori Oka, Sono Nakazawa, and Maryka Omatsu. Women of Change will be available for viewing on Google Arts & Culture.



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

(Postponed to June 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.

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 AKIKO M.



How long have you been volunteering at JCCC?

I don't remember well, but it's going to be over 40 years. I still remember going to the old building once a week.

How did you get involved with volunteering at the JCCC?

My friend introduced me to the JCCC Japanese language course and asked me to teach it.

What type of volunteer work have you done?

I was mainly helping to open and continue the Japanese language classes as a leader.

Describe in ONE word your volunteer experience at JCCC.

That would be "harmony". I help anything I can without overdoing it.

JCCCでボランティアをしてどのくらいになりますか?

よく覚えていませんが、40年以上になるでしょう。
あの古い建物に週1回通ったのを覚えています。

どのようにしてJCCCを知りましたか?

友だちに紹介されました。

どのようなボランティアをしてきましたか?

主に、日本語クラスの開講・継続に関してお手伝いをしました。

JCCCでのボランティア経験を一言で表すと?

「調和」です。無理をしないで自分の出来る範囲で協力する。

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

Origami - The Art of Paper Folding

The JCCC is happy to welcome you back to the Gallery with an Onsite Pop Up extension of the virtual exhibit Origami - The Art of Paper Folding. In this first, in-person exhibit since the closure of the JCCC in March 2020, we will be featuring the Origami of Jackie Han of Origami Canada, Tim Murphy, Mia Turnbull and Mui Ling Teh, as well contributions from the community. In addition to being able to explore the work of these origami artists, visitors will be able to create their own origami to either leave for display or to take home with them.

This exhibit will be open during the JCCC's Reception Hours until the end of April 2022.

Women of Change

The JCCC and the Nikkei National Museum & Cultural Centre are pleased to announce the upcoming launch of the new **Women of Change** Google Arts & Culture virtual exhibit, launching March 8, 2022 – International Women's Day! This joint exhibit is based on the research and digitization project of the same name funded by the Documentary Heritage Communities Program.

The exhibit explores the collections of six female members of the Japanese Canadian community, Kinori Oka, Tomiko Nishimura, Mickey Tanaka, Midge Ayukawa, Sono Nakazawa and Maryka Omatsu, whose contributions to the community have created lasting legacies for the benefit of all Canadians.



Kaze by Nagata Shachu and Toki Tatara

「風」永田社中 x 朱鷺たたら



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)

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

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.

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。



DONATIONS

DONATIONS TO THE JCCC

AS OF FEBRUARY 5, 2022

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

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Anonymous	100
Anonymous	300
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In Memoriam

In memory of Alan Sora

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Mr. Martin Kobayashi	1,000
Mrs. Kathy Tazumi	100

In memory of Arthur Ikeda

Mr. Kenzo & Mrs. Evelyn Sekiya	50
--------------------------------	----

In memory of Gheorghe Dutescu (Bunu)

Mr. Cosmin Dutescu	1,000
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In memory of Joan Sasaki

Mr. & Mrs. William Hatanaka	300
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Mr. & Mrs. Tsugio Tanaka	40
Mr. Cathy Tennant & Mr. Bob Tennant	100

In memory of Ken Ikeda - Judo Program

Mr. Kenzo & Mrs. Evelyn Sekiya	50
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In memory of Michael Mitsuru Nagata

Mr. Gary & Mrs. Laurie Tehara	100
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In memory of Minoru Yamashita

Mrs. Sharon Doi	100
Mr. Lewis & Ms. Barb Hooper	100
Ms. Shelley M Murao	50
Mr. Masuo Yamashita	200

In memory of Min Hamanaka

Tomiko & Caroline Arai	50
------------------------	----

In memory of Naomichi "Abie" Takeuchi

Mrs. Chiyo Inamoto	100
Mr. & Mrs. Bill Tanaka	100

In memory of Rosa Kimoto

Ayame Kai	75
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Mr. Rick & Mrs. Kathy Tazumi	30
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In memory of Saburo Takata

Ms. Laura Takata	200
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In memory of Toshiko Goto

The Mori Family	50
-----------------	----

In memory of Tsugio (Robert) Mori

Ms. Colleen A. Smith	50
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Mr. Gary Kawaguchi & Ms. Gayle Taguchi	100
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Government of Canada	40
MAP Grant	100
The Mitsui Canada Foundation	

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Mr. Richard & Mrs. Stacey Takashima	93

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APRIL 1, 2021 - FEBRUARY 5, 2022

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Kyoko Abe***

Mr. Kevin Takahiko Abe



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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- Ultimate Bento by Marc Matsumoto and OGAWA Maki to make authentic and healthy bento with no special tools;

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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!

