

JAPANESE CANADIAN
CULTURAL CENTRE



1963 - 2023

MARCH
2023
2023年3月

Vol. 49 Issue 3

SPRING FESTIVAL, 1988



IN THIS ISSUE - VOL. 49 ISSUE 3

ARTIST TALK
アーティストトーク

SPRING FESTIVAL
春祭り
SEE PAGE 7 FOR DATES

MARCH FILM
3月のマンスリー映画



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For enquiries, please contact respective staff directly [see staff directory here] or email us at jccc@jccc.on.ca.
For general enquiries by telephone, please call **416-441-2345** during our operating hours (Mon-Sun, 10am-5pm).

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

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

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

The submission deadline for the next issue is:

Thursday, March 9, 2023.

次号締切日: 2023年3月9日(木)

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

Contents

3
4
5
6
7
7
8
9
12
14
15
17
18
19

What's On at the JCCC
Spring Cultural Classes
Nihoncha Event Recap
March Film Screening
Haru Matsuri Returns
Save the Date – JCCC Bazaar
Martial Arts Corner
Oshogatsukai Recap
Intro to Volunteer Hub
Heritage News
Donations
Japan Foundation Toronto
Community News
健やかな老後をめざして その60

Photo, right: KPMB Architects



What's On at the JCCC

Upcoming Events / 近日開催イベント

Haru Matsuri ・ 春祭り

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

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

March Film Screening ・ 3月のマンスリー映画

Thursday March 9, 7:00pm ・ 3月9日(木)午後7時

And Life Goes On - See [page 6](#) for details.

そして、生きる - 詳細は6頁をご覧ください。

Spring Cultural Class Registration ・ 春季クラス開始

Now Open ・ 3月開始

See [page 4](#) for details. 詳細は4頁をご覧ください。

JCCC Bazaar - Save the Date!

Saturday May 6 ・ 5月6日(土)

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

Artsu Matsuri Artist Talk

March 26, 2pm ・ 3月26日(土) 午後2時

See [page 14](#) for details. 詳細は14頁をご覧ください。

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
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。

Spring Cultural Class Registrations

Spring Class Registration is now open. Please follow the QR codes below for those classes that we have already announced. In addition, we would like to bring your attention to the following classes.

Ikebana-Sogetsu Spring 2023

The Joy of Creation! Ikebana-Sogetsu is one of the major Japanese flower arrangement styles. The registration begins on March 1, 2023.

**Dates: Saturdays,
April 22, May 20, June 17 (3 classes)**
Beginner & Intermediate level: 10:30am – 12:00pm /
Advanced level: 12:30pm – 2pm

Fees:

\$45 + HST for 3 classes

*Material Fee: \$84.75 (\$75+HST\$9.75) for 3 classes.

Payable to the instructor by cash or e-transfer on the first class.



FOR MORE DETAILS, VISIT OUR WEBSITE

Manju Workshop Spring 2023

Learn how to make Manju, Japanese traditional sweets from Chef Shoji.

Dates: April 10, May 8 (2 classes)

Fees:

\$80 + HST for JCCC members / \$100 + HST for Non-Members

*Material Fee: \$10.00 per day. Payable to the instructor by cash in the class.



FOR MORE DETAILS, VISIT OUR WEBSITE [HTTPS://JCCC.ON.CA/PROGRAMS/WORKSHOPS/MANJU](https://jccc.on.ca/programs/workshops/manju)

The very first Nihoncha Event in January was a big success!

Seminar participants who were able to join this rare opportunity learned all about Japanese tea and experienced true tastes such as Sencha, Genmaicha, Fukamushicha, Hojicha, gyokuro, and Matcha as well as authentic Wagashi sweets, Nerikiri.

Participants also enjoyed watching valuable demonstrations of tea leaf hand rolling and Wagashi making.

At Oshogatsukai (New Year's Festival), visitors joined a tea party that included "senchado otemae" presented by the grand master of Senchado, ta sted New Year's tea "Oofukucha, and also enjoyed "Hanabiramochi" sweets (that were freshly made that morning!).





