

JAPANESE CANADIAN
CULTURAL CENTRE



1963 - 2023

FEBRUARY
2023
2023年2月

Vol. 49 Issue 2

CONSTRUCTION OF THE JCCC AT 123 WYNFORD DRIVE, 1963



IN THIS ISSUE - VOL. 49 ISSUE 2

JCCC CELEBRATES
FAMILY DAY
JCCCファミリーデー
イベント

HARU MATSURI
春祭り

ARTSU MATSURI
アーツ祭り



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For general enquiries by telephone, please call 416-441-2345 during our operating hours (Mon-Sun, 10am-5pm).

担当スタッフに直接ご連絡(スタッフリストはこちら)、又は、jccc@jccc.on.ca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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Eva Ma Volunteer Coordinator evam@jccc.on.ca	416-441-2345 ext.235

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:

Thursday, February 2, 2023.

次号締切日: 2023年2月2日(木)

Please email to newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

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Photo, right: KPMB Architects



What's On at the JCCC

Upcoming Events / 近日開催イベント

Magical Imperfections: JCCC Celebrates Family Day ・マジカル・インパーフェクション: JCCCファミリーデー イベント

Sunday February 19, 1:00pm to 4:00pm
2月19日(日)、午後1時-4時

See [page 5](#) for details. 詳細は5頁をご覧ください。

February Film Screening ・2月のマンスリー映画

Sunday February 19, 2:00pm
2月19日(日)、午後2時

Magical Imperfection with Q&A with Raymond Moriyama and film makers

See [page 6](#) for details.

”マジカル・インパーフェクション”(レイモンド森山のドキュメンタリー):レイモンド森山氏本人と製作者によるQ&Aも予定されています。

詳細は6頁をご覧ください。

Haru Matsuri ・春祭り

Saturday and Sunday March 4 and 5
3月4日(土)、5日(日)

See [page 9](#) for details. 詳細は9頁をご覧ください。

Spring Class Registration ・春期講習の受付 Begins March ・3月開始

See JCCC Spring Classes 2023 insert for more details.

詳細はJCCC春期講習2023をご覧ください。

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。

JCCC Gallery ・JCCCギャラリー

Artsu Matsuri ・アーツ祭り

January 15 to April 21, 2023 ・1月15日-4月21日、2023年

Contact the JCCC ・お問合せ

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).

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JAPANESE CANADIAN
CULTURAL CENTRE



1963 - 2023

Happy 60th Anniversary JCCC!

This year marks the 60th anniversary of the building of the JCCC as well as the commencement of activities and classes. The first event we have on record is Issei Day held on October 27, 1963 and we are very proud that that tradition continues today. I should also note that the first wedding to take place at the original 123 Wynford location was between Marion Tomoko and Michael Hope, the parents of our current president Chris Hope! It is this balance of tradition and innovation that makes the JCCC the special place that it is. As we have expanded exponentially over these past 60 years, we have always striven to maintain our traditions and honour our motto, "Friendship through Culture". We will be celebrating throughout the entire year and invite you to

attend as many events as you are able.

祝JCCC60周年!

今年にJCCC創立60年の記念すべき年です。創立と同時にイベントや教室活動も始まりました。記録に残っている最初のイベントは、創立の年1963年10月27日の一世ディです。今も途切れることなく一世ディイベントは毎年開催されています。ちなみに、123ウィンフォード・ドライブの旧会館で行われた最初の結婚式は、マリオン・オオクラとマイケル・ホープの式で、二人は新理事長のクリス・ホープのご両親です! 伝統と革新の両方をバランスよく取り入れながら、JCCCは唯一無二の場所となりました。過去60年間で飛躍的な成長を遂げることが出来たのは、常に伝統を守り、モットーである“心が通う。文化がわかる。”を尊重してきたからです。今年には年間を通して様々なイベント企画があり、多くの皆様と一緒に祝いしたいと思います。



Marion (Okura) Hope throwing the bouquet at 123 Wynford Dr.



Issei Day 2015, photo credits Cary Rothbart.



SPECIAL 60TH ANNIVERSARY EVENT

Magical Imperfections: JCCC Celebrates Family Day

“See, in doing something, you have to pursue whatever you’re doing, and aim for that perfect moon. But, for a mortal person, the result may be more comfortable if there is this magic imperfection.” (*Wisdom imparted from Raymond Moriyama’s grandfather to a young Raymond, excerpt taken from an oral history interview with Raymond Moriyama, Sedai Oral History Collection*)

Join us for a day of family fun at the JCCC on February 19 from 1pm to 4pm - a wholesome afternoon of inspiration, creativity and discovery. The theme of the day is “magical imperfections” a thought-provoking term made famous by renowned architect Raymond Moriyama. The JCCC will be screening “Magical Imperfection” a documentary celebrating the life and architecture of Raymond Moriyama at 2pm. The screening will be followed by a Q&A with Raymond Moriyama. The film will be introduced by Director/Producer Scott Calbeck and Producer/Writer David Hoffert.

Whether your idea of fun is a friendly competition between family and friends or a quiet origami session, there will be something for everyone in the family. Activities will include: an origami activity inspired by the teachings of Raymond’s grandfather to a young Raymond, paper airplane throwing in the main hallway of the JCCC, guided museum tours, and a food kiosk.

We are excited to welcome the Aga Khan Museum and the Ontario Science Centre as part of our event. In addition to the activities at the JCCC, the Aga Khan Museum and the Ontario Science Centre will be offering Family Day Activities all weekend long. Visit <https://www.agakhanmuseum.org> and <https://www.ontariosciencecentre.ca/> for more details.

