



**2022年9月**  
**SEP 2022**

ISHIZUE AWARD  
AND DINNER

礎アワードディナー

ALGORITHMS OF  
INNOCENCE

アルゴリズム・オブ・  
イノセンス

NUIT BLANCHE AT  
THE JCCC



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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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### 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, September 9, 2022.**

次号締切日: 2022年09月09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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*Photo, right: KPMB Architects*



# 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 September / 9月のイベント

## Events・イベント

Monday September 26, 2022  
JCCC Annual General Meeting  
JCCC 年次総会 - 2022年9月26日(月)  
See [page 6](#) for details

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。

## Exhibitions・館内展

Open Mon to Sun 10am - 5pm  
月曜日から日曜日の午前10時から5時まで

Moriyama Nikkei Heritage Centre  
森山日系ヘリテージセンター

Maru: Immigration Stories.

Contact [heritage@jccc.on.ca](mailto:heritage@jccc.on.ca) for a guided tour.

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

Algorithms of Innocence

Artist Maari Sugawara in the JCCC Gallery ([p13](#))

アルゴリズム・オブ・イノセンス

アーティスト: 菅原万有 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 the August newsletter for more details or visit our website.

この秋武道クラスが再開されます。詳細はニュースレター8月号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 the August 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。詳細はニュースレター8月号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

## JCCC Library・図書館

September Schedule・ライブラリー9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を確認してください。

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。

## Contact the JCCC・お問合せ

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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)。

担当がお分かりの場合は担当者へ直接、もしくは受付[jccc.on.ca](mailto:jccc.on.ca) にEメールをお送りください。

一般のお問合せは、開館時間内(午前10時から午後5時)に受付までご連絡ください。



## Coming Soon ・ 今後のイベント

**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。

**Sunday October 2 Issei Day Bento Pick Up**

**10月2日(日)一世の日、お弁当配布**

See [page 10](#) for details

詳細は[10頁](#)をご覧ください。

**Tuesday October 4, 7pm October Movie Night**

**10月4日(火)7時、映画上映**

MY SMALL LAND マイスモールランド, see [page 7](#) for details

「マイスマールランド」詳細は[7頁](#)をご覧ください。

**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. Information about this event and how to register is online at [jccc.on.ca](http://jccc.on.ca) or by calling 416-441-2345.

礎アワードディナーを10月20日、木曜日の6時半から開催します。JCCC理事会主催の本イベント詳細及びお申込みは、Eメール([jccc.on.ca](http://jccc.on.ca))、又はお電話(416.441.2345)にてお問い合わせください。

**Saturday December 10, 2022 Fuyu Matsuri**

**12月10日(土)冬まつり**

Fuyu Matsuri will be making a return to the JCCC this December. Join us December 10th from 1:00 to 5:00 pm. Check next month's newsletter or the JCCC website for more information.

この冬、JCCCに冬まつりが戻ってきます。12月10日、午後1時から5時まで。詳細は次号ニュースレターをお楽しみに。





## JCCC Board Transition

Dear JCCC members

Personally, it has been a privilege and joy to have served on the JCCC Board for 30 years since 1992, with the most recent 13 years as President. The Annual General Meeting at the end of September will be my last event on the Board as I hand over the reins to a successor that will become official in October. This has been in the works for a few years now but the challenges of the JCCC over the last couple of years has delayed this transition.

Special thanks to Sid Ikeda for convincing me to join the Board so many years ago. The most amazing aspect of my JCCC relationship has been the opportunity to meet the membership and so many people in the broader community, including domestic and Japanese business and government leaders. Special thanks to all the wonderful staff and volunteer Board and committee members that I have had the privilege of working with over the years. The JCCC is powered by 1,100 volunteers, and I am humbled that so many of them have dedicated themselves for decades longer than me.

Two people that I have come to know well over my JCCC years both happen to be architects, and they have made a lasting contribution to the success of the JCCC. Thank you, Raymond Moriyama, for creating the original JCCC at 123 Wynford and for your

continued amazing support of the Moriyama Nikkei Heritage Centre. Bruce Kuwabara and his colleagues at KPMB (Shirley Blumberg and Bob Simms) designed our current JCCC at 6 Garamond Court and their vision created the wonderful facilities that we have today.

This truly is the gift of volunteerism when you connect to so many people that would not otherwise have entered your life.

Much has been accomplished over the past thirty years and I can only see a bright future for the JCCC given the spirit and talent of this amazing community. It has been a lot of fun.

Thank you.

Gary Kawaguchi



Gary with Volunteers, 2018 Arigato Day, photo by Leon Balaban

## JCCC Annual General Meeting Notice

The membership of the Japanese Canadian Cultural Centre is hereby given notice of the 2022 Annual General Meeting on **Monday September 26, 2022** at 7:30pm at the JCCC, 6 Garamond Court, Toronto ON M3C 1Z5.

This meeting will be in person with the health directive guidelines being followed.

Any member who is unable to be present in person can sign a 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>.

All online forms must be completed by Sunday September 25, 2022, at 11:59 pm.

For any questions, please contact JCCC Admin Board Secretary Sharon Marubashi at [sharon.marubashi@jccc.on.ca](mailto:sharon.marubashi@jccc.on.ca)

## Japanese poetry rapper Haru Nemuri is Coming to Toronto!

The JCCC is very excited to co-present a performance by Japanese poetry rapper Haru Nemuri at Toronto's Lee's Palace on October 2nd. Presented by MODO-LIVE, Programme & Wavelength.

