



# 2022年7月 JULY 2022

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FAMILY GOLF  
TOURNAMENT

ファミリーゴルフトー  
ナメント

ISHIZUE AWARDS  
DINNER

礎アワードディナー

BON ODORI 2022

2022年盆踊り





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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](mailto: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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<b>Yoko Tsumagari</b> Communications and Accounting Associate	<a href="mailto:yokot@jccc.on.ca">yokot@jccc.on.ca</a>	416-441-2345 ext.227

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

The submission deadline for the next issue is:

**Friday, July 8, 2022.**

次号締切日:2022年07月8日(金)

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

Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5

Phone: 416-441-2345

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



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Cover Art by Hiroshi Tsubono on Unsplash  
Photo, right: KPMB Architects





# What's On at the JCCC

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

開館時間について:

月曜日から日曜日の午前10時から午後5時

New in July / 7月のイベント

## Events • イベント

**Saturday July 9, 2022 Bon Odori Festival**  
7月9日(土):盆踊り祭り

Food vendors open at 5:30pm.

Bon Odori begins at 7:00pm.

フード、物品販売は午後5時半から、盆踊りは午後7時からです。

## Exhibitions • 館内展

**Open Wed to Sun 10am - 5pm**  
水曜日から日曜日の午前10時から5時まで

**Moriyama Nikkei Heritage Centre**

Maru: Immigration Stories.

Contact [heritage@jccc.on.ca](mailto: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](mailto:heritage@jccc.on.ca) までご連絡ください。

**JCCC Gallery • JCCCギャラリー**

Sumi-e: The Way of the Brush

May 2 - July 29, 2022

墨絵: The Way of the Brush

5月2日~7月29日

Ongoing / 開催中

## Programs • クラス

**Martial Arts Classes (page 8)**

武道クラスニュース

As we head into the summer months, please be aware that some clubs will be reducing the number of class/practices in a week. More information on each specific club and their summer hours can be found on our website.

夏季期間中は、レッスン数が減るコースもあります。詳しくはJCCCのホームページで、スケジュールを確認してください。

## Contact the JCCC

For enquiries, please contact respective staff directly [[see staff directory here](#)] or email us at [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca). For general enquiries by telephone, please call 416-441-2345 during our operating hours (10am -5pm).開館時間内(午前10時~午後5時)。

## Coming Soon • 今後のイベント

**Sunday September 18, 2022 JCCC Family Golf Tournament**

9月18日(日):JCCCファミリーゴルフトーナメント

Returns at Rolling Hills Golf Club.

お馴染みのローリングヒルズ・ゴルフクラブにて開催します。

**Saturday October 1 and Sunday October 2, 2022 Nuit Blanche**

10月1日(土)、2日(日):Nuit Blanche

The JCCC will be participating in Nuit Blanche, the City of Toronto's all night exhibition of art, for the first time. More details in future newsletters.

トロント市主催のアートイベントNuit BlancheにJCCCも初めて参加します。

**Thursday October 13, 2022 6th Annual Ishizue Awards Dinner**

10月13日(木):第6回礎アワードディナー

Coming in October - Save the Date, Thursday October 13, 2022 at 6:30!! Join us for the 6th Annual Ishizue Awards Dinner hosted by the JCCC Board of Directors. Information about this event and how to register will be in the July JCCC newsletter and online at [jccc.on.ca](http://jccc.on.ca).

礎アワードディナーを10月の13日、木曜日の6時半から開催します。JCCC理事会主催のこのイベントの詳細は、7月号のニュースレターにてお知らせします。

## JCCC Library • 図書館

**July Schedule • ライブラリー7月開館日**

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

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

JCCCライブラリーは現在月二回オープンし、貸出/閲覧が可能です。スケジュールはウェブサイトで確認してください。

ライブラリーでは閲覧日、貸出日に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](mailto:harukoi@jccc.on.ca)までご連絡ください。

## JCCC Family & Friends Golf Tournament – Sunday September 18, 2022

The 24th Annual Family & Friends Golf Tournament will be on Sunday September 18, 2022 at Rolling Hills Golf Club. After 2 years of postponements, we are excited to be able to plan this once again.

This is a chance for families and friends to share a fun day of golf – all skill levels welcome and there are lots of prizes to be won! After a great day of golfing, there will be presentations and dinner back at the JCCC. We encourage everyone to join grandparents, aunts, uncles, brothers, sisters, moms and dads, or just a group of friends. Will have an early Shotgun format (8:30am) this year based on Rolling Hills new rules and all teams will be scramble play.