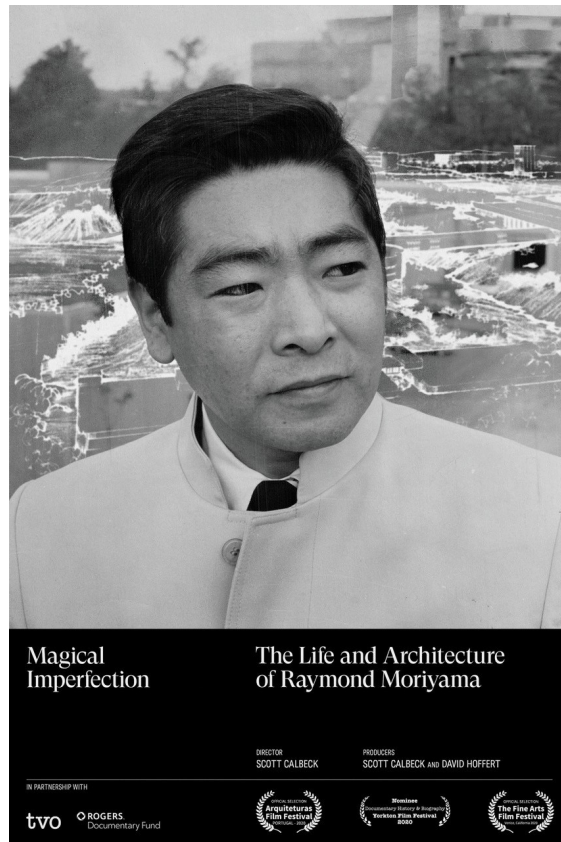


2001.7.25, Raymond Moriyama and Sue Kadoguchi show of the 123 Wynford Dr architectural remodel



Raymond Moriyama with film makers Scott Calbeck and David Hoffert





RAYMOND MORIYAMA IN ATTENDANCE FOR POST-SCREENING Q&A

MAGICAL IMPERFECTION: THE LIFE OF ARCHITECT RAYMOND MORIYAMA

Sunday February 19, 2023 at 2:00pm

Admission for film only:
\$8.85 +HST (\$10) JCCC member
\$10.62 +HST (\$12) General

Meet Raymond Moriyama and the filmmakers as we present the first theatrical screening of the world-renowned Canadian architect's inspiring story. This screening marks our first event celebrating the 60th anniversary of the building of the Centre. Moriyama's acclaimed architectural achievements, including the Ontario Science Centre, the Canadian Embassy in Tokyo, the Canadian War Museum and the original JCCC, draw upon his life experiences, including the trauma of wartime internment as a Japanese Canadian. Imprisoned in his own country during the 1940s because of his race, Raymond found the strength to combat injustice by devoting his career to social justice and equality.

The screening will be followed by a Q&A with Raymond Moriyama. The film will be introduced by Director/Producer Scott Calbeck and Producer/Writer David Hoffert.

This screening is presented as part of our Magical Imperfections: JCCC Celebrates Family Day activities.

Welcome to the JCCC!

2022 was a busy year for the JCCC! So busy, that we forgot to introduce you to some of our new staff members!



Aki T

Aki T is a part of our friendly reception team, as well as contributing in many facets of administration including data entry. Aki says that she loves dogs and likes to read comics and mystery stories.



Yoko M

Yoko M is our Rentals & Event Coordinator. You may have seen her around the building managing the ins and outs of many of the events over the past 6 months. "I have been working as an interior designer and a project coordinator in different design and building companies in Japan and Canada. I love cooking, food, art, music, film, traveling, canoeing, and being in the nature."



Eva M

Eva M is our Volunteer Coordinator. With so many events coming up in the New Year, you will likely hear from Eva if you have been a JCCC volunteer in the past. Eva lived in Alberta for ten years and recently moved back to Toronto to be near her family. Eva is very excited to be a part of the JCCC Community and she looks forward to meeting everyone around the Centre.



Sam S

Sam S is our Communications Assistant. Sam will be taking the lead on our Social Media posts, as well as assisting with Newsletter and Website content. Sam says "I joined the JCCC because I am always engrossed in Japanese culture. As a recent Cambodian immigrant coming to Canada, the Centre has brought me a lot of joy from the people, the culture, and the martial art classes. One reason I chose to be a part of the team is to share that same happiness with others through the work we do at the Centre."

Our Facilities Department has also welcomed several new Porters to assist with event set up and weekend maintenance at the JCCC.



Paul T

Paul T works Sunday mornings. He says "I'm a third generation JC, began volunteering in the late 70's (Caravan - Tokyo Pavilion) and have been involved with various events ever since." Paul plays badminton and cycles year round.

Daniel P

Daniel works Saturday mornings. Daniel says "I joined the JCCC because I love the vibe of the place, the people are friendly and the atmosphere is nice. When I'm not at the JCCC I'm usually relaxing, enjoying my hobbies, or working retail."

Andrew K

Andrew K works Saturday afternoons. He is a member of the JCCC Kendo Club, as well as enjoying anime and Korean foods. He recently enjoyed a trip to Korea to connect with his roots.

Positions Required at the JCCC - Porters and Receptionists

Weekend Night Porter (3pm to 11pm)

Job posting # 4231

The JCCC is looking for permanent part-time Night Porter (3pm to 11pm) for Saturday and/or Sunday. Job duties are related to the maintenance of the building and its grounds (supervised/unsupervised). May occasionally require extra hours after 11PM to clean up and/or complete the set up for the next morning.