Japanese singer/songwriter, poetry rapper and composer Haru Nemuri is bringing her Shunka Ryougen North America Tour to Toronto this fall. Haru has debuted as called the "singing ultimate weapon", blending elements of J-rap, rap and hardcore into her latest release 'Shunka Ryougen'. Her 2018 debut 'Haru to Shura' has been featured in many countries overseas, including Anthony Fantano's The Needle Drop, and has over 10 million streams.

Haru has performed in festivals overseas including Primavera Sound, and various other large music festivals in Malaysia and Taiwan. Haru is hopeful she can inspire her fans to (safely) "shout together, from their gut. I usually tell them to dance. If it can be a show like that, I'd be really happy to see it. I'd like to let all of that out on stage."

This is the Japanese pop music of a new generation, and her spirit is Rock and Roll. Don't miss her incredible set. Tickets are on-sale now at <https://bit.ly/HaruNemuri-Toronto>.





## October Film Screening



### MY SMALL LAND マイスマールランド

**Tuesday October 4 at 7:00pm in the Kobayashi Hall**

Admission (tax incl.):  
\$8.85 +HST (\$10) JCCC member  
\$10.62 +HST (\$12) non-member

*"...Handled with rare skill and insight; this is a small film likely to have a big impact." - Jennie Kermode, Eye for Film*  
*"Lina Arashi delivers a powerful, subtle, and meticulous performance" - Screen Anarchy*

Sarya is a 17 year-old Kurdish refugee attending a Japanese high school. Her life is turned upside down when she learns that her family's refugee status is rejected, and her father is taken into custody for illegal employment. Sarya is now suddenly forced into a situation where she is responsible not only for her younger siblings but for her very existence. This sweet, haunting and deeply moving debut is from Emma Kawawada and producer Hirokazu Kore-eda.

Recipient of Special Mention, Amnesty International Film Award at the Berlin International Film Festival.

Starring Lina Arashi, Daiken Okudaira, Takashi Fujii, Chizuru Ikewaki

In Japanese, Kurdish and Turkish with English Subtitles

## Shiseido to Beautify the JCCC With More Sakura Blossoms!

In honor of Shiseido's 150th Anniversary, Honoring the Earth looks a little different. Shiseido Canada "The Beauty of Helping Others" is proud to partner with Japanese Canadian Cultural Center by planting cherry blossom trees. Through their corporate social impact initiative "The Beauty of Helping Others," Shiseido's employees will help beautify the Centre grounds by planting 75 cherry blossom trees on JCCC premises and surroundings and give back to the community in which they live and work. The first 35 trees will be planted in September 2022 with the remaining trees in the Spring of 2023.

## Help Keep Our Sakura Blooming!

The new Sakura planting will mean that our community and friends will be able to enjoy the beautiful blossoms and *hanami* viewing parties for generations to come. An essential tool for keeping these trees healthy is a proper irrigation/sprinkler system and we are currently working to raise the funds needed for its purchase and installation. Shiseido is hoping to kick-start this fund raising with a contribution of its own.

We hope you'll consider helping us out with a donation. If this appeals to you, please send a cheque or go to our website and be sure to mention the "Sakura Project".

Thank you for your support and generosity. See you under the Sakura!



## JCCC on the Web!



As summer comes to a close, and we prepare (hope) for cooler weather, there is no better time to take a moment to see what is happening at the JCCC through the website [jccc.on.ca](https://www.jccc.on.ca). This fall there are many events planned at the JCCC, or co-hosted by the JCCC that you might be interested in.

First, enjoy a quick look into the past exhibits of Maari Sugawara, the artist behind the JCCC Art Gallery's current exhibit *Algorithms of Innocence*. Sugawara's website allows a peek behind the screen with her discourses on the artistic choices and influences in her work. <https://www.maarisugawara.com/>

Second, explore the music of Haru Nemuri through her Youtube channel, <https://www.youtube.com/watch?v=-VLP4iZhnMU4>. Nemuri will be performing this October at Lee's Palace in Toronto.



Finally, this month's Kokuban is getting ready us ready for fall by talking about the Spooky Season in Japan... just a quick hint, Spooky Season in Japan is not in the fall.



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

## Issei Day - Sunday, October 2

For 59 years the JCCC has held Issei Day. This is an opportunity for the JCCC Board of Directors to show their appreciation to all the seniors in our community. It is an event that we look forward to every year.

We are so disappointed but, for 2022, the JCCC has decided to not to hold the event in person. The current wave of covid seems to be highly contagious and we just don't want to chance our community health.

**BUT, the JCCC Board of Directors still wants to honour our seniors!**

So once again, we are working on getting a FREE bento, to those that are 70 year or older, to enjoy at home. We have set up 5 locations throughout the GTA where you can book a time to pick up your bento. These locations will be at the JCCC (Don Mills Road and Eglinton Avenue East), Momiji Health Care Society (Kingston Road and Markham Road), Japanese Gospel Church of Toronto (McNicoll Avenue and Midland Avenue), Toronto Buddhist Church (Sheppard Avenue West and Allen Road) and Kyoda Plastics (Dixie Road and 401). All pick ups will take place in the parking lot and no access to the buildings will be permitted.