SPECIAL SCREENING IN
COMMEMORATION OF THE 12TH
ANNIVERSARY OF THE TOHOKU DISASTER

AND LIFE GOES ON そして、生きる

Thursday March 9 at 7:00pm

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

Despite losing her parents at age three in a car accident, Toko (Kasumi Arimura), experiences an idyllic childhood thanks to her uncle, who raises her. She dreams of being an actress and, having had some local notoriety in her town, she is ready to take a leap of faith and travel to Tokyo to audition. But, as fate would have it, her hopes are dashed as her world and her country are turned upside down when Japan is struck by the Great East Japan Earthquake on March 11, 2011.

This motivates Toko to assist with aid efforts in Kesenuma where she meets volunteer organizer Kiyotaka (Kentaro Sakaguchi). While she initially senses something about Kiyotaka is amiss in the midst of their devastated surroundings, feelings of hope grow as do their feelings for one another.

A tale of a story of love, survival, and hope by director Sho Tsukikawa .



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

**Saturday, March 4 and
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 5, 2023! 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. It's the perfect place to take a photo to remember your visit to the JCCC.

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.**

JCCC Annual Bazaar - Save the Date! JCCC アニュアルバザー

The JCCC's Annual Bazaar will return on Saturday May 6, 2023. Mark your calendars to be sure that you don't miss the return of this fundraising event. There are sure to be bargains galore!

As we know that many of you have been storing your donations while waiting for the pandemic to end, the JCCC will be accepting donations a little earlier this year. Starting March 13, the JCCC will accept all new and used items for donation. Please note that we are unable to accept large furniture and regular clothing. Japanese clothing like kimono, haori, etc. are acceptable.

Donations can be dropped off at our reception desk, preferably during business hours, 10 am to 5 pm daily.

Keep your eye on future newsletters, our website and social media for more information about the Annual Bazaar.

JCCC バザー 5月6日(土)

パンデミックで中止しておりましたJCCCバザーですが、今年から再開いたします。JCCCのファンドレイジングイベントとして開催されているこのイベントでは、いろいろなアイテムが販売され、掘り出し物もたくさんご用意しております。

このバザーのためにドネーションしようと、色々なアイテムを捨てずに取っておられるという声を多くの方々からいただいております。そこで、今年はいつもとよりドネーション受付を早めることにいたしました。3月13日からドネーションの受付を開始いたします。新品でも中古でも構いません。尚、家具と衣類(着物、羽織を除く)はお受けできませんのでご注意ください。

ドネーションは、3月13日より、JCCC受付にて毎日午前10時から午後5時の間に承ります。

JCCC Judo Kai Kagami Biraki Returns

After a two year hiatus due to the Covid 19 pandemic, the JCCC Judo Kai hosted its annual Kagami Biraki (New Years) Tournament on Saturday, January 14, 2023. Kagami Biraki is the traditional start of the judo year. The re-start of on-mat judo classes in June 2022 has resulted in the enrollment of many new students. There were 30 students, for which this tournament was the first opportunity for many to test their judo skills in a competition. The first competition was an individual tournament where the winner continues fighting until either a loss or draw. In the picture below; (l-r) third place with two wins and one loss; Zihi and Adrian, second place with three wins and one draw; Marianna and Ibrahim, first place with six wins and one loss; Claire.



The second competition was a team tournament comprised of thirteen competitors where each team member fights against their corresponding member on the other team. The team captains were Lucas and Kieran. Kieran's (far right in the back row) team won with five wins over Lucas' team, who had four wins.

Lastly, trophies were awarded to the Best Competitor and Best Technique. The Best Competitor recognizes the individuals that best demonstrated judo skill, sportsmanship, and effort. Adrian (left) and Zihi (middle) were the Best Competitor winners. The Best Technique recognizes the individual with best throw. Claire (right) won the Best Technique trophy for her ippon seoi nage throw.



JCCC Judo Kai's Golden Family

The Schesnuik family have been members of the JCCC Judo Kai since 2015, starting with Matthew followed by his younger sisters Marianna and Clare. Together they have had a very successful competition season in the Autumn of 2022. Matthew competed in the U18 -50kg division. In early November he won gold at the Quebec Open 2022 in Montreal, the following week he won gold at the Hatashita 2022 Ontario Open Judo Championships in Toronto. In December in Edmonton at the 2022 Elite National Championships, Matthew won gold again. Marianna competed in the U14 in -36kg division and won gold in both the Quebec Open 2022 and the Hatashita 2022 Ontario Open Judo Championships. Clare competed in the U12 Lightweight division and won gold in the Hatashita 2022 Ontario Open Judo Championships. Altogether they won six gold medals.