Responsibilities include:

- Event set up/breakdown (includes moving, stacking, setting up chairs, tables, and stage decks, moving small pieces of furniture, etc.)
- Walkway maintenance (snow/leaf removal)
- Some custodial services (removing garbage, cleaning the floor and furniture, etc.)
- Close the building at 11pm

Candidates should have excellent organizational and communication skills, as well as being a self-starter. The ability to work under pressure and adapt to changing priorities in order to meet deadlines is essential. Good interpersonal skills and problem-solving skills are an asset. Basic Audio-Visual setup knowledge is a strong asset, but not compulsory.

The job involves 90% physical work and a lot of walking, standing, and moderate to heavy lifting (16-50lbs)

Please send your application to hr@jccc.on.ca and mention if you are applying for the Night Porter (Saturday and/or Sunday) position.

Please refer to Job Posting #4231

While we appreciate your interest, please note that only qualified candidates will be contacted.

Part-time Receptionist (evenings and weekends)

Job Posting #300231

The Japanese Canadian Cultural Centre is looking for Part-time Receptionists to work weekday evenings and/or weekend days. Job duties include directing visitors, answering telephone and email inquiries, membership and event registration, processing payments (including a small retail shop), and other light administrative duties.

Candidates should have excellent organizational and communication skills with fluency in English and Japanese preferred. Effective communication and client relationship skills, a friendly and helpful demeanor, attention to detail and basic computer skills are also a must. Must be reliable and able to work independently.

Hours:

Weekdays from 4:00pm to 8:30pm

Saturdays from 9:30am to 5:30pm

Sundays from 9:30am to 5:30pm

Remuneration is commensurate with skills. Flexible time is preferable. Multiple candidates will be hired.

Please send resume and preferred days of work to hr@jccc.on.ca. Only successful candidates will be contacted.

Please refer to Job Posting #300231

FOR MORE INFORMATION ABOUT BOTH JOB POSTINGS, PLEASE VISIT

[HTTPS://JCCC.ON.CA/ABOUT/CAREERS.](https://jccc.on.ca/about/careers)

Postings will close at Midnight, February 10, 2023



Haru Matsuri Returns **March 4 & 5** Entertainment, Food, Activities & More

**Saturday, March 4 &
Sunday March 5, 2023**

12:00pm - 5:00pm

Admission:

Free admission for JCCC Members

Family - \$20 (2 adults/2 children)

Adults - \$8

Children (5 - 16 yrs) or Seniors (over 65) - \$5

**Under 5 yrs free*

There is no better way to welcome spring than to head to the Haru Matsuri/Spring Festival at the Japanese Canadian Cultural Centre (JCCC) on March 4 and 5th 2023! And throughout this year, we are celebrating the JCCC's 60th Anniversary.

The JCCC will be opening their doors to everyone as they enjoy a weekend filled with activities, entertainment and exhibits all associated with festivities across Japan in the Spring!!

Haru Matsuri will also include Japanese arts and crafts demonstrations such as Ikebana (flower arranging), Bunka Shishu (embroidery), and Sumi-e (brush painting).

The JCCC's martial artists will demonstrate the techniques of "The Way of the Warrior" through Aikido, Karate, Judo, Jodo, Iaido, Naginata, Kyudo and Kendo.

For entertainment, there will be odori (traditional Japanese dancing) by JCCC dance groups Ayame-Kai, Himawari Buyo Kai and Sakura-Kai, and Taiko (Japanese drumming). Japanese cuisine will also be available in the food court.

As always, the JCCC entrance will feature an elaborate display of Hina Matsuri Dolls. For a small fee visitors can have the opportunity to be dressed in traditional costume and head on over to the display for photos.

Gather your family and friends and join us at the JCCC as we celebrate the arrival of Spring!



**FOR FURTHER INFORMATION, PLEASE CONTACT THE JCCC AT 416-441-2345,
OR VISIT OUR WEBSITE AT WWW.JCCC.ON.CA.**

Denzo and Kiku Kamo

The JCCC will be rededicating the Denzo and Kiku Kamo Room – the busy classroom on our second floor - in recognition of the Kamo Families' continuing support of the Centre. Their generosity celebrates the lives of their parents Denzo and Kiku Kamo who were born in Kugushi, Fukui Prefecture. Denzo immigrated to Canada in 1905 and worked for the railroad. He became a naturalized citizen in 1911 and was called for service in the First World War. Unfortunately, he was disappointed to find he did not meet the height requirement. He went back to Japan in 1919 to marry Kiku and together they returned, first to McCloud, Alberta, and then to Canyon, British Columbia where they pursued a life in agriculture. Together they raised a family of five boys. Denzo and Kiku are remembered as sterling exemplars of the Japanese Canadian ideal of hard work, perseverance and the importance of family. The Denzo and Kiku Kamo Room is the home of many JCCC cultural programs and we are happy to know that as new generations use the space to pursue Japanese culture and heritage, they do so in remembrance of Mr. and Mrs. Kamo.



Kamo Family Photo courtesy of Kamo family



Ishizue Award 2022

The JCCC hosted an elegant and intimate evening in celebration of the 6th Ishizue Award on Thursday October 20th 2022.

The Ishizue award is named as a tribute to the 75 families who signed the original mortgage on behalf of the community for the first JCCC at 123 Wynford Drive. The kanji for Ishizue means very strong foundation, and these recipients all laid a foundation for the JCCC to grow.

We were delighted to honour Sid and Marie Ikeda, Marty Kobayashi, Bob and Katie Nishino, Sam and Sue Nishiyama, Yoichi Saegusa, Paul Sunn, George Takahashi and Peter and Ethel Wakayama for their accomplishments in life, vision, leadership, and the spirit of volunteerism, traits so important for mentoring our community. These names will become part of the Fred Sasaki Wall of Honour which is prominently installed when you walk in the front doors of the JCCC. This is to honour major donors, role models and award recipients.