To register, go to our website at [www.jccc.on.ca](http://www.jccc.on.ca) to find the registration link. Pick a preferred pick up location and time. Make sure to double check the time as we have made changes from last year due to our pick up locations return to regular programming.

Fill in the form with your information (name, address, birthdate). If a family member or friend is picking up on your behalf, please make a note in the "Pick up instructions" section to let us know or we won't be able to release your bento to them.

Bentos will be distributed on Sunday October 2nd. You must be 70 years of age or older to register. The number of bento and time slots are limited so please make sure that you register carefully.

**Don't delay! Supplies are limited and we distributed all available bento last year! The deadline to register is Monday September 26th.**

If you have any problems with the registration, or you have any questions or concerns, please contact us at [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca) or 416-441-2345 ext. 222.

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## REMINDER!!!

Registration for Judo and Kendo (October to December Series) will be starting soon! Please check your email or the Starting Martial Arts page on the JCCC website for more details.

**Registration deadline is Friday September 23rd.**

Please note that we require the yearly renewal of all registration packages and waiver forms this Series. Some policies and procedures have been updated, so please take the time to read the package. In order to avoid any interruption in your participation, we suggest that you register early to allow enough time to complete the registration process.

**Don't delay! Register today!**





## JCCC Judo Kai brothers win medals for Canada at the Birmingham 2022 Commonwealth Games

Brothers Mohab and Shady El Nahas represented Canada at the recent Commonwealth Games in Birmingham, England, with each brother adding to Canada's medal haul.

### Mohab

A 7-time national champion and international competitor in the -90kg category, 26-year-old Mohab El Nahas decided to adjust and is now aiming to climb the national and international rankings to qualify for the 2024 Olympics in the -81kg category. In March, he had a great tournament winning the Prague European Open, but then suffered injury setbacks including a broken finger in May, and rib in July. It was a last-minute decision by Judo Canada and Mohab for him to compete at the Commonwealth Games, and he came through with a stellar performance to win the bronze medal. Social media sites were abuzz with images of some of his spectacular throws enroute to the podium. He had a tough loss in the semi-finals to the eventual gold medal winner from England, but Mohab recovered for a big win in the bronze medal match. An outstanding performance by Mohab as he strives for the top!



### Shady

Shady El Nahas put in a workmanlike performance to win gold in the men's -100kg category, as his competition were very defensive against him as the number one seeded competitor at this tournament. At only 24-years of age, Shady adds the Commonwealth Games championship to his resume which already includes 10 national championships, 3 Pan-American championships, 9 medals on the International Judo Federation World Tour (the highest level of competition for judoka), 5th place at Junior and Senior World Championships, and 5th place at the Tokyo Olympics. Currently ranked #4 in the World in the Men's -100kg category, next up for Shady is the World Championships in October in Tashkent, Uzbekistan, as he works towards Gold at the 2024 Paris Olympics!

## VOLUNTEER SPOTLIGHT HIROSHI YAMAMOTO



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

Since 1994.

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

Through my Nikkei friend.

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

Instructor at the Sumi-e class, demonstration of Sumi-e at the events such as Spring Festival, Oshogatsu-kai, design the program cover of JCCC Kohaku, design the JCCC holiday greeting cards.

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

Got acquainted with many Nikkeis and Canadians through the culture.

Through my demonstrations at events or during classes, many people learned about Sumi-e and I interacted with them.

I had opportunities to get to know many traditional and modern Japanese cultures at the events.

### JCCCでボランティアをしてどのくらいになりますか？

1994年から。

### どのようにしてJCCCを知りましたか？

日系人から聞いて。

### どのようなボランティアをしてきましたか？

墨絵クラスでの講師。春祭り、お正月会などでの墨絵デモンストレーション。紅白歌合戦の表紙画デザイン。ホリデーグリーティングカードの表紙デザイン。

### JCCCでのボランティア経験を一言で表すと？

日本文化を通じて日系人、多くのカナダ人と知り合えた。

墨絵クラス、イベントでのデモンストレーションなどで、日本文化の一つの墨絵を知ってもらい、交流できた。

イベントで日本の多くの文化(伝統・現代)に触れる機会を持たた。

## Algorithms of Innocence is now open!

On the summer evening of August 12, 2022, the JCCC Gallery hosted an opening reception for *Algorithms of Innocence*, a solo exhibition by artist Maari Sugawara. The evening kicked off with curatorial remarks by Kathy Yamashita followed up by opening statement by Maari, “The desire to reassert agency, to encourage imaginings of women-defined future(s), at the end, is what underlines all the works in *Algorithms of Innocence*. This show seeks to encourage imaginings of women-defined future(s), future(s) where women survive Japan’s natural disasters and Japan’s Imperialist past and present, rather than submitting to the country’s continued violence.”

We invite you to experience *Algorithms of Innocence* in its entirety at the JCCC Gallery. The exhibit is available for viewing until October 16, 2022.

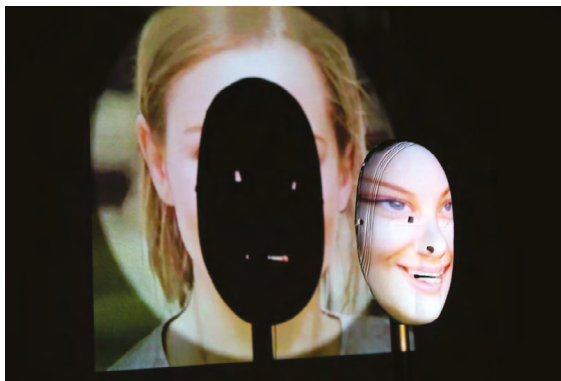


Photo Credit: Cary Rothbart

## Nuit Blanche 2022 at the JCCC



October 1, 2022 - 7pm – 7am

We are proud to be part of the Nuit Blanche program during the overnight of October 1, 2022. The theme, “**The Space Between Us**” focuses on the topic of sites as places of community and connections in hopes of a better future for humanity. This theme is especially apt in light of various crisis faced by communities across Canada and beyond. The Japanese Canadian Cultural Centre will be presenting three exhibitions during the Nuit Blanche festival featuring three Japanese Canadian artist and one Japanese Brazilian artist: Maari Sugawara, Annie Sumi, Brian Kobayakawa, and Erica Kaminishi. These exhibits are curated to revolve around concepts of the exploring Nikkei identities by transnational artists who experience multiple levels of shifting communal memories and identities as well as contingent national identifications. In addition to these three special exhibitions, three regular exhibitions, A Place of Pride, Maru: Immigration Stories and Women of Change will be

available to the public. Finally, the JCCC is very happy to partner with a very special presentation titled Ichigo-Ichie 一期一会: One Time - One Meeting. Visitors will have the opportunity to participate in one of three tea rooms for an exploration of tea and spirituality. For more information, visit Ichigo-Ichie 一期一会: One Time - One Meeting on Instagram at <https://instagram.com/ichigoichietea?igshid=YmMyMTA2M2Y=>.

The JCCC will be open for Nuit Blanche from 7pm to 7am alongside the rest of the city of Toronto that will activate for a night of celebrating connections.



## Sedai Corner

“You have a very proud story to tell.”  
(Judge Albert Wong, 2022)

On the afternoon of July 4, 2022, the Sedai Project at the JCCC had the privilege of inviting Frank Moritsugu for a special interview to highlight his experience serving in the Canadian Armed Force during WWII, a time of great hardship and turbulence for Japanese Canadians. To add to this notable occasion, Judge Albert Wong who has more than 39 years of service in the Canadian Armed Force conducted the interview. While Frank and Judge Wong served during very different times, their experience of serving as a person of visible minority meant that an instant kinship was established. While Frank’s story is well known, Judge Wong teased out myriad details including emotional aspects of his experience.

We will be featuring this interview in the month of November in honour of Remembrance Day. Keep a lookout for a short clip from the interview on [The Sedai Project](#) or subscribe to [Kokuban](#) to get early access to featured interviews.



### Check Out These New Transcripts!



Kay Fujiwara ▶



Arthur Ikeda ▶





Umeko Kuba ▶



# 15<sup>th</sup> Japanese Calligraphy Competition in Canada

日本書道公募展

**Award Presentation** | Nov. 6, 2022 | 2PM  
The ceremony will be livestreamed  
**Exhibition** | <https://shodocanada.com>

Competition organized by **SHODO CANADA**  
Follow us @   /shodocanada

Supported by The Consulate General of Japan | The Japanese Canadian Cultural Centre | The Japan Foundation, Toronto

## DONATIONS

# DONATIONS TO THE JCCC

**AS OF AUGUST 8, 2022**

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

### JCCC

Anonymous	150	Mr. & Mrs. Kenneth Koyama	50	Mrs. Trudy Yoshida	100
Anonymous	100	Mrs. Roslyn Levin	145	Mr. Mannie Zeller	35
Anonymous	524	The Way of The Brush Exhibit			
Natsu Matsuri		Mrs. Mariko Liliefeldt	70	<b>In Memoriam</b>	
Ms. Gadesuda Anuwatkasame	50	Mrs. Jane Liu	50	<b>In memory of Henry &amp; Joanne Sugiyama</b>	
Mrs. Dawn Anzai	27	Ms. Naomi Makino	50	Dr. Urback Percy	100
Mr. Garen Aronian	26	Mrs. Miye Matsuoka	132	<b>In memory of Herb Hamade</b>	
Mrs. Marie T. Baba	25	Mrs. Maureen McGibbon	50	Mr. Steve Fukumoto	100
Mr. Kwame Ben Eden	100	Mr. Frank & Mrs. Betty Moritsugu	20	<b>In memory of Hidemu Eddie Hashimoto</b>	
Ms. Gayle Cali	40	Mr. & Mrs. Paul Nakagawa	25	Ms. Tracey Cash	25
Ms. K Sheila Carleton	100	In appreciation of Bento Box		<b>In memory of Hiroshi Kumagai</b>	
Mrs. Aileen Chiba	50	Ms. Christine Nakatsu	27	Ms. Luise Bauer	50
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Mr. Michael Filosa	155	Ms. Chihiro Osanai	10	Mr. & Mrs. Barry Furukawa	400
Mrs. Sanae Fukushima	100	Mrs. Jean Quinn	25	<b>In memory of Jack Shigetomi</b>	
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Mrs. Hatsue Hama	100	Ms. Irene Sakata	50	<b>In memory of Junco Fushimi Donnelly</b>	
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Ms. Marion Tomoko Hope	30	Mrs. Sook Song	100	Ms. Annette Todaro	25
Ms. Kristina Iida	43	Mr Henry & Mrs Nancy Sumi	20	<b>In memory of Karen Kobayashi</b>	
Ms. Joni Inouye	75	Ms. Chiharu Suzuki	50	Rev and Mrs. Takao Kishii	50
Mrs. Neli Iordanova	50	Mr. Victor & Mrs. Bev Suzuki	100	<b>In memory of Katherine (Katsuyo "Kay") Mende</b>	
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Ms. Meg Karper	10	Ms. Sandra Tonegawa	39	Mrs. Yasuko P. Kusano	50
In honour of The Otani Family		Mr. & Mrs. Jack Tsuyuki	100	Mr. Gary & Mrs. Yvonne Miura	40
Mr. Kevin K. Kawaguchi	100	Mrs. Betty M. Ura	200	Mrs. Mineko Nagata	50
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## DONATIONS

Mr. Robert & Ms. San Ryan	10	Ms. Sono & Ms. Tamiko Sugie	40	Mr. Wayne Yamashita	10
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Mrs. Betty M. Ura & Ms. Dianne Wesseling	100	Mr. Henry & Ms. Lynn Miller	50		
<b><i>In memory of Midori Karen Kobayashi</i></b>		In memory of Mits Kuroda		<b>Support Member</b>	
Mr. & Mrs. Shiro Kobayashi	500	Mr. Martin Kobayashi	1,000	<b>Ambassador</b>	
<b><i>In memory of Mike &amp; Yonoko Ishida</i></b>		Sedai Project		Mr. Martin Kobayashi	1,000
Mr. & Mrs. Kayo Shigetomi	100	In memory of Henry & Joanne Sugiyama		Mr. & Mrs. Keo (Kiyoshi) Shibatani	960
<b><i>In memory of Tak (Takako) Tanaka</i></b>				<b>Leader</b>	
Mr. Mas Mori	50	<b>Organizations</b>		Mr. George & Mrs. Barbara Iwata	500
<b><i>In memory of Thomas Arai</i></b>		The Japan Foundation Toronto		Mr. Stanley Yokota	477
Mrs. Betty Lou T. Arai	2,000			<b>Partner</b>	
<b><i>In memory of Vickie &amp; Stan Kayama</i></b>		<b>Chris Kano Taiko Studio</b>		Mr. Ernie Jomori	150
Mrs. Laura Kayama & Mr. Peter Kurzreiter	25	Mr. John Nguyen	100	Mr. Glen Kawaguchi	150
<b><i>In memory of Yaeko Nishihama</i></b>				Mr. Kevin K. Kawaguchi	116
Mr. Clayton Gyotoku & Ms. Jessie Ebata	50	<b>Emergency Appeal</b>		Mr. & Mrs. Donald Kawasoe	93
Mrs. Jeanne Nybida	25	Ms. Martha Arima	30	Ms. M. Nonoyama & Mr. T. Bishop	150
Ms. Shizue Omae of Kelowna BC		Ms. Meredith Best	15	Mr. & Mrs. Stephen Oikawa	110
Mrs. Keiko Shigetomi	100	Mrs. Diane Carter	20	Ms. Kathryn Okawara	127
<b><i>In memory of Yoko Yonemitsu</i></b>		Ms. Christine Chiba	500	Mr. Rick & Mrs. Kathy Tazumi	93
Mel, Dee, Blair & Char Higashi	100	Mr. William Cruz	50		
Mrs. Ritsuko Huang	50	In memory of Roman T Yap			
Mrs. Lucy Mori	50	Mrs. Elinor J. Dunlop	35		
Ms. Sandra Fisher & Mrs. Norma Wright	100	Mr. Patrick Dunlop	10		
Mr. & Mrs. Gregory Yonemitsu	50	Mr. Robbie Grant	25		
Helen Yonemitsu, Joanna, Ronnie, Kim & families	50	Mr. and Mrs. James Heron	100		
Mrs. Marg & Mr. Jim Yonemitsu	50	Miss Charlene Higashi	200		
Ms. Mary Ann Yonemitsu	200	In memory of Yoko Yonemitsu			
Ms. Nadine Yonemitsu	20	Ms. Alley Kurgan	25		
Ms. Nori Yonemitsu	50	Mrs. Jan Nobuto	100		
Mr. Steve Yonemitsu	50	Mr. Karl Otani	100		
		In memory of Paula Anne Otani			
		Mrs. Midori Takahashi & Mr. Chris Barkley	25		
		In memory of Shoji & Sachi Takahashi			
		Mr. Regan Takenaka	25		
		In memory of Tony & Kimi Takenaka			
		Ms. Karen Tanino	100		
		In memory of Ken & Ruth Tanino			
		Mr. Yukio Tannoch	250		
		Mrs. Irina Werner	180		
		Proud & honoured member of the JCCC Kendo Club			
<b>Heritage</b>					
Mr. & Mrs. Thomas Murphy	100				
Ms. Kerri Sakamoto & Mr. Daniel Tisch	100				
In memory of Daniel Shigeru Maeda					

## DONATIONS

### Correction:

Aug 2022 Donation list should be:

#### ***In memory of Yaeko Nishihama***

Mr. John Callaghan 50  
Mrs. Mitsue Kay Fujita 100  
Ms. Diane Gandy 100  
Mr. Akira & Mrs. Ursula Ikegami  
Mrs. Eiko Kiyonaga 100  
Mr. & Mrs. Iwao Kuroyama 100

Ms. Shari Megumi Kuroyama 100  
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Mr. Ronald & Mrs. Judy Nishi 500  
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Ms. Kathy Rymal 50  
Bill, Tad, Seishi, Lily Shinde & Sumi Wilson

Mr. Austin Tanaka 200  
Mrs. Eiko Terashita 50  
Mrs. Fumiko & Ms. Joanne Uyede  
Mr. Michael Uyede

We apologize for the error.