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17th Online Nihongo Salon

Wed, February 9, 2022

8:00 pm – 9:00 pm (EST)

Topic: Let's try "Word Wolf"



Online Talk - Parallel Worlds: Translating for Young Minds

Thursday, March 3, 8:00PM (ET)

Join us for a behind-the-scenes conversation with veterans of Japanese and Canadian children's/YA literature. Animator and author Jeff Chiba Stearns (Yellow Sticky Notes, On Being Yukiko) sits down with Avery Fischer Udagawa (Temple Alley Summer) and Cathy Hirano (The Beast Player) to discuss the specific challenges of localizing Japanese culture and language for a younger, English-speaking readership. How do translators approach differing cultural taboos? What assumptions must be made about the reader's prior knowledge or lack thereof? If illustrations are present, how do translators corroborate the text with the visual narrative? Come find out the answers to these questions – and more – in this last of our Parallel Worlds series. [Register here.](#)

健やかな老後をめざして その49

感染症をどう防ぐ!?

ちょうど2年前の3月、初めて行動規制(ロックダウン)を体験し、新型コロナウイルス感染症パンデミック(COVID-19)の怖ろしさを思い知らされました!

冬から春へ変わりつつある季節は特に体調が変化しやすく、感染症にかかりやすくなります。細菌、ウイルスなどの病原微生物が鼻や喉から侵入して呼吸器感染を起こします。かぜ(上気道炎)、インフルエンザ(流行性感冒)、COVID-19、結核などがあります。高齢者(65歳以上)では肺炎を起こすと重症化する割合が高まります。一般的に、肺炎を起こすと38°C以上の発熱、強い咳、黄色や緑色の痰、息苦しさなどが生じます。ところが、体力や免疫機能が落ちている高齢者では典型的な症状が出ないこともあるので「呼吸が浅い、食欲や元気がない」といった症状に注意しましょう。

呼吸器感染症の予防3原則は次の通りです。

1. 予防接種で免疫をつける。

インフルエンザの場合、ワクチン接種の効果はインフルエンザの型によって異なります。COVID-19に関しては次々と変異株が出現し、世界中で使用されている様々なワクチンの効果はまだ検証過程にあります。現時点では「感染率と発症率を減少させ、重症化するリスクを抑える」と報告されています。有効な薬が開発されるまではワクチン接種が非常に重要です。薬剤アレルギーなどある人では、ワクチン製剤による副反応(特にアナフィラキシー反応)に注意する必要があります。

2. 感染経路を絶つ。

流行時はマスクを着用し、なるべく人ごみを避け、帰宅したらうがいと手洗いを励行しましょう! 手洗いは、石鹸液で指先と指全体、手の平と甲、手首までしっかり洗います。アルコールを使う際は、手が濡れていると効果が減るので乾いた手に十分な量を取り、手洗いと同様に丁寧に消毒します。家庭内感染を防ぐために共有場所(トイレ、洗面所や台所のノブ、ハンドル、蛇口など)の清潔に心がけましょう。タオルを共有しないことも大事です。

3. 抵抗力をつける。

感染症にかかっても重症になるかどうかは抵抗力(免疫力や体力)に大きく関連しています。抵抗力が落ちると容易に状態悪化を招きます。COVID-19は、未知の感染症が急速に肺の状態を悪化させる怖ろしさを突きつけましたね! 暮らしの中で抵抗力を高める対策として「適切な食生活と睡眠・休養、持病の管理、免疫の働きを保つ生活」を心がけることが大事です。

睡眠と休養が十分でない状況が長期に続くと、食欲不振や体調不良を招き、免疫力や体力は低下していきます。最近の研究は「侵入した病原体を特に強い力でやっつけるのはリンパ球で、主に睡眠・休養中に身体を巡回して働く」「その動きは、自律(交感・副交感)神経のオンとオフの切り替えがうまく行くと高まる」ことを明らかにしています。現代人の暮らしはテレビ、ゲームやスマホなどに交感神経が刺激され、副交感神経の働く時間帯が少なくなっており、睡眠・休養の時間と質が非常に危惧されます。

良い睡眠を確保するためには昼間に適度な活動(運動)を行いましょう。専門医より寒い季節の戸外活動を禁じられている私の場合、TV体操、スロースクワット、一段昇降、縄跳び風ジャンプ、自称メチャクチャ・ダンス(クラシック、ジャズ、歌謡曲、童謡など聴きながら心のままに自由に踊る)を楽しんでいます。

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)

読書の時間 - 書店が選ぶおススメ本



ブラックボックス

2021年 第166回 芥川賞受賞。

ずっと遠くに行きたかった。今も行きたいと思っている。自分の中の怒りの暴発を、なぜ止められないのだろう。自衛隊を辞め、いまは自転車便メッセンジャーの仕事に就いているサクマは、都内を今日もひた走る。昼間走る街並みやそこかしこにあるであろう倉庫やオフィス、夜の生活の営み、どれもこれもが明け透けに見えているようで見えない。張りぼての向こう側に広がっているかもしれない実相に触れることはできない。気鋭の作家、新境地の傑作中篇。

砂川文次 / 著
 出版社名: 講談社
 出版年月: 2022年1月
 ISBNコード: 978-4-06-527365-4
 店頭価格: \$35.20+TAX



