

この笑顔にダマ

よかつた者た



2022年5月 MAY 2022 TJFF EDITION

IN THIS ISSUE - VOL. 48 ISSUE 5

TJFF COMES HOME
トロント日本映画祭

MARTIAL ARTS @ JCCC
JCCC武道 クラス

VOLUNTEER @ JCCC
ボランティア募集





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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 (Mon-Sun, 10am-5pm).

担当スタッフに直接ご連絡(スタッフリストはこちら)、又は、jccc@jccc.on.caまでEメールをお送りください。

一般的なお質問は、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(月～日、午前10時～午後5時)にご連絡ください。

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YOUR NEWS IS WELCOME! 皆様からの寄稿をお待ちしております。

The submission deadline for the next issue is:

Monday, May 9, 2022.

次号締切日:2022年05月9日(月)

Please email to newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

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Phone: 416-441-2345

www.jccc.on.ca

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Click on the page numbers to jump directly to each section



What's On at the JCCC

WE ARE OPEN. The JCCC is open 7 days a week, 10am to 5pm.

長らくお待たせしました!

毎日(週7日)午前10時から午後5時のスケジュールで開館中

New in May / 5月

Events • イベント

Toronto Japanese Film Festival 2022

トロント日本映画祭

TJFF is back in the JCCC Kobayashi Hall.

Tickets go on sale May 11 @ 10am.

チケット販売は 2022年5月11日朝10時からです。

Film Screening 映画上映 - SUNDAY MAY 8

@ 1pm

Lupin III The First / ルパン三世 The First

@ 3:30pm

Poupelle of Chimney Town / えんとつ町のプペル

Please see [page 5](#) for details.

Doors Open Toronto ドア・オープン・トロント

May 28 & 29 - Martial Arts Demonstrations, Museum and Gallery tours, and much more!

Ongoing / 開催中

Programs • クラス

Martial Arts Classes

Please see [page 7](#) for details.

武道クラスニュース

詳細は7頁。

Exhibitions • 館内展

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

Sumi-e: The Way of the Brush

May 2 - July 29, 2022

JCCCギャラリー

墨絵展示

2022年5月2日~2022年7月29日

Library • 図書館

The Library is now open (2 days/month).

Please check the JCCC website for the schedule of this month.

JCCCライブラリー4月より月二回でオープンしています。

各月のスケジュールはウェブサイトをご確認ください。

ライブラリーでは閲覧日、貸出日をお手伝いくださるボランティアを募集しています。ご興味のある方(要、日本語)はharukoi@jccc.on.caまでご連絡ください。

We are Recruiting Volunteers for the JCCC Seniors Outreach Program

The response to the JCCC Seniors Outreach Program has been extremely positive and registration closed at capacity on April 4th. The BC Government's "Japanese Canadian Survivors Health Wellness Fund" (JCSHWF) grant supports this program and one of the parameters is the timeframe for completion which limits the number of visits we will be able to make. Thus, we hope to use this as a pilot program to help us develop a follow-up JCCC Seniors Outreach Program.

The JCCC recognizes that many within our community, due to age and health issues, are less able to attend JCCC events, clubs, and committees on a regular basis. Research underscores the impact of social isolation on the mental and physical well-being of individuals. The COVID-19 pandemic has made things even more difficult, cutting off access to the Centre and its activities for the past two years. Thus, we are committed to launching this pilot outreach program for JCCC seniors to ensure they are still part of the vibrant and caring JCCC community.

To that end, the JCCC Seniors Outreach Program is looking to recruit volunteers who are able to commit to three social visits with JCCC seniors in their place of residence.

The program includes:

- three approximately 1.5–2 hours social visits with senior in their home, senior residence, or long-term care facility
- specially created bentos for the participant(s) and volunteers to enjoy together
- opportunity to borrow resources such as Japanese films, Japanese/English books, jigsaw puzzles; access online JCCC exhibits, Sedai interviews, podcasts; engage in virtual visits through Zoom, if requested and feasible

The volunteer responsibilities include:

- committing to three visits of 1.5-2 hours each, scheduled for:
Saturday July 16, Saturday September 10, and Saturday October 22.
- completing a vulnerable sector check (Police check) as needed
- providing proof of fully vaccinated status to ensure the safety of all participants
- attending a mandatory Education/Orientation session for the program either on
May 26 @ 7:00 p.m. or June 9 @ 1:00 p.m.
- picking up and delivering bentos from the JCCC for the resident(s) and themselves to enjoy together
- borrowing requested resources; providing the technology for the senior to view JCCC online exhibits, Sedai interviews or JCCC podcasts during the visit*; if requested, setting up virtual visits through Zoom. This may require the volunteer to have the appropriate equipment and ability to create a hotspot*

*(*We have enlisted volunteers who can assist with technical support if you need assistance or instructions for doing this.)*

If you wish to be a volunteer for this outreach program, please register by completing the registration form for the JCCC Senior Outreach Program on the JCCC website under the Volunteer Opportunities section at <https://jccc.on.ca/join-support/volunteer/volunteer-opportunities>, or contact JCCC reception at 416-441-2345.

Please note: Our priority is to match the most appropriate volunteer to each of the' participants which may result in some volunteers not be given an assignment for this project.

THIS MONTH IN THE KOBAYASHI HALL

CHILDREN'S DAY ANIME FEST

As a celebration of Children's Day – albeit a few days late – we are screening two recent anime hits for the whole family to enjoy.



LUPIN III - THE FIRST

Sunday May 8 at 1:00pm

Admission (tax incl.):

\$8 JCCC member

\$10 non-member

(Kids 14 and under \$5)

In Japanese with English subtitles

“This lavish, technically polished animated caper featuring the beloved gentleman thief of Japanese manga delivers high-octane entertainment” - Variety

The iconic “gentleman thief” Lupin III returns in an action-packed, continent-spanning adventure, as Lupin III and his colorful underworld companions race to uncover the secrets of the mysterious Bresson Diary, before it falls into the hands of an evil organization. The gang undertakes trap-filled tombs, aerial escapades and daring prison escapes with the trademark wit and visual finesse that have made Lupin one of the most storied animation franchises in the world, in a thrilling new caper that is sure to delight fans old and new. Directed with wit and flair by Takashi Yamazaki (Always: Sunset on 3rd Street, Eternal Zero, Stand By Me Doraemon)



POUPELLE OF CHIMNEY TOWN

Sunday May 8 at 3:30pm

Admission (tax incl.):

\$8 JCCC member

\$10 non-member

(Kids 14 and under \$5)

In Japanese with English subtitles

*“A Distinctive Believe-in Yourself Anime for Kids”
- Variety*

The story of young Lubicchi living among the thick smoke from the chimneys of his isolated town, yearning to see the “stars” — to know the truth — his father always told him about. One Halloween night he meets Poupelle, a man made of garbage, and together they look to the sky as their adventure begins. Spectacularly beautiful, filled with inspiring performances and splendid music and sound effects, Poupelle of Chimney Town brings laughter, tears and joy. Based on the popular children’s book by Akihiro Nishino.