Photos by Leon Balaban

Oshogatsukai

The JCCC Oshogatsukai was held January 22nd and far exceeded our expectations to become the largest edition of the event in its 20 year history. In excess of 2500 participants joined us and packed the building where they enjoyed food, performances, children's games and New Year's traditions. The event was headed by the JCCC's great New Japanese Canadian Committee, JCCC VP Anzu Hara, 150 volunteers and the JCCC staff. It was a joy to welcome back so many community members and was a very special way to start 2023.





黑板 KOKUBAN

Although the JCCC has fully reopened, we still have a lot of things going on virtually.

In addition to Kokuban, our Heritage Newsletter, we are always on the look out for interesting web based things to share with you. This month, we would like to direct your attention to The Juno Beach Centre (<https://www.junobeach.org/>), Canada's Second World War Museum in Normandy, France. In the latest episode of the Juno Beach Centre's podcast, Juno Beach and Beyond, Grace Eiko Thomson shares her story of internment. This is a story she has published in her memoir *Chiru Sakura: A Mother & Daughter's Journey through Racism, Internment and Oppression*. Now at 89 years old, Grace is one of the many Japanese Canadians who have graciously shared their experiences of internment with the Canadian public. Dr. Mona Oikawa joins the conversation to discuss the history of internment and its impact on Japanese Canadian women. Scan the QR code to listen to this podcast episode



This month's Kokuban features Raymond Moriyama talking about justice and inclusion in architecture, as well as the Suian Maru's journey to Canada.



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>

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Competition organized by SHODO CANADA

A Quick Intro to Volunteer Hub

Did you know?

The JCCC has a new and easy way to sign up for volunteer opportunities!

Volunteer Hub is user-friendly volunteer management software, which allows our volunteers to view and sign up for upcoming opportunities, manage their own schedules, and update their volunteer profiles, all in one place!

Here are a few commonly asked questions about this new volunteer portal.

I have been a JCCC volunteer for years. Do I still need a volunteer hub account?

Yes, please! By having all of our volunteers join Volunteer Hub, we can ensure that you are receiving all the important updates related to your volunteer activities at the JCCC. Currently most of our volunteer activities at JCCC are coordinated through Volunteer Hub, which makes things easier for everyone!

I don't have a computer at home. What should I do?

No worries! You don't need a computer to join Volunteer Hub. You can register on your mobile device, such as your tablets or smartphone. Our staff could also assist you with online registration onsite here at the JCCC. Please contact us at Volunteer@jccc.on.ca for additional information.

What will happen after I fill out the online form?

The Volunteer Coordinator will review your volunteer profile. If you are a returning volunteer (meaning that you volunteered with the JCCC in the past), we will activate your account then you can start booking some volunteer shifts! If you are a new volunteer, the Volunteer Coordinator will contact you about next steps.



 JAPANESE CANADIAN CULTURAL CENTRE 日系文化会館 60th ANNIVERSARY



JAPANESE CANADIAN CULTURAL CENTRE

LOOKING FOR VOLUNTEERS

We are currently accepting applications for:

- Community Events Volunteers
- Library Volunteers
- Film Screening Volunteers

SCAN THIS QR CODE TO APPLY



Save the Date: Artsu Matsuri's Artist Walk and Talk

After three years since the pandemic closure, Artsu Matsuri has finally returned to the JCCC Gallery. The reception on January 15 was a great success attracting over 90 attendees, and over a dozen sold artworks. A silent auction was also held with all proceeds going toward helping the JCCC recover from the financial challenges caused by the outbreak of Covid-19.

An artist walk-and-talk will take place on March 26, 2023 at 2pm, where each artist will talk about their creations, what inspired them, and the process of how they brought their ideas to life. During the last Artsu Matsuri in 2020 the walk-and-talk was canceled due to Covid-19, however this year's walk-and-talk offers insight into the new ideas and perspectives artists have gained during their time in isolation.

This exhibition is available for viewing until April 21, 2023.



