

JAPANESE CANADIAN
CULTURAL CENTRE



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2023年4月

Vol. 49 Issue 4

MR HIRAMATSU, MR KANDA, MR KAWASHIRI AND MR KAMEOKA AT SEAWAY CONFERENCE, APRIL 1962.



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RACCOONS
墨絵ワークショップ「狸」

JCCC BAZAAR
JCCCバザー

TAIKO WORKSHOP
太鼓ワークショップ



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担当スタッフに直接ご連絡(スタッフリストはこちら)、又は、jccc@jccc.on.caまでEメールをお送りください。

一般的なお質問は、**416-441-2345**内線222に電話、メッセージを残してください。開館時間内(月～日、午前10時～午後5時)にご連絡ください。

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

The submission deadline for the next issue is:

Wednesday, April 5, 2023.

次号締切日: 2023年4月5日(水)

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 Club ・ ウインフォードシニア

Wednesday April 5 & 19, 10:30am
Wednesday May 3 & 17, 10:30am
4月5, 19日(水) 午前10時半
5月3, 17日(水) 午前10時半

Good Friday - JCCC Closed

グッド・フライデー - JCCC閉館
Friday April 7 ・ 4月7日(金)

Sumi-e Workshop - Raccoons

墨絵ワークショップ「狸」

Saturday April 15, 9:30am to 12:00pm
4月15日(土) 午前9時半～正午

See sumieartistsofcanada.org for details.
詳細は sumieartistsofcanada.org でご確認ください。

April Film Screening ・ 4月のマンスリー映画

Thursday April 20, 7:00pm ・ 4月20日(木)午後7時
Shin Ultraman - See [page 6](#) for details.
シン・ウルトラマン - 詳細は[6頁](#)をご覧ください。

JCCC Bazaar ・ JCCCバザー

Saturday May 6, 12:00 to 4:00pm
5月6日(土)、午後12時～4時

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

Sakura Gala ・ サクラガラ

Saturday May 13 ・ 5月13日(土)
See [page 10](#) for details. 詳細は[10頁](#)をご覧ください。

Taiko Workshop ・ 太鼓ワークショップ

Tuesday May 16, 7:30 to 9:00pm
5月16日(火) 午後7時半～9時

See [page 8](#) for details. 詳細は[8頁](#)をご覧ください。

Victoria Day - JCCC Closed

ビクトリアデー - JCCC閉館
Monday May 22 ・ 5月22日(月)

Kyohei Sorita - Piano Concert

反田恭平 - ピアノコンサート

Wednesday May 24 ・ 5月24日(水)
See [page 7](#) for details. 詳細は[7頁](#)をご覧ください。

Doors Open Toronto ・ ドアズオープン、トロント

May 27 and 28, 10:00am to 5:00pm
5月27日(土)、28日(日) 午前10時～午後5時

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で確認してください。

ライブラリーでは閲覧日、貸出日にお手伝いくださるボランティアを募集しています。ご興味のある方(要、日本語)はharukoi@jccc.on.caまでご連絡ください。

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。

Kintsugi Exhibit ・ 金継ぎ展示

EXTENDED until May 17, 2023 ・ 開催期間延長 5月17日まで

JCCC Gallery ・ JCCCギャラリー

Déjà Vu split perception as one

Photographs by Shin Sugino

Part of the Scotiabank Contact Photography Festival

デジャヴ 既視感について

杉野信也 写真展。コンタクトフォトフェスティバル参加展示

May 1 to July 28 ・ 5月1日～7月28日

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).

担当者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。

O-Hanami ・ お花見

O-Hanami (お花見) literally means "flower viewing", however, it commonly refers only to cherry blossom viewing. Because their life is very short, cherry blossom viewing is easy: Simply take time to enjoy the intensity of the many blossoms by looking at a single tree or a group of trees. From a distance, the trees appear as beautiful clouds, while the beauty of single blossoms can be enjoyed from a close distance. Cherry blossoms are a symbolic flower of the spring, a time of renewal, and the fleeting nature of life. Their beauty peaks after around two weeks and the blossoms start to fall.

During cherry blossom season, it is typical to have hanami parties—cherry blossom viewing parties where visitors can sit and enjoy the view of the cherry trees while enjoying a picnic with friends. Hanami parties have been held for thousands of years in Japan.

The Japanese Canadian Cultural Centre has more than 60 trees on site, on the east, south and west sides of the building, with more to come this spring. Some of the trees were gifted to us the Sakura Project, an initiative of the Consulate-General of Japan in Toronto. The rest were planted by Shieido in honour of their 150th Anniversary.

Typically, our trees blossom in late April through early May. For 2022, peak viewing season was May 4 to 13. From now until through the end of viewing season, the JCCC Giftshop will have a selection of sakura themed items. If you are coming to the JCCC to for O-Hanami, consider coming into the building to visit NAKAMORI for a light snack, or to see Strength in Sixty Sakura, our 60th Anniversary Art Installation by Elysha Rei.

While you are here we ask that you respect all posted signs and use proper O-Hanami etiquette:

- Be respectful of these delicate trees. Please do not pull or shake branches. Do not pick blossoms. Do not climb trees or stand on their roots.
- Please do not leave garbage in the area. Leave the area beautiful for the next visitors to enjoy.
- Please park only in designated parking spots. Do not stop your vehicle in the laneway or stand in a place that may put you, or others in danger.



