



2022年8月 AUG 2022

FAMILY GOLF
TOURNAMENT

ファミリーゴルフ
トーナメント

FALL CLASSES
FLYER INSIDE

秋季コース情報(チラシ)

COMMUNITY
NEWS

コミュニティニュース



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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:

Friday, August 12, 2022.

次号締切日: 2022年08月12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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Cover Art: Pstedrak [Dreamstime.com](https://www.dreamstime.com/)

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 August / 8月のイベント

Events • イベント

Saturday August 20, 2022

Honour Our JC Survivors Day

Japanese Canadian Survivors Health and Wellness Fund Grant event at the JCCC; pre-registration required.

8月20日(土):JCサバイバーを敬う日

日系カナダ人サバイバーの健康とウェルネス助成金 関連のイベントがJCCCで開かれます;参加には事前登録が必要です

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 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 • JCCCギャラリー

August 26, 2022 – Algorithms of Innocence (p14)

Artist Maari Sugawara in the JCCC Gallery

8月26日:アルゴリズム・オブ・イノセンス

アーティスト:マリ・スガワラ JCCCギャラリーに於いて

Ongoing / 開催中

Programs • クラス

Martial Arts Classes • 武道クラスニュース

Martial Arts are returning this fall! [Please see the 4 page brochure included in this newsletter](#) for more details or visit our website.

この秋武道クラスが再開されます。詳細はこのニュースレターに同封の小冊子をご覧ください。JCCCのホームページでもご案内しています

Cultural Arts Classes • カルチャー教室

Cultural Arts are returning this fall! [Please see the 4 page brochure included in this newsletter](#) for more details or visit our website.

この秋カルチャー教室が再開されます。詳細はこのニュースレターに同封の小冊子をご覧ください。JCCCのホームページでもご案内しています

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 20, 2022 6th Annual Ishizue Awards Dinner

10月20日(木):第6回礎アワードディナー

Coming in October - Save the Date, Thursday October 20, 2022 at 6:30!! Join us for the 6th Annual Ishizue Awards Dinner hosted by the JCCC Board of Directors. More information on [page 7](#).

礎アワードディナーを10月の20日、木曜日の6時半から開催します。

JCCC Library • 図書館

August Schedule • ライブラリー8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までご連絡ください。

Contact the JCCC

For enquiries, please contact respective staff directly [[see staff directory on page 1](#)] or email us at 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)。

Notice of Annual General Meeting – Monday, September 26, 2022

Members of the Japanese Canadian Cultural Centre are requested to attend the Annual General Meeting on Monday September 26, 2022 at 7:30 pm at the JCCC, 6 Garamond Court, Toronto, Ontario M3C 1Z5.

AGENDA

- | | |
|--|----------------|
| 1) Approve Minutes of AGM – September 27, 2022 | Jan Nobuto |
| 2) Report from the Finance Chair | Linda Ono |
| 3) Appointment of Auditor for the ensuing year | Linda Ono |
| 4) Appreciation to Retiring Board Members | Gary Kawaguchi |
| 5) Approve Nominations to the Board | Jan Nobuto |
| 6) Message from the President | Gary Kawaguchi |
| 7) Close of Business | |

Any member who will not be present in person can sign the enclosed Proxy Form. Members may only vote in person or by completing the Proxy Form. This form can be filled in and returned online by following this link: <https://jccc.on.ca/agm-2022-proxy>

Dated at Toronto, Ontario, this 1st day of August 2022.

By order of the Board of Directors,
Jan Nobuto, Secretary

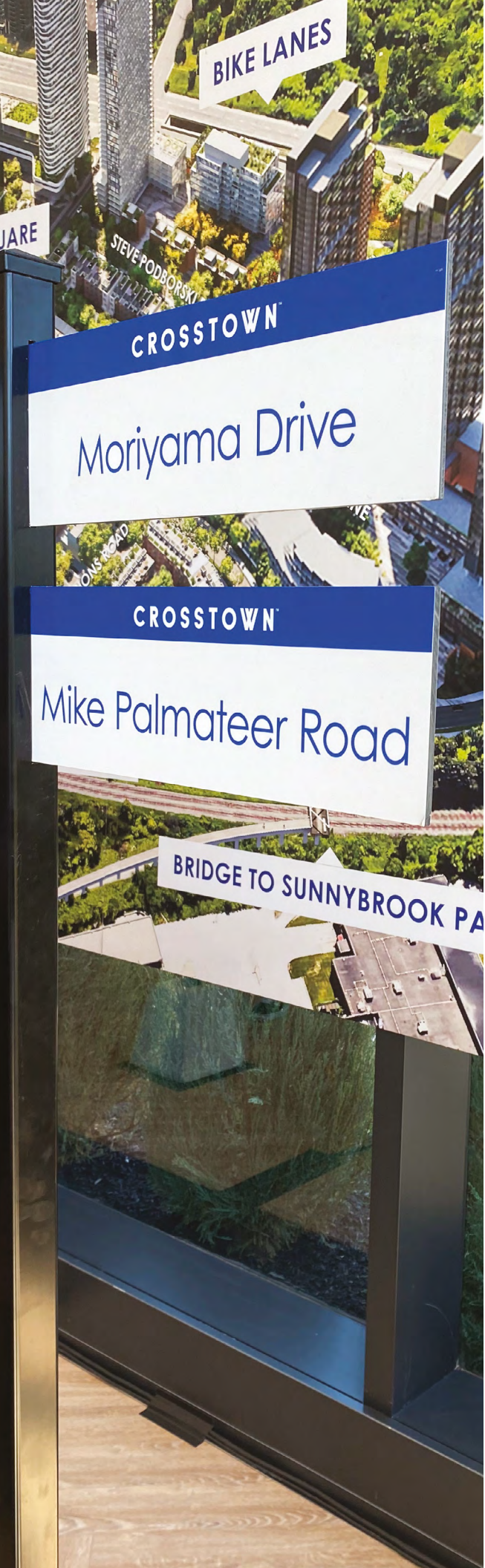
JCCC Family & Friends Golf Tournament - reminder

Reminder that the 24th Annual Family & Friends Golf Tournament is being planned and will be on Sunday September 18, 2022 at Rolling Hills Golf Club. 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 with grandparents, aunts, uncles, brothers, sisters, moms and dads, or just a group of friends.