Déjà Vu: Split Perception as One

"I have always felt part of many cultures but at home in none. Perhaps as a remedy, for more than five decades, I have used my camera unflinchingly to explore the themes of my experience."

Coming to the JCCC in May as part of the Contact Photography Festival, the JCCC presents "Déjà Vu: Split Perception as One" by Shin Sugino. In search of a multiple sense of belonging, Sugino's black and white works loom over viewers in a larger-than-life format. A strict upbringing by French nuns in post-WWII Japan, and ultimately, a rejection by his father as an adult are powerful chapters in Sugino's life that bleed into this collection of works – this exhibit is a raw gaze into Sugino's memories of splintered temporalities.



Photo courtesy of Shin Sugino



Kintsugi Final Weeks at the JCCC

This is your last chance to experience the Kintsugi interactive installation in the Moriyama Nikkei Heritage Centre (MNHC). Exploring the Japanese practice of kintsugi - honouring and embellishing brokenness - this installation by singer songwriter Annie Sumi and musician Brian Kobayakawa takes the fragmented pieces of self, story and culture, and brings attention to the greater wholeness. 'Kintsugi' intends to create space for others to reflect upon their own relationship to ancestry, and share about how those stories take shape in their present lives. In the six months that it has lived in and activated the MNHC space, 'Kintsugi' has done just that.

You can also stream the songs from the project website: <https://kintsugi-installation.com/> The exhibit will be available for viewing until March 17, 2023.



Photo Credits Tamiko Sugie

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

DONATIONS

DONATIONS TO THE JCCC

AS OF JANUARY 29, 2023

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Mrs. Sheri-Lynn Armstrong	26
Mr. & Mrs. Ray Edamura	100
Ms. Jennifer Hashimoto	50
Mr. Ted & Mrs. Christine Heslop	50
Handmade mask at Fuyu Matsuri	
Ms. Meg Karper	10
In honour of the Otani Family	
Ms. Sono Sugie	17
Mr. & Mrs. Tokuo Yano	100

Emergency Appeal

Ms. Martha Arima	30
Mrs. Diane Carter	20
Mrs. Elinor J. Dunlop	35
Mr. Patrick Dunlop	10
Mr. Robbie Grant	25
Mrs. Irina Werner	180
Proud & honoured member of the JCCC Kendo Club	
Ms. Ruchika Arora	25
In memory of Mary Ann Yonemitsu	
Mr. & Mrs. Matt Shintani	100
In memory of Mitsy Miura	
Mr. Robert Tezuka	100
In memory of Paul Kuwahara	
Mr. Regan Takenaka	25
In memory of Tony & Kimi Takenaka	

In Memoriam

In memory of Arthur (Art) Masaaki Irizawa

Mr. & Mrs. Ray Arima	50
Mrs. Aileen Chiba	50
Mr. Sid & Mrs. Marie Ikeda	100
Ms. Motoko Nishidera	50

In memory of Doris Ureko Fujioka

Anonymous	200
Mrs. Fujiye Ono	50
Ms. Sandra Tonegawa	100
Dr. Jane Toyota & Mr. Richard Kenno	50
Ms. Kim Wray	25
Mrs. Kimiko Yamada	300

In memory of Gene Hisako Miki

Mrs. Lois Dow	100
Mr. & Mrs. Delano Ishida	50

In memory of Lawrence Fine

Ms. Diane Parker	100
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In memory of Marc Takenaka

Ms. Grace Takenaka	50
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In memory of Mary Ann Yonemitsu

Mr. Peter Benninger	100
Ms. Lisa Prokopich	50
Ms. Kimberly Yonemitsu	25

In memory of Melvyn Noricazu Tsuji

Mrs. Marie T. Baba	25
Mrs. Bonnie Fukuzawa	20

In memory of Mikio Hayakawa

Mrs. Kay Hayakawa	100
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In memory of Mitsuko "Mitsy" Miura