NAKAMORI

April 5 @11am, JCCC Kiosk

4月5日午前11時、グランドオープン

The highly anticipated reopening of the JCCC kiosk will take place this April and will be operated by NAKAMORI.

Business Hours: Wednesday – Sunday 11am - 7pm

Japanese Foods/Sweets/Coffee/Tea/ more

待ち望まれたJCCC キオスク、新オーナーで再開です！

営業日: 水曜日から日曜日

営業時間: 午前11時から午後7時まで

和食・お菓子・コーヒー・お茶・その他





Musical “Naomi’s Tree”

by KARAKORO

Performing Arts group, KARAKORO (Osaka, Japan), who gave audiences a great impression with Eisa show at the JCCC back in 2013, 2014, and 2015, will come back to the JCCC for a musical performance this summer.

Based on the picture book “Naomi’s Tree” by Joy Kogawa, Yoko Matsui, director of KARAKORO stage adapted it to a musical. The story is about Naomi, a Japanese Canadian girl who lost her mother in the atomic bombing during World War II when Japan and Canada were at war.

It is a fantasy, with everyone except the main character, Naomi, being an insect or an animal. The story is filled with the hope that everyone will remember Naomi and reflect on the beauty of a peaceful world and the tragedy of war.

Message from Yoko Matsui, director of KARAKORO

We are very happy and proud that JCCC in Toronto is the place where Karakoro is going to perform overseas again after a long interval. I am also looking forward to meeting Joy Kogawa, the author of “Naomi’s Tree.”

KARAKORO is a performing arts group in Osaka Japan and they perform in Japan and internationally. The group has performed three times at the Japanese Canadian Cultural Centre in 2013, 2014 and 2015.

Date: Thursday, August 17, 2023

Ticket sales will start from May 2023. Details will be in May newsletter.

KARAKOROミュージカル「Naomi’s Tree」

2013年から2015年の三年間、EISAの舞台で観客を湧かせたKARAKOROが今年の夏ミュージカル公演でJCCCに旋風を巻き起こします。

ミュージカルはジョイ・コガワさんの原作本“Naomi’s Tree”をミュージカル化した日系ヘリテージ、世界平和にもつながる作品です。

以下、KARAKOROの舞台ディレクター、松井洋子さんからのメッセージです。

物語は第二次世界大戦で日本とカナダも戦争になり、母親を原爆で亡くした日系カナダ人の女の子ナオミの話です。

主人公のナオミ以外は皆虫や動物で、ファンタジーです。誰もがナオミを思い出すたびに平和な世界の美しさ、そして戦争の悲惨さを考えめぐらせてほしいとの願いが込められています。

からころが海外での舞台活動を久しぶりに再開させるのが、トロントのJCCCであることをとても嬉しく誇りに思っています。そして、「Naomi’s Tree」の原作者であるJoy KogawaさんとJCCCでお目にかかることをとても楽しみにしています。

日： 8月17日(木)夜公演

チケットセールスは5月よりスタート。詳細はニュースレター5月号にて。





SHIN ULTRAMAN シン・ウルトラマン

Thursday April 20 at 7:00pm

Admission
\$8.85 +HST (\$10) JCCC member
\$10.62 +HST (\$12) General

“As good as the action scenes may be, the best thing about Shin Ultraman is the way it gives us reasons to care about the characters at the center of the story instead of just the spectacle.” – Film Inquiry

Japan’s biggest tokusatsu-vs.-kaiju series gets a revival courtesy of Hideaki Anno and Shinji Higuchi, the team behind Shin Godzilla, to bring a new, more modern take on Ultraman. When giant Kaiju start attacking Japan and conventional weapons are ineffective, the government gathers specialists and establishes the “Kaiju Special Countermeasures Office Task Force” led by Kimio Tamura (Hidetoshi Nishijima), Hiroko Asami (Masami Nagasawa), and Shinji Kaminaga (Takumi Saitoh), a man who can transform into a hero the size of a giant: Shin Ultraman!

“Shin Ultraman” is essentially a kid-friendly parable about how surreal and labyrinthine our world seems when contrasted with the child-like simplicity of a mute hero who can grow really tall and shoots lasers from his karate-chopping hands. “Shin Ultraman” is also a superior giant monster movie, replete with colorful reptilian and squid-like monsters” – [RogerEbert.com](#)

It has received eight nominations at the 46th Japan Academy Awards, including Picture of the Year and Director of the Year. Great family-friendly fun with a stellar cast.

Starring: Takumi Saito, Masami Nagasawa, Hidetoshi Nishijima, Soko Wada, Daiki Arioka, Akari Hayami



Kyohei Sorita, Solo Piano Concert

In the Kobayashi Hall

The Japanese Canadian Cultural Centre is partnering with Bravo Niagara! Festival of the Arts to proudly present the Ontario debut of internationally-acclaimed pianist Kyohei Sorita in celebration of the Japanese Canadian Cultural Centre's 60th anniversary.