The application form is included in this edition or pick up one up at the JCCC reception area. We encourage and welcome hole sponsors – corporate or family - some sponsor levels include your green fees and contributes to our Heritage programming at the JCCC. We also will be having “In Memoriam” sponsored holes. Donation of prizes are always much appreciated. We are so appreciative to have our biggest sponsor, IA Private Wealth (Marty Kobayashi), confirmed again. So please come on out for a fun day!!!! For more information, please contact Co – chairs - Sharon Marubashi at [sharon.marubashi@jccc.on.ca](mailto:sharon.marubashi@jccc.on.ca) or Dawna Kobayashi at [dawna.kobayashi@sympatico.ca](mailto:dawna.kobayashi@sympatico.ca)



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## Japanese Canadian Survivors Health and Wellness Fund Grant - Honour our JC Survivors Day on Saturday August 20, 2022

The JCCC was approved for a grant from the Japanese Canadian Survivors Health and Wellness Fund (JCSHWF) in BC and will host an afternoon on Saturday August 20, 2022 between 1pm – 4pm for 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).

This event will provide the opportunity 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. Refreshments and entertainment will be provided and guest speaker, Chris Hope will talk about his film Hatsumi (a documentary about his grandmother and her experience during the war).

The JCCC Heritage Department will be setting up displays and photos, and the latest exhibition titled Maru: Immigration Stories, an examination of the Japanese diaspora including Canada, will be open.

Please note that Invitation letters will be mailed out to those on our JCCC database who are identified as JC Survivors. Registration will be required. For any questions, please contact Sharon Marubashi via email – [sharon.marubashi@jccc.on.ca](mailto:sharon.marubashi@jccc.on.ca) or cell 647-291-4751.



## The Ishizue Award Dinner 2022



ISHIZUE AWARD

The JCCC Board of Directors cordially invites you to join us for a night of celebration on Thursday October 13th. at 6:30 p.m. honouring the 6th Ishizue Award honourees.

The Ishizue Award, meaning cornerstone or foundation, was created to pay tribute to the 75 families who in the early 60's, at significant personal financial risk, guaranteed the original mortgage for the JCCC at 123 Wynford Drive. These families provided the foundation upon which the JCCC was built, and their support for the JCCC will forever be recognized as the cornerstone for who we are as a community.

The Ishizue Award acknowledges and expresses our appreciation and respect to members or friends of the Japanese Canadian community who have made exceptional contributions to the Japanese Canadian Cultural Centre. Their contributions have supported the community locally, nationally, and globally.

In keeping with tradition, this year's recipients are a very distinguished group of people who have made significant contributions to the Japanese Canadian Cultural Centre. They are:

Sid and Marie Ikeda

Marty Kobayashi

Bob and Katie Nishino

Sam and Sue Nishiyama

Yoichi Saegusa

Paul Sunn

George Takahashi

Peter and Ethel Wakayama

An intimate and elegant dinner to honour these distinguished award recipients is planned and we invite family, friends, and community to support this evening of celebration and recognition. In support of this dinner, the cost is \$150 per person.

Tickets can be ordered by calling JCCC Reception at 416-441-2345, by visiting the JCCC during Reception Hours or through TicketWeb at <https://bit.ly/3zxBng> by September 8, 2022. A ticket order form is included as an insert in this Newsletter.



### Notice

A reminder to JCCC members that all pre-pandemic course credits must be used by August 31, 2022.

Thank you for your support and understanding.

# JCCC on the Web!



In addition, this month's issue of Kokuban includes an interview with the Toronto Buddhist Church about Bon Odori and why we celebrate every year.

As always, check out our website to links from current online exhibits and past online exhibits.



**Maru: Immigration Stories**  
 Sep 19, 2021-Sep 20, 2026  
[More Info >](#)



**Women of Change: Celebrating Japanese Canadian Leaders**  
 Mar 8, 2021-Apr 1, 2023  
[More Info >](#)

July is Natsu Matsuri month at the JCCC! We are proud to be able to celebrate in person with you during our Bon Odori Festival on Saturday July 9, but understand that not everyone will be able to visit us in person. For those of you who would like to visit us virtually, we offer a wide variety of activities on our website at <https://jccc.on.ca/event/2021/07/natsu-matsuri-obon-2021>.



## 2022 Bon Odori Festival

Saturday July 9th

**5:30 PM**  
FOOD VENDORS

**7:00 PM**  
BON ODORI



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



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## Don't forget to check your club's summer schedule.

Martial Arts classes are well underway with our 3rd Series of classes. It has been great to see so many faces returning to our programs!

We are grateful to all the instructors and participants for being so patient and diligent. Your assistance with and understanding of all the safety practices the JCCC has put in place helps us to continue operating through the many waves of Covid.

As we head into the summer months, please be aware that some clubs will be reducing the number of class/practices in a week. More information on each specific club and their summer hours can be found on our website.



# SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash

## Somen Salad

### Ingredients

- 2 bundles somen noodles
- 2 tsp vegetable oil
- 1 carrot, julienned
- 1/2 red pepper, julienned
- 1/4 cucumber, julienned
- 1 stalk celery, julienned
- 1 green onion, sliced
- Dressing
  - 1/2 cup vegetable oil
  - 1/2 cup Japanese vinegar
  - 1 tbsp shoyu (soy sauce)
  - 1 tsp salt
  - 1 tsp sesame oil
  - Chili flakes (optional)

### Equipment

- Medium pot
- Colander
- Medium mixing bowl
- Small mixing bowl
- Whisk
- Cutting board
- Sharp vegetable knife
- Measuring cups and spoons

Somen is a refreshingly cold noodle dish that is perfect for the summer heat. It is also a great summer dish when served as a salad!

### Instructions

1. Cook somen noodles in boiling water about 3 minutes.
2. Rinse well under running water then drain in a colander
3. In a medium mixing bowl, mix noodles with 2 tsp of vegetable oil. Allow to cool in refrigerator for at least 1 hour.
4. Combine all Dressing ingredients in a small mixing bowl and stir well with a whisk.
5. Julienne (cut thinly into matchstick sized pieces) all vegetables.
6. In a large bowl, toss chilled noodles and vegetables with dressing to taste.

### Storage and Reheating

Store any left over Somen Salad in the refrigerator. Left overs should be eaten or discarded within 3 days. The longer the salad sits, the more dressing it will soak up and noodles will become mushier.



## VOLUNTEER SPOTLIGHT TERRY T.



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

My earliest recollection of volunteering at the Centre is helping Kay Shin wrapping china and other things bought at the Boutique at the Annual Bazaar. I have no idea how old I was or how I ended up helping at this particular booth.

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

My parents were very involved with volunteering at the Centre. My real connection to volunteering happened during the 9 days of Caravan in late June, starting in the 70's. I started as 'pop boy' and 'busboy' in the West Room. This was before I was 'legal', so over 47 years ago.

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

A long list: pop boy, busboy and server during Caravan, committee member - and volunteer - for various events, committee chair for Annual Bazaar, mochitsuki organizer, bartender, MC for haru matsuri and natsu matsuri, manju bee, newsletter mail out, office volunteer

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

Connection (to my community and to my heritage)

### JCCCでボランティアをしてどのくらいになりますか？

一番古い記憶は、アニュアルバザーの売り場でケイ・シンを手伝ってお客さんの購入された陶器などを包んだことです。それが何歳の時のことか、なぜ手伝ったのかは全然覚えていません。

### どのようにしてJCCCを知りましたか？

私の両親が会館のボランティア活動に深く携わっていたことに起因します。私自身がしっかりボランティアするようになったのは、70年代にはじまった、毎年6月末に9日間にわたって開催されていたキャラバンからです。最初は、ウェストルームでポップボーイやテーブル拭きなどをしました。正式なボランティアになる前の話ですが、もう47年も前のことです。

### どのようなボランティアをしてきましたか？

書ききれないくらいです。キャラバンでのポップボーイ/サーバー、色々なイベントでのコミティメンバー/ボランティア、バザーでのコミティ代表、餅つきでの準備、バーテンダー、春/夏祭りでのMC、饅頭作り、ニュースレター発送、オフィス事務の手伝い、等々。

### JCCCでのボランティア経験を一言で表すと？

コネクション(ジャパニーズコミュニティや自分自身のヘリーテージとの繋がり)

# Doors Open Toronto 2022

On the weekend of May 28 and 29, the JCCC participated in the Doors Open Toronto 2022 city wide festival for the very first time. Almost 3000 guests, many of whom had never been to the JCCC before, came through our doors to experience the JCCC! Visitors were treated to sumi-e demonstrations by artists Hiroshi Yamamoto, Roslyn Levin and Kate Cherney. They were also able to watch Martial Arts demonstrations by most of our clubs. Guided tours of the Maru: Immigration Stories exhibit were a big hit, and those with a quieter mindset were able to visit both the Women of Change exhibit and the A Place of Pride exhibit. This event became, to our joyful amazement, an event to rival some of our past festivals! A wonderful thank you to our volunteer Gallery Sitters and Wayfinders who stepped up to the challenge of ensuring that all of our guests had a wonderful experience.



ライブラリー再開しています!  
JCCC Library now opens!

July Schedule • 7月の貸出・閲覧日

Saturday July 9, 1pm - 5pm & Thursday July 21 10am - 2pm





# Cranes for Ukraine

Over the past several months, the JCCC, with amazing participation from our community, has been building a senbazuru, or one thousand cranes.

A gift of 1000 cranes sends special wishes of recovery and/or peace.

