



PHOTOS FROM TORONTO JAPANESE FILM FESTIVAL, AS WELL AS A JCCC FILM SOCIETY LISTING
FROM THE 1973 NEWSLETTER



CCC
FILM SOCIETY

1973 Film Showings

"PAY AS YOU GO PLAN" \$1.50 per film with JCCC membership.

THE JAPANESE CANADIAN CULTURAL CENTRE FILM SOCIETY WAS CREATED IN 1962 FOR THE PURPOSE OF SHOWING EXCLUSIVELY TO ITS MEMBERS - ON A NON-COMMERCIAL BASIS, FILMS SELECTED FOR THEIR EDUCATIONAL AND CULTURAL QUALITIES, AND ALSO FOR THEIR APPROPRIATENESS IN PROMOTING INTERNATIONAL UNDERSTANDING.

<p>JANUARY 7 3 & 8 P.M. O-EDO NO KANE (Shochiku) "BIRTH OF TOKYO" COLOUR 1959 DIRECTED BY Yasujiro Ozu. With Setsuro Uchiyama, Ichiko Kurihara, and a stellar cast. An historical spectacle, depicting the last days of Edo and the dawn of the Meiji period of restoration from the feudal system of the Shogunate to the Restoration of Imperial rule in 1868.</p>	<p>JULY 13 & 14 - 8 P.M. SAMURAI (Part II) (Toho) "TRUCE AT ICHELIEUX" COLOUR DIRECTED BY Mikio Inagaki. With Yuzo Kakiyama, Koji Yano, Kikuko Inoue. One of Masaki's famous duels of which he is said to have fought sixty without losing one.</p>
<p>FEBRUARY 11 YOSAKI RYOKO (Shochiku) COLOUR 1970 DIRECTED BY Masahiro Sugawara. With Fumie Sasaki, Chieko Baba, Junzouemon Han.</p>	<p>JULY 20 & 21 - 8 P.M. SAMURAI (Part III) (Toho) "MUSASHI AND KOURI" COLOUR DIRECTED BY Mikio Inagaki. With Yuzo Kakiyama, Koji Yano, Kikuko Inoue. One of the most celebrated duels between master swordsmen.</p>
<p>MARCH 11 MEKURA OCHI-MARKA NO NAGARE DORI (Shochiku) "CRIMSON WANDERER - A STORY OF BLIND DORI" COLOUR 1960 DIRECTED BY Taiji Matsuoka. With Tami Yamashiro, Chieko Aoi, Yama Nagata. Blind Dori, a foundling, is taught the art of swordplay, goes in search of her mother and the killer of her adopted father.</p>	<p>AUGUST 10 & 11 - 8 P.M. NIHON NO ICHIBAN NAIGAI HI (Toho) "THE EMPEROR AND A GENERAL" a & w DIRECTED by Kinoshita Shunroku. With Tami Yamashiro, So- Yamamoto, Chieko Aoi, Takashi Shimizu. The legend of the history of Japan - 28 Japanese lords that sealed the fate of a nation, as Japan unconditionally surrenders.</p>
<p>APRIL 15 RIEPIKI GAWA (Shochiku) "RIEPIKI RIVER" COLOUR 1960 DIRECTED BY Kinoshita Shunroku. With Yuzo Kakiyama, Takahiro Tamura, Sonogoro Ishikawa, Masayoshi Nakamura.</p>	<p>SEPTEMBER 9 SUGATA SANSHIRO (Shochiku) COLOUR 1970 DIRECTED BY Kazuo Kamakura. With Masao Yamamoto, Koji Yano, Kikuko Inoue. Partners the hero of the famous film directed by Fumio Kamekura, Sugata Sanjuro (Mitsuo Inoue), the film Japanese War-Criminals, International Criminals and others in search of truth.</p>
<p>MAY 6 AOI ME NO YOME HAN (Shochiku) "A GREEN-EYED BRIDE" COLOUR 1960 DIRECTED BY Tadashi Kaneko. With Setsuro Uchiyama, Ichiko Kurihara, Chieko Aoi. A wedding ceremony with an American bride, Edith Hanson, who was married by the priest of a small town. Her life and her life out to learn the art herself. Her one for all things Japanese take on a new look in the mythical tale of a bride.</p>	<p>OCTOBER 14 AIZEN KATSURA (Part I) (Shochiku) COLOUR 1963 DIRECTED BY Hiroshi Nakamura. With Masao Yamamoto, Tami Yamashiro, Koji Yano, Mitsuo Inoue. A member of the great 18th century Kato, responsible for its minor love story and its title song, "Hana Me Anabiki".</p>
<p>JUNE 10 YAMAGUCHI YAMAGUCHI (Shochiku) COLOUR 1960 DIRECTED BY Hiroshi Nakamura.</p>	<p>NOVEMBER 11 AIZEN KATSURA (Part II) (Shochiku) COLOUR 1963 DIRECTED BY Hiroshi Nakamura.</p>