One of the most sought-after pianists of his generation, Kyohei Sorita is the winner of the Silver Medal at the prestigious 18th International Chopin Piano Competition (2021) in Warsaw. This is the highest prize for a Japanese-born pianist since Mitsuko Uchida's second prize in 1970. In the coming season, invitations will take Mr. Sorita to the Munich Philharmonic Orchestra (originally under Gergiev, now under Payare), to Poland, Australia, and Austria (Tonkünstler Orchestra) and on a tour with the NDR Elbphilharmonie Orchestra under Alan Gilbert.

In 2020 he gave his debuts in Paris and at the Vienna Musikverein to much acclaim. His orchestra collaborations include Deutsches Symphonie-Orchester Berlin, RAI National Symphony Orchestra, Mariinsky Theatre Orchestra, Warsaw National Philharmonic Orchestra, Russian National Orchestra, Tonkünstler-Orchester, NHK Symphony Orchestra, Yomiuri Japan Symphony Orchestra, and Tokyo Metropolitan Symphony Orchestra.

Mr. Sorita is also the founder, producer, and conductor of the Japan National Orchestra.

Program

- CHOPIN Ballade No.1 Op.23
- CHOPIN Ballade No.2 Op.38
- CHOPIN Ballade No.3 Op.47
- CHOPIN Ballade No.4 Op.52

INTERMISSION

- SCRIABIN Fantasy in B minor Op.28
- RACHMANINOFF Prelude in D major Op.23 No.4
- RACHMANINOFF Piano Sonata No.2 Op.36

TICKETS

General admission:

\$60

JCCC Members and
Bravo Niagara! Members

\$50

HST not included



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Bravo Niagara! Maestro Series Sponsor: Audi Niagara

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Bravo Niagara! Festival of the Arts is a not-for-profit organization based in the Niagara region. For more information about their concert series and new production Kimiko's Pearl, visit bravoniagara.org.

TICKETS CAN BE PURCHASED AT

[HTTPS://JCCC.ON.CA/EVENT/2023/05/KYOHEI-SORITA-PIANO](https://jccc.on.ca/event/2023/05/kyohei-sorita-piano) OR BY CALLING 416-441-2345.

Martial Arts News



Once again we would like to express our appreciation for the effort that all Martial Arts participants have been making since we reopened the programs in the Fall of 2022. The Martial Arts Administrative Team receives a lot of feedback from our staff and each individual Martial Arts program both from participants and from the teaching staff. We are always trying to find ways to make the JCCC Martial Arts experience better for all involved.

One area where we received a lot of feedback regarded the 2022 Summer classes. Many of you expressed concerns about paying for classes when you were on holidays or paying for reduced availability of classes. To accommodate these concerns, the JCCC is introducing a new Summer Fee Schedule. This new fee will include the reduction of the price of classes for the months of July and August by 50%.

You will still pay a flat fee for your Series, fees will still need to be paid during the Series registration time and we will not be processing partial Series payments. But everyone will benefit from these reduced fees.

Please check the Starting Martial Arts page for the listing of the new Summer Fees.

Cooking for Active Seniors

A new JCCC class, Cooking for Active Seniors, is launching on Thursday April 20, 2023. This class focuses on cooking for one or two, how to use a main ingredient in several ways, using what is in your pantry and fridge, keeping food costs down, and food safety.

At each session participants will have the opportunity to prepare several recipes using one main ingredient in different ways, enjoy the end products together, and discuss other options for each recipe.

April 20 – Versatility of Roasted Chicken

You've purchased or roasted a whole chicken – now what? Participants will learn how to make an easy chicken cannelloni casserole, fajita, and chicken a la king for one or two persons.

To start, the classes will be bi-monthly and are limited to 16 participants. Registration is now open online or through Reception and closes on April 13, 2023. Cost is: JCCC members \$25.00 plus HST, non-members \$30.00 plus HST.

For information on future classes check the JCCC website.

TAIKO 1 day WORKSHOP

Tuesday May 16, 2023

The JCCC is excited to announce that we will be running the Taiko Workshop at JCCC. Kyowa Taiko performers introduce Taiko drumming and basic rhythm.

Date: Tuesday, May 16, 2023

Time: 7:30pm – 9:00pm

Fee: \$40.00 + HST for JCCC members / \$50.00 + HST for General

The registration begins on Saturday April 1, 2023. Register online at <http://bit.ly/3J7cEZB> or call 416-441-2345 for more information.



Mother Nature Questions JCCC's Spring Festival

On March 3rd, Mother Nature tried to remind everyone that it wasn't Spring yet by dumping 20+ centimetres of snow on Toronto. A big thank you to staff, volunteers and visitors who all persevered, shoveled out and made the trek to the JCCC. Haru Matsuri weekend was a success filled with food, performances, demonstrations, activities and fun.

A special thank you to Ozawa Canada for their generous donation to the event.

We hope to see you again next year!



Photos by Leon Balaban

JCCC Annual Bazaar

The JCCC Annual Bazaar committee is busy organizing our biggest one-day fundraiser of the year! So mark your calendar for Saturday May 6, 2023 from 12:00pm to 4:00pm. You don't want to arrive and find that all the best bargains are gone!!

As usual, the Annual Bazaar is a shopping extravaganza with great deals on gardening items, Japanese treasures, baked goods, etc., plus lots of white/pink elephant treasures and of course our Silent Auction with some great products to bid on.