JCCC on the Web!



As we return to printed newsletters, we are committed to keeping you up to date with our online offerings. This page will continue to be the place for you link to our online content!

First up, with the Toronto Japanese Film Festival fast approaching, we want to let you know that the line up and information for all of the films are available at <https://jccc.on.ca/films/tjff>. Many of the films will have links to the trailers as well.

Second, this month's Kokuban will feature Sakura!! May is Toronto's month for Cherry Blossom Season and we want to make sure that you know as much as we do about these beautiful, fleeting blooms.

You will also find links to our Online Exhibitions on this page going forward. For a full listing, visit <https://jccc.on.ca/heritage>. For this month, we want to once again draw your attention to our new Women of Change online exhibit. We are proud to launch an Activity Booklet intended as a companion to the exhibit and intended for children ages 6 to 12. You can find links to the exhibit and activity booklet at <https://jccc.on.ca/event/2021/03/women-change-celebrating-japanese-canadian-leaders>.

Finally, this page will continue to be your link to new All Things Japanese podcast episodes!

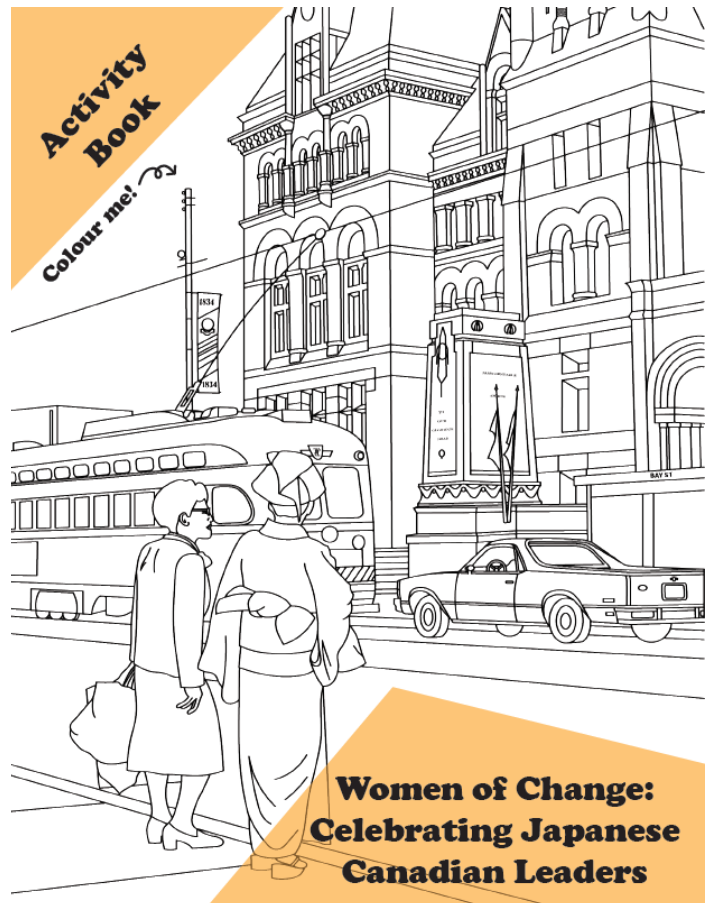
TJFF



TORONTO
JAPANESE
FILM 2022
FESTIVAL



Check us out on social media as:
[JapaneseCanadianCulturalCentre](https://www.instagram.com/JapaneseCanadianCulturalCentre)





Come Join JCCC's Martial Arts Program

All 8 of JCCC's martial arts clubs are now back in full swing.

The JCCC wants to recognize and applaud the efforts of the instructors who have tirelessly worked with our members throughout the closure and into re-opening.

Our instructors do much more than teach skills and techniques - they educate students in the tradition and discipline associated with these sports.

Because of their commitment, and the quality of their teaching, many of our students have dedicated themselves to our program long-term, for 10-years, 20-years and 30+ years.

Over the five decades, we have not only produced winners and international competitors, but also successors and future leaders of our martial arts programs.

There's opportunity year-round to join our martial arts program. Please check our website for the latest information regarding registration: <https://jccc.on.ca/programs/martial-arts>



THE TORONTO JAPANESE FILM FESTIVAL COMES HOME!

The JCCC's 11th annual **Toronto Japanese Film Festival** will be held from June 16 to 30 and features 24 films. After 2 successful virtual editions, the festival returns to in-person screenings in our Kobayashi Hall. As always, there will be taiko drumming performances, great food and art exhibitions. The festival has now grown into one of the largest film events of its kind in the world and is recognized by the Japanese film industry as a vital conduit for bringing Japanese film to the world. Many films come to the festival prior to their Japanese release.

Some of the highlights are:

Opening Night Film

THE PASS: LAST DAYS OF THE SAMURAI 峠 最後のサムライ



In 1867, political power returned to the Emperor and 260 years of the Tokugawa Shogunate came to an end. Civil war erupts between imperial loyalists in the west and the remaining shogunate in the east. Caught between both armies, Kawai, chief retainer of the Nagaoka domain, decides to remain neutral in order to safeguard the lives of his clan and resolves to face the end of the samurai era with dignity. Classic samurai cinema, replete with gorgeous period costumes, sets and epic battle scenes.
Starring Koji Yakusho, Takako Matsu, Tatsuya Nakadai
Directed by Takashi Koizumi



Click on the movie posters to access the online film page

©2020 "The Pass: Last Days of the Samurai" Film Partners

Closing Night Film – International Premiere

DREAMING OF THE MERIDIAN ARC 大河への道

While planning a historical TV drama about Tadataka Ino - the first person to make a map of Japan in 1821 - it is discovered that the work was not Ino's! The film then jumps to the Edo period to follow Ino's loyal pupils and their secret operation to finish the map to honour their sensei. Hugely entertaining, witty and rich in historical detail.
Starring Kiichi Nakai, Keiko Kitagawa, Kenichi Matsuyama, Yukino Kishii
Directed by Kenji Nakanishi



MASQUERADE NIGHT マスカレード・ナイト



Takuya Kimura and Masami Nagasawa return in the hit follow-up to Masquerade Hotel. Police detective Nitta and hotel concierge Yamagishi are reunited at the elegant Cortesia Hotel to stop a murder at a New Year's Eve countdown party with 500 invitees in costume. Can they unveil the truth hidden behind the murderer's mask in time? A fast-paced, entertaining who-done-it featuring an all-star cast.