IN THIS ISSUE - VOL. 49 ISSUE 6

TJFF JUNE 8 - 22
トロント日本映画祭
6月8日~6月22日

NOSTALGIA NIGHT
REGISTRATION OPENS
ノスタルジアナイトの受付開始

NATSU MATSURI
AND BON ODORI
夏祭り 盆踊り



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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, June 8, 2023.

次号締切日: 2023年6月8日(木)

Please email to newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5

Phone: 416-441-2345

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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 ・ ウィンフォードシニア

Wednesday June 7, 10:30am
6月7日(水) 午前10時半

Nostalgia Night Registration Opens

ノスタルジアナイトの受付開始

Thursday June 1 ・ 6月1日 (木)

Toronto Japanese Film Festival

トロント日本映画祭

June 8 to 22 ・ 6月8日～6月22日

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

Active Seniors Cooking Workshop

シニア向けクッキングワークショップ

Thursday June 15, 11:00AM

6月15日 (木) 午前11時

Multiculturalism Day at the JCCC

マルチカルチャーデー

Tuesday June 27 ・ 6月27日(火)

Canada Day - JCCC Closed

カナダデー - JCCC閉館

Saturday July 1 ・ 7月1日 (土)

Natsu Matsuri and Bon Odori

夏祭り 盆踊り

Saturday July 8 ・ 7月8日 (土)

See [page 6](#) for details. 詳細は6頁をご覧ください。

Gujo Odori: UNESCO Intangible Cultural Heritage Inscription Celebration 2023

郡上おどり:ユネスコ無形文化遺産記念イベント

Sunday August 13 ・ 8月13日 (日)

See insert flyer. 詳細は折込チラシをご覧ください。

Ongoing / 開催中

JCCC Library ・ 図書館

The Library is now open (4 days/month).

Please check the JCCC website for the schedule of this month.

JCCCライブラリーは現在月四回オープンし、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。

Heritage Hallway ・ ヘリテージホール

60 Years of Friendship Through Culture

文化が育んだ60年のフレンドシップ

May 2023 to June 2024 ・ 2023年5月～2024年6月

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。



We are very pleased to announce that our ever-popular Toronto Japanese Film Festival will be returning from **June 8 to June 22!** Tickets are now on sale.



TICKETS AND PASSES

SINGLE TICKETS

JCCC Member:

\$11.50

Non-member:

\$13.27

*For Anime Films:

\$5.31 plus HST tickets for children aged 14 and under

5 FILM PASS

(SOLD OUT)

JCCC Member:

\$48.67

Non-member:

\$61.95

plus Shiseido Canada gift

10 FILM PASS

(100 available)

JCCC Member:

\$97.35

Non-member:

\$123.89

plus Shiseido Canada gift

HST to be added to all prices

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

Sakura Season 2023 - Beautiful, Cold and Early!