There will also be lots of food for sale such as sushi, udon, tempura, manju - for take home or dining in while you take a break from your shopping spree.

If this is your first time attending, remember to stop at the bank on the way over. Most sales are cash only and we don't have an ATM on site. Don't let a lack of ready cash hold you back from getting that fabulous bargain!

Please come and support your JCCC!

We welcome donations of all kinds – baked goods (including cakes, pies, cookies, squares, etc), Japanese food (including manju, sekihan, chirashi, bentos, etc), white elephant, new products, etc. Non-perishable donations can be dropped off at the JCCC reception desk anytime. Perishable donations that can be refrigerated can be accepted on May 5th and 6th.

If you have any questions or need more information, please contact Christine Takasaki at christinet@jccc.on.ca.

Date: Saturday May 6, 2023

Time: 12:00pm - 4:00pm

Admission: Free



SAVE THE DATE



ELEVENTH
SAKURA GALA

SAKURA GALA 2023

Honouring

NIKKEI LEGENDS IN CANADIAN SPORT

Saturday May 13, 2023

BILL HATANAKA



VICKY SUNOHARA



NICK SUZUKI



The Sakura Gala is an elegant evening recognizing exceptional contributions made by individuals to the promotion and exchange of Japanese culture and enhancing awareness of Japanese Canadian heritage within Canada and abroad. The evening features a gourmet dinner, auctions, entertainment and the presentation of the prestigious Sakura Award. This year it will be held on Saturday May 13, 2023 at the JCCC in Toronto.

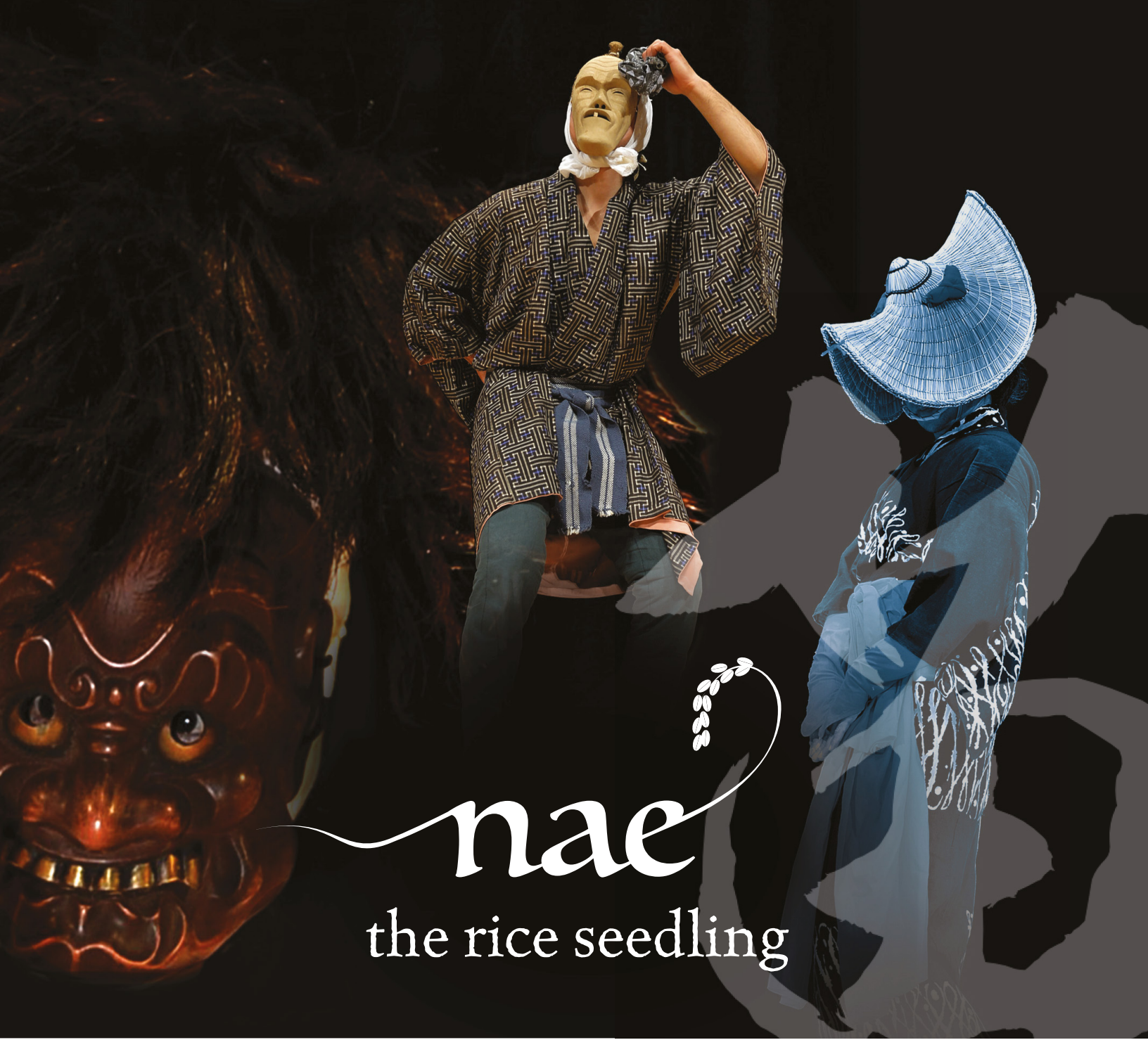
The 2023 Sakura Award will be presented to three Japanese Canadian legends in the Canadian sports community - CFL Grey Cup record-holder **Bill Hatanaka** (Ottawa Rough Riders), three-time Olympic medalist in women's hockey **Vicky Sunohara** and the Montreal Canadien's captain **Nick Suzuki**. All are exceptional role models that continue to inspire great pride in the community. The keynote speaker is **Bobby Webster**, Japanese American general manager of the NBA's Toronto Raptors.