時刻表 1967年10月号 復刻版 JTBのMOOK

時刻表復刻版シリーズの第5弾!『交通公社の時刻表』1967年10月号の内容を復刻したムックです。

昭和の3大改正のひとつ「よん・さん・とお」(昭和43年10月)の1年前、先んじて電化・複線化が完成した線区でのスピードアップや輸送改善をはかる全国的なダイヤ改正号です。新幹線増発、世界初の寝台電車・特急「月光」(新大阪-博多間)や九州内だけを走る初めての特急「有明」の新設、紀勢線の「くろしお」増発、東日本方面の列車の一部東京延伸などが行われました。本号は奇しくも創刊500号。

鉄道ファン、歴史好きの方にオススメの1冊です。

出版社名: JTBパブリッシング
 出版年月: 2022年1月
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JSS プログラム: 2022年3月

2022年3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。

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

(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](#)。

(1) e-Learning Series

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

「高齢者の聴覚障がいとコロナ禍」

3月9日(水) 15時 英語

年齢とともに、聴力の衰えによる会話への影響を経験する人は増えていきます。この種の聴力障がいは通常、ゆっくりと段階的に進んでいき、気づくのに時間がかかることもあります。今回のセミナーではCanadian Hearing Services (CHS) より聴覚ケアカウンセラーを招いて、聴力障がいに関する基礎的な知識から、聴力テストを受けるタイミング、コロナ禍での聴覚障がいがありながらの会話のコツ、地域の支援サービスやプログラム等について学んでいきます。

※詳細・お申込みは[こちら](#)



「和食シェフ直伝:もち米から桜餅をつくらう」

3月23日(水) 15時 日本語

本セミナーではお馴染みとなった和食シェフのとしさんをお願いして、「もち米があればできる桜餅の作り方」を伝授いただきます。もち米を「蒸す・炊飯器を使う」(両方学べます)で家庭で簡単に道明寺粉「風」にする方法はもちろん、お馴染みのピンク色は健康的にピーツで、桜の葉・花の塩漬け方法から、としさんが和菓子職人から直伝された本格こしあんんの作り方も含めて、盛りだくさんでお届けします。

※詳細・お申込みは[こちら](#)

Hearing Loss & Aging during COVID-19

Wed. Mar. 9, 3pm (English)

As we age, older adults will often experience hearing loss in the higher frequencies that can affect conversational communication. This hearing loss is usually slow and gradual and can sometimes be difficult to recognize. Let's learn the basics about hearing loss from Hearing Care Counsellor at Canadian Hearing Services (CHS); including when to get a hearing test, communication tips on managing conversations with a hearing loss during Covid-19, and Information for caregivers of a person with a hearing loss or supporting someone who does.

*Click [here](#) to register

Cooking with Japanese Chef : Sakura-mochi

Wed. Mar. 23, 3pm (Japanese)

We invited our regular guest speaker, professional Japanese chef in Toronto, Toshi, to teach us how to make Sakura-mochi with sticky rice. From making home-made Domyoji-flour by steaming sticky rice (rice cooker is good too) to colouring with beats, pickling cherry leaves & flours, and cooking own "anko," red-bean paste (secret recipe from traditional Japanese sweets chef), a whole package of sakura-mochi making awaits you!

*Click [here](#) to register

(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 3月2日(水) 10時半-正午

「紐付きスマホケースの作り方」

編み物 3月16日(水) 10時半-正午

「ポンポンとお花のモチーフで世界に一つのブローチ作り」

2. ホットランチ交流会

3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。

4. やさしいシニアヨガ

第7期: 3/14~4/25 *4/18除く。お問合せは senior.yoga@jss.caへ。

(2) JSS Regular Online Programs (in Japanese)

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

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

"How to make a smartphone case with a strap"

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

"The only one in the world brooch with pompoms and flower motifs"

2. Hot Lunch Social

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

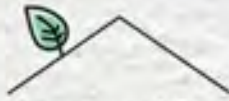
*RVSP at hotlunch@jss.ca

3. Online Single Mothers Support Group (monthly)

Inquire to SMSG@jss.ca

4. Easy Senior Yoga

7th term: From 14Mar to 25 Apr. Contact senior.yoga@jss.ca



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The sample page shows a 'Summer Reading List' section with a book review of 'Uncovering the life of a cultural trailblazer' by Kyo Maclear. Below this is the main title 'NIKKEI VOICE' and the subtitle 'THE JAPANESE CANADIAN NATIONAL NEWSPAPER'. The main headline is 'Kimono fashion show' with a sub-headline 'Tofino apologizes for 1947 motion to exclude Orientals'. There is a photo of a woman in a kimono. Other articles include 'East meets West on the runway at Anime North's Kimono Fashion Show', 'Comedian Toshiyuki Teruya's film explores a rare Okinawan tradition', and 'Director Toshiyuki Teruya was in Toronto for the film's premiere'. The page also includes contact information for the newspaper.



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