In the past two Newsletters, we suggested that Sakura Season would begin in late April and run through early May. As we all know, Mother Nature threw us an early warm spell this year and our ethereal blooms arrived almost 3 weeks early!! Despite the cold weather, we saw many visitors to the JCCC, both inside and out. We would like to thank you all for showing respect for our trees and for our building.

Please watch our Spring newsletters next year for predictions for 2024!



Active Seniors Cooking Workshop

What's for supper??? Hardest question of the day! It needs to be quick and easy and doesn't take a lot of ingredients – but it needs to be tasty and maybe different.

The Senior Supper Club has been transformed into Active Seniors Cooking Workshop. It focuses on making dinners for one or two people using one main ingredient in several ways - like buying a roasted chicken, then using what's in your pantry and fridge, and making several different meals. We also look at keeping food costs down and food safety. Plus, you get to learn along with others, cook the meals, and then enjoy them altogether.

Thursday June 15, 11:00am to 3:30pm – Versatility of Roasted Chicken

You've purchased a whole roasted chicken and have had a roasted chicken dinner – now what do you do with the rest of the chicken. Participants will learn how to make a Japanese style chicken lettuce wrap, chicken stuffed cannelloni, and chicken a la king – and still have a roasted chicken dinner!

Classes are limited to 16 participants. Registration for each class date closes the Thursday prior to the class and can be done online or at Reception (416-441-2345).

Cost is: JCCC members \$25.00 plus HST, non-members \$30.00 plus HST.



Natsu Matsuri and Bon Odori Festival

On Saturday July 8, 2023, the traditional summer festivities of Natsu Matsuri and the Bon Odori Festival will also be returning! The JCCC invites everyone to enjoy a lively festival atmosphere with games, great food and spectacular performances. Many community organizations, including the NJCC and Toronto Buddhist Church, come together to make this a unique event.

Weather permitting the event takes place outside in the parking lot or in the Kobayashi Hall.

We look forward to another year of this exciting JCCC and Community tradition. We hope to see lots of new and familiar faces. Mark your calendars now!



JCCC Staff – Evolving all the time



For close to 15 years, Christine Takasaki has been JCCC's Community Event Coordinator. Through her dedication, festivals have expanded and grown, and have become iconic to the identity of the JCCC. Starting this Spring, Christine will transition to a newly created role to oversee our Classes, Workshops and Club Activities. She will be working closely with our instructors and members to further JCCC's commitment to "Friendship Through Culture". The JCCC celebrates Christine's transition and believes she will add great value to our Programs department. We ask for the community's patience as the JCCC staff team adjust to new dynamics in both our Events and Program departments.

The JCCC is excited to welcome Yoko Minoda as our Community Events Coordinator and Mayu Okamoto as our Rentals Coordinator.



Meet Yoko!

My name is Yoko Minoda and I am very excited to be part of the JCCC community! I grew up in Japan/UK/Canada and through living in different places, I've discovered that everywhere I go, people are very interested and curious about Japanese culture. If I could be a small part of helping people in the community know a little bit more about the Japanese culture/music/art/history, I would be so happy and I think JCCC is the perfect place for it. I am very excited to meet and get to know everybody in the community and hear their stories. In my own time, I like to spend family time with my husband and 3 year old son, play tennis, be outdoors, travel, and catch up with friends.



Meet Mayu!

We are delighted to introduce Mayu Okamoto who has joined the JCCC Rentals department.

Mayu Okamoto is both a professional and approachable individual and she is enthusiastic about assisting clients and taking care of rental bookings at the JCCC (Mayu also has experience assisting upscale events as a coordinator in Japan).

Please join us in giving Mayu a warm welcome to the JCCC team when you see her (or have a chance to talk with her on the phone).



Musical “Naomi’s Tree”

by KARAKORO

Performing Arts group (Osaka, Japan), KARAKORO, 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.



The story begins with a little child asking his grandmother, “What is today’s story?”

Once upon a time, in the land of the rising sun, now known as Japan, there was a beautiful cherry tree.