6 Garamond Court, Toronto, ON
www.jccc.on.ca



FOR TICKETS, VISIT [HTTP://BIT.LY/3JB8HR3](http://bit.ly/3JB8HR3) OR THE JCCC WEBSITE.



nae

the rice seedling

Harbourfront Centre Theatre May 5 8pm | May 6 2pm & 8pm | May 7 2pm

'Nae' (which translates to The Rice Seedling) is a new, groundbreaking musical and theatrical work by Toronto-based composer Kokichi Kusano, featuring traditions of Japanese music and theatre for the modern stage. The NAE Project is a team consisting of actors, musicians, and production members from across Ontario, Quebec, and Japan.

In the 13th century Japan, misery and suffering consume the land, which is gripped in a famine of historical proportions. A lonesome monk, diligently serving prayers to the dead, as they float away down the river, is soon to discover the mysterious forces between which the fate of mortals are balanced.

\$6 off the price of regularly priced general admission for JCCC members using promo code 60YEARS

For more information and to purchase tickets www.naeproject.ca





National Volunteer Week ・ ボランティア週間



During National Volunteer Week, April 16- 22, 2023, we celebrate our volunteers – the time, talent and energy they share to strengthen the JCCC community. We wish to offer a big THANK YOU to all of our volunteers, from the past and the present, for your amazing generosity and dedication. Because of your continued support, the JCCC can carry out its mandate of promoting Japanese culture and Japanese Canadian heritage.

Interested in joining our volunteer team? Scan this QR code!

4月16～22日は国のボランティア週間です。JCCC とコミュニティの為に、常日頃貴重な時間やスキル、情熱を提供して下さるボランティアの皆様、尊敬と感謝の意を表したいと思えます。現在ご活躍中の方々はもちろんのこと、創設以来JCCC でボランティア活動を行なって来られたすべての皆様、皆様の寛大な精神に心から感謝申し上げます。ありがとうございます。皆様のご支援無くしては、日本文化と日系カナダ人の歴史の伝導という使命を成し遂げることは不可能です。

ボランティアの仲間に入りませんか? 詳しくはQRコードをスキャンして下さい!

Strength in Sixty Sakura

The JCCC 60th Anniversary Exhibit Team is pleased to announce that Strength in Sixty Sakura by Elysha Rei has been selected as our 60th Anniversary Art Installation.

Elysha Rei is a Japanese Australian artist that explores narratives of cultural identity, site-specific history and environmental elements through paper cutting and public art. She is currently undertaking a PhD at QUT exploring how Nikkei Australian artists navigate their identity through creative arts practice. Rei has created and exhibited work, curated exhibitions and managed cultural spaces across Australia, Japan, New Zealand, Netherlands, Thailand and the US. She has been an invited artist in residence for Museum of Brisbane, Artspace Mackay, and Barcaldine Arts Council. In 2018, she was the recipient of an Asialink Arts Creative Exchange in Japan. From February to April 2023 Rei will be an artist in residence in Victoria BC, Canada, as part of the Past Wrongs Future Choices global project.

Of her concept, Rei says “In Japan, the Sakura cherry blossom represent resilience and re-birth; a poignant connection to the JCCC’s 60th anniversary in 2023.” The beautiful installation of 60 hand-cut paper sakura blossoms will be installed at the end of April and will be a featured installation throughout our 60th anniversary.

Elysha Rei will be part of JCCC’s visual art programming for Nuit Blanche Toronto in 2023.



Coming Soon - Alexa Hatanaka at the JCCC

Coming up this fall will be an exhibition of the work of Alexa Hatanaka. She will be showing new paper-based work inspired by her time in Japan at Kashiki Seishi, a generations-old washi mill in the famous Tosa Washi region. Alexa will also be working with Taiko drummers and Japanese dancers to create a performance using some of her wearable paper art pieces.

Alexa Hatanaka will be part of JCCC’s visual art programming for Nuit Blanche Toronto in 2023.



Two worked photographed in Tokyo, Japan: Noren for Neko, naturally dyed, sumi ink painted, gyotaku-printed and patchworked washi & Mist Walker Tie, naturally dyed, sumi ink painted, relief-printed, konnyaku-starched and sewn, patchworked washi, photo by: Johnny Nghiem.