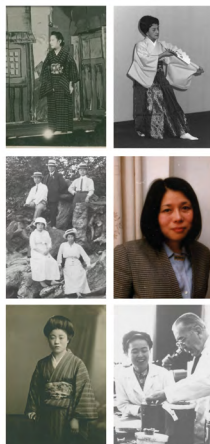
As a gesture of peace and recovery to Ukraine, the JCCC community will present this senbazuru to the Ukrainian children who were flown to Sick Kids Hospital to continue their life-saving cancer treatment.

Thank you to the many volunteers from the JCCC community for creating this senbazuru over the last few months.

For the time being, the senbazuru will hang in the main entryway of the JCCC for all to enjoy, and to inspire wishes for health and hope for all of the people of Ukraine.



# Women of Change now at the JCCC!



For 135 years, Japanese Canadian women have been leading the battle against racism and sexism by showing their excellence in all aspects of daily life. Active in the fields of science, cultural arts, domestic arts, activism, business, and scholarship, these six women created lasting legacies for the benefit of all Canadians. Join us as we look at the lives of these community leaders: Tomiko Nishimura, Miyoshi Tanaka, Midge Ayukawa, Sono Nakazawa, Kinori Oka, and Maryka Omatsu.

The JCCC is proud to present our popular online exhibit, Women of Change; Celebrating Japanese Canadian Leaders, onsite at the JCCC. This print exhibit, on display in the Heritage Court, combines the photos and information from the online exhibit with the items, books and documents that make up the archival collections of these individual women. We encourage you to make your way to the Heritage Court the next time you are at the JCCC.

Also available in our Gift Shop are the wonderful buttons designed by volunteer Kara Isozaki!

All aspects of this project have been completed in partnership with the Nikkei National Museum and Cultural Centre, and with financial support of Library and Archives Canada.





## Warm Welcome to JCCC's Heritage Summer Contractors!

Daria Murphy has a background in Art History as well as an MA in Decorative Arts, Design History, and Material Culture from the Bard Graduate Center (BGC), New York. Her previous work experience includes Digital Imaging Assistant at the BGC and Operations Associate at Arnaud's Auctions and Appraisals. A fun fact about Daria is that she grew up in Newfoundland and so her family home will often be visited by overly curious moose and other wildlife animals.

Ashley Wong is a current MA student in the East Asian Studies Department at the University of Toronto. Ashley previously worked at the Goulbourn Museum in Ottawa as a Collection Assistant where she managed and cared for museum artefacts as well as digitizing letters of a soldier describing his experience in WWI. One fun fact about Ashley is that she can play up to 5 different instruments (6, if you count singing!) and is always eager to learn more :)

Chelsea Giannico is a current Master of Museum Studies student at the University of Toronto. Previously, Chelsea worked as a Research Assistant at the Toronto Metropolitan University to research and register microfilmed documents. Fun fact, her first museum experience was at the Toronto Railway Museum doing various docent positions and so if you want an odd yet interesting train fact, she's got it.

In 2023, the JCCC will celebrate its 60th year and so the JCCC Heritage Department will be focusing on digitizing collections and interviews relating to the founding of the JCCC in 1963. The work undertaken by Daria, Ashley, and Chelsea for this project will be to preserve artefacts, photographs, textual records, and interviews from our collections.