Directed by Masayuki Suzuki



© 2021 Keigo Higashino/ SHUEISHA, Masquerade Night Film Partners

TICKETS AND PASSES

Tickets go on sale on **May 11 at 10:00am**. 5- and 10-film pass buyers receive a special gift from the festival's founding sponsor, SHISEIDO CANADA. Go to Torontojff.com, call 416-441-2345 or simply come over to the JCCC for tickets and more information. **Passes sold out quickly last year!**

SINGLE TICKETS	5 FILM PASS (100 available)	10 FILM PASS (100 available)
JCCC Member: \$12	JCCC Member: \$55	JCCC Member: \$110
Non-member: \$15	Non-member: \$70	Non-member: \$140

IT'S A FLICKERING LIFE キネマの神様



Master director Yoji Yamada's love letter to the golden age of the Japanese film industry based on the novel by popular prize-winning novelist Maha Harada. This heartwarming tale of love, family and friendship spanning a lifetime was nominated for multiple Japanese Academy Awards including Best Picture. Starring Kenji Sawada, Masaki Suda, Mei Nagano, Nobuko Miyamoto
Directed by Yoji Yamada

©2021 "It's a Flickering Life" Film Partners

THE LAST TEN YEARS 余命10年



The North American premiere of Michihito Fujii's tender, deeply moving story of the transcendent power of love. Matsuri learns she has an incurable disease and only 10 years left to live. She vows not dwell on her condition, to live her best life and, given her life expectancy, she swears not to fall in love. That is, until she goes to a school reunion and meets Kazuto...
Starring Nana Komatsu, Kenta-aro Sakaguchi and Yuki Yamada.
Directed by Michihito Fujii

©2022 "The Last 10 Years" Film Partners



LAST OF WOLVES 孤狼の血 LEVEL 2



Director Kazuya Shiraishi's action-packed continuation of the masterful yakuza saga he launched with 2018's *The Blood of Wolves*. Detective Hioka has the responsibility of keeping the yakuza gangs in check but bloody war is set to erupt when psychopathic gangster Uebayashi is released from prison vowing to avenge the death of his boss. Nominated for multiple Japanese Academy Awards including Best Film, Director, Actor and Supporting Actor, the film interweaves ferociously violent battles and complex interpersonal drama. Unmissable for fans of the great yakuza films.



Starring Tōri Matsuzaka, Nijirō Murakami, Ryōhei Suzuki
Directed by Kazuya Shiraishi
©2021「孤狼の血 LEVEL2」製作委員会

MIDNIGHT SWAN ミッドナイトスワン



©2020 Midnight Swan Film Partners

Winner of the 2021 Japanese Academy Awards for Best Film, Best Lead Performance and Best Newcomer. Nagisa is a transgender woman who moves from Hiroshima to Tokyo to work as a dancer in a nightclub. Her distant niece, Ichika follows her to Tokyo and pursues ballet. Although initially reluctant, Nagisa takes care of Ichika and starts to develop maternal feelings for her for the first time. This powerful and heartrending film features shattering performances by its two leads and shines a light on the struggles faced by the LGBTQ community in Japan.

Starring Tsuyoshi Kusanagi, and Misaki Hattori
Directed by Eiji Uchida



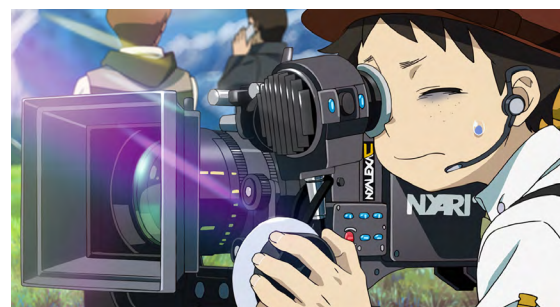
POMPO THE CINEPHILE 映画大好きポンポさん



10

Pompo is the talented and gutsy producer who selects her apprehensive assistant to make his directorial debut with her latest script: a delicate drama about an aging and tormented creative genius. But the cast – a young starlet looking for her first big break and an aging superstar – make for a big challenge! It's not an action movie, but Pompo's breakneck pace, combined with the high stakes of creative fulfillment, pack in as much excitement as standard superhero fare. A hilarious and heart-felt comedy-drama that will fulfill even your wildest celluloid dreams.

Directed by Takayuki Hiraō



©2020 Shogo Sugitani/KADOKAWA/Pompo Project

AND SO THE BATON IS PASSED *そして、バトンは渡された*



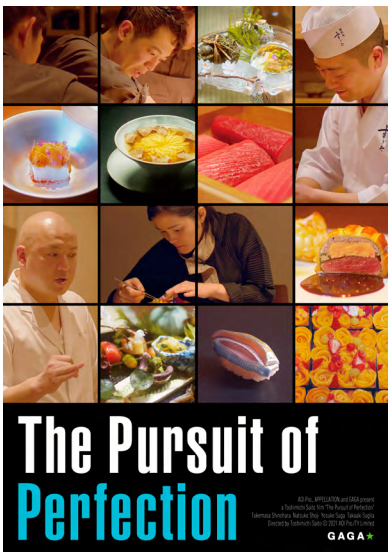
©2021 "And So The Baton Is Passed" Film Partners

The moving story of two young women and their single parents. Yuko and her step-father Morimiya have a warm, almost sibling-like relationship and he tries to make her happy with wondrous bentos. But Yuko is feeling great pressure to play piano at the school concert. Meanwhile Mitan's widowed father flies off to Brazil on a job leaving her in the care of his new bride, the flamboyant Rika, who turns Mitan's entire childhood into a colorful fairy tale. But things soon get complicated... A sentimental, heartwarming melodrama full of tears, hope, and sympathy, and populated by likeable and charismatic performances.