Kintsugi Extended until May 17, 2023

The music and visuals of *Kintsugi* filling the Moriyama Nikkei Heritage Centre is here to stay until May 17, 2023. Come into the JCCC for a final chance to experience the art installation created by artists Brian Kobayakawa (also known as Brava Kilo) and Annie Sumi. You can also listen to the artists discuss the creation process with Tom Power on CBC Radio's flagship arts & culture show "Q" here: www.cbc.ca/listen/live-radio/1-50/clip/15949042

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Déjà Vu

by shin sugino "split perception as one"

May 1 to July 28, 2023



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館
6 GARAMOND COURT TORONTO ON, M3C 1Z5

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AS OF MARCH 3, 2023

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Mr. Brian Kai & Ms. Deidre Piercey	500
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APRIL 1, 2020 TO PRESENT

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 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

Register for the JCCC Japanese Language Program for Adults!



You have always dreamed of being able to learn the basic Japanese you will need for your trip in Japan. Looking to learn or improve your Japanese? JCCC Japanese Language Program can help you. Our Spring session will start in May.

Please go to our web page to find the schedule and register, <https://bit.ly/3WFtAwj> or call 416-441-2345.

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 Art of Kintsugi: Learning the Japanese Craft of Beautiful Repair [Physical Book] by Alexandra Kitty

- Learn how broken pieces can be transformed into new works of art!

Samurai 7 [Blu-ray & DVD] directed by TAKIZAWA Toshifumi

- Inspired by the animated re-imagining of world-renowned director KUROSAWA Akira's masterpiece *The Seven Samurai* set in a futuristic world!

J-Boys [Ebook] by OKETANI Shogo

- Slip back in time to the 1960s Japan with this *bittersweet* novel capturing the dramatic Westernization seen through the eyes of a 9-year-old boy!

Wandering Along the Way of Okinawan Karate [Ebook] by Giles Hopkins

- Martial arts not only teach physical skills, but also a philosophy of life!
and many more!

Access JF Canada Digital Library for ebooks and audiobooks: <https://libbyapp.com/library/jf>

Visit JFT Library for physical books and audio-visual materials: <https://tr.jpof.go.jp/jft-library-visitor-policy/>

To get a new library card or to renew your existing JFT Library card, please follow the instructions here: <https://tr.jpof.go.jp/library/collection-and-services/>



Information Exchange Meeting for Freelance Japanese Language Teachers

Online Event | Wednesday April 19 @ 1:00pm – 2:00pm (Eastern Time)

After briefly introducing some teaching materials under the theme of "Needs and Teaching Materials," we will have an exchange of information about textbooks, websites, and other teaching materials that you have used or are interested in. Participants will also receive teaching materials published by the Japan Foundation for free. Whether you are just starting out or have been a freelancer for a long time, please feel free to join us.

<https://jftor.org/event/language-teachers-freelance/>

JFT Online Language Events

55th 'Sawakai'

Topic: Let's try games we can use in the classroom! How to use the role distribution game

Online Event | Wednesday April 5 @ 6:00pm - 6:40pm (Eastern Time)

The JFT Online 'Sawakai' for Japanese Teachers is a place where teachers can share with others how their online classes are going. All topics are welcome, including if you have any ideas you would like to try out, anything you feel a little stuck on, etc. Why not take the opportunity to talk with other teachers from across Canada?

<https://jftor.org/event/sawakai230405/>



Nostalgia Night Returns August 19, 2023!!

Circle Saturday August 19, 2023 and save that date to attend the 16th Nostalgia Night honouring the 60th anniversary of the Japanese Canadian Cultural Centre.

Join us in catching up with family and friends, taking a walk down memory lane at the JCCC, exploring the 60th Anniversary JCCC exhibit, and of course – enjoying a delicious buffet of Japanese Canadian food favourites.

For those who like to plan in advance, registration will open June 1st and will be available both online and through Reception. A flyer with the information about the event and the registration form will be in the June newsletter as well as at Reception. This promises to be an exciting event and tickets are limited with no “walk-ins” accepted.

Registration fee will be: JCCC members 13 and over is \$30.00; Children 5-12 is \$5.00, and children 4 and under are free. Non-members fee for 13 and over is \$36.00. HST to be added to all prices.

Mark your calendars, get ready to register from June 1, 2023, and join us for this fun and delicious community event.

Bon Odori 2023

It has been a relatively mild winter and we are awaiting the arrival of spring. Celebrate spring’s arrival by learning Bon odori, Japanese folk dances, at the Toronto Buddhist Church. Obon is a Buddhist custom to honour one’s ancestors.

Everyone is welcome and step-by-step instructions are given. No experience is necessary but it’s best to attend from the beginning as new dances are introduced throughout the course of the practices.

Practices are held every Tuesday and Friday night starting Tuesday, April 18, 2023, from 8:00 – 9:30pm at the Toronto Buddhist Church and will continue until the Bon Festival. It will be held on Saturday, July 8, 2023, 7:00pm at the Japanese Canadian Cultural Centre. Please note that masks will be required in the TBC.

For more information, please contact the Toronto Buddhist Church.

Toronto Buddhist Church
1011 Sheppard Avenue West
416-534-4302 tbc@tbc.on.ca



黒板
KOKUBAN

Kokuban has reached it's 35th publication! This month, we will continue our exploration of Japanese businesses with Daria Murphy. As well, take a few minutes to listen to the Sedai interview of Tom Takashima. <https://mailchi.mp/jccc/kokuban-vol-4-issue-3>.