*From left to right: Chelsea Giannico, Daria Murphy, and Ashley Wong.*



## DONATIONS

# DONATIONS TO THE JCCC

**AS OF JUNE 5, 2022**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

### JCCC

Anonymous	40	Mr. & Mrs. Ken Irizawa	60	Mr. & Mrs. Hiromu R. Motomura	20
Anonymous	50	Ms. Megan Ishida	20	Mr. & Mrs. Yoji Murase	50
Anonymous	60	In honour of Dianne Ishida		Mr. & Mrs. Taketo Murata	150
Library		Mr. Arthur & Mrs. Tomo Ishii	50	Mrs. Sadame Muromoto	50
Anonymous	81	Ms. Frances Ishikawa	40	Mr. Kazuaki Naito	10
Sumi-e Show		Mrs. Shirley Isojima	50	Ms. Dale Nakamura	300
Mr. Michael Ablachim	400	Mr. & Mrs. Jun Ito	10	Mrs. Kitty Nakamura	25
Dr. Arnold Arai	27	Mr. Takashi Iwata	200	Ms. Yuki Nakamura	10
Mr. Kwame Ben Eden	100	Mr. & Mrs. Harry Kadohama	175	Mr. & Mrs. Masaki Naruse	100
Mr. & Mrs. Gary Bist	100	Ms. Kay Kadohama	40	Mr. & Mrs. Joe Fumihiko Nishikaze	1,000
Mrs. Mitzi Burrell	100	Mrs. Mitsuko Kadonaga	100	Ms. Yoko Ode	100
Mrs. Midori Chijiwa	10	Ms. Lily Kai	100	In celebration of Yukio Ode	
Mr. Marc Couturier	100	Ms. Meg Karper	10	Happy Birthday Uncle Yukio	
Mr. Marinos Dafnas	20	In honour of the Otani Family		Mr. & Mrs. Joe Otori	50
Ms. Satoko Date	100	Ms. Debbie Katsumi	100	Ms. Erin Oikawa	66
Mrs. Shirley Doi	77	Soya Kayo	50	Ms. Kay Oiye	100
Mr. Perry Douglas	20	Mrs. Rose Kelly	10	Ms. Christine Okawara	500
Mr. & Mrs. Ray Edamura	100	Mrs. Eiko Kiyonaga	27	Mr. Tsuneo Omotani	27
Mr. Benjamin Eto	100	Mrs. Sumiko Sue Koshida	27	Ms. Toni Osbourne	200
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Mr. & Mrs. Nobby Fujino	50	Mrs. Claire Moriyama		Mrs. Yoshiko Sakauye	50
Mr. & Mrs. Takumi Fujino	10	Mrs. Misako Kumabe	50	Mr. & Mrs. George Sasaki	100
Mrs. Mitsue Kay Fujita	100	Mrs. May Kumoi	27	Mr. Kenneth Seki	77
Ms. TL (Lucy) Fukushima	25	Ms. Lynne Kutsukake	100	Ms. Jane Sekiguchi	50
Mrs. Mari Funasaka	100	Mr. & Mrs. Jumpei Kuwa	10	Mr. & Mrs. James Shiga	30
Mr. & Mrs. Larry Furukawa	100	Mr. Anthony Lisanti	150	Mr. & Mrs. Tosh Shigeishi	50
Mr. & Mrs. Alan Gray	60	Mrs. Margaret Makimoto	27	Mr. Kim & Mrs. Shirley Shikaze	60
Mr. Yasutoshi &	25	Ms. Sheila Marjoribanks	50	Ms. Lynda Silk	50
Mrs. Mika Hachitori		Mr. & Mrs. Shoichi Matsui	50	Mr. Robert Suzuki	50
Ms. Laurie Harada	50	Ms. Junko Mifune &	20	Mr. & Mrs. Krisztian Szabo	250
Mrs. Kay Hayakawa	77	Mr. Gerry Hogenhout		Mr. George Takahashi	227
Mr. Jerry & Mrs. Sue Hikida	100	Ms. Joyce Moore	100	Mr. Paul & Mrs. Theresa Takasaki	27
Mr. Tom Hosie	50	Mr. & Mrs. Gordon Mori	25	Mrs. Kiyo Tohana	60
Ms. Theresa Huestis	100	Mrs. Toshiko Mori	25	Mr. & Mrs. Mel Tsuji	100
Ms. Kikuye Inouye	22	In appreciation - Newsletter Mailing		Mr. George Tsushima	100
		Mrs. Shirley Morita	27	Mrs. Irene T. Wakayama	20

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Mr. & Mrs. Satoshi Yano	100	Mrs. Kristin & Mr. Christopher Kobayashi-Reid	50	<b><i>In memory of Miyeko Sugamori</i></b>	
<b>In Memoriam</b>		Mrs. Wynne Reid	50	Midori, Barry, Aaron & Reiko Medoruma	100
<b><i>In memory of Alice Akiko Nagami</i></b>		Mrs. June E. Shin	75	<b><i>In memory of Shigeru Daniel Maeda</i></b>	
Ms. Nancy Brockman	100	<b><i>In memory of Miyeko Sugamori</i></b>		Mr. & Mrs. Stephen Saito	50
Mrs. Lily Shigetomi	20	Mr. & Mrs. John Hayami	100	<b>Friends of Moriyama Nikkei Heritage Centre</b>	
Mrs. Kimiko Yamada	50	<b><i>In memory of Miyoko Sora</i></b>		Anonymous	81
<b><i>In memory of April Miwa</i></b>		Mr. Ken & Mrs. Karen Tomohiro	100	Dr. Seiko Shirafuji & Mr. Douglas Dwyer	1,000
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Mr. Bobby (Shoji) Kawahara	100	Mrs. Hiroko Maeda & Mr. Dan Maeda	100	Dr. Seiko Shirafuji & Mr. Douglas Dwyer	500
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Mrs. Josie Yoshioka	500	Mr. Kevin & Ms. Erin Oikawa	50	<b>Partner</b>	
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Ms. Cathy S. Nakamura	100	Anonymous	108	Mrs. Carol R. Howell	127
Ms. Beverley Ohashi	100	Mrs. Margie Uyeda	100	Ms. Kikuye Inouye	127
Mr. & Mrs. Kiyoshi Uyeno	25	<b><i>In memory of Alice Akiko Nagami</i></b>		Mr. Takashi Iwata	150
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Ms. Naomi Linda Nakatsu	200	<b><i>In memory of Keiko Kay Ohashi</i></b>		Ms. Debbie Katsumi	127
<b><i>In memory of Lumie Isozaki</i></b>		Mrs. Brenda Janzen	100	Mrs. Esther Kawabe	150
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Ms. Kathy Nakanishi	100				
<b><i>In memory of Mitsuo Kuroda</i></b>					
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Mrs. Mary Morita	150	Mr. George Takahashi	150	Mr. & Mrs. Takashi Yamashita	93
Mr. & Mrs. Kaz Nishio	110	Mr. Paul & Mrs. Theresa Takasaki	93		
Mr. & Mrs. Stephen Saito	93	Ms. Marina Tanaka	127		
Mr. Robert Silk	116	Mr. George Tsushima	127		