Special acknowledgement to the entertainer Sayaka Morita who performed beautiful music on the piano during the dinner. Also, we would like to acknowledge Program Sponsor Marty Kobayashi, Wine Sponsor Sharon Marubashi, Cheese Trays and Centre pieces organized by Jan Nobuto, Event Co-ordination by Haruko Ishihara and Yoko McMullan, Technical Coordination by Constantin Dutescu, Photographer Yosh Inouye and to the JCCC Staff and Ishizue Committee. A special thank you to Tak Yoshida who donated the framing of the certificates that each recipient received.



Photo credits: Yosh Inouye

Fuyu Matsuri

December 10th saw the return of one more annual event to the JCCC. Fuyu Matsuri was back live and in-person.

With a focus on activities and games for the whole family, a vendor marketplace and food, this event was more successful than we had hoped. Hundreds of members, visitors, families and friends were all at the JCCC for a fun filled day.

We would like to thank the committee members and the volunteers for all their hard work. A very special thank you to our donors, especially Marty Kobayashi for helping Santa with the gifts.

We look forward to seeing everyone again next year!



Photo credits: Cary Rothbart



Shinnen Kai 2023

Happy New Year!

A big thank you to everyone that purchased a Osechi Ryori Bento for the JCCC Shinnen Kai. We sold out!

A huge thank you to Chef Ishii and the Toriichi Catering crew, who created a wide selection of food that was presented so beautifully. More than 100 bento were picked up at the building and 80 people also stayed to enjoy their bento here in the JCCC's Kobayashi Hall.

Many thanks to Kyowa Daiko for providing their rousing performance and helping us all to welcome the Year of the Rabbit. Thanks too to the staff, and Timothy and Jerome (student volunteers extraordinaire) for giving up a few hours on January 1 to make this event run so smoothly.



Artsu Matsuri 2023

The JCCC Gallery kicked off 2023 with Artsu Matsuri – a community-based exhibit that celebrates art in the JCCC community. The opening reception of Artsu Matsuri on Sunday, February 15 started with remarks from Arts Committee Chair Kathy Yamashita and was followed by an afternoon of viewing and conversation in the Gallery.

25 artists participated in this exhibit with a diversity in styles and mediums. Visit the Gallery to view artworks ranging from pottery to textiles. This exhibit is available for viewing until April 21, 2023.

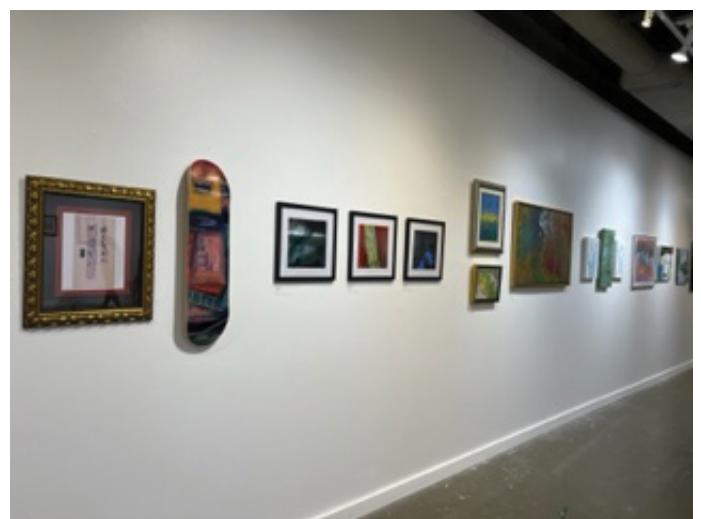


Photo credit: Kathi Adachi

Keep the Lantern Lit 2022 a Huge Success



Photo credit: Cary Rothbart

The 3rd “Keep the Lantern Lit” virtual fundraiser that was held on Saturday, December 3, 2022 and thanks to the JCCC’s generous members and friends, it was a huge success. Dedicated volunteers and staff distributed over 500 gourmet packages of food, sake and an incredible Shiseido gift set for purchasers to enjoy in the comfort of their homes while watching two specially selected films from the Toronto Japanese Film Festival. Volunteers drove as far north as Aurora, east to Whitby and west to Burlington to deliver these specially assembled bags of goodies. One loyal supporter even drove from Niagara on the Lake to Burlington to pick up her “Keep the Lantern Lit 2022” package from volunteer driver, Jan Nobuto. Many of our volunteer drivers are JCCC board and committee members, and commented that it was a pleasure to be greeted by friendly participants, saying that the JCCC community has the nicest people.

This year’s theme “light the path forward” is a reflection of re-opening the JCCC, ramping up programs and events and refreshing the JCCC’s vision and mission for the future. As Chris Hope, JCCC’s new President, mentioned in his opening remarks, “we have an ambitious slate of programming and plans in development for 2023-2024. It’s going to be really great year”. If you missed Chris’ brief video message with highlights of the past year and plans for this year, please view it here, <https://jccc.on.ca/keep-lantern-lit-2022-entertainment>.

“Everything was wonderful and thoughtfully planned out. The wrapping, JCCC bag and personal delivery were all nice touches.”

The success of this fundraiser would not be possible without our talented and very generous suppliers. Despite this

past year of high inflation, both Kimura-san of Ginko Restaurant and Ozawa-san of Ozawa Canada generously provided the bento and sake respectively, below their costs. Thank you! Shiseido blew us away with an incredibly generous package worth \$280 which included full size containers of their most popular products, notably Ultimune Power Infusing Concentrate and Ultra Sun Protector Lotion. Wow! Arigato gozaimashita!

We are grateful to the over 60 volunteers and staff who assembled packages, wrapped bentos with beautiful scarves, and drove all over the GTA to deliver packages on a very windy day. Special thanks to the KTL 2022 committee of Ann Ashley, Cary Rothbart, Chris Hope, Demetre Vasilounis, Elaine Shigeishi, James Heron, Jan Nobuto, Karen Gordon, Kathy Wale, Mary Ito, Sandy Chan, and Sharon Marubashi. It was a true community effort, a community that we are proud and pleased to be a part of. Thank you for your generous support and friendship!

Karen Webb
Chair, Keep the Lantern Lit Committee



Photo credit: Theresa Takasaki



Photo credit: Vicki Kusano



Photo credit: Karen Gordon



黑板 KOKUBAN

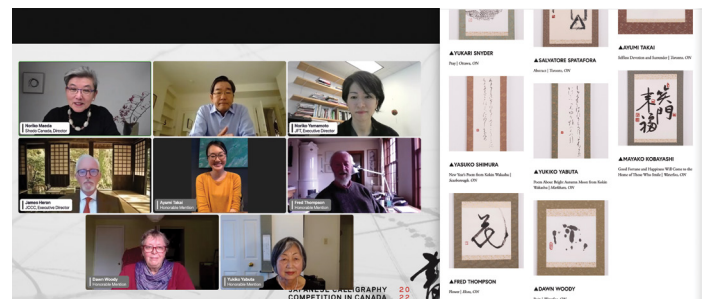
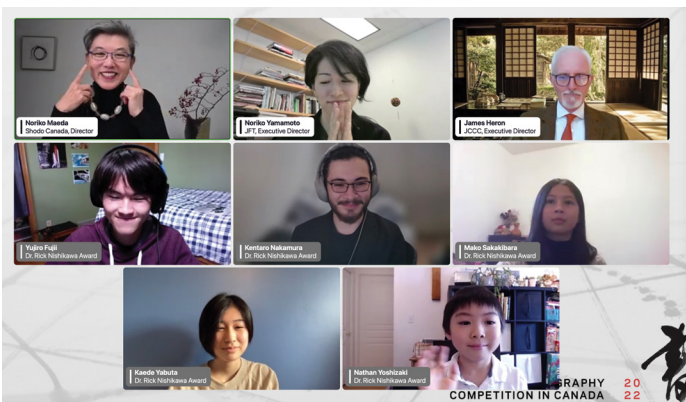
Kokuban is back for 2023 and will be regularly featuring information about the 60 year history of the JCCC. This month, Daria Murphy returns to her explorations of Japanese Canadian Businesses. Our Sedai feature is Susan Hidaka, talking about her memories of the JCCC.

image credit Architectural Conservancy Toronto, www.acotoronto.ca



15th Japanese Calligraphy Competition in Canada by Shodo Canada

This year's competition enjoyed an increase of entries from last year notably from many Youth entrants. The online exhibition of all 145 works mounted on silk scrolls were remarkable in their inspired interpretation executed with skill and discipline. We are delighted to discover the success of our live stream Award Ceremony to build a growing global Shodo community. With gratitude, host Sensei Noriko Maeda was joined on November 6, 2022 by the Consul-General of Japan, Mr. Takuya Sasayama; Ms. Noriko Yamamoto, Japan Foundation Toronto, and Mr. James Heron, Japanese Canadian Cultural Centre. Award Winners in each category were presented with many displaying their winning scrolls onscreen! Kentaro Nakamura, one of the Youth winners of the Dr. Nishikawa Award, delivered an acceptance speech on behalf of all Award Winners. He expressed his pleasure of ten years of Shodo practice to help him retain a deep connection to the culture of his birthplace, Japan. Shodo Canada wishes to thank the Consulate General of Japan, the Japan Foundation Toronto and the Japanese Canadian Cultural Centre for their support. We along with our sponsors will post images of the afternoon to our social media. We are pleased to announce the 16th Japanese Calligraphy Competition in Canada. Deadline March 31, 2023. For information visit: www.shodocanada.com



16th
**Japanese
Calligraphy
Competition**
in Canada

日本書道公募展

Entry Deadline | March 31, 2023

Award Presentation & Exhibition
Online November 5, 2023

Entry Forms available on website
<https://shodocanada.com>

Follow us   

Competition organized by SHODO CANADA

VOLUNTEER SPOTLIGHT LES T.



How long have you been volunteering at JCCC?

On and off (more “off” until the last 5 years) since the 1970s.

How did you get involved with volunteering at JCCC?

I credit my father, Shoji, who was on the JCCC Board of Directors, for getting me involved. In the late 70s or early 80s (I can't remember exactly) he got me involved with the JCCC's Caravan pavilion, the Sunday Niters' ballroom dance classes, and at least one occasion of mochitsuki.

What type of volunteer work have you done?

My first volunteer role at the JCCC was during Caravan at 123 Wynford Drive, the old JCCC. I'm not sure of the year – perhaps the late 70s early 80s. My father, Shoji, silk-screened T-shirts in hiragana the names of the 12 animals of the Buddhist Zodiac and my brother and I helped him sell them. He silk-screened other designs like kanji characters on T-shirts and hachimaki (head bands)

Around that same time, my wife Gayle and I joined the Sunday Niters Dance class for social ballroom dancing, and as members of that group we helped with organizing events like an annual summer dance, the Yuzuzumi Dance and The Sunday Niters annual spring dance at the end of the year's dance classes.

Since 2017 I've been involved with the weekly archiving of artifacts donated to the Centre. Of course, the COVID pandemic stopped that until this fall. Once a month I help with the newsletter mailing. Also occasionally I will help doing chores around the Centre.

Describe in ONE word your volunteer experience at JCCC.

Engaging

JCCCでボランティアをしてどのくらいになりますか?

1970年代からしたりしなかったりです。(5年前まではしていない時の方が多かったです。)

どのようにしてJCCCを知りましたか?

理事会に所属していた父ショウジのお蔭でしょう。70年代か80年代かははっきりと覚えていませんが、キャラバンのイベントでJCCCパビリオンの手伝いをしました。サンディ・ナイターズの社交ダンス教室の手伝い、一度餅つきの手伝いをしたこともあります。

どのようなボランティアをしてきましたか?

一番最初のボランティアは、123ウィンフォード・ドライブの旧会館でのキャラバンの手伝いです。いつだったか、たぶん70年代終わりか80年代初め頃だったと思います。父が干支の12の動物の名前をひらがなでTシャツにシルクスクリーンして、それを販売するのを兄弟と手伝いました。父は他にもTシャツや鉢巻きに漢字を染めて、それも販売しました。

同じ頃だと思いますが、妻のゲイルとサンディ・ナイターズという社交ダンス教室に入会しました。恒例の夏祭り、夕涼みダンスなどグループで参加し、毎年3月末のダンス教室の年度末にはサンディ・ナイターズ発表会をしました。

2017年から、JCCCに寄贈された工芸美術品などをアーカイブ化するのを手伝っていましたが、COVID禍が始まり長い間中止になっていました。毎月のニュースレター発送も手伝っています。時々JCCC内の作業なども手伝っています。

JCCCでのボランティア経験を一言で表すと?

関わる



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.

A Place of Pride has a New Home!

A Place of Pride, the 2019 panel exhibit celebrating the building of 123 Wynford Drive, has moved! The seven main panels of the exhibit are now on the North wall of the Heritage Lounge. Andrew Danson Danushevsky's 2005 Face Kao exhibit will be refurbished and rotated through another space within the Heritage Lounge. Please come and visit these important exhibits in their new homes.



健やかな老後をめざして その59 - 寒い時期は脳卒中に注意!

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)

新春のお慶びを申し上げます。2023年が皆さまにとってお健やかで幸多き日々でありますようお祈り致します。

さて、寒い季節に起こりやすいのはやはり脳卒中です。脳卒中とは「脳梗塞、脳出血とクモ膜下出血」の総称です。まず、本章では脳梗塞を取りあげます。脳梗塞とは「動脈硬化や心臓に原因があって脳の血管に血栓が詰まる病気」です。血栓は、高血圧などが原因で動脈硬化が起こり、血液中のコレステロールなどが血管壁に入り込んでプラーク(かたまり)を作り、それを覆う被膜が破れて血液に触れると血小板などが固まることにより形成されます。プラークがその場の血流をせき止めたり、はがれて血流に乗って移動し、他の場所の血管を詰まらせます。

脳血管の動脈硬化によって起こるものには、脳の奥の細い血管に血栓が詰まる「ラクナ梗塞」、脳の比較的太い血管に血栓が詰まる「アテローム血栓性脳梗塞」の2つのタイプがあります。

心臓から運ばれた血栓が脳に詰まる「心原性脳塞栓症」の場合は、脳内にできる血栓よりも比較的大きく、太い血管を詰まらせるために広範囲に障害が起き、重症化しやすいのが特徴です。また、「突然詰まる」のも特徴です。その主たる原因は心房細動です。高齢になるほど心房細動の発症率は高まります。心房細動は症状の無いことが多くて発見が難しいですが、普段から脈をとることでチェックすることができます。リズムに乱れがあれば、ホームドクターに相談しましょう。

脳梗塞が起きると、様々な症状が現れます。しかし、6つのサイン(BE

FAST:早くしよう!)が早期発見のポイントになります。B(Balance)は身体のふらつきです。突然に身体のバランスを失います。E(Eye)は見え方の異常です。片側あるいは両側の目の視野が欠けたりします。F(Face)は顔の麻痺です。「イーと言った時に片側の口角が上がらなければ、その側に麻痺がある」と考えられます。A(Arm)は腕の麻痺。「目を閉じて、手のひらを上に向け、両腕を前に伸ばす。片側の手のひらが内側に回ってきたり、腕が徐々に下がってきた場合は、その側に麻痺がある」と考えられます。S(Speech)は言葉の障害。「ろれつが回らない、言葉を理解できないために話せない、短い文(例:雪が降っています)をうまく言えない」などが現れます。T(Time)は時間の重要性です。すぐに救急車に連絡し、発症時刻を伝えます。

治療開始までの所要時間によって治療のチョイスが変わります!基本的には、4時間半以内であればt-PA(血栓を溶かす治療)、24時間以内であれば血管内治療(カテーテルを挿入して摘出/吸引)が行われます。これらの治療を受けることができれば、回復率は高まります。

脳梗塞の症状が起きても、しばらくすると症状が消えること(TIA:一過性脳虚血発作)があります。その後に本格的な脳梗塞が起きることが多いために「脳梗塞の前触れ」と言われています。TIAを見逃さず、すぐ受診することが、あなたの命を守ることになります。(次号へ続く)



DONATIONS

DONATIONS TO THE JCCC

AS OF DECEMBER 31, 2022

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	10	Ms. Chris Kurata	100	Ms. Martha Arima	60
Anonymous	1,000	Mr. & Mrs. Paul Kuwahara	100	Ms. Meredith Best	15
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In honour of The Otani Family		Mr. & Mrs. Takehiko Yoshida	1,000	the JCCC Kendo Club	
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				Mr. Bruce Matsubayashi	25

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Mrs. Katharine Matsumoto	100
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In memory of Kay Mende

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In memory of Kimi & Yoshiko Fukushima

Ms. Joy Fukushima	200
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In memory of Lane Minoru Nagata

Ms. Robin Tohana	50
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In memory of loved ones

Mr. Roy Sato	100
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In memory of Mary Masae Yamada

Mrs. Marie Hirano	50
Mr. Jim Kobayashi & Ms. Karen Yamada	150

In memory of Melvyn Noricazu Tsuji

Mr. & Mrs. Chris Hope	100
Mrs. Ki Kitamura	50
Mr. Bud & Mrs. Judy Madokoro	50

Ms. Katlynn Mills	50
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Ms. Eva O'Brain	50
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Ms. Donna Tsuji & Mr. Michael Jackman	200
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Ms. Patricia Tsuji	200
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Mr. Art Yamamura	50
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Ms. Mariko Uda	200
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In memory of Mitsugu Oki

Ms. Mariko Uda	200
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In memory of Morio, Fumiko & Akemi Kumagawa

Ms. Sally Kumagawa	500
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In memory of Pollie Yasuko Nishino

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Ms. Joanne Yano	50
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In memory of Rokuro Abe

Mr. Stephen Hill	100
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In memory of Rosa Kimoto

Ms. Gloria Kobayashi	
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In memory of Rosa Kimoto & Pollie Nishino

Mrs. Christine Peter	
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In memory of Sanaye Inouye

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Ms. Marg Hembruff	100
Ms. Yoko Oikawa	50
Mr. Hiroshi Taniguchi	30
Mr. James Tetaka	100

In memory of Shirley Edamura

Mr. Henry Edamura	2,000
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In memory of Sue Sumi Kai

Anonymous	40
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Mrs. Sherry Adachi and family	200
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Mr. & Mrs. Chris Hope	100
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Mr. George & Mrs. Barbara M. Iwata	100
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Ms. Gail A. Kondo	50
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Mr. & Mrs. Harry Nagata	50
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In memory of Mr. & Mrs. T.E. Nishioka

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In memory of Terry Adachi

Ms. Kathy Adachi	560
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Sumie Exhibit	
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In memory of Terry Nakamoto

Ms. Robin Tohana	50
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In memory of Theresa Michiko Sano

Ms. Debbie Katsumi	25
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In memory of Tom & Sumie Takashima

Mr. Darrell & Mrs. Donna Curry	150
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Ms. Joyce Meehan	50
Mr. & Mrs. George Sasaki	25

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Ms. Jennifer Yonemitsu	50
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Chris Kano Taiko Studio

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Mr. Clayton Gyotoku & Mrs. Jessie Ebata	500
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Ms. Elizabeth Nagata	500

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In memory of Joan Sasaki		In memory of Minoru Yatabe		Mr. & Mrs. Norman Okawa	150
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In memory of Toru Idenouye					

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)	Keiko ICHIDA
In Memory of Mother Hiroko Fukushima	Yumi ICHIDA
Jiro Fukushima	Robert Yasuharu & Shizuko Hosui
Clayton Gytoku and Jessie Ebata	Kadoguchi
Chinatsu ICHIDA	Lucas, Sayaka, and Emika Koolma
Hiromi ICHIDA	In Loving Memory of the Shichitaro and Naka Nagata family
	Dr. Seiko Shirafuji

Mr. Douglas Dwyer

Groups

Checkmate Development
Crow Creek Settlement Reunion
Hanayagi Essay Group

DONATIONS TO THE JCCC FOUNDATION

AS OF DECEMBER 31, 2022

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

General

Mr. & Mrs. S. Kamo	500,000
Mr. Howard Ho Wun Wong	5,000
JERF	
Mrs. Doreen Oyagi	10,226



JSS プログラム:2023年2月

2022年第23回ホリデードライブ

2022年に実施した「第23回ホリデードライブ」プログラムに多大なご協力、ご援助をいただき、厚く御礼申し上げます。結果報告は[JSS ウェブサイト](#)をご覧ください。

2023年2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) 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。

「アドバンス・ケア・プランニング(ACP)」

2月8日(水) 15時 英語

私たちは、将来、医療や介護についての様々な決断を迫られるかを知ることとはできません。しかし、生活の質とは何か、どのような価値観や希望を医療上の決断に繋げていくかについては知っているのではないでしょうか。今回のセミナーでは、アドバンス・ケア・プランニングについて詳しく説明していきます。※詳細・お申込みは[JSSウェブサイト](#)、またはprograms@jss.caまで

「遺言執行人の仕事とは?」

2月22日(水) 14時45分(英語)、15時半(日本語)

あなたが他界した後に、遺言内容を実現する遺言執行人(Executor)の仕事には、大きな責務を伴います。それでは、実際に遺言執行人に任命された人はどんな仕事をしなければならないでしょうか。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再びお迎えし、遺言執行人の仕事について深く掘り下げてお話しいただきます。

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

(2)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 2月1日(水)「メガネケースを作ってみよう」

編み物 2月15日(水)「冬の小物を編んでみよう」

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。

2月22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6期:1/17~2/28 *2/21を除く)

※お問合せはsenior.yoga@jss.caまで。

The 23rd Annual Holiday Drive

Thank you so much for your generous support to our 2022 Annual Holiday Drive. Visit [our website](#) to see the result report.

Check out our upcoming February 2023 programs and events! *Pre-registration required. Visit [our website](#) 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.

Advance Care Planning (ACP)

Wed. Feb 8, 3pm (English)

We cannot know what future healthcare decisions we may face, but we do know what quality of life means to us and what values and wishes inform our health care decisions. Information in this talk includes: What is Advance Care Planning (ACP)? Who is your Substitute Decision Maker (SDM)? What should you talk about with your SDM?

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

Learning about the duties of an Executor of a Will

Wed. Feb 22, 2:45pm (English) & 3:30pm (Japanese)

In this seminar, an estate lawyer Nozomi (Zoe) Smith, who regularly speaks at our annual POA & Will seminar, will take a deep dive into the duties of an executor. This is a valuable opportunity for those who will leave a will and those who are named as an executor of someone's estate to learn about the duties of an executor.

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

(2) JSS Regular Online Programs (in Japanese)

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

*RVSP at craftclub@jss.ca

Sewing – Feb 1 “Let’s make a Glasses Case ”

Knitting – Feb 15 “Let’s knit some winter accessories! ”

2. Hot Lunch Online Social Wed. Feb 22 (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

6th term: Jan - Feb *Contact senior.yoga@jss.ca



Spring Festival 2023 HARU MATSURI

Toronto's Annual Celebration of
Japanese Spring Traditions



Sat. Mar. 4
Sun. Mar. 5

12:00pm - 5:00pm

Enjoy! Delicious Japanese Cuisine
See! Hina Ningyo Dolls, Martial Arts and Dance
Experience! Traditional Music, Tea Ceremony
Arts, Crafts, and more!

Admission Free for JCCC members/children under 5
Family \$20 (Max. 2 adults/2 youth)
Adults \$8, Youth (5 - 16 yrs) \$5, Seniors (over 65) \$5
Cash sales - No ATM on site

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



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館



JCCC Spring Classes 2023

Registration starts February 1, 2023

TO REGISTER, VISIT JCCC.ON.CA, OR
EMAIL THE JCCC AT JCCC@JCCC.ON.CA

CULTURAL ARTS CLASSES

Ikenobo Ikebana - FLOWER ARRANGEMENT

Instructors - Betty Lou Arai, Teresa Issac

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

March 1 - 8 classes

Registration begins in February

Wednesdays 7:30pm-9pm

Thursdays 1pm-2:30pm

Fee

JCCC Member **\$90.00** (+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.

Hula

Instructor - Renee Siao



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.

Fee

JCCC Member **\$75.00** (+HST)

Accepting previous enrolled students only.

Schedule

March 13 - 7 classes *Accepting previous enrolled students only.

Hula 1

Mondays 6:30pm-8pm

Hula 2

Thursdays 7pm-8:30pm

Sumi-e - BRUSH PAINTING

Instructors - Hiroshi Yamamoto, Neli Jordanova



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.

Schedule

March 22 - 8 classes

Registration begins in February

3 years experience and up

Wednesdays 10:30am-12pm

All levels (including Beginner)

Wednesdays 1:30pm-3pm

Fee

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

Starter Kit is available at the JCCC Reception

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

March 7 - 10 classes

Registration begins in March

Tuesdays 10am-12pm

Fridays 1pm-3pm

Fee

JCCC Member, Senior **\$65.00** (+HST)

JCCC Member, Adult **\$95.00** (+HST)

Materials are extra and payable to the instructors.

Japanese Language For Adults - ONLINE & IN-PERSON

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

Schedule

May - 10 classes

Registration begins in April

IN-PERSON

Beginner 1, 2, & 3, Intermediate 1

Tuesdays 7pm-9pm

ONLINE

Beginner 1, 2, & 3

Wednesdays 7pm-9pm

Intermediate 1, 2, 3 & Conversational

Thursdays 7pm-9pm

Fee

JCCC Member **\$130.00** (+HST)

Textbooks

Beginner I, II, III - Japanese for Busy People Vol. 1 (Japanese Kana Version, 4th Edition)

Intermediate I, II, III - TBD

Conversational Japanese - no textbook required

Textbooks can be purchased at the JCCC Gift shop for \$55 (Members can receive 10% discount)



Chado - URASENKE - TEA CEREMONY - THE WAY OF THE TEA SUNDAYS 1PM-4PM NOT ACCEPTING NEW STUDENTS FOR THIS SESSION.

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

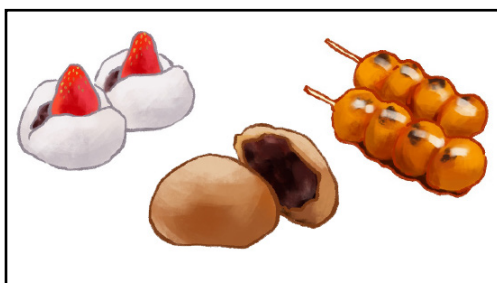
This course is for people who have previously taken any JCCC Chado course. Class instructions will be adapted to the level of experience for students.



Sogetsu Ikebana

Registration begins in March

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.



Manju

MONDAYS 7PM-9PM

Registration begins in March

Learn to make Japanese rice cake sweets.

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





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
Seminars • Conferences
Conventions • Craft Shows
Film Screenings • Performances • Fashion Shows
Contact: 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 #19
Uncovering the life of a cultural trailblazer
Author Kyo Maclear explores the life of Cyo's Yukana in her new children's book.
Summer Reading List #19

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 Ahe Contributor

East meets West on the runway at Anime North's Kimono Fashion Show
Scott Tak Contributor
TOSHIOYUKI — Every year thousands of anime and manga fans flock to Anime North in...

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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