健やかな老後をめざして その61 - 高齢者の不整脈

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)

不整脈とは「心臓の行う律動的な収縮活動(拍動)のタイミングが何らかの原因で乱れた状態」です。高齢者における代表的なものは、期外収縮(脈が飛ぶ)、心房細動(脈が速くなる)と徐脈(脈が遅くなる)です。

異常に気づくためには日頃の状態を知っておくことが大切です。右利きであれば、左手首の付け根の辺り(親指側)に、右手の人さし指、中指、薬指の3本を当てます。少し押さえると脈がわかります。1分間、その回数を数えてみましょう。通常60~100回ほどです。何度か測定すると平均的な回数をつかめます。慣れてくると、強弱(指を持ち上げようとする拍動の力)やリズムの乱れ(消失、不規則など)がわかるようになります。

加齢とともに期外収縮は増えます。脈が消えた(飛んだ)ように感じたことはありませんか?健康な人にも起こることがあり、ほとんどの場合心配はいりません。誘因となる自律神経の乱れ、不規則な生活、過労やストレス、アルコールやカフェインの摂りすぎ、喫煙などに注意し、もし気になる症状があれば受診しましょう。

心房細動の場合、心房の周囲で異常な電気信号が発生し、1分間に400~600回震えます。即いのちに関わることはありません。しかし、心房が細かく震えると血液を十分に送り出せなくなり、心房内の血液がよどんで血栓ができやすくなり、その血栓が脳まで運ばれて脳梗塞が起こるリスクがあります。75歳以上では、高血圧や糖尿病などの要因と相まってリスクは高まります。また、心房細動が長期間続くと心室の収縮力が低下し、血液を全身に十分に送ることができなくなり、心不全の原因ともなります。脈の乱れ、動

悸やめまいなどを自覚しない人も多いので、脈をチェックした時「とても速い状態」が頻りにあれば、ぜひ受診しましょう!

心房細動と診断されたら、合併症予防のための薬物療法が行われます。脳梗塞の発症リスクが高ければ、血液を固まりにくくする抗凝固薬が処方されます。副作用として出血が起こりやすくなるので、消化管出血や脳出血などに注意します。また、心臓に負担がかからないように抗不整脈(目的:脈の乱れを防ぐ/心拍数を減らす)が処方されます。

薬だけで完全に抑えることができれば、心房細動の原因となっている心筋を焼く治療法(カテーテルアブレーション)が行われます。また、バルーンを使った新しい手法もあります。年齢、体力、進行度、本人の希望などを考慮し、それらの治療を実施するか否かが判断されます。

徐脈とは「心臓を動かす電気信号がうまく伝わらずに、拍動が1分間に50回以下になった状態」です。加齢に伴い、徐脈になる人は増えていきます。すぐに命に関わることはないのですが、自覚症状がなければ経過観察が基本です。しかし、脳への血流不足でめまいや失神が生じたり、息切れ、倦怠感や足のむくみなどの自覚症状が生じたりして生活に支障があれば、心臓の動きを助ける機器(ペースメーカー)を植え込む手術が行われます。心臓に留置する新しいカプセルタイプが開発され、感染、癒着や生活上の支障が少なくなりました。ただし、現在は携帯電話、電磁調理器、マッサージ器、MRI検査など、多種多様な電磁波機器に囲まれて暮らしています。電磁波による誤作動に要注意です!



Cover image - this month's cover image shows Mr.'s Hiramatsu, Kanda, Kawashiri and Kameoka looking over proposals for a new Japanese Canadian Cultural Centre of Toronto at the Seaway Conference in April of 1962. The Seaway Conference, held at the Seaway Towers Hotel, was to discuss plans for the building and activities to be held at 123 Wynford Drive. <https://mailchi.mp/jccc/kokuban-vol-4-issue-01>



JSS プログラム:2023年4月

2023年4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。

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

(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。

(1) e-Learning Series

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

Assistive Devices for Safety Wed. April 12, 3pm (English)

Falls are the leading cause of injury among older Canadians. With a variety of measures available to prevent falls, this seminar will feature experts in mobility aids and equipment to make the home a safer environment. You will learn about the major assistive devices, when it is a good time for people to consider getting an assistive device, how to use these devices safely and comfortably, how to maintain them, how to get an assistive device, and how to get government coverage (Assistive Device Program - Ontario) for their purchase.

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

「安全のためのAssistive Devices (補助器具)」

4月12日(水) 15時 英語

カナダの高齢者の怪我で最も多い原因は転倒です。様々な転倒予防策がある中、今回の講座では移動支援や自宅をより安全な環境にする器具を扱う専門家を招き、主要な移動支援、安全のための器具の紹介と選び方、器具の使用を考えるタイミング、安全・快適な使い方とメンテナンス、入手方法やオンタリオ州政府の補助金制度(Assistive Device Program) 等について学んでいきます。

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

Calm Your Mind Wed. April 26, 3pm (Japanese)

People may be stressed when things do not go as they would like. This can upset or worry us, make us impatient, or worse, make us sick. This seminar focuses on sharing ways to try controlling your mind while explaining underlying philosophies and techniques such as meditation and mindfulness.