Starring Kei Tanaka, Mei Nagano, Satomi Ishihara, Kurumi Inagaki, Kenshi Okada, Nao Omori
Directed by Tetsu Maeda



THE PURSUIT OF PERFECTION



© 2021 AOI Pro./TY Limited

Did you know Tokyo has the highest number of Michelin-starred restaurants in the world? Focusing on four of the leading chefs in Japan today, this documentary explores the truth behind Japan's unique and sophisticated food culture. World-renowned food experts guide the audience into the further depths of the stories behind the chefs' endless pursuit. A fascinating, mouth-watering feature fit for foodies and lovers of Japanese culinary culture.

Starring Takemasa Shinohara, Natsuko Shoji, Yosuke Suga and Takaaki Sugita
Directed by Toshimichi Saito

Other films include:

KIBA: THE FANGS OF FICTION 騙し絵の牙
SENSEI, WOULD YOU SIT BESIDE ME?
先生、私の隣に座っていただけませんか?

WHAT HAPPENED TO OUR NEST EGG!?
老後の資金がありません!

ONE SUMMER STORY 子供はわかってあげない
ARISTOCRATS あのこは貴族

BABY ASSASSINS ベイビーわるきゅーれ

IN THE WAKE 護られなかった者たちへ
FIRST GENTLEMAN 総理の夫

JUNK HEAD ジャンクヘッド

THE LAST GOZE 瞽女 GOZE

Ribbon

MUSICOPHILIA ミュジコフィリア

THE GREAT YOKAI WAR - GUARDIANS
妖怪大戦争 ガーディアンズ

INUBU: THE DOG CLUB 犬部!



©2021 "INUBU: The Dog Club" Film Partners

Sota is a university student in the veterinary department. His apartment is full of rescued puppies including Nico, a pup that has escaped from a medical facility that uses live animals for experiments. Inspired to save more of the animals, he sets up the "Inubu" club with his veterinary department colleagues. Inubu combines serious themes of animal rights with an entertaining, heartwarming and sometimes humorous tale of friends pursuing a shared passion -- and lots of lovable animals too, of course.

Starring Kento Hayashi, Taishi Nakagawa, Sakurako Ohara, Kodai Asaka, Momoko Tanabe

Directed by Tetsuo Shinohara



Origami – the Art of Paper Folding

The JCCC Gallery hosted an Artist's Talk for the Origami – the Art of Paper Folding Exhibit on Sunday April 3. Artist Mui-Ling Teh spoke about the intricate origami folds she is able to achieve while demonstrating her techniques. Artist Miya Turnbull joined virtually to speak about her art. Attendees were able to fold their own origami and many added to our collection of Cranes for Ukraine.



VOLUNTEER SPOTLIGHT CHARLES



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

I have been volunteering with the JCCC since June 2016, where I had started as a Theatre Crew member for the 2016 Toronto Japanese Film Festival.

How did you get involved with volunteering at the JCCC?

A good friend of mine, who also volunteers at the JCCC, had recommended I start volunteering here, both because of my interest in Japanese culture and because of the exciting festivals that the JCCC has to offer.

What type of volunteer work have you done?

In addition to serving as a volunteer member for festivals such as TJFF, I also assist the JCCC as an Area Leader for the Theatre Crew at TJFF, run booths promoting the JCCC at conventions such as Anime North, assist with the monthly film screenings, and perhaps most notably, serving as a committee member for the Fuyu Matsuri Winter Festival.

Describe in ONE word your volunteer experience at JCCC.

Fulfilling! Whether it's assisting with single events or coordinating on larger festivals, I enjoy assisting the JCCC however I can, and seeing everything come together is quite a satisfying experience.

JCCCでボランティアをしてどのくらいになりますか？

2016年6月からJCCCでボランティアをしています。2016年のトロント日本映画祭でシアタークルーとして始めたのがきっかけです。

どのようにしてJCCCを知りましたか？

JCCCでボランティアをしている仲の良い友人から、日本文化に興味があること、JCCCで開催される数々の楽しいフェスティバルに興味があることから、ボランティアを始めるように勧められました。

どのようなボランティアをしてきましたか？

TJFFなどのお祭りのボランティアに加え、TJFFのシアタークルーのエリアリーダー、アニメノースなどの外部イベントでJCCCの広報ブースの担当、毎月の映画上映会のお手伝い、そして特に注目は冬祭りの実行委員会メンバーとして務めてきました。

JCCCでのボランティア経験を一言で表すと？

充実感！イベントの手伝いから、大きなフェスティバルのコーディネーターまで、JCCCのためにできることは何でもやりますし、全てがうまくいくのを見るのはとても達成感があり楽しいです。

Asian Heritage Month and Doors Open Toronto 2022

In recognition of Asian Heritage Month 2022, the JCCC is proud to roll out programming that celebrates the contributions of Japanese Canadians throughout the month of May. These events will include talks and panels that are part of our Speaker Series and the launch of the Audio Tour for Maru: Immigration Stories.

The JCCC is also partnering with Doors Open Toronto over the weekend of May 28 & 29, 2022. Self-guided and in person guided tours are available for Maru: Immigration Stories to learn about the global Japanese Diaspora community. Artist demonstrations will be available as part of the JCCC Gallery's programming for the exhibition Sumi-e: The Way of the Brush. Visitors can also try their hands at ink wash painting when they visit the Gallery. Visitors will also be able to watch our ongoing martial arts classes and take in the other exhibits available throughout the JCCC.



Sedai Corner

Check Out These New Transcripts!



Jean Nobuko Nagata ▶



Dorothy Toshiye Tanaka ▶



Lily Omoto Nagahara ▶

We are happy to report that the JCCC has restarted interviews for the Sedai Oral History Project. As the Sedai Project evolves and looks into the future, we would like to gather input from the JCCC community. What would you like to see from the Sedai Project in the future? You can let us know by filling in this short survey: <https://bit.ly/jcccsedai>.

Venture into the extraordinary world of Kintsugi with its 9,000 years of history

KINTSUGI LECTURE BY SHUICHI
June 4, 2022 @ 2pm
JCCC Members: \$20; General: \$22
Japanese Canadian Cultural Centre
6 Garamond Court, Toronto
ON M3C1Z5
416.441.2345
jccc.on.ca

KINTSUGI

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AS OF APRIL 5, 2022

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AUGUST 15, 2015 TO PRESENT

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Lucas, Sayaka, and Emika Koolma

Groups

Checkmate Development

Crow Creek Settlement Reunion

Annual Bazaar Postponed until 2023!