Mr. Darrell & Mrs. Donna Curry	50
Ms. Karen Grazia	20
Mr. Richard Harada	100
David, Rosy, and Spy Hirano	200
Mrs. Marie Hirano	50
Mr. Larry Iwamoto	50
Mr. Kent S. Kawaguchi	100
Mrs. Susan Kim	100
Ms. Haruko Kondo	100
Mr. Edward Hamel & Mrs. Victoria Kusano-Hamel	100
Mr. John & Ms. Cindy Mende	100
Mrs. Toshiko Mori	30
Mr. & Mrs. Harry Nagata	50
Mrs. Mineko Nagata	50
Ms. Claire Nakamura	50
Mr. Douglas & Mrs. Margaret Nakamura	50
Mr. Ron & Ms. Judy Nishi	100
Mr. Kevin & Ms. Erin Oikawa	25
Mrs. Fujiye Ono	50
Ms. Carole Ono	50
Mrs. Doreen Oyagi	30
Mr. Rick & Mrs. Carol Takagi	100
Mr. Russell Takashima	50
Mr. Terence Takashima	50
Mr. Austin Tanaka	50

Ms. Kim Wray	40
Mrs. Amy Yano	100
Ms. Diane Yano & Mr. Scott McDonell	100
Ms. Joanne Yano	100

In memory of Paul Kuwahara

Megumi, Keiko & Iwao Kuroyama	50
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Mrs. Marlene MacKenzie	25
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Mrs. Sharon Marubashi	50
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Mrs. Toshiko Mori	50
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Mrs. Doreen Oyagi	25
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Miss Sandra Tezuka	50
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Ms. Patricia Tsuji	75
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Ms. Marion Yanase	50
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Ms. Nancy Zimmerman	100
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In memory of Pollie Nishino

Sanaye Inouye Family	
----------------------	--

Mrs. Kana Sora	100
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Mr. Rick & Mrs. Carol Takagi	100
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In memory of Sanaye Inouye

Sanaye Inouye Family	
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Ms. Maggie Kremin	25
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In memory of Sue Sumi Kai

Mrs. Betty Lou T. Arai	25
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Mrs. Amy Hanada-Nagahara	40
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Mrs. Marie Hirano	25
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Mr. Tom Melville	50
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Mrs. Jessica Nguy	100
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Mr. & Ms. Martin & Yoko Piercey	200
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Mr. & Ms. Lloyd Porter	150
------------------------	-----

Ms. Audrey Pritchard	25
----------------------	----

Mr. Henry & Mrs. Nancy Sumi	25
-----------------------------	----

In memory of Theresa Michiko Sano

Mrs. Sharon Marubashi	100
-----------------------	-----

In memory of Yoko Yonemitsu

Linda & Ted Kennedy and Randy & Elmer Harafuji	
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Friends of Moriyama Nikkei Heritage Centre

Sanaye Inouye Family

Heritage

Anonymous	91
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Anonymous	47
-----------	----

DONATIONS

Anonymous	50	Support Member	
In memory of Mary Ann Yonemitsu		Partner	
Mrs. Chris Asadoorian	100	Mrs. Kay Mitsui	150
In memory of Doris Fujioka		Mr. & Mrs. Takeshi Omura	110
Ms. Margaret J Bryce	25	Mr. & Mrs. Kaz Shikaze	110
In memory of your mother			
Ms. Kelley Stewart	50		
In memory of Sanaye Inouye			
Mrs. Jan Nobuto	50		
Mr. Peter Wakayama			
In memory of Sue Kai	100		
In memory of Theresa Sano	100		

DONATIONS TO THE FRIENDS OF THE MORIYAMA NIKKEI HERITAGE CENTRE INSCRIPTIONS

APRIL 1, 2020 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

Individuals/Couples

Kihup Boo (夫)
In Memory of Mother Hiroko Fukushima
Jiro Fukushima
Clayton Gyotoku and Jessie Ebata
Chinatsu ICHIDA
Hiromi ICHIDA
Keiko ICHIDA
Takako ICHIDA

Yoshi ICHIDA
Yumi ICHIDA
In memory of Sanaye Inouye
Robert Yasuharu & Shizuko Hosui
Kadoguchi
Lucas, Sayaka, and Emika Koolma
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

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:

Japanese Cuisine: An Illustrated Guide [Physical Book] by Laure Kié

- Discover not only delicious recipes but also stories behind Japan's food culture!