We will have an early shot gun start at 8:30am with Scramble format and shared carts included in the cost. Registration may be limited depending on course maximum.

Application forms are available at the JCCC reception area or on the JCCC website at <https://jccc.on.ca/event/2022/09/jccc-family-friends-golf-tournament-2022>. We welcome hole sponsors and prizes – corporate, family and In Memoriam – some sponsor levels include your green fees and contributes to our Heritage programming at the JCCC. The Heritage Dept is working on the celebration of the JCCC's 60th Anniversary next year and proceeds will help with the exhibits and displays being planned.

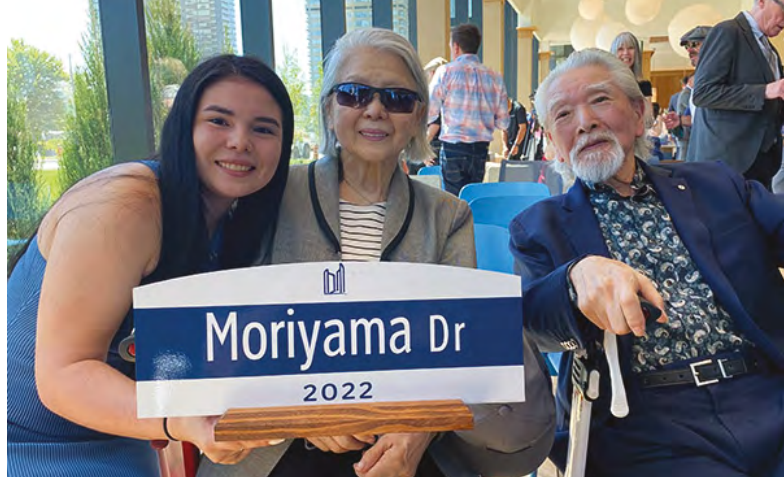
For more information, please contact Sharon Marubashi (Co-chair) at 647-291-4751 email sharon.marubashi@jccc.on.ca and Dawna Kobayashi (Co-chair) at dawna.kobayashi@sympatico.ca.



Major Street in New Don Mills Subdivision to be Named "Moriyama Drive"

Raymond Moriyama was celebrated last month with the official naming of a new street in Toronto in his honour. "Moriyama Drive" is located at the Don Mills Crossing and is the continuation of Wynford Drive west of Don Mills Road. Raymond's contributions to the area are immense including, of course, the original JCCC at 123 Wynford, as well as the nearby to the Ontario Science Centre and Aga Khan Museum and Ismaili Centre.

Raymond's legacy as a Canadian architect, designer, and urban visionary will be treasured through this namesake. This special honour was inaugurated during a ceremony hosted by The City of Toronto on Monday June 13th. Congratulations Raymond!



Photos courtesy of Kelly Fleck of the Nikkei Voice

Toronto Japanese Film Festival 2022: Thousands return to the Kobayashi Hall for First In-Person Festival since 2019



Our TJFF made a triumphant return to the Kobayashi Hall from June 16th to the 30th. The event featured visiting filmmakers (Tetsuo Shinohara whose film *INUBU: THE DOG CLUB* drew a large crowd), performers (shamisen from Aki Takahashi and a stirring performance from the JCCC's Kyowa Taiko Ensemble) and sold-out opening and closing screenings and receptions. We were one of the first festivals to return to on-site screenings and expected much smaller audiences. While we attracted fewer than 2018 and 2019, turn-out was higher than expected and we look forward to an even bigger festival in 2023.

The 2022 Grand Jury Award for Best Film went to Takahiro Horie's *SENSEI*,

WOULD YOU SIT BESIDE ME? Starring Haru Kuroki and Tasuku Emoto, it is a delightful game of romantic cat and mouse between husband and wife manga artists. One jury member commented "Through clever and playful storytelling, *Sensei Would You Sit Beside Me?* flawlessly integrates manga into the film in a way that never feels gimmicky or contrived. As a result, *Sensei Will You Sit Beside Me?* is a delightful, quirky, odd, but riotously fun film that keeps audiences going back and forth on what is really happening, right up to its final twist".

The Kobayashi Audience Choice Award was presented to the film chosen as the festival favorite by audiences

based on ballots completed at the end of each screening. This year's winner is Eiji Uchida's much celebrated *MIDNIGHT SWAN*, winner of Japanese Academy Awards for Best Film and Best Lead Performance.

The JCCC thanks everyone who made this year a successful come-back: the sponsors, the audiences, the volunteers and our dedicated staff. Like everything at the JCCC, the TJFF is fueled by passion, generosity, cooperation and hard work.

We will resume monthly screenings in the Kobayashi Hall this September. Please watch our newsletter or the JCCC website.



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 20th. 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 October 7, 2022.



JCCC on the Web!



This month on the Web we are focusing on **FOOD!** As we near the harvest season, we thought it would be fun to take you on a bit of a tour of the GTA's culinary offerings.

First, Kokuban's lead article is highlighting the work of Eiko of Ohisama Farm. Eiko uses the many fresh vegetables that she grows and harvests throughout the warmer months to prepare bentos for sale. Her philosophy of providing home cooked "mother's meals" keeps her clientele coming back for more.