Now that the restrictions have been lifted in Toronto and Ontario, our staff and volunteers are busy working to get our building and programs open. Unfortunately, we are unable to hold our annual Bazaar (usually in May) once again due to the huge undertaking that is involved and our reliance on an army of volunteers and staff. The community has always been so supportive for the Bazaar and it is very much appreciated. So for one more year, we are postponing this event.

However... there are still a lot of activities being planned out for the year. Please see the JCCC website /upcoming News-letters for information and updates.

We apologize for the inconvenience and we thank you for your generosity, but we are also UNABLE to accept general donations for the Annual Bazaar at this time.

Donations towards the Heritage department are still being accepted but please contact them at heritage@jccc.on.ca first. Please mark your calendars as the Annual Bazaar will be sure to return on the first Saturday in May 2023!

Kamp Kodomo Review

During the March Break, the JCCC ran 3 small but successful virtual sessions.

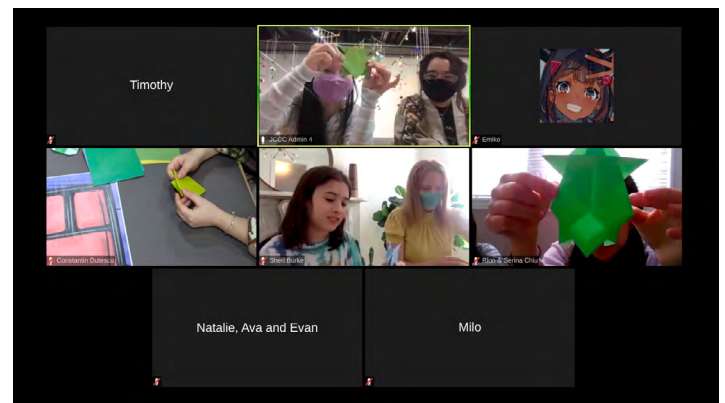
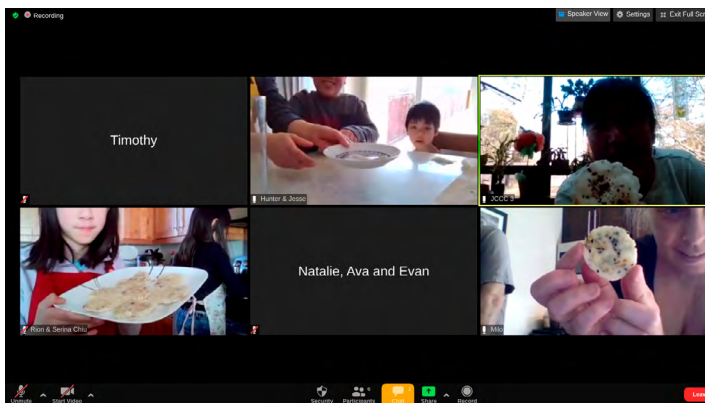
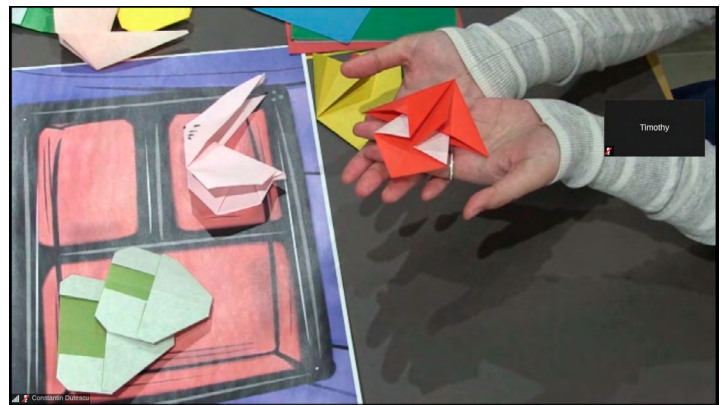
Our first session, Broccoli Ice Cream, was led by Haru Sensei. In this session, participants explored the Japanese Language through song, by associating two foods they enjoyed but would not necessarily be enjoyed together, like Broccoli and Ice Cream.

The second session was a cooking workshop, where participants created their own rice crackers, flavoured with their choice of seasonings.

Finally, we capped off the week by creating a “bento box” with origami food, thus tying together both the current museum and gallery exhibits.

We hope that everyone enjoyed their sessions.

We would like to thank all those involved with planning and running the sessions, including JCCC staff, the Heritage department, the NJCC, the Art Committee and volunteers, Timothy and Bailey.



読書の時間 - 書店が選ぶおススメ本



ジョジョマガジン FOR ALL "JOJO" LOVERS! 2022 SPRING

2022年、35周年を迎える『ジョジョの奇妙な冒険』。アニメ、ドラマ、原画展など幅広い展開が続く中、一冊すべてが『ジョジョ』で構成された『JOJO magazine(ジョジョマガジン)』が刊行されます！
荒木飛呂彦自らカバーイラスト、新作読切を描き下ろし。さらに新作小説、最新作までを網羅したアニメ特集、ドラマ『岸边露伴は動かない』シリーズで露伴役を務める俳優・高橋一生インタビューなど、濃密な内容になっています。『ジョジョ』を愛する全ての人に贈る一冊です。

出版社名: 集英社
出版年月: 2022年3月
ISBNコード: 978-4-08-102408-7
店頭価格: \$36.00+TAX



ONE PIECE magazine Vol.14

『ONE PIECE』を多彩な視点で楽しむエンタメマガジン! 今号の主役はライバル達!
付録: 特製ポスター RIVAL'S
・総勢39人に及ぶライバル達の素顔にアプローチ 十人十色の魅力を深堀り! "RIVAL'S—ライバルズ—"
・尾田栄一郎 描きおろし表紙/夢の一枚
・尾田栄一郎のスケッチで迎える ライバル達の棲むところ
・Boichiが描く大激戦 特別読切50ページ "ナミvsカリファ"
・ジキジキの実 モチモチの実 ビジュアル初公開! 悪魔の実図鑑 などなど。

出版社名: 集英社
出版年月: 2022年4月
ISBNコード: 978-4-08-102412-4
店頭価格: \$31.50+TAX

Hello! This is Blue Tree Books (formerly OCS Book Store).

We deliver a wide variety of new books and magazines from Japan to your doorstep in Canada. Our physical store in J-Town, Toronto, also has small and useful miscellaneous items from Japan (zakka).