Meet You by Hachiko [Ebook] by Loren Greene

- Warm your heart with a touching story about friendships between Canadian and Japanese teenagers

Demon Slayer the Movie: Mugen Train [Blu-ray] directed by SOTOZAKI Haruo

- Set your heart ablaze with this emotionally stirring sequel to the first season of the megahit anime series!

Ninjas of Ancient Japan [Audiobook] by Kelly Mass

- Love Ninja-themed films, manga and/or anime? Find their fascinating historical truth!

and many more!

Access JF OverDrive for ebooks and audiobooks: <https://jf.overdrive.com/>

Visit JFT Library for physical books and audio-visual materials: <https://jftor.org/jft-library-visitor-policy/>

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



Finding Creative Inspirations in Canada: Author NISHI Kanako in conversation with Dr. Christina Laffin

ONLINE: Friday, March 10 – Sunday, March 19

Free, registration required

Tune in as beloved Japanese author NISHI Kanako and Canadian scholar of premodern Japanese literature Dr. Christina Laffin chat about the themes behind Ms. Nishi's works, her impressions of Canada after living in Vancouver the last three years, and her thoughts on tackling the English readership. Registered viewers will have an opportunity to ask Ms. Nishi a question. An online film screening will accompany the interview; details to come.

Registration: <https://jftor.org/event/nishi-kanako-interview/> [Not yet live]

JFT Online Language Events

Feel free to check out our Sawakai events for Japanese language teachers all year round!

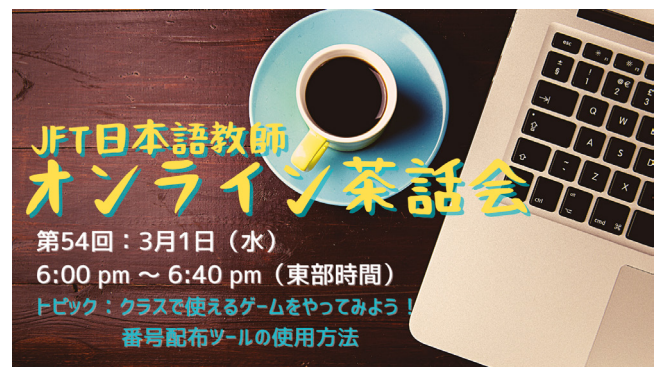
54th 'Sawakai'

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

Online Event: Wednesday March 1 @ 6:00pm - 6:40pm (Eastern Standard 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?

Registration: <https://jftor.org/event/sawakai230301/>



Spring Means JC3-Pitch is Coming Soon!

Spring is in the air and the Japanese Canadian 3-Pitch Baseball League is preparing for its' 37th year at the end of May. The league is calling out for Sponsor and Players.

The non-profit League, founded in 1987, is Co-ed, with Women and Men, between the ages of 18 and 70+ and skill levels from beginner to intermediate. Its' main objective is to provide a social, yet competitive environment for persons or families of Japanese Ancestry to participate and integrate together, to meet others sharing similar culture, heritage and interests, to have fun and make new friends.

Games are held on Sunday (excluding the July/August long weekends) mornings (9:30-12:00) from the May long weekend to the end of August in the Warden and Steeles Avenue area (Scarborough/Markham border). They host post-game BBQ's during the season and provide a subsidized banquet in September. Each team pitches to their own players (players hit every inning) in a slow pitch/lob ball format.

Membership Deadline: April 30th, 2023 First-Received, First-Enrolled.

Membership Fee: \$75.00 (no increase in 21 years!)

Includes: Team Sweater, Team Photograph, Refreshments at all games, League BBQs, Subsidized Banquet with Trophies & Door Prizes, all bases, bats, balls and other equipment, (players are asked to supply their own glove)

First Day of Play: Sunday, May 21st

If you would like additional information about the J.C. 3-Pitch League, would like to Register to Play or would like to inquire about Sponsoring a Team, please contact one of the following committee members or check out their website: www.jc3pitch.com for Registration Forms and Information or contact one of the following:

Jon Nagamatsu 647-988-5036 (evenings)

Bob Doi email: JC3Pitch@gmail.com



Photo, above:

JC3-Pitch Captains and Committee Members (Left to Right):