In spring, its pink petals would flutter and the whole area would be filled with petals. The cherry tree said, “Oh, how gentle and peaceful this place is!”

Many, many years passed and the beautiful tree became known as Friendship Tree. Japan is now a peaceful world, but the cherry tree had seen many wars. So the cherry tree prayed.

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

Time: 7pm (6:30pm door open)

Tickets: General \$35 + HST, JCCC members and children under 14 \$28 + HST

Sales starts on May 25 at the JCCC reception desk and TicketWeb

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。

舞台は、「今日のお話はなあに？」と小さな子どもがおばあちゃんにねだるところから始まります。

昔々、朝日が昇る国、今は日本として知られている国に一本の美しい桜の木がありました。

春になるとピンク色の花びらがひらひらと舞い、あたり一面が花びらでいっぱいになりました。桜の木は言いました。「ああ、ここはなんて優しくて平和な世界なんでしょう。」

何年も何年も時が経ち、その美しい木はFriendship Treeとして知られるようになりました。今、日本は平和な世界だけれど、桜の木はたくさんの戦争を見てきました。だから桜の木は祈りました。

日時: 8月17日(木) 7時開演(6時半開場)

チケット: 一般35ドル + HST・JCCC会員&子供(14歳未満)28ドル + HST

5月25日より発売開始 (JCCC受付・チケットウェブ)



The JCCC has been busy launching our 60 Years of Friendship Through Culture exhibit. As part of the lead up to the Opening Reception, with Shin Sugino's Déjà Vu: split perception as one, we invited the media into the JCCC to preview these fantastic exhibits. Below are links to some of the coverage we received.

CBC Metro Morning - https://japanesecentre-my.sharepoint.com/:u:/g/personal/theressat_jccc_on_ca/EfLoZznSnclKjDmCy-CqcJgB_9Zstg3kdwPzc0jr5ZcGx-w?e=WkO3qK



Global TV – Toronto's Japanese Canadian Cultural Centre Celebrates 60 Years



NOW. - Toronto's Japanese Canadian Cultural Centre is celebrating its 60th anniversary with events all month long



Globe and Mail

Kate Taylor - Saturday May 13

A special thank you to all the Cultural and Martial Arts groups who allowed our visitors in to film their classes!

Appeal for Stem Cell Registration

In 2020, the family of Mark Sano was devastated when he passed after a 2 year fight with leukemia. They were told that the only possible remedy was a stem cell transplant from a donor with a 100% match. The family discovered that the rate of Japanese Canadians registering as stem cell donors was very low. Today, they are campaigning to encourage more Asian and Japanese Canadians to take the time to register. Please watch this video, The Power of a Turning Point, by his daughter Lauren. <https://www.youtube.com/watch?v=E54FMJeimog>



黒板

KOKUBAN

Our Japanese Canadian Business Series continues. This month, Daria Murphy is looking at Nikko Gardens and the many functions that it served.

Our Sedai Feature is Dr. Henry Sugiyama. Henry talks about his career as a medical professional in Ontario. <https://mailchi.mp/jccc/kokuban-vol-4-issue-5>

VOLUNTEER SPOTLIGHT MIKA SHITAHODO



How long have you been volunteering at JCCC?

Probably from around 2014.

How did you get involved with volunteering at JCCC?

Someone invited me to help around when the Library was being built. I love books and I was also volunteering at a Japanese language school, and so I decided to join.

What type of volunteer work have you done?

I've helped in building the Library, and after it opened, I have come to organize and lend out the books once a month. I also helped sell books for the Bazaar, and the Spring and Summer festivals. And unrelated to books, I have assisted in selling Takoyaki a few times as well.

Describe in ONE word your volunteer experience at JCCC.

Relationships

JCCCでボランティアをしてどのくらいになりますか？

多分2014年からだと思います。

どのようにしてJCCCを知りましたか？

図書館をオープンする準備段階で声をかけられました。
以前日本語学校でも図書のボランティアをしていましたし、本が好きなので、参加することにしました。

どのようなボランティアをしてきましたか？

図書館オープンの準備の手伝い。
図書館がオープンしてからは、月に一度貸出し作業、本の整理など。
バザーや春祭り、夏祭りで本の販売。
図書ではないですが、夏祭りでたこ焼きの手伝いをしたことが何度かあります。

JCCCでのボランティア経験を一言で表すと？

人とのつながり



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.



BARUTO: THE BIG VISITS JCCC

On May 1 the JCCC welcomed a very special guest: former champion sumo wrestler BARUTO KAITO 把瑠都 凱斗

Baruto was born in Estonia where he was the national Judo champion. His career as a sumo rikishi in Japan spanned from 2004 to 2013, during which he achieved the second highest rank of Ozeki. Like the JCCC, he has dedicated himself to creating bridges between his country and Japan. While in Toronto to visit the Estonian Cultural Centre, he was interested in seeing our Judo activities. He gave an inspiring address to our JCCC Judo Kai, talking about the links between Judo and Sumo and how the strength of mind and body he developed through Judo helped him find success in the Sumo dohyou. .



Baruto grapples with President Chris Hope. We'll call it a draw.

REFLECTIONS OF AN ELDER
An Evening with Dr. David Suzuki



Friday May 26, 2023 at 8:00pm

Doors: 7:00 • Speaker session: 8:00 (preceded by the CBC film *David Suzuki Signs Off*)

Join us at the JCCC for a very special evening with DR. DAVID SUZUKI, Award-Winning Scientist, Environmentalist, and Broadcaster. Dr. Suzuki has long been a source of great pride among the Japanese Canadian community. His discussion will present his “reflections as an elder” both as an exceptional Canadian and as a Japanese Canadian.

Dr. Suzuki has been recognized by BC Achievement in partnership with the Lieutenant Governor of BC for his extraordinary work as a recipient of the 2021 BC Reconciliation Award. He is a Companion to the Order of Canada and a recipient of UNESCO’s Kalinga Prize for science, the 2009 Right Livelihood Award, and UNEP’s Global 500. He is Professor Emeritus at the University of British Columbia in Vancouver and holds 31 honorary degrees from universities in Canada, United States and Australia. His written work includes more than 56 books, 19 of them for children. Dr. Suzuki received the JCCC’s Sakura Award in 2011.



For tickets, call 416.441.2345
or www.jccc.on.ca

JCCC Members: \$26.55 +HST
Non-members: \$30.97 +HST

SHISEIDO
GINZA TOKYO

 JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館

 60
1953-2023

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Déjà Vu: Split Perception as One

Photo Exhibition by Shin Sugino at the JCCC Gallery

Shin Sugino's exhibition, *Déjà Vu: Split Perception as One* is a visually haunting, intense visual memoir of the artist's struggle with cultural, spiritual, and ultimately human identity.

The black and white photos are a combination of archival digital prints and foil-backed prints that feature deep tonal blacks and luminous whites that emerge from a velvety darkness, often in image pairs that reflect and echo images from Renaissance sculptures to sensual nudes, from architectural details to figures in landscapes, from interiors to still life objects.

Walking into the gallery is almost a spiritual experience as large photos suspended from the ceiling confront the viewer and the walls at eye level present the viewer with frame after frame of images that hint at a deeply personal symbolism and iconography. They challenge the viewer to look longer and deeper to unlock some visual insight.

For Shin, photography is both expressive and therapeutic.

"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." Shin Sugino

This exhibition can be viewed now at the JCCC Gallery until July 28. Come to the Artist Talk at Doors Open on Sunday May 28 at 12pm.



Photo credit: Leon Balaban

Celebrating Asian Heritage Month



In May, the JCCC celebrated Asian Heritage Month on site, off site, and virtually. On May 1, the JCCC launched two exhibitions, *Déjà Vu: Split Perception as One* by Shin Sugino and *60 Years of Friendship Through Culture*. The two exhibitions speak to the excellence of individuals and community as part of the Japanese Canadian and wider Nikkei diaspora. *Déjà Vu* was launched in the Gallery at the JCCC as well as virtually on Google Arts and Culture: <https://artsandculture.google.com/story/HwVRhZoDEP8dzQ>

As of May 1, when you enter the JCCC, you will see that the Heritage Hallway has been transformed into a space of celebration – the exhibition, *60 Years of Friendship Through Culture*, celebrates the JCCC’s community trailblazers and inspirational volunteers that have allowed us to celebrate the 60th anniversary of the JCCC. The exhibition features a large art installation, *The Strength in Sixty Sakura* by Elysha Rei. Eye catching from afar and intricate up close, *The Strength in Sixty Sakura* features sixty cherry blossoms in peak bloom as well as many cherry blossom buds, signaling the prosperity of the JCCC for many years to come. Through the exhibit, the curatorial team hopes to showcase that the JCCC’s strong foundational past will advance the Centre and its members to a brilliant future.

On May 18, art installation, *Kintsugi* by Brian Kobayakawa and Annie Sumi was featured as part of a celebration of Asian Heritage Month at the Lieutenant Governor’s Suite at Queen’s Park. Guests to the Reception, hosted by the Honourable Elizabeth Dowdeswell Lieutenant Governor of Ontario, experienced the interactive installation that comes to life with original songs created by the artists and projections of overlapping collage of landscape video footage, cut-up old letters written by the artists’ ancestors, and playful animations. In between moments of celebration, *Kintsugi* also created space for reflection and thoughtful conversation.

Other events held during the month of May which celebrate our Asian roots were the annual JCCC Bazaar, held for over 60 years; the Sakura Gala celebrating the best of Japanese culture; Reflections of an Elder with David Suzuki and Doors Open Toronto, where we continued to welcome the whole city of Toronto to celebrate Asian Heritage.

Did you celebrate Asian Heritage Month? Let us know by emailing us at heritage@jccc.on.ca.



Photo Credit: Tamiko Sugie

Chris Hope presents Consul-General Sasayama with 60th Anniversary Pin

DONATIONS

DONATIONS TO THE JCCC

AS OF MAY 2, 2023

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	100	Mr. & Mrs. Harry Kawabe	500	Mrs. Brenda Troendlin	100
Anonymous	50	Mrs. Rose Kelly	10	Mrs. Irene T. Wakayama	25
In honour of K Mitsui		Mrs. Yuki Kondo	100	Mr. Eddie & Mrs. Rose Yamamura	50
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Anonymous	50	Mrs. May Kumoi	27		
Ms. Poncey Acromond	50	Mrs. Nellie Kuwahara	100	Emergency Appeal	
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Mrs. Rose Aihoshi	1,000	Mrs. Roslyn Levin	365	Mrs. Diane Carter	20
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Mr. Kihup Boo	100	Mr. & Mrs. Shoichi Matsui	50	Mrs. Jan Nobuto	200
Mrs. Mitsuyo Burrell	100	Mrs. Kay (Katharine) Matsumoto	100	Mr. & Mrs. Hartmut Schaefer	100
Mrs. Shirley Doi	77	Mrs. Sally Miyazaki	250	Mrs. Irina Werner	360
Mr. & Mrs. Ray Edamura	100	Mrs. Toshiko Mori	20	Honored member of the JCCC Kendo Club	
Mr. Benjamin & Mrs. Shirley Eto	200	In appreciation of the newsletter		Mr. Wayne Yamashita	20
Mr. & Mrs. Nobby Fujino	50	Mr. Isamu & Mrs. Claire Moriyama	60	Mr. & Mrs. Toshi Yoshimatsu	300
Mrs. Midori Fujita	100	Mr. & Mrs. Yoji Murase	50	Ms. Elaine Oikawa-Bauer	50
Seniors Outreach program		Mrs. Sadame Muromoto	50	In memory of Kay Keiko Hayakawa	
Ms. Janice Fukakusa &	5,000	Mr. & Mrs. Harry Nagata	60	Ms. Karen Tanino	50
Mr. Greg Belbeck		Mr. Roy Nakagawa	95	In memory of Ken & Ruth Tanino	
Sakura Gala		Mrs. Kitty (Yukie) Nakamura	100	Mr. William Cruz	100
Mrs. Mari Funasaka	200	Ms. Yuki Nakamura	10	In memory of Roman T Yap	
Mr. & Mrs. Alan Gray	60	Mrs. Sumiko Nakawatase	100	Mrs. Midori Takahashi &	50
Mr. & Mrs. Yasutoshi Hachitori	30	Mr. & Mrs. Masaki Naruse	100	Mr. Chris Barkley	
Mr. David Jody Hamade	1,000	Mr. & Mrs. Frank Nishioka	100	In memory of Shoji & Sachi Takahashi	
Sakura Gala		Mr. Eizo Oka	300	Mr. Regan Takenaka	25
Mr. & Mrs. James Heron	30	Mrs. Madeline Sakamoto	11	In memory of Tony & Kimi Takenaka	
Mr. Yosh (Yoshitaka) Inouye	100	Ms. JoAnne Sakura	200		
Ms. Irene Iseki-Isogai	20	Ms. Jane Sekiguchi	50	In Memoriam	
Mr. Takashi Iwata	200	Mr. & Mrs. Tosh Shigeishi	50	In memory of Eiko Ariza	
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In honour of Kaz Shikaze for receiving the Asian Heritage Award		Ms. Arlene Sora	50	Mr. Barry A kiyama	30
Ms. Meg Karper	10	Mr. Robert Suzuki	50	In memory of Eiko Tateishi	
In honour of The Otani Family		Ms. Grace Takenaka	100	Mrs. Yvonne Chin	50
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		Rose Aihoshi's 100th Birthday			
		Mr. Richard & Ms. Fumi Toyonaga	50		

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Mr. Rick & Mrs. Carolyn Miura	100
<i>In memory of Hiromu R Motomura</i>	
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Ms. Nancy Mukai-Malonowich	100
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Ms. Kim Wray	20
<i>In memory of Mary-Ann Yonemitsu</i>	
Elmer and Randy Harafuji, Linda and Ted Kennedy	
<i>In memory of Mas Shin</i>	
Mr. Martin Kobayashi	50
<i>In memory of Masae Yamashita</i>	
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<i>In memory of Miki Takeda</i>	
Anonymous	50
Ms. May Ohori	40
<i>In memory of Mitsy Miura</i>	
Mr. Steve & Mrs. Laura Hirano	200
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Mr. & Mrs. Jerry Hikida	100
<i>In memory of Sachiko Joyce Matsumoto</i>	
Mr. Clayton Gyotoku & Ms. Jessie Ebata	50
Ms. Yuki Newbold	25
Mr. Terence Takashima	27
<i>In memory of Suenori Tominaga</i>	
Mr. Bobby (Shoji) Kawahara	100
<i>In memory of Toshiko Inouye</i>	
Elaine, Heather and Lea	120

In memory of Yumiko Takeda

Ms. Pamela Poppe 50

Friends of Moriyama Nikkei Heritage Centre

Ms. Karen Matsubayashi 500
In memory of Harold Hiroshi Matsubayashi

Heritage

Anonymous 59
Anonymous 153
Artsu Matsuri
Ms. Gayle Cali 50
Artsu Matsuri
Garden Diorama
Mr. Takehiko & Mrs. Fumiko Yoshida 2,000
Mrs. Brenda Hayakawa 125
In memory of Kay Hayakawa
Ms. Sachi Imada 100
In memory of Kay Hayakawa

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Mrs. Jan Nobuto 127
Dr. James & Mrs. Mari Rutka 110
Mr. & Mrs. