



HOLIDAY EDITION 2022

IN THIS ISSUE - VOL. 49 ISSUE 1

FUYU MATSURI

冬まつり

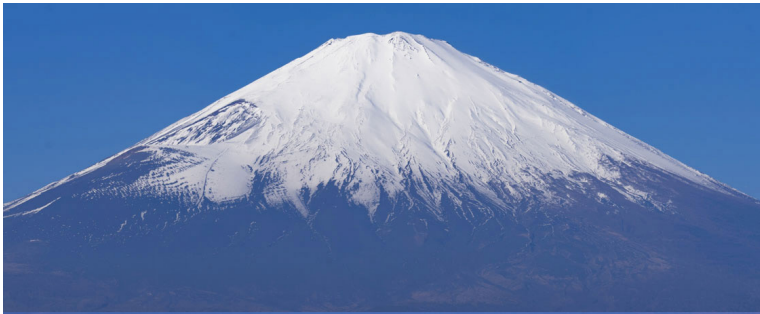
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JANUARY MOVIE

1月の映画上映





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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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	Janice Fukakusa
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	Steve Oikawa
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Chair - Capital Campaign	Chris Hope
JCCC Foundation Chair	Janice Fukakusa

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Yoko Tsumagari Communications and Accounting Associate yokot@jccc.on.ca	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 January 6, 2023.

次号締切日:2023年1月6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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Photo, right: KPMB Architects



What's On at the JCCC

Upcoming Events / 近日開催イベント

Wynford Seniors ・ ウィンフォード・シニア

Wednesday December 7, 10:30 am
12月7日(水) 10時半

2022 Fuyu Matsuri ・ 冬まつり

Saturday December 10 ・ 12月10日(土)

Shinnen Kai ・ お節販売

January 1, 2023 ・ 1月1日(日)

See [page 7](#) for details. 詳細は7頁をご覧ください。

Artsu Matsuri at the JCCC ・ アーツ祭り

January 2023 ・ 1月

See [page 7](#) for details. 詳細は7頁をご覧ください。

January Movie Night ・ 1月の映画上映

Sunday January 8, 2pm ・ 1月8日(日)2時

Hiroshima Piano, see [page 11](#) for details.

おかあさんの被爆ピアノ 詳細は11頁をご覧ください。

JCCC HOLIDAY HOURS

	Reception	Building
Saturday December 24	10:00am to 3:00pm	10:00am to 4:00pm
Sunday December 25	Closed	
Monday December 26		
Tuesday December 27	Closed	
Saturday December 31		
Sunday January 1	Closed	
Monday January 2		
Tuesday January 3	Regular Hours	

*Building will be open for specially scheduled events as needed.

Ongoing / 開催中

JCCC Library ・ 図書館

The Library is now open (2 days/month).
Please check the JCCC website for the schedule of this month.

JCCCライブラリー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ま
までご連絡ください。

Exhibitions ・ 館内展示

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 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 までご連絡
ください。

Algorithms of Innocence - Extended until January 2023!

アルゴリズム・オブ・イノセンス

Artist Maari Sugawara in the JCCC Gallery.

アーティスト: 菅原万有 JCCCギャラリーに於いて1月まで引き続き開催中

Contact the JCCC ・ お問い合わせ

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)。

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。



Happy Holidays and a happy and healthy 2023 to all

I hope that you and your families are doing well as we cautiously emerge to a hopeful new normal. It has been fantastic to see life returning to the JCCC as activities resume and to have the chance to reunite in person with so many JCCC family and friends.

As I begin my first holiday greeting as JCCC President, I'd like to express my gratitude to everyone for your support of the JCCC through the uncertainty that the pandemic has vested upon us over the past few years. This has been the most difficult period that the JCCC has ever had to navigate through in its nearly sixty-year history. Through careful financial management the JCCC was able to weather the pandemic, but after the federal emergency relief programs ended, the Centre ultimately had to borrow significantly from the Foundation, so we have a new debt to manage. Your continued support is most appreciated as the Centre continues to recover.

In October we held the first Ishizue Awards dinner since 2019, celebrating the extraordinary contributions of individuals to the JCCC, and we're looking forward to our first Sakura Gala, the JCCC's major fundraising gala, for the first time since 2018. The Sakura Gala is scheduled for May 13, 2023 and the theme for the gala this year will be exceptional Nikkei achievement in Canadian sports history.

Festivals, cultural programming, martial arts, the JCCC Bazaar, the Toronto Japanese Film Festival, the JCCC Gallery, the Maru exhibit – to name a few, are all back, and we're looking forward to reuniting with everyone over the course of a really exciting year, as we celebrate our 60th Anniversary.

A special thanks, as we close out 2022, to the staff, volunteers and board members of the JCCC and the Japanese Canadian Cultural Centre Foundation, for all of their hard work over the past year.

I hope everyone enjoys a safe and happy holiday season and that everyone has a new year full of good health, prosperity and at least a few winning lotto tickets (anything is possible).

See you at the JCCC!

Sincerely,

Chris Hope
President

2023年の新年を迎えるに際しまして、皆様のご健康とご幸福を心から祈念いたします。コロナ禍後、いわゆるニューノーマルの世に次第に移行しつつありますが、皆様そしてご家族は変わらずお元気でお過ごしのことと推察いたします。JCCCでの行事やプログラムが段々と再開されるにつれ、多くの会員の皆様が会館に戻って来ています。本当に喜ばしいことです。

JCCC新理事長として初めてのホリデーシーズンのご挨拶を申し上げる上で、まず私が皆様にお伝えしたいのは感謝の気持ちです。コロナ禍中の非常に厳しい状況時に、皆様からは常に力強い応援を頂きました。JCCC創立以来約60年の歴史の中でも経験したことのない困難な時期でした。コロナ禍中は非常に厳しい財政状態でしたが最適な策を模索しながら乗り切ることができました。しかし政府による緊急支援終了後は基金からの多額の借入れを余儀なくされ、新たな借財が発生しています。JCCCが健全に運営されるために、引き続きご支援を賜りますよう皆様どうぞよろしくお願い申し上げます。

10月に2019年以来初となる礎アワードディナーを開催しました。礎アワードは日系社会に多大な功績のある個人を称える賞です。更にこれもコロナ禍等で中断していたJCCC最大のファンドレイジングイベントである桜ガラも2023年5月13日に開催が決定しました。次回の桜ガラはカナダのスポーツ界で功績のあった日系カナダ人をフォーカスします。

お祭り、文化プログラム、武道、バザー、トロント日本映画祭、アートギャラリー、“丸”展、等々その他色々なイベントが次々と再開されています。そして2023年はJCCC創立60周年です。この記念すべき年を皆様と共に盛大にお祝いしたいと思っています。

歳末に際しましてここで、スタッフ、ボランティア、理事会そしてJCCC基金の皆様の真摯で献身的なご協力で心から感謝申し上げます。

皆様どうぞご健康で幸福に満ちた年末年始をお過ごし下さい。そして新年が皆様にとって健康で幸福で繁栄に満ちた一年となりますよう心から祈念いたします。そして口に当たりますように！（何だって起こります）

それではまたJCCCで会お会いしましょう。

クリス・ホープ

理事長



2022 Holiday Message from the JCCC Foundation Chair

As we approach the end of 2022, and ramp-up of programs and activities at the Japanese Canadian Cultural Centre continues, we at the JCCC Foundation are very proud to be a solid source of support and funding for JCCC.

We oversee the investment of donations raised by the JCCC, and ensure that we are stewarding the capital prudently, to ensure its availability to the JCCC. Despite the volatile markets, the investments have continued to maintain their value.

Since 2013, The Japan Earthquake Relief Fund, which is administered by the JCCC Foundation, has supported qualified undergraduate and graduate students from the Tohoku region, studying medicine, nursing, psychology and psychiatry.

At end of 2022, we have disbursed ¥60,765,834 and a total of 148 scholarships to 61 students, as well as \$100,000 to Red Cross, \$100,000 to each of the 3 prefectures, Iwate, Fukushima and Miyagi, and a \$15,000 contribution to the Canadian Embassy. Many students have sent letters of appreciation.

I thank our Board Members for their hard work this year in setting the course for our Foundation, providing wise counsel throughout the year and actively engaging at meetings.

On behalf of the Board of Directors of the JCCC Foundation I wish you and your families a safe and happy holiday season and a healthy and prosperous New Year!

Sincerely,

A handwritten signature in black ink that reads "Janice Fukakusa".

Janice Fukakusa
November 2022



Holiday Greeting from the Executive Director

2022 was an extraordinary year at the JCCC. In February we reopened after nearly 2 grueling years of pandemic lockdowns and it was with joy and relief that we saw the community and its many friends return en masse. All of our martial arts clubs returned and many are larger now than pre-pandemic; cultural classes are full to capacity in some cases while others remain onsite/online hybrids attracting students from across the country. The Toronto Japanese Film Festival and Bon-Odori Summer Festival attracted enthusiastic crowds while our participation in city-wide events like Doors Open and Nuit Blanche attracted thousands of new faces. The JCCC Gallery hosted 3 diverse exhibitions and the Maru Exhibition continues to fascinate and delight in the Moriyama Nikkei Heritage Centre. Last month we honoured 8 individuals and couples with Ishizue Awards for their contribution to the Centre and the Kampai Toronto Sake Festival made the JCCC its home. Even the restaurant at the JCCC, Kaiseki Yu-sen Hashimoto earned a rare Michelin Star. There is much to celebrate but we must be mindful of the fact we still have many challenges ahead as we work towards full recovery.

The uninitiated might ask: "How could such a small community create one of most vibrant Japanese cultural centres in the world?" The answer is simple. The JCCC is blessed with a multitude of selfless volunteers, an active membership and community, a committed board of directors and a dedicated staff. Finally, I want to offer my sincere thanks to the community for giving me the chance to be a part of the Centre again for this, my twenty-first year. It is an honour and I do my best to serve the community in the manner it deserves. I wish you a Merry Christmas, a Happy Holiday and a Wonderful 2023 as we celebrate our 60th Anniversary! 良いお年をお迎えください。来年もどうぞ よろしくお願い致します。

With warmest regards,

A handwritten signature in black ink that reads "James Heron".

James Heron



Tokyo Pavilion during Caravan 1991

The 60th Anniversary is coming soon!

The JCCC will Celebrate it's 60th Anniversary in 2023!! We are already scheduling events to celebrate this anniversary, which typically signifies renewal. Working with the motto "I remember that, I was a part of that, I am proud of that, I want to be a part of that", we are working with a team of students from the University of Toronto Masters of Museum Studies program to create a 60th Anniversary Exhibit which will highlight the history of the JCCC. We want your help though!

Do you have any photos, videos or memories of your interactions with and at the JCCC? We want them! Were you a member of a club or event, either current or no longer active, connected to the JCCC? We want to know!

We are excited to begin our celebrations early next year and hope to hear from you soon!

Please contact Heritage@jccc.on.ca if you would like to share your memories or photos!

JCCC Co-Presents Haru Nemuri and MIYAVI in Toronto

In October the JCCC was proud to co-present concerts by poet rapper HARU NEMURI and guitar superstar MIYAVI at downtown venues! We hope this helps to raise the JCCC's level of cool. We'll keep working on that and plan to attract more contemporary concerts to the Kobayashi Hall soon.



Celebrate New Year's Day the Japanese way - with a feast!

We are excited to be working with Chef Ishii of Toriichi Catering on specially prepared bento for Shinnen Kai 2023. This bento will include many of the ose chi ryori favourites that are traditional to eat on New Year's Day.

We are excited to invite you, your family and friends to enjoy the bento together at the JCCC. **Join us from 1:00 pm – 2:30 pm in the Kobayashi Hall.** Kyowa Daiko will help us ring in the New Year with a resounding Taiko performance at 1:30.

OR

If you can't join us, this bento can be ordered for pickup at the JCCC. **Pickup times are 12:30 - 1:30 pm or 1:30 pm to 2:30 pm.** You can then take your bento home to enjoy.

This special edition Shinnen Kai bento will be \$65 plus HST and only be available in limited quantities. Online ticket sales have begun. Last day for sales is December 19, 2022. Don't delay make sure to order your bento today! Please visit <https://jccc.on.ca/event/2023/01/shinnen-kai-2023> to order yours.



Shinnen Kai 2023
Osechi Bento

JAPANESE CANADIAN CULTURAL CENTRE
日系文化会館
6 Garamond Court, Toronto, Ontario M3C 1Z5

Toriichi Catering Inc.

Pick up or eat in @ JCCC
Sunday January 1

Sale start: December 1, 2022
\$65 plus HST
(limited supplies available)

The graphic features a background of traditional Japanese New Year decorations (kadomatsu and shimekazari) and a circular inset showing a tray of Osechi Bento with various colorful dishes.

The JCCC
Gallery
present

Artsu Matsuri

An exhibition of work by Japanese Canadian Artists

Calling All Artists: ARTSU MATSURI Art Exhibition (January - March, 2023)

The JCCC Gallery invites artists and members of the public to submit art works for an exhibit called, "Artsu Matsuri". Please scan the QR code to fill in the online form. In the event that you cannot access or use the online form, please contact gallery@jccc.on.ca for a pdf form OR pick up a paper based form from the reception desk at the Japanese Canadian Cultural Centre (JCCC).



New Year's Festival 2023

お正月会2023

JCCC New Year's Festival will be back in person, which kicks off with the exciting sound of Taiko Drumming! The Japanese traditional shishimai lion dance, authentic jinja Japanese shrine display (take photos and post them on social media!) and find out your luck with the omikujii fortune draw, kakizome Japanese New Year calligraphy, matcha tea ceremony, a lot of delicious Japanese food stands and entertainment!! Come join and experience Mochi rice cake making (mochitsuki) as well. And also, kids can have a wonderful time in the traditional Japanese New Year's Games area. There is koma top-spinning, hagoita Japanese badminton using decorated wooden paddles, and much more!! Be sure to arrive early and receive a Otoshidama Lucky New Year Gift! (given out to the first 100 children). For vendor application and details, contact JCCC reception at 416- 441-2345 or jccc@jccc.on.ca

3年ぶりにお正月会が会館に戻ってきます! 大太鼓で幕開け。獅子舞、JCCC神社に巫女さんのおみくじ、お餅つき、美味しい日本食、冷凍ラーメン販売、エンターテイメントと盛りだくさん! 書初めや煎茶、お茶席、子供が楽しめる羽根つきやコマ回し、各種ベンダーさんの出店もありますよ。先着100名の来場のお子様にはお年玉配布!! みなさん、ぜひご来場ください!! お正月会にご出店ご希望の方は、JCCC受付416-441-2345又はjccc@jccc.on.caまでご連絡ください。

Date: Sunday, January 22, 2023

Time: 11:30 am to 3 pm

Admission Required:

JCCC Members \$5/

JCCC Family Members \$15

(up to 2 adults and 3 children)

General \$7/General Family \$20

Senior/Child(6-12yrs) \$5

Children under 5yrs Free

—日系文化会館・JCCC—

New Year's Festival 2023

ふれてみよう日本のお正月

令和5年1月22日(日)
Sun. Jan. 22
11:30am - 3:00pm

Shishimai (Lion Dance) 獅子舞
Traditional Mochi Making お餅つき
Taiko Drumming 太鼓
New Year's Calligraphy 書初め
Senchado Tea Ceremony お茶席
Children's Fun 子供ゲーム・遊びコーナー
Entertainment 各種エンターテイメント
Variety of Food/Goods Vendors 各種出展ブース

先着100名のお子様にお年玉さしあげます!
First 100 children receive Otoshidama!

Admission cash only (入場料は現金のみ)
JCCC members: \$5, Family (up to 2 adults & 3 children) \$15
Non-members: \$7, Family \$20
Senior / Children (6-12yrs old) \$5, under 5 yrs old: Free
Most of vendors only accept cash. No ATM on the site

NEW JAPANESE
CANADIAN COMMITTEE
新日系コミッティー

JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

6 Garamond Court, Toronto, ON M3C 1Z5
www.jccc.on.ca 416.441.2345

Media Support
TORONTO TORJA

Japanese Tea Event 日本茶イベント in January 2023

Co-event of Japan Tea Export Promotion Council & JCCC

Enjoy authentic Japanese tea and sweet.

For more information, please visit : <https://jccc.on.ca/event/2023/01/japanese-tea-event>

詳細は12月中にJCCCウェブサイト、SNSにてお知らせ。



Sat. Jan 21:

Entertaining and Informative Seminar "All about Japanese Tea"

日本茶の紹介、手揉み茶実演、和菓子作り実演、茶歌舞伎、煎茶道お点前

Time: 1pm – 3pm

Fee: \$20 + HST

Advance Registration is required.

**Limited seating is available.*

Sun. Jan 22:

@New Year's Festival: Senchado
茶席(45分):煎茶道の実演、和菓子の紹介、
大福茶と和菓子のセット(手揉み茶実演)

Demonstration of Senchado by the grand master of Senchado.

Tasting Japanese tea with sweets.

Talk about Wagashi by Wagashi artisan.

Time: 12:30pm / 1:50pm / 3:10pm
(45min/session)

Ticket: \$10 + HST

Mon. Jan 23:

Seminar for professionals and tea lovers

お茶愛好家、プロ向けセミナー

Time: 1:30pm – 3:00pm (1.5 hours)

Welcome New Board Members

Through many of our previous Newsletters we have introduced the directors so that the members and community can become familiar and get to know the people that have been elected to represent and make decisions for the JCCC now and in to the future. There are varied backgrounds, skills, expertise in specific areas that all complement a hard working and dedicated Board, including the JCCC Foundation Board.

In continuation of keeping our members informed on the JCCC Board of Directors, we are happy to introduce 2 new Directors – Anzu Hara and Kathy Wale.



Anzu Hara

Anzu immigrated to Canada in 1999 from Chiba, Japan. She has been a devoted volunteer and a community leader at various JCCC events for over 20 years, facilitating cultural awareness among Japanese Canadian children and families.

She is one of the founders of the Family Talks Forum (FTF, since 2001), a networking and support community for newcomer Japanese parents, which has become the largest Japanese parents' group in the Shin-Nikkei community, serving over 1,500 Japanese-speaking families. Anzu has been serving as a chief Sewanin (care-taker), taking leadership in membership development/administration/community engagement.

In 2015, as president of the New Japanese Canadian Association (NJCA), Anzu played an important role in merging the JCCC and NJCA, and the subsequent establishment of a new committee, NJCC (New Japanese Canadian Committee), under the JCCC. During the merge, she took on the role of being the NJCC's first chair with a focus on supporting events, cultural heritage developments, and policy for the multigenerational community of post-war immigrants.

Anzu believes in the importance of intergenerational connections, which will nurture a healthy identity and succession of the Japanese language/culture among future Japanese Canadian generations. She looks forward to promoting and fostering Kizuna in the Nikkei society, and she whole-heartedly believes that JCCC is the best place for her to do so.



Kathy Wale

Kathy is a sansei Japanese Canadian, born and raised in Toronto. Her father, Raymond Kitaura, was born in Lethbridge, Alberta but grew up in Japan and, after marrying her mother, Toshie, they moved to Toronto. The JCCC offered a place where they could continue to connect and celebrate their Japanese culture while embracing their new home in Canada.

After graduating from the University of Western Ontario, Kathy took an unusual route to her current career, dabbling in retail, print production, instructional design, and project management before landing as a live and virtual event producer. With over 20 years of experience in the corporate communications industry, she has worked with a variety of companies in the pharmaceutical, banking, and retail sectors planning meetings and events in Canada, the US, and Europe. One of her most exciting projects was a 7-year run on the broadcast team of Mobile World Live TV for the Mobile World Congress in Barcelona. She currently freelances for a number of agencies in Toronto.

With her experience in live events, Kathy is excited to bring her skills to support the many diverse activities at the JCCC such as Keep the Lantern Lit Fundraiser and the Sakura Gala.

JANUARY FILM SCREENING



HIROSHIMA PIANO

Sunday January 8 @ 2:00pm

Admission:

\$8.85 +HST (\$10) JCCC member

\$10.62 +HST (\$12) non-member

"The sound of the piano did not change even after the bombing!"

At 8:15am on August 6, 1945, a single atomic bomb was dropped on Hiroshima. A piano miraculously survived unscathed amidst the devastation. The film, based on the life of Mitsunori Yagawa, a piano tuner who restored the bombed piano and drove a truck around the country giving concerts, imagines what would have happened if Yagawa met a certain person or visited a certain place. That person is Nakano, whose grandmother was the original owner of the piano, and together their story brings peace and moves the heart.

Winner of the Peace Prize at the 2022 Japanese Film Festival of Los Angeles.

Starring Shiro Sano, Tomu Muto, Yoko Moriguchi, Ichirota Miyakawa

JCCC on the Web!

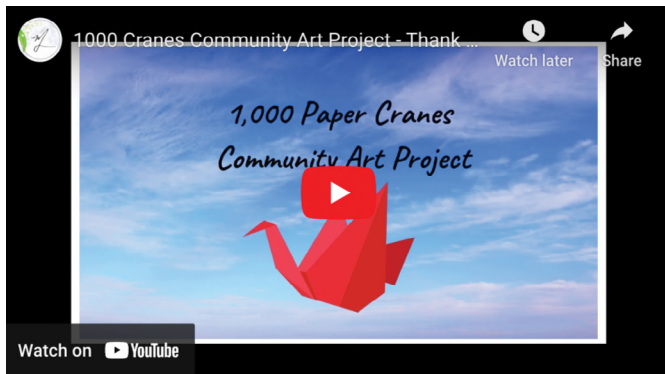


After settling in Toronto, many Japanese Canadians started to open their own businesses. Over the next few months in Kokuban, Daria Murphy, our Archival Assistant from the summer of 2022 will be exploring some of the locations of these shops and landmarks through site visits and archival photographs. This month, she is looking at Japan's Specialty Shop in Midtown Toronto.

Also in Kokuban, Geri Shiozaki talks about her maternal grandparents migration from Japan through Hawaii and the United States and into Canada.

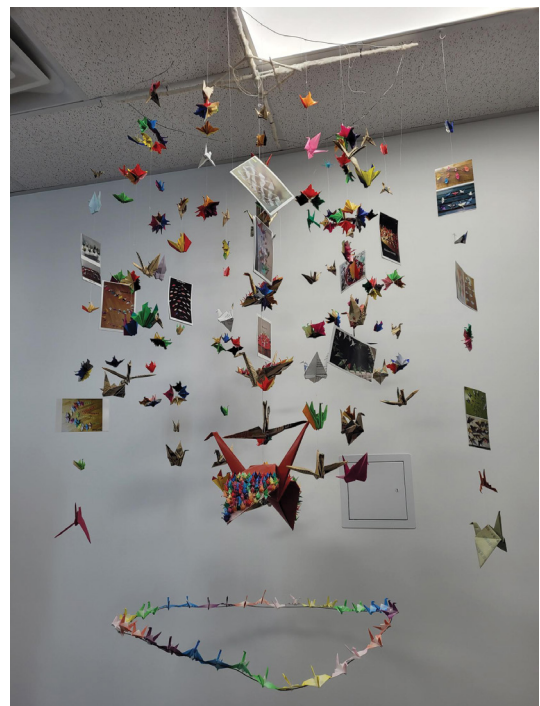
As we gear up to our 60th Anniversary in 2023, we have prepared a short video including some of the footage from the Ground Breaking Ceremony and construction of the JCCC at 123 Wynford Drive. The QR code below will link you to the video on our YouTube channel or you can click here <http://bit.ly/3tqkki4>.

To use the QR code, you can open the camera on your mobile device and scan the image. Most newer devices are already set up to scan. Follow the link that comes up on your device. If your device does not automatically scan, you can download a QR scanner of your choice through GooglePlay or the AppStore.



Finally, as many of you know, the JCCC Community folded well over 1000 cranes this spring in support of our friends in the Ukrainian community and the Ukrainian children who were brought to SickKids Hospital in Toronto. We were not the only group who has spent time folding cranes in the past year. This video from May Chan shows results of the origami crane workshops that she has led in support of Health Care Workers. 1000 Cranes Community Art Project - Thank You Video to Healthcare Workers

In addition to the wonderful video this project has created, Chan has also created the wonderful hanging pictured here.



Congratulations and a huge Thank you!

The JCCC ran their first mass renewal of registration packages for the 2022-2023 Series of classes during the months of September, October and November. We truly appreciated the effort that participants and their families put into completing the process in a timely manner.

What does that mean for you? It means that you only have to ensure that you have a current membership and you pay your Series fees until the Fall of 2023.

As we approach the Holiday Season, please note that there will be NO classes from Friday December 22 to Monday January 2 inclusively. Please check your individual class schedule to see when your martial art is returning to the dojo.

We remind the Judo and Kendo classes, who will be registering for 2022-2023 Series 2 in December, that there will be limited administration hours and statutory office closures during this period. We encourage you to complete your registration early!

Thank you again for a wonderful year and the Martial Arts Administrative team wishes everyone a Safe and Happy Holidays!

Fall Ontario Junior Kendo Tournament a Huge Success!

Last month, the 2022 Fall Ontario Junior Kendo Championships were held at the Etobicoke Olympium with over 45 registered players from Ontario and Quebec. The JCCC Kendo club juniors worked very hard to prepare for the tournament and were rewarded with the results below. Special appreciation to the parents, JCCC Kendo Club Sensei and Sempai for supporting the juniors during their training.

NON-BOGU:

- 1ST Mark Serban
- 2nd Jaehoo Kim
- 3rd Elisabeth Thanasuwanditee
- 3rd Myles Sy

12-14 YRS (bogu):

- 1ST Filip Alexander Ivanovski
- 3rd Dhin Thanasuwanditee

15-17 YRS (bogu):

- 2nd Hudson Lin
- 3rd Sydney Asa
- 3rd Leighton Lee

TEAMS (12 YRS & UNDER):

- 1st Dhin Thanasuwanditee played on the Toronto Kendo Club (TKC) Team

TEAMS (13-17 YRS):

- 1st Filip Alexander Ivanovski Jr, Leighton Lee and Hudson Lin
- 3rd Sydney Asa played on the Mixed Team

FIGHTING SPIRIT:

- Toby Kim (non-bogu)
- Cameron Bybordi (non-bogu)



Photos courtesy of Bryan Asa



Japanese Language For Adults



Schedule: 10 classes

Beginner 1, 2, 3 (in-person) : Tuesdays, 7pm-9pm, starts from January 17, 2023

Beginner 1, 2, 3 (online) : Wednesdays, 7pm-9pm, starts from January 18, 2023

Intermediate 1, 2, 3 and Conversational: Thursdays, 7pm-9pm, starts from January 19, 2023

Fee:

\$130 (+HST)

*JCCC Membership is required.

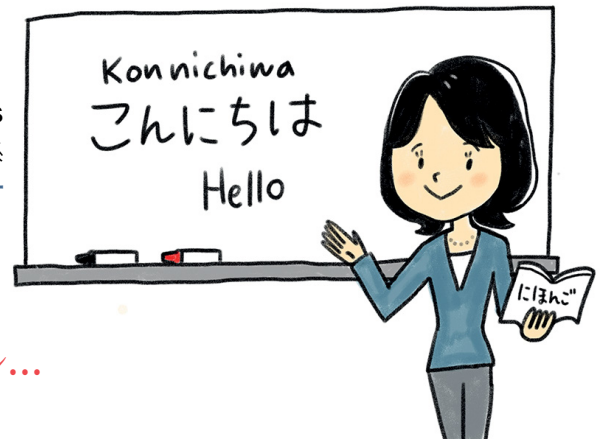
*The fee is non-refundable, non-transferrable to other classes/sessions.

Visit JCCC website for more details. bit.ly/3WFtAwj

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、来期(2023冬)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(akiko-maruoka@gmail.com)までご連絡ください。



健やかな老後をめざして その58 - 手指や手首のトラブル...

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)

シニアに関しては、歩く・立つなどの口コモティブシンドローム(筋肉、骨や関節が衰えて、日常生活に支障をきたす状態)がよく話題にあがります。ところが、足腰だけでなく、上肢や手の衰えも問題なのです。ふだんはほとんど意識していないのに、いったんしびれや痛み等が生じると、生活の様々な面に大きく影響するのが手や指のトラブルです。手や指は「つまむ、つかむ、ひねる、握る、押す、引く、開く」等の、多様かつ繊細な動きを担っています。

家事、育児、仕事、スポーツや趣味など、あらゆる活動を手に頼って暮らしているにも関わらず、そのトラブルを「年のせい」「ちょっと無理しただけ」「大したことはない」と、私たちは思いがちなのです...

誰でも起こりうるのが「腱鞘炎」です。指先から手首にかけては「腱」と「腱鞘(腱を鞘のように覆う)」の組織があり、これらに炎症が起こるのが腱鞘炎です。仕事やスポーツ等で常に手を使う人や、妊娠中・出産後、更年期の女性などによく見られます。基本的には、痛みのある患部をまず安静に保ちます。炎症を抑えるシップ剤や塗布剤、安静を保つサポーターや固定装具が有効です。ほとんどの場合、患部の負担を減らすことによって症状は徐々に改善します。

手指の腱鞘炎で代表的なものは「ばね指」です。曲げた指を伸ばそうとすると、ばねのように急にカクンともどります。朝、起きた時に指のこわばりを感じる人もいますが、30分ほど動かしているとほぐれます。手首の代表的な腱鞘炎は「ドケルバン病」。親指を中にして手を握り、手首を小指側に曲げた時に、親指側(手首の出っ張った部分)に痛みがあれば、この病気かもしれません。

もし、腱鞘炎が疑われ、安静(保存療法)を試みても症状が治まらなければ、整形外科を受診しましょう。消炎鎮痛薬の投与が行われます。さらに日常生活への支障が大きくなった際には、手術が検討されることになるでしょう。

さて、高齢になるほど起こりやすいのは「変形性関節症」です。親指に起こるのが「母指CM関節症」。物をつまむ、瓶の蓋を開ける、ドアノブを回す等の動作を行うと、親指の付け根が痛みます。その部位はほかの4本に比べると負担が大きく、手の使い過ぎや加齢の影響が一番受けやすいのです。また、腫れや変形が指の第一関節に起こる「ヘバーデン結節」や第二関節に起こる「ブシャール結節」もあります。使い過ぎ、加齢、ホルモンバランスの乱れや遺伝的要因などが関係している、と考えられます。

末梢神経障害により手指がしびれることがあります。手には正中神経(親指側)と尺骨神経(小指側)の2つが走っています。前者が圧迫されると、親指、人さし指、中指と薬指の半分(親指側)にしびれや痛みが現れます。後者の場合は、薬指の半分と小指に症状が現れます。また、尺骨神経が肘の内側で圧迫されると、薬指や小指だけでなく、手首、手のひらや甲までしびれることがあります。早期に受診して原因をきちんと特定し、悪化を防ぐことが大事です。

私はコンピュータ作業やピアノレッスンで両手をよく使うので、肘を曲げ伸ばしながらグーチョキパーを力強く繰り返す、小さなボールを握る・緩める等の軽い筋トレ、そして、手首を気持ちよい程度に反らす・曲げるストレッチを行っています。トラブルを防ぐためには小さな努力を!

Opening Reception of Kintsugi

an exhibit by Annie Sumi and Brian Kobayakawa

“This exhibit in the middle of [Maru: Immigration Stories] is a spiritual extension of everything you see around here and it really elevates what the Maru exhibit was designed for in the first place.” (Chris Hope, JCCC’s President)

On the evening of October 14, the JCCC hosted an opening reception for the exhibit, Kintsugi - the first public reception for the Moriyama Nikkei Heritage Centre (MNHC) since the launch of Maru: Immigration Stories. The community including family and friends of artists Brian Kobayakawa and Annie Sumi gathered on this special evening to celebrate them and their journey in creating Kintsugi. As part of their research for this exhibit, the artists worked with various archives including the Landscapes of Injustice. One of the special guests for the evening was Mike Abe, Project Manager, Landscapes of Injustice/Past Wrongs Future Choices from the University of Victoria, BC who travelled to Toronto for this event.

This project was supported by the Japanese Canadian Cultural Centre through the generous support of Raymond and Sachi Moriyama, Canada Council of the Arts, and the Ontario Arts Council.



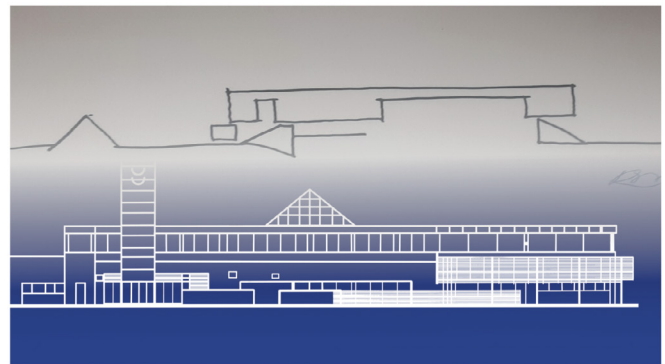
Photos 1 and 2 Credit: Yosh Inouye, Photo 3 Credit: Tamiko Sugie

Call for Artist – Japanese Canadian Cultural Centre Art Commission

The JCCC is seeking to commission an art piece for the 60th year anniversary of the JCCC. The exhibition will be running from April 2023 until January 2024. The artwork commissioned should reflect the history of the JCCC – highlighting its community and history. It should take into consideration aspects of discrimination faced by the community including the model minority myth. The artwork can be a single piece or a participatory piece but must have a physical component. A budget of \$1,500 will be offered as compensation for ownership of the piece whether it is by a single artist or collective.

Artists of varying art experience and education are welcomed to apply. Although not necessary, having Japanese ancestry is an asset. The successful applicant will be a featured artist for the JCCC during the Nuit Blanche Festival 2023.

For more information on the artist commission artwork and how to submit an application, go to: <https://jccc.on.ca/call-artist-japanese-canadian-cultural-centre-art-commission>



Nisei Veterans Lunch

On November 3 2022 we hosted our annual Nisei Veterans Luncheon at the Japanese Canadian Cultural Centre. We were pleased to welcome two veterans and one active service member, as well as many family members and members of our community.

Our ceremony began with some of the youngest members of our community, the senior students of Ikebata Nursery School, bringing in one of our wreaths, as well as a tribute of flowers for Second World War veteran (and recent centenarian), Frank Moritsugu. Our speakers included James Heron, Judge Albert Wong, Dee Dee Piercey, Jan Nobuto and Chris Hope.

Judge Wong spoke to us about the unsung service of Asian Canadians, a group that has been under represented in mainstream media. He spoke about the importance of acknowledging the service of all Canadians and ensuring that their legacy is carried forward for future generations.

After the ceremonies, and some pictures, included here, the group enjoyed a bento lunch and some great conversations together.

We look forward to welcoming everyone back next year.



Photos top left, top right, bottom right: courtesy of Yosh Inouye

Photo bottom left: courtesy of Su Yen Chong

DONATIONS

DONATIONS TO THE JCCC

AS OF NOVEMBER 6, 2022

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	15
For Senior Outreach	
Anonymous	2,000
Anonymous	1,000
Mrs. May Ah-Sue	50
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Mr. & Mrs. Hideo Takasaki	200
Mr. Harry Tonogai	100
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Celebrating the birth of baby boy Roland	
Mrs. Josie Yoshioka	100

Emergency Appeal

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In Memoriam

<i>In memory of Amy Kunihiro</i>	
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In memory of Chiyoko Izumi

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Mrs. Teruko Otani & Family	100
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<i>In memory of Fred & Irene Miyasaki</i>	
Ms. Toni Osbourne	50
Ms. Loraine Wright	100
<i>In memory of George Takahashi</i>	
Nisei Curling Club	50
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K. Nagao	40
<i>In memory of George Wakayama</i>	
Mr. & Mrs. Kenneth Kanda	50
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<i>In memory of Mits & Lily Kuroda</i>	
Ms. Marion Smith & Mr. Barry Akiyama	25
Mr. & Mrs. Sam (Isamu) Eto	100
<i>In memory of Lily Yamamura</i>	
Anonymous	500

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In memory of Makiko Hamaba

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Mrs. Leslie Hann 50

Mrs. Laura Hirano 50

Ms. Marion Tomoko Hope 50

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		In memory of Joe Ohori	100	Mr. Michael Walsh	
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G & G Electronics				Mr. Dan Maeda & Ms. Linda Ono	
Ishizue Award				Mr. George Nakano	110
				Mr. Peter Wakayama	127
		Ishizue Award			
		Ms. Anzu Hara	100		
		Mr. Mark Ikebata	100		
		Mr. & Mrs. Harry Kawabe	100		
		Mr. Massey Miyashita	100		

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Jiro Fukushima
Chinatsu ICHIDA
Hiromi ICHIDA
Keiko ICHIDA
Yumi ICHIDA
Lucas, Sayaka, and Emika Koolma
Dr. Seiko Shirafuji
Mr. Douglas Dwyer

Groups

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Crow Creek Settlement Reunion
Hanayagi Essay Group

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THE CRANES: The National Tribute to Japanese Canadian Life

APRIL 1, 2016 TO PRESENT

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444 In memory of Shizuko Kadoguchi – Ikenobo Ikebana

445 Sadakichi & Yukie Arai Ocean Falls BC 1921*

446 *Teiko Doug June Tom Dick Kay Mary Shirley Arai*

447 In memory of Taka Tanaka 1916-2011, Minoru & Keiko

448 To Honour Parents Carol & Miki Doi-Laura & Bob Doi

449-450 Team Sansei Canada 40th anniversary 2022

In memory of Glenn Sora (LW) and Brian Mori (D)

Mr and Mrs Brian Wakabayshi
Ikenobo Ikebana Society of Toronto
Mr Richard Arai
Mr Richard Arai
Mr & Mrs Minoru Tanaka
Mr & Mrs Robert Doi
Mr. Robert Fukumoto
Mr. Gary Kawaguchi
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Mr. Dan Maeda
Ms. Theresa Maeda
Mr. Gary Nasu
Mr. Reginald Nasu
Mr. Craig Okazaki
Mr. Stephen Saito
Mr. Gregory Sora
Mr. Steven Sumi

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 despite the temporary closure of the building. All donations help ensure that we will have the ability to execute all of our programs and events once our facility reopens. We very much look forward to welcoming you back to the Centre. Thank you.



JSS プログラム:2022年12月 &2023年1月

2022年12月及び2023年1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](#)、または416-385-9200、programs@jss.caまで。

(1) JSSイベント

歳末助け合いホリデードライブプログラム2022

JSSは例年通り、ホリデードライブ(歳末助け合い運動)を開始しております。コミュニティ内で生活上の助けを必要としている方々にホリデー前に支援をお届けできるよう、ぜひ皆様の温かな寄付をお寄せください! 寄付の方法は[ホリデードライブウェブサイト](#) <https://jss.ca/news/holidaydrive2022/> をご覧ください。

*お問合せはお気軽に、JSS Holiday Driveチーム(holidaydrive@jss.ca / 416-385-9200)まで。

(2) 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。

「文化の違いによる新年の祝い方の違い」

1月11日(水) 15時 英語

ここトロントでは様々な人種や文化に触れ合う機会がありますね。その中でも日本・中国は言葉・食べ物・習慣など共通項が沢山あります。本講座では2名のゲストスピーカーを招き、中国と日本、それぞれの国でのお正月の祝い方を学んでいきます。

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

「うつについて学ぼう」

1月25日(水) 15時 日本語

仕事・家事・子育てなど機能していながらも「うつ」を持っている人もいます。正しい対応がととても重要になってきます。うつとは何か・どんな症状があるのか・うつかなと思ったら・周囲ができること・予防など、この機会にぜひ一緒に学んでみませんか?

*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オンラインプログラム (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まで。

縫い物

12月7日(水)「イヤホン/コードホルダー&テトラポットのルームフレグランス」

1月4日(水)「ちょっと立体的な葉っぱのコースター」

編み物

12月21日(水)「編み物でクリスマス雑貨とお正月飾りを楽しもう!」

1月18日(水)「冬の小物を編みましよう!」

2. ホットランチオンライン交流会 ※ お申込みは hotlunch@jss.caまで。

1月25日(第4水曜) 10時半-正午

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12期:1/16~2/27) ※お問合せはsenior.yoga@jss.caまで。

Check out our upcoming December 2022 & January 2023 programs! *Pre-registration required. Visit [our website](#) and/or contact 416-385-9200 / programs@jss.ca for more details & RSVP.

(1) JSS Events

The 23rd Annual Holiday Drive

Japanese Social Services is starting its annual Holiday Drive Program. Help us so that JSS can deliver support to our community members in need for their warm holidays!

*Visit [our website](#) for how to support.

Should you have any questions, do not hesitate to contact our Holiday Drive team. (holidaydrive@jss.ca/416-385-9200)

(2) e-Learning Series

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

New Year Celebrations among Different Culture

Wed. Jan 11, 3pm (English)

There are many opportunities to meet people from different cultures in a multicultural city Toronto. Japan and China have many things in common, such as language, food, and customs. This time, we will invite two guest speakers to learn how New Year is celebrated in China and Japan.

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

Understanding Depression

Wed. Jan 25, 3pm (Japanese)

It is very important that we understand depression and deal with it right in a warm and non-judgmental way. In this opportunity, join us and learn what depression and its symptoms are, how to prevent it, what you can do when you suspect you have depression, and how you can support individuals living with depression.

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

(3) JSS Regular Online Programs (in Japanese)

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

*RVSP at craftclub@jss.ca

Sewing – Dec 7 “Earphones/Cord organizer & Tetrapod shaped room fragrance”

Jan 4 “Slightly three dimensional leaf coaster”

Knitting : Dec 21. “Let’s enjoy knitting Christmas goods and New Year’s decorations!”

Jan 18 “Let’s knit some winter accessories!”

2. Hot Lunch Online Social Wed. Jan 25 (4th Wed) 10:30am to noon

*RVSP at hotlunch@jss.ca

3. Online Single Mothers Support Group (monthly)

*Contact SMSG@jss.ca

4. Easy Senior Yoga

12th term: From Jan 16 to Feb 27*Contact senior.yoga@jss.ca

年賀状 Nengajo (New Years Cards) Making Workshops at JFT Library

Saturday, December 3, 11:30 AM - 12:30 PM, 2:00 PM - 3:00 PM, 3:30 - 4:30 PM (ET)

Admission Free | Registration Required

Join us to celebrate the Japanese tradition of making your own Nengajo (New Years Cards) with hand-made stamps, origami paper and brush pens, while learning some Japanese New Year phrases to ring in 2023. The year of the rabbit 卯 usagi! Register early, space is limited!: <https://jftor.org/event/nengajo-making-workshops-2022/>



JFT Online Language Events

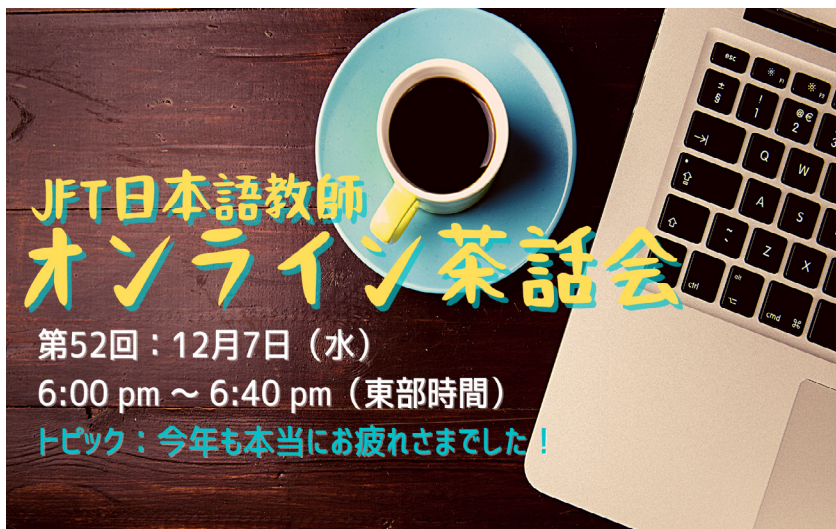
Feel free to check out our Sawakai events for Japanese language teachers, as well as Nihongo Salon for teachers and advanced learners, all year round!:

52nd 'Sawakai'

Topic: Thanks for all your hard work this year too! Shall we talk about the 2022 school year?
Online Event | Wednesday December 7
@ 6:00pm - 6:40pm (Eastern Standard Time)

26th Nihongo Salon

Topic: Let's play ito!
Online Event | Wednesday January 11
@ 8:00 pm - 8:40 pm (Eastern Standard Time)





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

Office Space Available at JCCC

Come and join the community! We have office space available for lease at the JCCC (from 672 – 2,693 sq. ft.) Please contact our property manager, Jim Abe for more details at:
Cell: 416-884-8328, email: jim@abecopml.com, or Nao Seko: 416-579-6921

JCCC Venue Rentals



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

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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 #19
Uncovering the life of a cultural trailblazer
Author Kyo Maclear explores the life of Cyo Yuyukawa in her new children's book
Summer Reading List #19

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THE JAPANESE CANADIAN NATIONAL NEWSPAPER
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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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