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



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健やかな老後をめざして その51 - 痛風に悩むあなたへ...

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)

ある知人に「是非に痛風を取り上げて!」とされました。人それぞれに大なり小なりの健康問題と日々向き合って暮らしています。当然のことですが、人と言うものは我が身に降りかからないとその大変さはわかりません。でも、その想いに寄り添う気持ちを大切に、他者の経験に学びたいものです。この春から秋にかけての連載では、そういった読者の声に耳を傾けながら共に考える機会にしたいと思っています。

さて、一般的に「痛風」という病名をよく聞きます。しかし、痛風は「高尿酸血症(血液中に尿酸という物質が増えすぎた状態:尿酸値が7.0mg/dL以上)」の発作症状なのです。尿酸は、肝臓でプリン体が分解されることにより産生され、腎臓で尿へ、あるいは腸で便へ排泄されることにより、体内で一定に保たれています。産生と排泄のバランスが崩れると、尿酸が関節の中などで結晶化し、溜まっていきます。それが何らかの原因ではがれると、白血球がそれを異物とみなして攻撃し、関節に激しい痛みを引き起こします。これこそが痛風発作(痛風関節炎)なのです!大半が足の親指の付け根に、その他には足首、アキレス腱、膝、肘や手指などにも起こります。

血液、尿、関節X線や超音波画像などの検査により、診断が確定されます。痛風発作の場合は、まず急性の痛みを改善するために抗炎症薬(非ステロイド剤、ステロイド剤など)が処方され、症状が治ったら中止されます。長期にステロイド剤治療が行われることはないのです、免疫機能低下のような副作用を心配せずに、処方指示をきちんと守りましょう。また、痛みを和らげるために、応急手当として患部を高くし、冷やします。マッサージな

どの刺激を避け、安静を保ちます。また、水分をしっかり摂って尿量を増やしましょう。

さて大事なのは、痛風発作を引き起こす高尿酸血症を根本から改善していくことです!男性に痛風を訴える人が多いですが、女性も閉経後には尿酸値が上昇します。70歳以降になると、痛風リスクの男女差はなくなります。発作を放置すると痛みや腫れを繰り返し、発作の間隔は徐々に短くなり、やがて関節の変形、腎障害や尿路結石などの合併症を引き起こします。

メタボリックシンドローム(内臓脂肪型肥満に加えて、高血糖、高血圧、脂質異常のうち2つ以上が重なった状態)になりやすく、糖尿病、高血圧、腎臓病、心血管病や心不全などを併発しやすいことも指摘されています。まずは生活習慣の改善が大切です。プリン体を含む食品(牛・豚・鶏のレバー、かつお、いか、いわし、かき、えび、干し椎茸など)や、甘い物・果物・ジュース・清涼飲料水などに多く含まれる果糖やショ糖を取り過ぎないようにしましょう。プリン体を多く含むビールを避けるのはもちろんですが、アルコール飲料には体内でプリン体を増やす作用があるので“飲みすぎない”ようにしましょう。一方、乳製品、大豆類、アルカリ性食品(野菜や海藻)や水分をしっかり摂ることが大切です。

少なくとも週3~4日は軽い有酸素運動(ウォーキング、速歩、ゆったりした水泳など)を実践。ただし、無酸素運動(マラソン、短距離走、激しい水泳など)は血液中のプリン体を増やします。

「食べ過ぎ」「飲み過ぎ」「運動不足」を改善しましょう!

Our Sakura blossoms are (almost!!) here!

This week and next should be peak viewing for these transient blooms.



Sumi-e: The Way of the Brush

May 2 - July 29, 2022

Bon Odori 2022

Spring is here, covid restrictions are lifting, and Bon odori practices will be held at the Toronto Buddhist Church again!

Obon is a Buddhist custom to honour one's ancestors. After 2 years of isolation, lockdown and perhaps limited exercise, come out to learn Japanese folk dances. Everyone is welcome and step-by-step instructions are given. No experience is necessary.

Practices are every Tuesday and Friday night starting Tuesday, April 19, 2022, from 8:00 – 9:30pm at the Toronto Buddhist Church and continue until the Bon Festival on Saturday, July 9, 2022. The practices will not be available online. Please note that masks will be required. For more information, please contact the Toronto Buddhist Church or tbcminyo@gmail.com.

Toronto Buddhist Church
 1011 Sheppard Avenue West
 416-534-4302 [tbc@tbc.on.ca](http://tbc.on.ca)

Featuring works by

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JCCC Gallery

6 Garamond Court
 Toronto, M3C 1Z5
 416-441-2345



In Memorium



In Loving Memory
 Of
Mrs. Toshiko Goto



法名：釋 函方

Buddhist Name: Shaku Kan Po
 [Buddha of Acceptance]

October 13th, 1923 — December 15th, 2021
 - Funeral Service -
 May 28, 2022
 11:00 am
 The Toronto Buddhist Church

Mineko (Mimi) Takeshita

Mineko, 73, passed away on April 5, 2022 after a courageous battle with cancer. Surrounded by her daughters, her spirit left her home in Toronto to join her heavenly home.

Born to Takeshirou and Raku Arai, Mineko leaves behind her sister, Yukiko and brothers, Katsuichiro and Masakatsu. Loving mother to daughters Tomomi (Daniel), Harumi (Eric) and their father, Koichi, she was blessed with granddaughter Erica (Amro) and great-granddaughter Aliyah. She has joined her youngest daughter, Akiko, in heaven.



Mimi touched many lives throughout her active life – leaving the world as a kinder place.

There won't be a viewing or a service for health and safety reasons. To celebrate Mimi's life-long commitment to helping others, please volunteer your time or make a donation to a charity of your choice to help those in need. Condolences can be made at <https://humphreymiles.com/tribute/details/6557/Mineko-Takeshita/obituary.html#tribute-start>

Be a JCCC Volunteer!



Doors Open Toronto - May 28 & 29

The JCCC will be participating in one of Toronto's biggest city-wide events, Doors Open Toronto. Since its inception in 2000, Doors Open Toronto has attracted more than two million visits to nearly 700 unique locations. It is Canada's largest Doors Open event and one of the three largest in the world.

This year, the JCCC will be welcoming visitors to our Moriyama Nikkei Heritage Centre, Gallery and for Martial Art demonstrations. We will need volunteer visitor guides to make sure all our visitor have a wonderful experience at our centre!