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**APRIL 1, 2021 - JUNE 5, 2022**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

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JCCC Judo Kai

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Mr. Adam Goucher

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Mr. Dereck Oikawa &  
Mrs. Christine Ling  
Ms. Audrey Fox

#### ***In memory of Bert Nasu***

Ms. Leslie Brindley

#### ***In memory of Bob & Paul Marubashi***

Mrs. Yuli Marubashi-Scheidt

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Ms. Karen Asano

#### ***In memory of Eric & Tomiko Nobuto***

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#### ***In memory of Fukue Yanase***

Mr. Masuo Yamashita

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Mr. Greg Nishio &  
Ms. Carolynne Mori

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Mr. Gordie Maikawa

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Ms. Karen Tanino

#### ***In memory of Kenneth Katsumi Sakamoto***

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Mr. Taras Isoki  
Mr. Gregg Paisley

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Gennie

#### ***In memory of Minoru Yamashita***

The Date Family

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Ms. Kathryn Okawara  
Mrs. Marlene MacKenzie  
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Wendy, Jinaha &  
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Anonymous

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

Anonymous

Anonymous

Mrs. Kay Mitsui

#### ***In memory of Saishi "Shank" Kuroyama***

Ms. Cathy S. Nakamura

Mr. Gary & Mrs. Laurie Tehara

#### ***In memory of Sakae Ogaki***

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Mrs. Janice Gonsalves

Mrs. Claire (Joe) Nakamura

Mr. Ken &

Mrs. Cathy Nakamura (nee Otsu)

Mr. Matt & Mrs. Sharon Shintani

#### ***In memory of Tad Miura***

Mr. Steve & Mrs. Laura Hirano

Mrs. Mitsue Miura



## DONATIONS

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***In memory of Teiko &  
Yosh Kishimoto***

Ms. Patti Kishimoto

***In memory of Tomi-Taro  
Nishio***

Mrs. Dale Reid

***In memory of Tony &  
Kimi Takenaka***

Mr. Regan Takenaka

***In memory of Yosuhiko &  
Kyoko Abe***

Mr. Kevin Takahiko Abe

## DONATIONS TO THE FRIENDS OF THE MORIYAMA NIKKEI HERITAGE CENTRE INSCRIPTIONS

### **APRIL 1, 2020 TO PRESENT**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

#### **Individuals/Couples**

Kihup Boo (夫)

In Memory of Mother Hiroko Fukushima

Jiro Fukushima

Chinatsu ICHIDA

Hiromi ICHIDA

Keiko ICHIDA

Yumi ICHIDA

Lucas, Sayaka, and Emika Koolma

Dr. Seiko Shirafuji

Mr. Douglas Dwyer

#### **Groups**

Checkmate Development

Crow Creek Settlement Reunion

Hanayagi Essay Group

## DONATIONS TO THE JCCC FOUNDATION

### **AS OF JUNE 5, 2022**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

#### **Corporation**

Fiera Capital Corporation

## 健やかな老後をめざして その53 - 巻き爪で苦しむあなたへ...

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)

シニアに意外と多いのは足のトラブル(外反母趾や巻き爪)です。外反母趾に関しては前号その52にて取りあげました。本号では巻き爪の対策を考えてみましょう。「巻き爪とは爪の端が内側に巻き込んだ状態」です。巻き込んだ爪の端が皮膚に当たる・刺さると痛みが生じます。ほとんどは足の親指の爪に起こり、外反母趾と同様に女性に圧倒的に多いのです。女性は男性に比べると関節が柔らかく、しかも筋力が弱いために、姿勢、歩行や靴などによって足指に影響を受けやすいと、考えられます。