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

In addition, one of our dedicated volunteers captured this 360° view of the dancing at our recent Bon Odori Festival. We have posted it to our website for your enjoyment.
<https://jccc.on.ca/event/2022/07/bon-odori-festival-2022>



SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash

Carrot and Daikon Salad

(serves 2)

Ingredients

1/2 daikon, julienned
1/2 carrot, julienned

Dressing

1/4 cup sugar
1/4 cup white vinegar
1/8 tsp mirin
1/8 tsp salt

Equipment

Cutting board
Vegetable knife
Medium mixing bowl
Wooden spoon

With the harvest season fast approaching, this is a great time to get out to your local farmers market to find fresh vegetables to use in this easy to make salad.

Instructions

1. In a medium mixing bowl, combine dressing ingredients. Stir until sugar is dissolved.
2. Add julienned vegetables and stir well.
3. Serve.

Storage and Reheating

- This recipe does not store well. It becomes quite fragrant (stinky) as it sits, so only make what you think you will need for that meal.
- You can make a larger quantity of the dressing and keep it ready in the refrigerator in a resealable bottle.

VOLUNTEER SPOTLIGHT BOB N.



Photo Credit ©Tonopix

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

I've been volunteering for 60 years ever since the first JCCC was built.

How did you get involved with volunteering at the JCCC?

It started with a group of nisei who would hold singing events. My 3 year old daughter showed one of the organizers a tape of her dad singing and that's how I got involved and I also emceed for these events. The first song I sang was "Muju Jo No Yume", a song from the early '30s. Back then, most songs were from the 1930s and 1940s and because there was no Japan TV at the time and videotape were not as popular, so these shows were incredibly popular. By the 1960s, with the incoming new immigrants from Japan, newer songs were introduced and Karaoke also introduced new songs as well!

In the 1960s, I volunteered for the white/red contest (Kohaku) show where men and women singing in teams as a competition. There were 2 shows/day and it was also a hit with full audience.

What type of volunteer work have you done?

I've volunteered mostly in the kitchen. For Issei day, I emceed in Japanese and I am also involved in contacting seniors for the program. I am passionate about helping seniors and this was instilled in me by my mother who volunteered her time towards helping seniors. When asked, I also assist with entertainment program during the Spring and Summer Matsuri.

Describe in ONE word your volunteer experience at JCCC.

I like helping people.

JCCCでボランティアをしてどのくらいになりますか?

JCCC創設以来からですから60年以上になります。

どのようにしてJCCCを知りましたか?

歌のイベントを行っていた2世のグループと繋がったのが始まりです。当時3歳の娘が私が歌っているテープを主催者に見せたんです。それからイベントに参加するようになり、司会もするようになりました。初めて歌ったのは30年代に流行った"無常の夢"です。当時ここで歌われていたのは3,40年代の歌ばかりでした。ジャパンTVも無く、ビデオもそこまで普及していなかったので、私達のショーはいつも大人気でした。60年代になると新移住者も増えて次第に新しい曲も増えてきました。またカラオケも出てきて新しい歌も歌われるようになりました。

60年代には、紅白歌合戦でのボランティアもしました。一日に2公演のショーは、満員の観客で大変な人気でした。

どのようなボランティアをしてきましたか?

主にキッチンでの仕事です。一世デーでは日本語で司会をしたり、シニアと連絡を取ったりしました。シニアの手助けをするのが大好きだったんですが、これは私の母がお年寄りのヘルプをするボランティアをしていたので、そこから影響を受けていると思います。春、夏祭りの余興も頼まれればいつも手伝っていました。

JCCCでのボランティア経験を一言で表すと?

人の役に立つのが好きです。

日系文化会館日本語クラス講師募集 - JCCC Japanese Language Program is looking for instructors

日系文化会館では、今秋コース日本語クラスの講師を現在募集しております。日系文化会館の日本語クラスで日本語を教えることに興味がある方は、チーフ講師 丸岡 (akikomaruoka@gmail.com)までご連絡ください。

Introducing the Maru: Immigration Stories Audio Tour

It is said that a picture tells a thousand words – something that is very true of the many images that are used throughout the Maru: Immigration Stories exhibit. But where do these images come from, and why were they chosen for this particular exhibit? What other information had to be left out of the narrative of the exhibit?

The Audio Tour that has been created for Maru: Immigration Stories will help to answer some of these questions. Knowing that not all visitors are able to book a private guided tour, we have created this Audio Tour for visitors to listen to at their own pace. Broken into exhibit components, the Audio Tour will provide more information than what is available on the panels as well as information about the curatorial process. Signage will be posted throughout the exhibit directing visitors to the Audio Tour, which will be available on your personal device through Vimeo.

We hope that you will come visit soon and take the time to listen to the Maru: Immigration Stories Audio Tour. To listen to a sample of the Audio Tour, please visit <https://vimeo.com/725674453> or scan the QR code!



Introducing New Summer Interns at the Heritage Department



Jiajia Wang is currently a Master of Information student at the University of Toronto. Prior to enrolling in the program, Jiajia worked as a product designer for a Japanese software company and was responsible for designing enterprise collaboration products and business websites. Jiajia has many interests and she majored in Journalism in her undergraduate studies but became a product designer afterward.



Thomas Bray-Joubert is currently completing his Masters in Japanese Companies Management at Rennes Graduate School of Management in France. Before that, Thomas spent years studying Japanese language and culture at Strasbourg University in France preparing for his first Master's degree. During that time, Thomas spent a year as an exchange student in Kyoto. His experience at the JCCC is his first real working experience. A fun fact about Thomas is that his family has an army of 4 cats and 3 dogs and it always surprises people when he tells them this.

Both Jiajia and Thomas will be working on research and designs for future exhibits in the Moriyama Nikkei Heritage Centre.

JCCC's 60th Anniversary

2023 will mark the 60th anniversary of events being held at the Japanese Canadian Cultural Centre. 60 years of community, culture, classes and constant improvement!