Jon Nagamatsu, Justin Ogino, Andrew Lok, Nick Chung, Tod Nagamatsu, Bob Doi

Submitted by Bob Doi

26 Bluebell Drive, Markham, ON L3S 3P5 905-472-2727
Home, RobertDoi@hotmail.com

SATURDAY
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E-TRANSFERS SEND TO [ETRANSFER@MOMIJI.ON.CA](mailto:etransfer@momiji.on.ca)

JOIN US FOR **FOODS**
APRIL FOOLS DAY

FOR MORE DETAILS, CONTACT SHERI-LYNN
[FUNDRAISING@MOMIJI.ON.CA](mailto:fundraising@momiji.on.ca)



Nagata Shachu

Nagata Shachu Japanese Taiko & Music Group proudly presents "Spin-off", the second concert of its 25th Anniversary 2022-2023 season, featuring world champion break dancers B-boy Onton & B-girl Konatsu of Supernaturalz Crew, breaking to the beats of DMC world champion DJ Dopey, and Nagata Shachu. In this unexpected but exhilarating collaboration, the traditional taiko inspires Canada's best and most creative DJ and B-boy\B-girl talent in a way never attempted before.

B-girl Konatsu (originally from Japan) and Toronto-born B-boy Onton are world champion break dancers representing Team Canada in multiple world events and the future Paris 2024 Olympics. DJ Dopey is a founding member of the Turntable Monkz and is one of Canada's premiere DJ talents. In his over twenty years as a DJ/Turntablist, DJ Dopey has shared stages with artists such as Eminem, Slum Village, Kardinal Offishall, Dragonette, and Steve Aoki.

JCCC members receive a \$5 discount on all regular priced adult tickets. Use code FRIENDS25

Saturday, March 11 @ 8 pm. Fleck Dance Theatre, 207 Queen's Quay West.

Tickets: <https://harbourfrontcentre.com/event/spin-off/>



健やかな老後をめざして その60 - 脳出血時の対応と予防対策

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)

「脳梗塞、脳出血とクモ膜下出血」を合わせて脳卒中と呼びます。本章では脳の出血を取り上げます。脳の血管が破れる病気には、脳出血とくも膜下出血があります。寒い季節にはやはり起こりやすくなります。

脳出血は脳の細い血管が破れ、その症状は「経験したことのないほどの頭痛、半身麻痺、ろれつが回らない、手足のしびれ、意識がなくなる」等です。血圧が高くなった時に発症しやすいので、ほとんどは日中の活動中に起こります。急激な体温変化(冬の入浴や外出)や排便などで血圧を上げないようにしましょう。

くも膜下出血は脳の表面の太い血管にできた“こぶ”が破れ、その症状は「突然に金づちで打たれたような激しい頭痛、吐き気やおう吐」等です。意識を失うこともあります。日中にも睡眠中にも起こります。くも膜下出血を起こした人の3分の1程度が「前触れ症状」を経験しています。「物が二重に見える、片方のまぶたが下がる、強い頭痛が数日間続く、吐き気やおう吐がある」等。既に少量の出血が始まっていると考えられます。中高年のみでなく20~30歳代にも起こる病気です。

脳出血、クモ膜下出血の治療には薬物療法と手術療法があります。発症部位、脳の状態、全身状態(心臓、肺や腎臓など)、年齢、治療の長所と短所などを総合的に検討し、どのように治療するかを選ぶことになります。

脳卒中の治療は一刻を争います。自家用車やタクシーではなく、ためらわずに救急車を呼びましょう! 救急車が来るまでは安全な場所へ移し、服装を緩め、麻痺のある側を上にして(わからない場合はどちら側でも良い)横向き

に休ませます。体温調節(暑さや寒さ)にも配慮します。

日本に住む母(当時90歳)はある寒い朝、寝室の低い窓から出て、裸足で隣人を訪ねました。隣人は、普段の身綺麗な母とは様相が異なり、話していることも理解できなかったために「認知症が始まった!?!」と感じたそうです。母は一連の行動を全く覚えていませんでした。また、就寝前に家族に何らかの症状を訴える事もなかったのです。

家族は、隣人と一緒に帰宅した母の様子にビックリ! 認知症を疑ってすぐに受診。MRI検査を受けましたが、その時点で脳に異常はありませんでした。その夜にカナダから電話すると、少し元気がないものの会話に支障はなかったのですが、翌日の電話ではすっかり元気がなくなり、反応が悪くなっていました。日頃の母とは何か違うことが気がかりでした。それが現実になりました! 数日後に体調が悪化し、38°Cの発熱を生じて緊急入院。再度のMRIにより「クモ膜下出血」と診断されました。シニアの場合、上記にあげた特徴的な症状ではなく、それぞれに異なる症状を示すことがあります。注意しましょう!