巻き爪の痛みがあると歩き方や姿勢が悪くなり、膝・腰までも痛くなることがあります。巻き爪の原因は、爪の切り方(深爪)、外反母趾による爪への圧迫、足に合わない靴、指に力が入らないベタベタ歩き等です。骨は足の指先まで届いておらず、骨のない部分を爪が支えています。爪は、起立や歩行の際にあらゆる方向から圧を受けます。ですから、過剰の圧がかかる状態、あるいは適度な圧がかからない状態が続くと、爪の正常な成長が妨げられるのです。

足のアーチがくずれて足指が横に広がる等の変形、外反母趾、がに股(つま先が外側を向いた歩き方)や内股(膝が内側に入った歩き方)があると、爪に適切な圧がかかりにくくなります。歩き方に癖があると、過剰な圧が親指にかかったり、親指が浮いたりして(浮き指)、自然と爪が巻いていきます。

爪のケアのポイントは「頻繁に切らない(3~4週に1回)、長さは指先より1mm程度、先端をまっすぐ切り、両角をやや丸く整える(スクエアカット)、仕上げの保湿」です。私は、長時間歩くことと爪周囲に痛みがあったのですが、10数年前にこれらの対策を始めてから徐々に改善しました。今思

えば、爪が隣の皮膚を押し気味だったのでしょう。

さて、靴の選び方も重要です。前号(外反母趾)で述べたように、合わない靴によって様々な足のトラブルが生じるからです!「つま先に適度の余裕がある靴、かかとが脱げにくく、甲をしっかりと固定できる靴、材質が柔らかく、かかとの高くない靴」を選びましょう。これらは、外反母趾が起こりにくい靴の条件と共通しています。ひも靴タイプであれば、しっかり甲を固定できますね。

また、歩き方の癖は足のみでなく、膝、股関節や腰にも大きな影響を与えます。人間が直立歩行を始めた原始時代からの健康課題ですが、足を使わなくなった現代では非常に深刻になっています。また、コロナ禍で歩かなくなった生活も影響を与えています。つま先を正面に向けてまっすぐ足を出し、かかとから着地し、足裏全体に重心をのせ、次にすべての指をしっかり使って蹴り出せば、がに股、内股やベタベタ歩きは改善されます。

若い頃より良い姿勢に心がけていましたが、50代後半にハードな舞台稽古で膝と股関節に問題が生じたことをきっかけに、正しい歩き方について更に意識するようになりました。上記に述べた望ましい歩き方に加えて、歩幅をやや大きく踏み出して歩きます。テレビを観ながら、足指や足首のストレッチやマッサージも行っています。筋肉や関節を柔らかく保つことも大切です。

セルフケアで痛みや炎症が改善しなければ、爪の形を矯正する治療(テーピング法、クリップ法、ワイヤー法など)を行う皮膚科・形成外科・整形外科などの専門医に相談してみましょう。

## Bon Odori Festival

It has been a long two years without any major events or festivals here at the JCCC. But we are starting the return to normal with a smaller festival this summer. We invite everyone to join us on Saturday July 9 as we collaborate with Toronto Buddhist Church for a Bon Odori festival. Weather permitting all the activities will take place outdoors. Food vendors will be available from 5:30 pm and the dancing will start at 7:00 pm.

Plan to arrive a little early, grab some food and then stay to experience the spectacle of the community minyo dancing together for the first time in two years.

Check our website at [www.jccc.on.ca](http://www.jccc.on.ca) for more details.



Photo credit: Leon Balaban



## JSS プログラム:2022年7月

2022年7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](#)。

#### 「介護ストレスと燃え尽き症候群:対処法について学ぶ」

7月13日(水) 15時 英語

あなたは高齢者の介護者(無報酬-家族/友人/隣人)ですか?または高齢者の  
介護をしている人を知っていますか?あるいは、まだ介護をしていないけれど、  
将来的に介護をする可能性がありますか?今回のセミナーでは、介護者を支  
援する様々なリソースを提供している、The Ontario Caregiver Organiza-  
tion(OCO)より、ゲストスピーカーを招き介護者のセルフケアの重要性とその  
ステップ、そして燃え尽き症候群の予防とストレスの対処法について学びます。

※詳細・お申込みは[こちら](#)

#### 「和食シェフ直伝:できたて・冷やしてもおいしい茶碗蒸し」

7月27日(水) 15時 日本語

つるつると美味しい定番和食のひとつ、茶わん蒸し。カナダでも食べたいけど蒸  
し器がない、作るけど「す」が入ってしまう、うまく固まらない、三つ葉・かまぼ  
こ・銀杏などの素材が手に入らない…、など悩む方もおられると思います。そ  
こで今回は和食のプロから失敗しにくい、またオープンなど王道の蒸し器以  
外でも作れる茶わん蒸しを、代替え具材などを交えて紹介させていただきます。