## 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

## THANK YOU

The JCCC is extremely grateful for the generosity of all who have made donations during this time. The outpouring of support, commitment and kind words of encouragement we have received is a testament to our motto, Friendship through Culture.

Contributions will go towards the sustainment of the JCCC. All donations help ensure that we have the ability to execute all of our programs and events. We very much look forward to welcoming you back to the Centre. Thank you.

## 健やかな老後をめざして その55 - こむら返りが起こった時!

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)

「こむら返りが最近よく起こるようになって心配!夜中にトイレに行こうとしたら起こるの」と、友人Fさんから電話がありました。私もたまたま経験することがあります。「こむら返り」とは、ふくらはぎの筋肉(腓腹筋)がけいれんを起こし、強い痛みを生じた状態です。「脚がつる」とよく表現されます。太ももや腹筋などにも同じような症状が起こることもあり、医学的には総称して「有痛性筋けいれん」と呼びます。ほとんどは心配のないものですが、突然に激痛に襲われると不安が大きいですよね!

筋肉は、脳からの信号が脊髄を通して運動神経の末梢に伝わることにより動き始めます。水分不足、電解質のバランス異常、腓腹筋に影響する姿勢などが原因となって、この経路に異常が生じて過剰な筋肉収縮が起こると考えられています。誰もが経験すると言ってもよいくらいに、就寝中や運動中に起こります。高齢者や妊娠中の人では起こりやすくなる、と言われて

います。就寝中には、同じ姿勢が続くことにより同じ筋肉のみが緊張し続ける、あるいは、掛け布団の重みで足先が伸ばされた(押された)状態が続いて、ふくらはぎが収縮しっぱなしになることが誘因ではないかと考えられます。また、激しい運動を行うと、神経や筋肉の過敏性が高まり、こむら返りを起こしやすくなります。さらに運動中には脱水が起きやすく、それに伴って電解質バランスが崩れやすくなる点に留意しておきましょう!

Fさんは75歳の女性です。「最近よく起こるようになった」というのがやはり気にかかりますね。夜中とのことなので、十分な睡眠がとれなければ体調にも影響します。肝硬変、腎機能不全、神経が障害される病気、ホルモン

系(甲状腺・副甲状腺)の病気、高・低ナトリウム血症などが関連している場合もあります。また、薬剤が影響する場合があります。Fさんは、60代後半に高血圧を指摘され、降圧剤を服用しています。「2ヶ月前から種類と服用量が変わった」とのことですが、降圧薬や利尿薬のなかにはこむら返りに影響するものがあります。「担当医に夜間の状況を伝えて、薬剤をチェックしてもらおうように!」とアドバイスしました。私は「高齢者の薬物治療とそのコンプライアンス」に関する研究で医学博士号を取得しました。研究過程において多くのシニアと面談を行い、薬物治療とセルフケアの難しさを改めて実感しました。持病のある人は、薬物治療の内容が変わった場合はその後の一般状態に注意を払いましょう。これまでとは異なる症状が生じたり、何となく不調に感じることがあれば、その経過を記録し、担当医に持参しましょう。

さて、こむら返りが起こった際は両手でつま先をつかみ、手前にゆっくりと引きます。ふくらはぎの筋肉が伸びる様になるべく膝を伸ばします。しばらくそのままを保ち、ゆっくり元へもどします。痛みが治まるまで繰り返します。予防にはストレッチが効果的です。壁から少し離れて、脚を肩幅に広げて両手を壁に付け、かかとを上げずに両肘をゆっくり曲げていき、ふくらはぎとアキレス腱をしっかり伸ばします。私は、室内でつま先立ち歩行とかかと伸ばし(段差のヘリを使ってふくらはぎを伸ばす)を行って、筋力アップとストレッチに努めています。脚が冷えると起こりやすいので、就寝前の保温にも注意しています。

## Back2feet Dominates JC3-Pitch Play

Submitted by Bob Doi

26 Bluebell Drive, Markham, ON L3S 3P5 905-472-2727 Home, [RobertDoi@hotmail.com](mailto:RobertDoi@hotmail.com)

Seven games (2 rainouts) into the season, Back2feet captained by Nick Chung leads the league with an undefeated 7 wins and 0 losses. A combination of timely hitting and stellar defense has led Back2feet to the top of the pack.

The other three teams are tightly bunched. Andrew Lok's, Loknest Monsters sit in 3rd place with 3 of their 4 losses coming against Back2feet. Thornhill Toyota captained by Justin Ogino and Tod Nagamatsu's iA Private Wealth team are duking it out, trying to avoid the cellar. Both of these teams are evenly matched as can be told by their head-to-head record of 1-win, 1-tie and 1-loss each.

The season culminates with play-offs and year-end banquet.

[www.JC3Pitch.com](http://www.JC3Pitch.com)

Standings as of August 12, 2022

Team	Wins	Ties	Losses
Back2feet	7	0	0
Loknest Monsters	3	0	4
Thornhill Toyota	2	1	4
iA Private Wealth	1	1	5



JC3-Pitch Captains & Organizers (Left to Right):

Bob Doi, Nick Chung (Back2feet), Justin Ogino (Thornhill Toyota), Tod Nagamatsu (iA Private Wealth), Andrew Lok (Loknest Monsters)

## JSS プログラム:2022年9月

2022年9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 [JSS ウェブサイト](#) から、または416-385-9200 / [programs@jss.ca](mailto: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、JSSウェブサイト：[モミジ・JSS:オンライン講座シリーズ](#) をご覧ください。

#### 「脳の健康」

9月21日(水) 15時 英語

前回の認知症入門に続いてThe Alzheimer Societyより講師を招き、今回は脳の健康について詳しく学んでいきます。認知症の危険因子や、ライフスタイルの改善がどの様に脳の健康の改善と維持に影響を及ぼすか、認知症発症のリスク軽減に関する研究成果等についてお話頂きます。

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

#### 「もっと知りたいPOA～代理人の仕事とは？」

9月28日(水) 15時 日本語

もしも自分に判断能力がなくなってしまったら、POAが必要なのは分かっているけど、実際に代理人に任命された人は何をしないといけないの?というご質問をよくいただきます。今回のセミナーでは、毎年恒例の、遺言状・POA講座を担当するスミス希美弁護士を迎え、POAについて深く掘り下げてお話いただきます。POAで代理人を任命する方も、代理人に任命される方も知っておきたい財産管理・身の回りの世話に関する代理人のお仕事について学ぶ貴重な機会です。

※詳細・お申込みは[JSSウェブサイト](#)または[programs@jss.ca](mailto: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 416-385-9200 / [programs@jss.ca](mailto: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 水曜日、10時半～正午

※ お申込みは [craftclub@jss.ca](mailto:craftclub@jss.ca)まで。

編み物 9月21日(水) 10時半-正午

「花模様のコースター」(オンラインのみ)

※今月の縫い物の会はお休みとなります

#### 2. ホットランチオンライン交流会

9月28日(第4水曜) 10時半-正午

※ お申込みは [hotlunch@jss.ca](mailto:hotlunch@jss.ca)まで。

#### 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](mailto:SMSG@jss.ca)まで。

#### 4. やさしいシニアヨガ

(第10期:9/12~10/24)※詳細・お申込みは[senior.yoga@jss.ca](mailto:senior.yoga@jss.ca) まで。

Check out our upcoming September programs! \*Pre-registration required. Visit [our website](#) and/or contact 416-385-9200 / [programs@jss.ca](mailto:programs@jss.ca) for more details & RSVP.

### (1) e-Learning Series

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

#### Brain Health

Wed. Sep 21, 3pm (English)

This interactive presentation discusses the risk factors of dementia and how healthy lifestyle changes can help improve and maintain the health of brain. We will invite back a guest speaker from The Alzheimer Society to learn about brain health and the research findings on reducing the risk of developing dementia.

\* Visit [our website](#) or contact [programs@jss.ca](mailto:programs@jss.ca) to register

#### POA : Learning about Attorney's Duties

Wed. Sep 28 3pm (Japanese)

"I know I need a POA (Power of Attorney) in case I lose the ability to make decisions, but what does POA actually do?" This is a frequently asked question JSS & Momiji receive.

In this seminar, an estate lawyer Nozomi (Zoe) Smith, who teaches our annual POA & Will seminar, will take a deep dive into POA. This is a valuable opportunity for those who gives someone power of attorney and those who are assigned as POA to learn about the actions required for property management and personal care as POA.

\* Visit [our website](#) or contact [programs@jss.ca](mailto: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!

\* Visit [our website](#) or contact 416-385-9200/[programs@jss.ca](mailto:programs@jss.ca) for more information.

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

#### 1. Craft Club Social : Wed, 10:30am - noon

\*RVSP at [craftclub@jss.ca](mailto:craftclub@jss.ca)

Knitting : Wed. Sep 21. 10:30am to noon (Online)

"Flower Crochet Coaster"

\*No sewing club in September.

#### 2. Hot Lunch Online Social Wed. Sep 28 (4th Wed) 10:30am to noon

\*RVSP at [hotlunch@jss.ca](mailto:hotlunch@jss.ca)

#### 3. Online Single Mothers Support Group (monthly)

\*Contact [SMSG@jss.ca](mailto:SMSG@jss.ca)

#### 4. Easy Senior Yoga

10th term: From 12 Sep to Oct 24. \*Contact [SMSG@jss.ca](mailto: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:

*The Ultimate Japanese Noodles Cookbook* by famous chef KASAHARA Masahiro, a tantalizing guide to recreating your go-to noodle dishes at home;

Beth Kempton's *Wabi Sabi*, an inspiration to simplifying everything and concentrating on what truly matters;

HARA Keiichi's anime *Summer Days with Coo*, a heartwarming adventure about a boy who befriends a baby Kappa;

*The Shining Sea*, an introspective romantic mystery by the author of Ring, SUZUKI Koji;

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 Online Language Events

Feel free to check out our Sawakai events for Japanese language teachers, as well as Nihongo Salon for teachers and advanced learners, all year round!:

### 49th 'Sawakai'

Topic: How's the new semester? Let's talk about how you want the 2022 school year to be.

Online Event | Wednesday September 7 @ 6:00pm - 6:40pm (Eastern Daylight Time)

### 23rd Nihongo Salon

Topic: Let's play Katakana-shi!

Online Event | Wednesday September 14 @ 8:00 pm - 8:40 pm (Eastern Daylight Time)

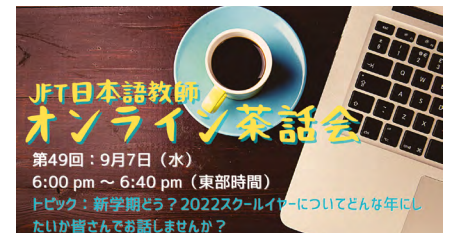
### The Japan Foundation, Toronto's NIHONGO SALON

A place where advanced Japanese learners and teachers in Canada can speak Japanese regularly to maintain their language proficiency

#### 23rd Online Nihongo Salon

Wed, September 14  
8:00 pm - 8:40 pm (ET)

Topic: Let's play Katakana-shi!



## Celebrate TIFA 2022 Guest Author KASHIWABA Sachiko at JFT

Renowned Japanese children's author KASHIWABA Sachiko is participating in the Toronto International Festival of Authors taking place September 22nd - October 2nd. She presents her book *Temple Alley Summer* (「帰命寺横丁の夏」), which won the American Library Association's Batchelder Award this year. In conjunction with her TIFA appearance, the Japan Foundation, Toronto is hosting a variety of events, including JFT Book Club Online to discuss *Temple Alley Summer* on September 14th, an in-person speaking event with KASHIWABA to talk about children's literature and Japanese folklore on September 23rd, and more related programs. Check the JFT website for further information! <https://jftor.org/>



Dear Members,

The JCCC Board of Directors is pleased to announce that the Ishizue Award and accompanying dinner will 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 name Ishizue, meaning cornerstone or foundation, pays tribute to the 75 families who, at significant personal financial risk, guaranteed the original mortgage on the JCCC at 123 Wynford Drive in the early 1960's.

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 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 fill out the form below and return to the JCCC to reserve your space. Please RSVP before Friday October 7, 2022 . Limited seating available.

On behalf of all of the directors of the Japanese Canadian Cultural Centre, we look forward to spending a special evening of recognition and celebration together.

Gary Kawaguchi, President, JCCC



**ISHIZUE AWARD DINNER**  
(Please fill out the information below)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

- Yes, I would like to purchase a ticket to attend the Ishizue Award Dinner. \$150 x \_\_\_\_ = \_\_\_\_\_ (total \$ amount enclosed)
- No, I cannot attend, but I would like to make a donation to the JCCC in honour of a recipient(s) in the amount of \_\_\_\_\_.  
Please indicate how you would like to be recognized: \_\_\_\_\_
- I wish my gift to remain anonymous.

(Unless otherwise indicated, all donations will be acknowledged in the evening programme and JCCC Newsletter.)

**Method of Payment** (Please do not send cash via mail):

Cash       Cheque (payable to JCCC)       Visa       Mastercard       AMEX

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_ CVV \_\_\_\_\_

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Receipt No.: \_\_\_\_\_

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# MY SMALL LAND



ここに居たいと  
願うことは  
罪ですか？



**Tuesday October 4 at 7:00pm**

★★★★ 1/2 "...Handled with rare skill and insight; this is a small film likely to have a big impact." – Jennie Kermode, Eye for Film  
 "Lina Arashi delivers a powerful, subtle, and meticulous performance" – Screen Anarchy

Sarya is a 17 year-old Kurdish refugee attending a Japanese high school. When her family's refugee status is rejected and her father is taken into custody she suddenly forced into a situation where she is responsible not only for her younger siblings but for her very existence. This sweet, haunting and deeply moving debut from Emma Kawawada and producer Hirokazu Koreeda. Recipient of Special Mention, Amnesty International Film Award at the Berlin International Film Festival.

Starring Lina Arashi, Daiken Okudaira, Takashi Fujii and Chizuru Ikewaki

JCCC Film Program Lead Sponsors



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6 Garamond Court, Toronto, ON  
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Screening Partner



For tickets,  
 call 416.441.2345  
 or www.jccc.on.ca  
 \$10 JCCC Member  
 \$12 General  
 HST included



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.

## 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](mailto:jim@abecopml.com)  
 Or Nao Seko: (416) 579-6921

## JCCC Venue Rentals



Parties • Banquets  
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 Film Screenings • Performances • Fashion Shows  
 Contact: [rentals@jccc.on.ca](mailto:rentals@jccc.on.ca)

6 Garamond Court, Toronto  
 (Don Mills & Eglinton)  
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**Summer Reading List**  
A curated list of the best new books from Japanese Canadian and American authors this year  
*Summer Reading List P. 10*

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

**NIKKEI VOICE**  
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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 Ahe 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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