血管病変のほとんどは動脈硬化が引き金です。長い時間をかけて進むので「若い頃から生活習慣に気を配ること」が非常に大切です。基本としたい指針は「1. 禁煙、2. 塩分は控えめ、3. バランスの良い栄養、4. 脂質の種類と量に留意、5. 適度な飲酒、6. 適切な運動、7. 持病をきちんと治療」と言えます。

さあ、あなたはこの瞬間からまず何を実践しますか!?



JSS プログラム:2023年3月

2023年3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 March 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.

Introduction to Parkinson's Disease

Wed. March 8, 3pm (English with Japanese Interpretation)

Parkinson's disease is a complex, neurological disorder. Just as each finger print is unique to an individual, so is the experience for those living with Parkinson's. The need to address your patient's specific needs and allow them, with their care partners, to participate in the choices about their own care is essential to ensuring the best quality of life. In this presentation, we will summarize the main characteristics of Parkinson's disease and options for treatment; identify the motor, and non-motor signs & symptoms of Parkinson's disease; understand some of the treatment options and the side-effects of medications; and talk about the importance of strict dosing schedules.

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

Online Spring Concert 2023

Wed. March 22, 3pm (Japanese)

This year, we will once again invite singer-songwriter Yukiko Tsutsui for an online concert. She will perform various songs, from oldies to Showa-era songs and songs requested through the registration form. Why don't you take this opportunity to request your favorite song?

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

「パーキンソン病について学ぼう」

3月8日(水) 15時 英語(日本語通訳付き)

パーキンソン病は複雑な神経疾患のひとつです。指紋が人によって違うように、患者さんの経験も人それぞれ違います。生活・人生の質を最大限にするためには、患者・支援者のニーズに合ったケアの選択肢とその選択プロセスに参加できることが必要不可欠です。今回の講座では、パーキンソン病とは何か、運動性および非運動性の病気の兆候、治療の選択肢と薬の副作用およびスケジュールと量を守った服用の重要性についてお話しします。

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

「春のオンラインコンサート2023」

3月22日(水)15時(日本語)

昨年ご好評頂いたオンラインコンサートを、シンガーソングライターの筒井柚紀子さんを再びお招きして今年も開催します。オールディーズから昭和の歌謡曲、そして登録フォームよりいただいたリクエスト曲まで、1時間に渡って様々な曲を披露して頂きます。この機会に思い出の1曲をリクエストしてみませんか?

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

(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。

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みます。月1回開催。

※お申込み・お問合せは、smmsg@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 3月1日(水)「端切れで作れる可愛いおにぎりポーチ」

編み物 3月15日(水)「スヌードならば図面不要!」

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

4. やさしいシニアヨガ(第13期:3/13~4/24 *4/10除く)

椅子に座ったり、寝転がった姿勢でできるやさしい60分ヨガと30分お喋りのセットで、楽しくリフレッシュ。初めての人も、体が硬い・体力に自信がない人でも、無理なく参加できます。

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

5. ホットランチオンライン交流会 3月22日(第4水曜) 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。

(2) JSS Regular Online Programs (in Japanese)

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.

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

*RVSP at craftclub@jss.ca

Sewing – Mar 1 “Cute rice ball pouches made from scraps”

Knitting – Mar 15 “Snoods do not require drawings!”

4. 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. Hot Lunch Online Social Wed. Mar 22 (4th Wed) 10:30am to noon

*RVSP at hotlunch@jss.ca

JCCC 2023

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日系文化会館



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www.jccc.on.ca

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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

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Summer Reading List
A curated list of the best new books from Japanese Canadian and American authors this year.
Summer Reading List P. 10

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

NIKKEI VOICE
THE JAPANESE CANADIAN NATIONAL NEWSPAPER
SUMMER 2013 VOL. 33 NO. 6

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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