※詳細・お申込みは[こちら](#)

### (2)電話で話そう「お元気ですか?」プログラム再開のお知らせ

なかなか終わりの見えないパンデミック。特に感染ハイリスクのシニア世代の  
方々は、以前の様に気軽に人と会って話す事が未だ難しい状況にある方も多  
いのではないのでしょうか。そこで、JSSでは昨年期間限定で行った、電話で話  
そうプログラム「お元気ですか?」を再開いたします。1回だけのおしゃべり・  
相談はもちろん、定期的にお電話などおしゃべりを設定することも可能です  
(12月までの期間限定)。JSSスタッフと電話で気軽にお話ししてみませんか?

※詳細・お申込みは[こちら](#)

### (3)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 7月1日(水) 10時半-正午 (対面&オンライン)

「端切れ布で作るキーカバー」

編み物 7月20日(水) 10時半-正午

「四脚椅子の脚カバー」(オンラインのみ)

#### 2. ホットランチ交流会

7月27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9期:7/6~7/27 ※詳細・お申込みは[こちら](#)

Check out our upcoming July programs! \*Pre-registration requi-  
red. 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.

#### Caregiver Stress & Burnout: Programs Available to Manage them

Wed. Juny 13, 3pm (English)

Are you a caregiver to seniors (non-paid – family / friend / neighbor),  
or do you know anyone who does caregiving to seniors? Are you not  
yet caregiving but will likely be doing so in future? Join us to learn  
about importance of self-care and its steps as well as how we can  
prevent burnout and manage stress. We are having a guest speaker  
from Ontario Caregiver Organization (OCO), who provides variety of  
resources to support caregivers.

\*Click [here](#) to register

#### Introduction to Shiatsu

Wed. Juny 27, 3pm (Japanese)

According to The World Health Organization (WHO), there are 361  
acupuncture points in our body. But where are they located on the  
body? What are the effects of pressing them? Many people may not be  
familiar with their effects and exact locations of them. In this seminar,  
we will invite Taiju Hashimoto, a certified acupuncturist in Ontario, to  
learn about the basic knowledge about pressure points and how you  
can do shiatsu massage by yourself.

\*Click [here](#) to register

### (2) “Ogenki-desuka (How are you)?”

In a pandemic with no ending in sight, some may still feel apprehensive  
to see someone in-person and haven't talked to others for a while,  
especially for senior citizens who are at higher risk to COVID-19  
infection. Therefore, JSS is resuming the “Ogenki Desuka” (How are  
you?) program, which was offered for a limited time last year. Are you  
interested in chatting with JSS staff? We are more than happy to talk  
to you either once, a few times, or set a regular chat schedule (\*until  
Dec 2022). Contact us today!

\*Click [here](#) for more information

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

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

Sewing: Wed. July 6, 10:30am to noon (In-person & Online)

“Key cover made from scraps of fabric “

Knitting : Wed. July 20, 10:30am to noon (Online Only)

“Chair leg covers”

#### 2. Hot Lunch Social Wed. July 27, (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

9th term: From July 4 to July 25. Click [here](#) to register.

## JFT Library News

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YOSHITAKE Shinsuke's *There Must Be More Than That!* (それしかないわけないでしょう), a witty picture book about thinking outside the box;

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and many more!

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## JFT Online Language Events

2022 Summer Language Brush Up Workshop for Japanese Language Teachers

Online Event | July 5 (Tues), 7 (Thurs), 12 (Tues), 14 (Thurs)  
@ 1:00pm – 3:30pm (ET)

If you would like to brush up on your Japanese this summer, please join this free online language brush-up course for Japanese language teachers. The workshop will cover one chapter of Marugoto Intermediate 1 (B1) for 4 days. Register here:

<https://jftor.org/event/summer-brush-up-2022/>







Come and volunteer with the JCCC! Scan the QR Code or email [volunteer@jccc.on.ca](mailto:volunteer@jccc.on.ca) to find out more.

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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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The image shows a sample page from the Nikkei Voice newspaper. At the top, there is a 'Summer Reading List' section with a small illustration of children. Below that is a headline 'Uncovering the life of a cultural trailblazer' with a sub-headline 'Author Kyō Makino explores the life of Gyo'okuplana in her new children's book'. The main headline is 'Kimono fashion show' in a large, stylized font. To the right of the main headline is a smaller headline: 'Tofino apologizes for 1947 motion to exclude Orientals'. Below the main headline is a photograph of a person in a colorful kimono. To the right of the photograph is a small article snippet: 'Minnon prevented...'. At the bottom of the page, there is another headline: 'Comedian Toshiyuki Teruya's film explores a rare Okinawan tradition' with a small photograph of a group of people.



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