As we look ahead to our 60th Anniversary, the Heritage Department has begun a project of digitizing the collections and records of some of our founding members. In the coming months, the JCCC related collections of Susan Hidaka, Coby Kobayashi and Roy Shin will be made available through our online database, nikkeimuseum.org. Sedai interviews from the JCCC community such as Kay Fujiwara, Nori and Blanche Kanashiro, Josie Yoshioka and Umeko Kuba are being transcribed and made available through our Sedai Catalogue. We will also pursue additional interviews in the coming months that highlight stories and memories in relation to the JCCC community.

We would like to invite you to get involved with this 60th Anniversary project. If you would like to submit any photographs or documents that you have from the opening of the JCCC, please contact Theresa at theressat@jccc.on.ca.

If you would like to tell us about your memories of the opening of the JCCC, special moments of the JCCC or if you have suggestions on who we should interview, please contact Su Yen at suyenc@jccc.on.ca.

Keep an eye out in future newsletters for more information about our 60th Anniversary!



JCCC60周年記念

2023年は日系文化会館にとって60周年という記念すべき年になります。日系社会が、日系文化が、そしてカルチャークラス等の活動が、常に向上しつつ60年続いてきたということです。

そこで来年の60周年記念に向けて、ヘリテージ部門では新たなプロジェクトに取り組んでいます。会館創設メンバーに関する記録や資料のデジタル化です。今後数か月以内に、スーザン・ヒダカ、コビー・コバヤシ、ロイ・シンの三人のJCCC関連のコレクションがオンラインでご覧頂ける予定です(nikkeimuseum.org)。また、ケイ・フジワラ、アーサー・イケダ、ジョシィ・ヨシオカ、そしてウメコ・クバのSedai関連のインタビュー記事を世代カタログ上でご覧いただけるよう準備中です。更にJCCC関連の記念、思い出などに焦点をあてたインタビューも追加して行う予定です。

そこで、皆様にもどうぞ60周年記念プロジェクトにご参加頂きたく、ご案内申し上げます。JCCC創立時の写真や記事などをお持ちの方がいらっしゃれば、ぜひヘリテージ部のテレサ・タカサキにご連絡ください(theressat@jccc.on.ca)。また、創立当時の思い出についてお話しされたい方や、思い出を語ってくれるような人にお心当たりの方は、スー・エンまでご連絡を頂ければ幸いです(suyenc@jccc.on.ca)。

今後も60周年記念関連の情報をどうぞお見逃しなく。

SUMI-E: THE WAY OF THE BRUSH - a smash hit!



In John Ota's esteemed words, "this may be the most elegant and meditative exhibition at the JCCC Gallery -- ever." We couldn't agree more. Heralding the opening of the JCCC from two years of lockdown, Sumi-e: The Way of the Brush is the JCCC Gallery's featured exhibition that appropriately paralleled the first cultural art class offered 60 years ago by the Centre when the JCCC opened its doors - welcoming the community with friendship through culture. In recognition of the show, the AGO Insider published an article that proclaims, "the show celebrates the powerful complexity of our environment."

This exhibition was the JCCC's entry to Baycrest's DiverseCity Expo and May 1st was the lead event for the month-long unique programs. A delegation from the Expo community and artists' families opened this multicultural celebration. During Doors Open Toronto, over 3,000 visitors to the JCCC were treated to sumi-e demonstrations in the Gallery by artists Hiroshi Yamamoto, Roslyn Levin, and Kate Cherney to further enhance their enjoyment and understanding of the exhibition. The enthusiasm by visitors of experiencing Sumi-e in a tangible way spurred the artists to add another event between movie showings at the Toronto Japanese Film Festival. While Hiroshi Yamamoto impressed visitors with his demonstrations, artist Marie Ikeda encouraged visitors by instructing them on sumi-e strokes using sumi ink on washi paper.

On the summer evening of July 21st, the Artist Walk & Talk event was the finale for this beautiful exhibition. This event provided an opportunity for guests to meet some of the artists and their families as they informally dialogue with art enthusiasts in a casual setting.

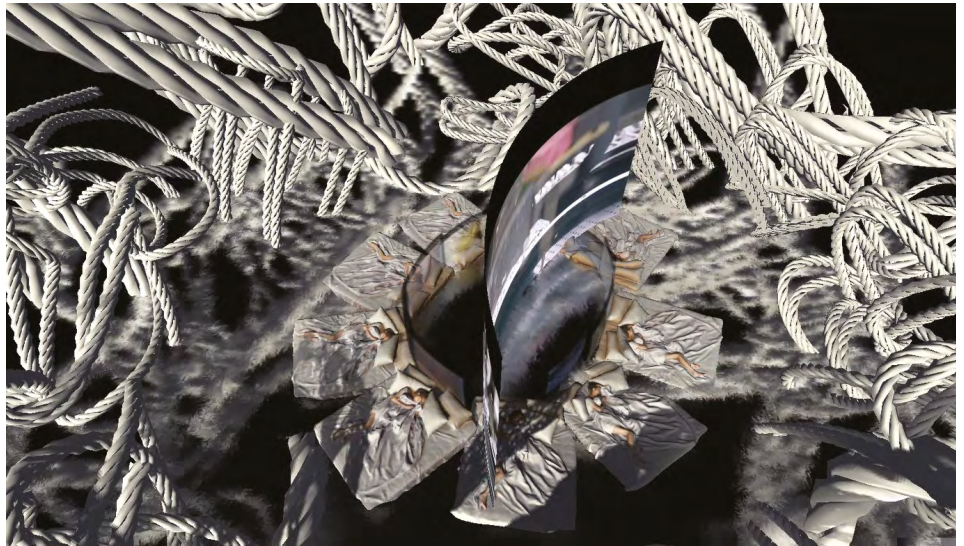
Thank you to the participating artists: Hiroshi Yamamoto, Nicole Tamir, Neli Iordanova, Kate Cherney, Marie Ikeda, Terry Adachi, Roslyn Levin, Ruth Yamada, Peter Ito, Anne Nakagawa, Mary Ikeda, Marjorie Pigott, and Kazuo Hamazaki. And our appreciation to collectors who generously lent their painting(s) to the exhibit.



Algorithms of Innocence in the JCCC Gallery

The JCCC Gallery is announcing our featured artist for Nuit Blanche this Fall. Maari Sugawara will exhibit a series of immersive audio and video installations entitled, "Algorithms of Innocence". Maari Sugawara (born 1994 in Tokyo, Japan), a Japanese interdisciplinary artist, researcher, translator, writer, and soon-to-be Ph.D. student at the School of Creative Media at the City University of Hong Kong, splits her time between Toronto, Tokyo, and Hong Kong. She is the recipient of the Hong Kong Ph.D. Fellowship Scheme (HKPFS), established by the Research Grants Council (RGC).

Employing a wide range of mediums such as VR, animation, videography, and stock materials, Maari problematizes aspects of Japanese national and cultural



Images courtesy of Maari Sugawara

identity and encourages a departure from traditional categories of difference. "Algorithms of Innocence" will open in late August and will be available to view until mid-October.

Susan (Kobayashi) Hidaka Receives Queen's Platinum Jubilee Award

To mark the 70th Anniversary of Her Majesty Queen Elizabeth II's accession to the throne, the Queen's Platinum Jubilee Award is being given to deserving members of the Commonwealth Community through the office of Hon. John McKay, MP (Scarborough-Guildwood). Susan Hidaka was nominated by Jovel Patricio, Manager, Volunteers and Learning, with the support of the entire Momiji Staff.

Susan was nominated because of her contribution not only to Momiji but to the wider community. She has been very involved with the post war Japanese Canadian community in the restoration and growth within Canadian society. She is very aware of the needs of the community and the changing needs of Momiji residents. She is a leader, a great role model and human rights advocate. Susan was a bit hesitant and had to be convinced that Momiji should have representation. As a former member of the Board of Directors of Momiji Health Care Society, as well as the Board of Directors of the JCCC before it opened, Susan has been a great contributor to the non-profit sector in the community.

Congratulations Susan!



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AS OF JUNE 29, 2022

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Crow Creek Settlement Reunion

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健やかな老後をめざして その54 - 朝の一步を踏み出す時、足裏やかかところが痛い!

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)

起床して歩き始めた時や急に歩き出した時に足の裏やかかところに痛みが生じたら、それは「足底腱膜炎」かもしれません! 足底腱膜とは足の裏に広がる繊維状の組織です。歩く・走る時には、まずふくらはぎの筋肉が収縮してアキレス腱を引き上げます。この力が足底腱膜に伝わって、足は地面を踏み、蹴り上げることができるのです。マラソン、サッカー、ジョギング、登山などで激しく運動すると、使い過ぎにより足底腱膜の繊維が損傷し、痛みが起こることがあります。高齢者では、ふくらはぎやアキレス腱の柔軟性の低下、足底腱膜の繊維の老化などによって起こりやすくなります。

私は50代前半にこの症状を経験しました。移住して数年間は、自宅でコンピュータワーク(本出版や教材作り)に専念し、大好きな読書ができる時間を心から楽しんでいました。日本に居た頃は寝る時間も惜しんで働く生活が続き、読書三昧の日々など夢のまた夢でしたから。特に、当地の冬には雪と氷の世界に閉じ込められて(九州生まれの私には...)、戸外活動が極端に減少しました。しかも、全く知り合いもいなかったので出かけることがありませんでした。それ迄が元気一杯の日々だったために、衰えなど想定外で「屋内で身体を積極的に動かす」という意識に欠けていました!

初めて足底腱膜炎を経験したのは、上記の様に家から出ない生活を続けて双春目が巡ってきた時です。5月に仕事で中国と日本へ出かけました。そして、戻ってきたある朝、ベッドから一步を踏み出した時に痛みを感じました。活動量が急激に減少して筋力や柔軟性が落ちていたところに、突然に4週間ほど長距離を歩く日々が続いたことが原因でした。デスクワーク

の人が退職を機に運動を始めたら足底腱膜炎を起こすことがありますが、それと同様ですね。

足裏の痛みが足底腱膜炎ではないかと思った場合はセルフチェックをしてみましょう。片方の足を反対側の膝にのせて、その足の親指を反らすと足裏に痛みがありますか? さらに、足裏(特にかかとの前あたりの骨)を押すと痛みがありますか? もし痛みが現れるようであれば、腱膜炎の可能性が考えられます。私の場合は、まだ痛みが軽い早期に腱膜炎の可能性に気づいて、ふくらはぎ・アキレス腱のストレッチと筋力アップに取り組んだので、受診せずに済みました。その後には再発はしていません。

10数年を経た今、確実に身体能力は低下しているにも関わらず足を健やかな状態に保つことができているのは、ふくらはぎ・アキレス腱のみでなく膝・股関節を意識した歩き方、運動やストレッチを心がけている効果と考えています。足の指に体重をのせていることを意識した歩行、室内でつま先立ち歩行、床に敷いたタオルを10本の足指で大きく手繰り寄せる運動、手すりのある階段に足先をのせて立ち、ゆっくりとかかとを下げるストレッチ、青竹踏みの要領で丸めたタオルを踏むストレッチ等を実施しています。

しかし、運動やストレッチを行うことにより悪化する場合があります。激痛のある人や慢性的に痛みの続く人は、どのようなトラブルなのかを調べてもらいましょう。骨粗しょう症による骨折などが原因かもしれません。足底腱膜炎の程度、仕事や生活に及ぼす影響などを考慮して、運動・薬物・装具・手術などの治療法を選択することになります。

Back2feet Running Away in JC3-Pitch Play

Submitted by Bob Doi

On June 26th, the JC3-Pitch league celebrated the completion of the first month of play with a league BBQ. The weather was hot and humid but the rain held off allowing close to 48 players and guests to enjoy a post-game BBQ. Following 33 months of inactivity due to Covid-19, the league started back up minus 3 of 4 long-term captains. Nick Chung, Andrew Lok and Justin Ogino stepped up to the plate and volunteered to assume the rolls so that the league could continue on. They joined Tod Nagamatsu in leading their respective teams onto the field.

Out to an early lead is Back2feet led by Nick with a perfect 4-0 record. iA Private Wealth captained by Tod and Thornhill Toyota led by Justin sit in a tie for 2nd with 1 win, tie and 2 losses. Andrew's Loknest Monsters sit in 4th with 1 win and 3 losses. Justin's Thornhill Toyota team has had the most interesting season thus far with the 1 tie and the other 3 games all decided by a single run.

Games run Sunday mornings at Risebrough Park in NW Scarborough. The league would like to thank the captains for their volunteerism, new sponsor Thornhill Toyota and our t success of the league.

www.JC3Pitch.com

Standings as of June 27, 2022

Team	Wins	Ties	Losses
Back2feet	4	0	0
IA Private Wealth	1	1	2
Thornhill Toyota	1	1	2
Loknest Monsters	1	0	3



JC3-Pitch BBQ Crew on June 26th (Left to Right): Andrew Lok, Meghan Nagamatsu, Tod Nagamatsu, Tsai Yeh, Jon Nagamatsu

JSS プログラム:2022年8月

2022年8月に予定されている JSS のプログラムです。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、[モミジ・JSS:オンライン講座シリーズ](#) をご覧ください。

「関節炎と共に生きるヒント」

8月10日(水) 15時 英語

慢性疾患に対処するには、その疾患について様々な知識を付ける事が大切で、それは関節炎についても同じです。今回のセミナーでは、The Arthritis Societyより作業療法士を招き、痛みやこわばりに対処するための方法、股関節炎や膝関節炎と共に生きるためのヒント、そして手の関節炎に対処するための方法について学びます。

※詳細・お申込みは[JSSウェブサイト](#)、またはprograms@jss.caまで

「地域介護支援を知ろう:ホーム&コミュニティケア・サポートサービス」

8月24日(水) 15時 日本語

年齢とともに、また急な事故やケガなどで生活の一部に支障が出てきた、今はなんとか自分でこなしているがそのうち難しくなるかもしれない、などは多くのシニア世代が抱えている不安や悩みです。今回のセミナーでは、地域支援のひとつであるHome and Community Care Support Services(旧 LHIN・CCAC)の職員さんをお招きし、利用資格・ホームケア・ロングタームケアホーム・申し込みの手続きなどを学んでいきます。

※詳細・お申込みは[JSSウェブサイト](#)またはprograms@jss.caまで

(2)電話で話そう「お元気ですか?」プログラム

パンデミックで孤立していたり、困っている事はありませんか? 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で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てみませんか?

※詳細・お申込みは[JSSウェブサイト](#)またはprograms@jss.caまで

(3)レギュラーJSSプログラム(日本語)

1. クラフトクラブ交流会 (craftclub@jss.ca)

縫い物 8月3日(水) 10時半-正午 (対面&オンライン)

「キャップを使った小さい針刺し」

編み物 8月17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

8月24日(第4水曜) 10時半-正午 (hotlunch@jss.ca)

3. シングルマザーサポートグループ

月1回。お問合せは SMSG@jss.caまで。

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

(1) e-Learning Series

*Visit [our website](#) for the list of seminars & past recordings.

Tips for Living with Arthritis

Wed. Aug 10, 3pm (English)

This seminar will provide information on understanding arthritis and the condition. Knowledge is power when managing any chronic illness, which arthritis is. We will discuss strategies to manage pain and stiffness, tips for living with hip and knee arthritis, and finally strategies to manage arthritis in the hands.

* Click [here](#) or contact programs@jss.ca to register

Learn about Home and Community Care Support Services

Wed. Aug 24, 3pm (Japanese)

In this seminar, we will invite a guest speaker from Home and Community Care Support Services (formerly LHIN/CCAC) to learn about the application process of a long term care facilities, eligibility, and home support services.

* Click [here](#) or contact programs@jss.ca to register

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

Feeling isolated or lonely due to COVID-19? 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](#) or contact programs@jss.ca to register

(3) JSS Regular Online Programs (in Japanese)

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

Sewing: Wed. Aug 3, 10:30am to noon (In-person & Online)

“Bottle cap pincushion “

Knitting : Wed. Aug 17, 10:30am to noon (Online Only)

“Chair leg covers”

2. Hot Lunch Social Wed. Aug 24 (4th Wed) 10:30am to noon

*RVSP at hotlunch@jss.ca

3. Online Single Mothers Support Group (monthly)

Inquire to SMSG@jss.ca

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:

TORIKAI Akane's *Sensei's Pious Lie*, a thought-provoking manga series portraying complex issues intertwining gender, power, and trauma;

Durian Sukegawa's *Sweet Bean Paste*, a story of friendship, love and loneliness centred around a confectionery shop selling Dorayaki;

Geshin Claire Greenwood's *Just Enough: Vegan Recipes and Stories from Japan's Buddhist Temples*, food for thought to nourish your body, mind, and spirit;

ISAKA Kotaro's *Bullet Train*, a dark, satirical thriller following five assassins on the same train; and many more!

Access JF OverDrive for ebooks and audiobooks: <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](#).

*JFT Library will be closed on August 22th – 26th for inventory. JFT gallery and JF OverDrive Library will remain open.