Toronto Japanese Film Festival 2022 - June 16-30

Register to volunteer at one of JCCC's biggest annual events. TJFF is back this year from June 16-30, and will be showing 24 films in our Kobayashi Hall, and we need your help! Volunteer positions include box office, theatre crew and other festival support positions.

Come and be a part of this celebratory and fun month-long event!



How to be involved

To sign up to volunteer for this event, please visit the JCCC website, and click on Join and Support to find the latest Volunteer Opportunities <https://jccc.on.ca/join-support/volunteer/volunteer-opportunities>

JCCC Venue Rentals

Parties • Banquets
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Contact: rentals@jccc.on.ca

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

Call for Applications: Past Wrongs, Future Choices Artists in Residence Program, 2022-2023

The Faculty of Fine Arts and Centre for Global Studies the University of Victoria, British Columbia, is currently accepting applications for the **PWFC Artists in Residence Program, 2022-2023**. Up to three residential fellowships of 2-4 months will be awarded.

Awards Include:

- Up to \$9,000 in funding, including travel to Victoria, BC
- Studio space
- Office space at the Centre for Global Studies
- Participation in the intellectual community of the Centre as well as the Faculty of Fine Arts
- Engagement in the formative stage of the Past Wrongs, Future Choices research project
- The opportunity to exhibit work through the global network of Past Wrongs, Future Choices, including at the 2024 international symposium, hosted by the University of Alberta

Awards are contingent on the project receiving funds from the Social Sciences and Humanities Research Council of Canada. The agency is expected to notify applicant teams by May 2022.

Past Wrongs, Future Choices is an international collective comprised of museums, galleries, community organizations, and scholars. Together, we're embarking on a partnership to examine, from a global perspective, the WWII internment and dispossession of people of Japanese descent in allied countries across the world. What do these histories, taken together, teach us today?

Working with partners in Australia, Brazil, Canada, Japan, and the United States, *Past Wrongs, Future Choices* focuses on past abrogation of civil and human rights, in order to foster political and social accountability today and for the future. We aim to provoke publics across the world to grapple with the question of what we owe to one another, especially in times of crisis.

Concurrent with this residency program for artists is a parallel program for scholars working on this topic. *The dialogue between our residential fellows—the intersections, divergences, and tensions across different modalities for engaging historical injustice—will give shape to our partnership in its first years of activity.*

Eligibility

Open to artists (all forms) whose work can address the themes of our partnership (for more information on the partnership, [see here](#)). Applications from Canadian artists and from artists outside of Canada are welcome.

Application Details

Applicants are encouraged to review the PWFC project summary and description [document to be available online] before specifying their topic of research. Project Director Jordan Stanger-Ross is available to support prospective applicants (jstross@uvic.ca).

Applications are due May 6th, 2022. Notification of receipt of the award will be provided before June 1.

Applications should be submitted electronically to Project Manager, Michael Abe (mkabe@uvic.ca) and should include:

- Description of the proposed artistic project (1 page)
- A project budget (1 page)
- Link to portfolio of work
- A one-page CV

Applications will be adjudicated by a committee comprised of Sherri Kajiwarra (Director|Curator, Nikkei National Museum, Vancouver), Cedric Bomford (Department Chair, Visual Arts, University of Victoria), and Oliver Schmidtke (Director, Centre for Global Studies).

Please note that this call for artists has no relation to the GEI-JC Artists Symposium being planned by the NAJC ACE Committee for September 16-18, 2022

JSS プログラム:2022年5月

2022年5月に予定されている Zoom(オンライン会議ツール)を使ってのプログラムのお知らせです。詳細やお申込みは各リンクから、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、[こちらからどうぞ](#)。

「バーチャルツアー：私のホームタウンへようこそ」

5月11日(水) 15時 英語

どんなに遠くにいても、愛して止まない沢山の思い出が詰まっている場所～ホームタウンへは、多くの人にとって、特別な場所として心に刻まれているのではないのでしょうか。今回の講座では、2名のゲストスピーカーを招き、中国と日本、それぞれのホームタウンのバーチャルツアーを行います。是非ツアーに参加して、美しい景色、地元の文化や言い伝えに触れてみませんか？

※詳細・お申込みは[こちら](#)



「高齢者に多い眼の病気」

5月25日(水) 15時 日本語

もやがかかって見える・視界が暗くなる・光にセンシティブになるなどの症状がでる白内障や、緑内障・加齢黄斑変性など、高齢者に多い眼の病気だけをみても様々なものがあります。症状・受診のタイミング・治療・治療後、そして眼の病気を引き起こしやすくなる病気や生活習慣など、モミジヘルスケア協会の老齢医学看護師の岡田由佳さんから学びながら、ぜひあなた自身そしてご家族や大切な人の眼の健康について考える機会を持ちませんか。

※詳細・お申込みは[こちら](#)

(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 5月4日(水) 10時半-正午 (対面&オンライン)

「タンスに眠るハンカチで作る一携帯用ボックスティッシュケース」

編み物 5月18日(水) 10時半-正午

「ポシェット型スマホケース」(オンライン)

2. ホットランチ交流会

5月25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8期:5/9~6/20 *5/23除く。 ※詳細・お申込みは[こちら](#)

Check out our upcoming May 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.

A Tour to My Sweet Hometown

Wed. May 11, 3pm (English)

No matter how far we go, our hometown will always be our most beloved destination and deeply rooted in our memories. We will invite two guest speakers to bring us a special tour to their hometowns in China and Japan.

Let's join this workshop to view the beautiful sceneries and experience the local cultures and legends. Enjoy! *Click [here](#) to register



Age-Related Eye Diseases

Wed. May 25, 3pm (Japanese)

Clouded vision, dim vision, sensitivity to light – So many individuals develop Cataract as age, with some in younger age like 40's. Or you've heard about other popular age-related eye diseases, such as glaucoma and macular degeneration (ARMD). Join us and learn all about age-related eye diseases, its symptoms, when to see a specialist, treatment / post-treatment, risk factors (illness, lifestyle) to develop cataract, from Yuka Okada, registered geriatric nurse at Momiji Health Care Society, and start to take care of eye health of yours and your loved ones! *Click [here](#) to register

(2) JSS Regular Online Programs (in Japanese)

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

Sewing: Wed. May 4, 10:30am to noon (In-person & Online)

"Portable box tissues case"

Knitting : Wed. May 18, 10:30am to noon (Online)

"How to make a smart phone purse"

2. Hot Lunch Social Wed. May 25, (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

8th term: From May 9 to June 20. Click [here](#) to register.

Continuing Learning Japanese 35

Online | Saturday May 7, 2 pm – 4 pm ET

Since December 2009, the Canadian Association for Japanese Language Education (CAJLE) and the Japan Foundation, Toronto have been co-organizing events to build a good foundation for the articulation of Japanese language education. The theme this time is “Japanese Language Education Returning to the Classroom”. We will ask participating teachers to share their thoughts and feelings regarding their having returned to in-person classes, or returning soon from online classes, and will discuss how to leverage our experiences moving forward.

[Register Here](#) ▶

オンライン日本語教師情報交換会
日本語学習を継続させる 35
教室に戻った
日本語教育の現場から

5月7日（土） 2:00–4:00 pm EDT

CAJLE - カナダ日本語教育振興会
Canadian Association for Japanese Language Education

JAPAN FOUNDATION

Sawakai & Nihongo Salon

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!

JFT日本語教師
オンライン茶話会

第46回：5月4日（水）
6:00 pm ~ 6:40 pm（東部時間）
トピック：二周年記念！

JFT Library News

Borrow Japan-related books, ebooks, audiobooks, and films from The Japan Foundation, Toronto Library!

Our collection covers a wide range of themes and topics, including:

- ・ 親と子をつなぐ継承語教育 : 日本・外国にルーツを持つ子ども親と子をつなぐ継承語教育 = Heritage language education connecting generations: from the Japanese perspective by Kimi Kondo-Brown, which answers various questions from parents who raise children in a multilingual situation;
- ・ Leslie Shimotakahara's *After the Bloom*, a historical fiction about a Japanese Canadian family's struggle to overcome its history in the search for peace;
- ・ ENDO Tatsuya's *Spy x Family*, an action-comedy manga series about a fake family that includes a spy, an assassin and a telepath;
- ・ *Tanoshii Wagashi* by YAMASHITA Masataka, which provides useful tips to enjoy seasonal Japanese confections that please both your mouth and eyes; and many more!

Access JF OverDrive for ebooks, audiobook, and streaming videos: <https://jf.overdrive.com/>

Visit JFT Library for physical books and audio-visual materials: <https://jftor.org/jft-library-visitor-policy/>

To get a new library card or to renew your existing JFT Library card, [please follow the instructions here](#).



National Japanese Canadian Digitization Strategy project

The Nikkei National Museum & Cultural Centre and the Japanese Canadian Cultural Centre welcome anyone interested in Japanese Canadian history and heritage to participate in an on-line community consultation session via zoom. These sessions seek to understand what points of Japanese Canadian history and heritage are important to the public, which will guide the development of the National Japanese Canadian Digitization Strategy. This project is funded by the Government of Canada, Digital Access to Heritage - Museum Assistance Program.



The consultation session will be on **Saturday May 14th, 11:00 am PST / 2:00 pm EST**

The zoom links can be accessed here: <https://centre.nikkeiplace.org/research/national-japanese-canadian-digitization-strategy/>

The zoom links can be accessed here: <https://centre.nikkeiplace.org/research/national-japanese-canadian-digitization-strategy/>

Photograph: Jubo Sekine and Sally Nakamura; circa 1925. Ed and Muriel Kitagawa Collection. NNMCC 2010.30.1.1.3

We are Recruiting Volunteers for the JCCC Seniors Outreach Program (full volunteer job description)

The JCCC Seniors Outreach Program is looking to recruit volunteers who are interested and able to commit to three social visits with JCCC seniors in their place of residence.

The purpose of this outreach program is to connect our current and/or past JCCC senior members, who may no longer be able to attend JCCC events, clubs, and activities, to the JCCC through visits and social engagement that can help bring a bit of the JCCC to them.

The program includes:

- three social visits of approximately 1.5 – 2 hours with senior participants who may be living at home, in senior residences, or long-term care facilities
- specially created bentos for the participant(s) and volunteers to enjoy together
- opportunity to borrow resources such as Japanese films, Japanese or English books, and jigsaw puzzles.
- opportunity to access online JCCC exhibits, Sedai interviews, and podcasts
- opportunity to engage in virtual visits through Zoom, if requested and feasible

The volunteer responsibilities include:

- committing to three visits of 1.5-2 hours each, scheduled for:
 - Saturday July 16,
 - Saturday September 10, and
 - Saturday October 22
- picking up and delivering bentos from the JCCC for the resident(s) and themselves they can enjoy together
- borrowing requested resources such as Japanese films, Japanese/English books, and/or jigsaw puzzles
- providing the technology for the senior to view JCCC online exhibits or Sedai interviews or listen to JCCC podcasts during the visit*
- if requested, setting up virtual visits through Zoom. This may require the volunteer to have the appropriate equipment and ability to create a hotspot*
*(*We have enlisted volunteers who can assist with technical support if you need assistance or instructions for doing this.)*
- completing a vulnerable sector check (Police check) if you are a new volunteer to the JCCC or have had limited volunteer experience at the JCCC
- attending a mandatory Education/Orientation session for the program either on May 26 @ 7:00 p.m. or June 9 @ 1:00 p.m.

Participants may be individuals or couples living independently in their own home, in retirement homes, or long-term care facilities. All volunteers must be double vaccinated at the minimum and adhere to the Covid-19 rules in place for each type of residence. In some cases, such as visits to long-term care homes, rapid tests provided by the JCCC may need to be completed and read negative, prior to the visit.

This program offers volunteers the opportunity to support and serve our seniors and perhaps even learn a bit about JC history and heritage.

If you wish to be a volunteer for this outreach program, select one of the mandatory Education/Orientation dates to attend:

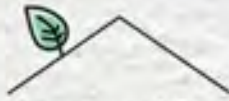
Date 1: May 26 @ 7:00 p.m.

Date 2: June 9 @ 1:00 p.m.

and register by completing the registration form for the JCCC Senior Outreach Program on the JCCC website under the **Volunteer Opportunities** section at <https://jccc.on.ca/join-support/volunteer/volunteer-opportunities>,

or contact JCCC reception at 416-441-2345 and provide your name, phone number, and email address as well as indicate which Education/Orientation session you plan to attend.

Please note: Our priority is to match the most appropriate volunteer to each of the participants which may result in some volunteers not be given an assignment for this project.



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