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

「心を鎮める方法を学ぼう」

4月26日(水) 15時(日本語)

多くの方は、日々の生活の中で自分の思いに沿わない事が起きると様々なストレスを感じます。それが焦り、不安、いらいら、怒りなどを招き、病気につながってしまうこともあります。本講座では瞑想やマインドフルネス(止念観 しねんかん)について説明をしながら、ストレス時に自分の心をコントロールする方法について学んでいきます。

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

(2) JSS Regular Online Programs (in Japanese)

(2)レギュラーJSSオンラインプログラム(日本語)

1. かけはしの会オンライン交流会

発達障がいのお子さん(年齢不問)を持つ保護者の方のためのサポートグループです。応用行動科学療法コンサルタントが会を進行します。月1回開催。

※ お申込み・お問合せは、kakehashinokai@jss.ca または、416-385-9200 まで。

1. Kakehashi no Kai

Kakehashi no Kai is a monthly support group for parents raising children (of any age) who are neurodiverse. It is facilitated by a behaviour consultant. *Contact kakehashinokai@jss.ca for more details.

2. Single Mothers Support Group

A monthly support group for single mothers and those considering becoming single mothers to share information and experiences. It is facilitated by a registered social worker.

*Contact smmsg@jss.ca for more details.

2. シングルマザーサポートグループ

シングルマザーおよびシングルマザーになることを視野に入れている方々を対象とした、情報交換や経験談などを話し支え合うグループです。ソーシャルワーカーと一緒に進行します。月1回開催。

※ お申込み・お問合せは、SMSG@jss.ca または416-385-9200まで。

3. クラフトクラブ交流会 水曜日、10時半~正午

縫い物 4月5日(水)「簡単に作れる鍋つかみ」

編み物 4月19日(水)「お花のモチーフで遊ぼう」

※ お申込み・お問合せは、craftclub@jss.ca または416-385-9200まで。

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

*RVSP at craftclub@jss.ca

Sewing – April 5 “Easy-to-make pot holders”

Knitting – April 19 “Exploring Flower Motifs”

4. Nostalgic Japanese Song Singing Group

2nd and 4th Monday, 1:30-3:00 pm

This is a group where you can get together with people of your generation and sing songs together that everyone has sung at least once at their young age. *Contact utanokai_b@jss.ca

4. 懐かしい日本の歌を歌う会 第2・4月曜日、13時半~15時

同じ世代の方々と集まって、誰もが若いころに一度は歌ったことのある歌と一緒に歌う会です。※お申込み・お問合せはutanokai_b@jss.caまで。

4. やさしいシニアヨガ(第13期:3/13~4/24 *4/10除く)

ターム途中からの参加も大歓迎! ※お申込み・お問合せは、senior.yoga@jss.ca または416-385-9200まで。

5. Easy Senior Yoga (Term 13: Mar 13- Apr 24)

*Contact senior.yoga@jss.ca

The program provides seniors & pre-seniors (age 55+) the opportunity to enjoy a 60-min easy yoga session followed by a 30-min socializing time with fellow Japanese-speaking seniors.

5. ホットランチオンライン交流会 4月19日 10時半-正午

※お申込み・お問合せは、hotlunch@jss.ca または416-385-9200まで。

5. Hot Lunch Online Social Wed. April 19, 10:30am to noon

*RVSP at hotlunch@jss.ca

JCCC 2023

BAZAAR

Saturday May 6
12:00pm - 4:00pm

Featuring:

Baked Goods, Toys, Books,
White Elephant,
Japanese Tableware,
Silent Auction and
a Cornucopia of Bargains!!



Dining Room and Snack Bar
featuring
delicious Sushi, Udon, Manju, and much,
much more!

Cash Sales – No ATM on site

Help the JCCC help the environment. Please bring your reusable bags.

For more information, call JCCC at 416.441.2345



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館



**Enjoy our delicious
Japanese foods!!**

6 Garamond Court, Toronto
Don Mills and Eglinton, off Wynford Dr.
www.jccc.on.ca

The JCCC needs your help with the Annual Bazaar!

The JCCC is proud to be a premiere cultural facility and we are working hard on our re-opening since the Covid 19 pandemic closure. Our continued success relies heavily on fundraising endeavors such as our upcoming Annual Bazaar. The funds that we raise help to provide not only the programs that we offer, but also the facilities, including the dojos.

Donate*

- New items
- Gently used items (no clothing, please)
- Japanese items
- Baked goods, Pies and Cakes
- Japanese food

* All donations will be accepted **after March 15, 2023**, except food items which will be accepted May 5 and 6.

Volunteer

- As an individual or part of a group
- On May 5 or 6 or earlier

Check our website for all opportunities

Attend

On May 6, 12-4 pm
Bring:

Family
Friends
Neighbours

Spread the Word!



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館





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)
Parking available

“It feels good to know it’s all taken care of”

Completing your final plans is important for your family’s emotional and financial well-being.

Take the first step today by calling **416-900-3255**



Matthew Shintani



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Summer Reading List
A curated list of the best new books from Japanese Canadian and American authors this year
Summer Reading List P. 9

Uncovering the life of a cultural trailblazer
Author Kyo Maclear explores the life of Cyo-yokupana in her new children's book
Summer Reading List P. 10

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