JFT Online Language Events

1. Marugoto Teaching Material Project 3: Document Collection Presentation

Online Event | Saturday August 6 @ 1:00pm – 2:30pm (Eastern Daylight Time)

This project meeting will be a presentation of materials collected and/or created for use with the Marugoto Pre-Intermediate (A2/B1) textbook by the Canadian Japanese-language teachers who were members of the 3rd Marugoto Teaching Materials Project. Anyone who is currently using Marugoto textbooks, who would like to use them in the future, or who is simply interested in participating are welcome so please feel free to join us: <https://jftor.org/event/marugotoproject220806/>

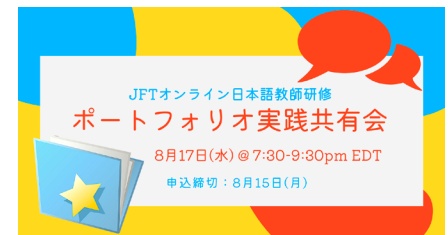
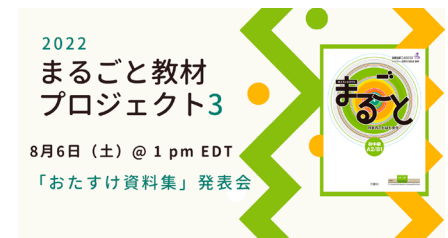
2. Online Teachers' Workshop: Portfolio Sharing Session

Online Event | Wednesday August 17 @ 7:30pm – 9:30pm (Eastern Daylight Time)

This training is a portfolio practice sharing session by teachers who conducted the "Portfolio Evaluation" in the 2021 Summer Training. We plan to have a broad exchange of ideas about portfolio evaluation, focusing on sharing practices by the teachers who will be presenting. Those who did not attend the 2021 JFT Summer Workshop are also welcome to attend.

<https://jftor.org/event/workshop220817/>

3) Feel free to also check out our [Sawakai](#) events for Japanese language teachers, as well as [Nihongo Salon](#) for teachers and advanced learners, all year round!



Whispering Spirits: Ghosts in the Literature of Izumi Kyōka and Book Design of Komura Settai

Tuesday, August 16, 7:30 PM – 8:30 PM (ET) @ ONLINE

IZUMI Kyōka (1873-1939), largely ignored by critics during his lifetime due to his single-minded obsession with ghosts and monsters, later came to be identified as one of Japan's most important writers. Images of ghosts adorn the boxes, covers, frontispieces, and endpapers of his books, particularly those created by KOMURA Settai (1887–1940), a pioneer of modern design in Japan. Using optical illusions and impossible perspectives, Settai's book designs capture the central monster of Kyōka's literary universe: A faceless, wandering female spirit that draws on traditions of Japanese monsters such as the nopperabō, a smiling demon without eyes or a nose, and the tōrima, an evil spirit that whispers of calamity. In this talk, Dr. Pedro Bassoe will shine a light on the whispering spirits of Kyōka's books.

Register for free here: <https://jftor.org/event/dr-pedro-bassoe/>

JCCC Fall Classes 2022

Registration starts August 2

To register, visit jccc.on.ca, or call the JCCC at 416-441-2345

Japanese Language For Adults - ONLINE & IN-PERSON

Instructors - Akiko Maruoka (Coordinator), Taiko Feldkamp, Noriko Furuya, Natsuko Mayers, Namiki Mochizuki, Osamu Shinya.

Schedule

Sep 20 - 10 classes

IN-PERSON

Beginner 1&2

Tuesdays7pm-9pm

ONLINE

Beginner 3

Tuesdays7pm-9pm

Beginner 1&2

Wednesdays7pm-9pm

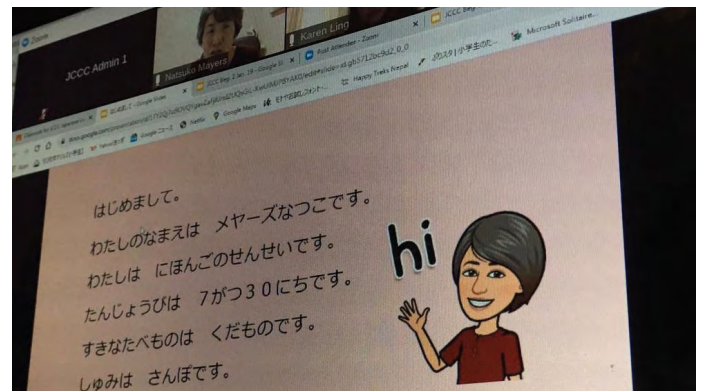
Intermediate 1, 2, 3 & Conversational

Thursdays7pm-9pm

Fee

JCCC Member\$130.00 (+HST)

Textbooks can be purchased at the JCCC Gift shop.



JCCC membership is required for all courses

CULTURAL ARTS CLASSES

Sumi-e - BRUSH PAINTING

Instructor - Hiroshi Yamamoto (Hakuho)



Sumi-e is a traditional brush painting technique, which is based on using brush and black ink or subtle watercolours on rice paper. This course is open to students of all levels, from beginner to advanced.

Creative Sumi-e Course (Wednesday mornings only)

This course is open for students who have 3 years or more experience in Sumi-e. During this course, students will develop their styles and create artworks of their own and also study Sumi-e techniques of specific historical Japanese artists.

Schedule

Sep 21 - 8 classes

3 years experience and up

Wednesdays 10:30am-12pm

All levels

Wednesdays 1:30pm-3pm

Fee

JCCC Member **\$105.00** (+HST)

Bunka Shishu - NEEDLE PUNCH EMBROIDERY

Instructors - Poncey Acromand, Sono Sugie



Bunka Shishu, Japanese “Needle Punch” embroidery, uses rayon lily thread combined with specific stitching techniques to create lovely pieces of art. Students begin by stitching a small pictorial sampler and progress to kits depicting traditional Japanese scenes, flowers, animals or people.

Schedule

Sep 6 - 8 classes

Tuesdays 10am-12pm

Fridays 1pm-3pm

Fee

JCCC Member, Senior **\$56.00** (+HST)

JCCC Member, Adult **\$80.00** (+HST)

Materials are extra and payable to the instructors.

Ikebana - FLOWER ARRANGEMENT

Ikebana is the art of arranging flower or plants to reflect their natural beauty. The JCCC offers classes by the Ikenobo School and the Sogetsu School.

Ikenobo Ikebana

Instructor - Betty Lou Arai

Ikenobo expresses both the beauty of flowers and the beauty of longing in your heart. Ikenobo considers a flower bud most beautiful. You will take home your creations.

Schedule

Sep 21 - 8 classes

Wednesdays 7:30pm-9pm

Thursdays 1pm-2:30pm

Fee

JCCC Member **\$80.00** (+HST)

Materials are extra and payable to the instructors.

Starter Kit, as well as scissors, containers, floral tape, kenzan and kenzan case are available at the JCCC Gift Shop.



Other courses offered in the Fall including the following programs. While they are currently not accepting new students, **please contact the JCCC at jccc@jccc.on.ca or 416-441-2345 to be placed on the waiting list.**



Hula

Hula, the ancient dance of Hawaii has evolved into a modern form that is known for its grace and fluidity of motion. Hula is a discipline of the body, mind and spirit expressing the beauty of the world. It tells stories of almost any phase of life. In this class, students will enjoy a refreshing time and great exercise for their health.



Chado - URASENKE - TEA CEREMONY - THE WAY OF THE TEA

Students will learn procedures for making tea as well as how to integrate the spirit of tea into their study and daily lives.

This course is for people who have previously taken any JCCC Chado course. Class instructions will be adapted to the level of experience of students.



Sogetsu Ikebana

The Sogetsu School of Ikebana believes anyone can arrange Ikebana anywhere with multitude of materials. Sogetsu encourage students to be individual and imaginative. There are no limitation to the variety of materials used depending on various levels prescribed in the Sogetsu Text Book used worldwide.

MARTIAL ARTS CLASSES

The JCCC offers seven different types of martial arts programs for our members. Please check our website for registration times and details.

Aikido



Karate



Naginata



Judo



Jodo



Kendo



Iaido



Kyudo





ISHIZUE AWARD Change of Date



The JCCC Board of Directors would like to inform you of DATE CHANGE for the 2022 Ishizue Award and accompanying dinner. The event will now be held on **October 20, 2022**. The Ishizue Award acknowledges and expresses our appreciation and respect to members or friends who have made exceptional contributions to the Japanese Canadian Cultural Centre.

The recipients of this annual award are a very distinguished group of people who have each made significant life contributions to the Japanese Canadian Cultural Centre. They are:

Sid & Marie Ikeda/ Marty Kobayashi/ George Takahashi/ Bob & Katie Nishino/ Sam & Sue Nishiyama/ Yoichi Saegusa/ Paul Sunn/ Peter & Ethel Wakayama

We apologize for any inconvenience this may have caused and we cordially invite you to honour these distinguished award recipients at an intimate and elegant dinner on Thursday October 20, 2022 at 6:30PM at the Japanese Canadian Cultural Centre. Black tie optional. Tickets are \$150 each. Please continue to use the insert included in the July Newsletter or contact Reception at the JCCC to reserve your space. Please RSVP before Friday October 7, 2022. Limited seating available.



Notice of Annual General Meeting – Monday September 26, 2022

Members of the Japanese Canadian Cultural Centre are requested to attend the Annual General Ontario M3C 1Z5.

AGENDA

- | | |
|--|----------------|
| 1) Approve Minutes of AGM – September 27, 2021 | Jan Nobuto |
| 2) Report from the Finance Chair | Linda Ono |
| 3) Appointment of Auditor for the ensuing year | Linda Ono |
| 4) Appreciation to Retiring Board Members | Gary Kawaguchi |
| 5) Approve Nominations to the Board | Jan Nobuto |
| 6) Message from the President | Gary Kawaguchi |
| 7) Close of Business | |

Any member who will not be present in person can sign the attached Proxy Form. Members may only vote in person or by completing the Proxy Form. This form can be filled in and returned online by following this link: <https://jccc.on.ca/agm-2022-proxy>

Dated at Toronto, Ontario, this 1st day of August 2022.

By order of the Board of Directors,
Jan Nobuto, Secretary

.....

In accordance with the By-Laws of the JCCC, Proxies may be exercised by any member of the JCCC Board of Directors or any other member of the JCCC in good standing. Any such member may exercise a maximum of 5 proxy votes.

I/We* hereby appoint _____ as proxy for each of the undersigned to vote for the undersigned on all matters to be put before the Annual General Meeting of the members of the JCCC to be held at 7:30 pm on Monday September, 26 2022 at any and all adjournments thereof.

Dated this _____ day of _____, 2022.

Membership No.

Signature of 1st Member

Signature of 2nd Member

Please Print Name

Please Print Name

* Family membership entitles each of the 2 adults in the same family and residing at the same address to exercise one vote each. You may leave the appointment name blank; your proxies will be exercised by a member of the JCCC Executive Committee or JCCC Board of Directors.



Come and volunteer with the JCCC! Scan the QR Code or email volunteer@jccc.on.ca to find out more.

Office Space Available for Lease at JCCC

We have 1 or 2 office space(s) available or possibly coming available for lease at JCCC: 1 for 684 sf. and the other 1,911 sf. If interested, please contact our property manager, Jim Abe at:
 Cell: (416) 884-8328
 email: jim@abecopml.com
 Or Nao Seko: (416) 579-6921

JCCC Venue Rentals



Parties • Banquets
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 Conventions • Craft Shows
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Summer Reading List
A curated list of the best new books from Japanese Canadian and American authors this year
Summer Reading List P. 9

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

NIKKEI VOICE
THE JAPANESE CANADIAN NATIONAL NEWSPAPER
SUMMER 2019 VOL. 33 NO. 6

Kimono fashion show
Tofino apologizes for 1947 motion to exclude Orientals
Minnon prevented Asians from owning property or businesses
Michael Ma Contributor

East meets West on the runway at Anime North's Kimono Fashion Show
Scott Luk Contributor

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



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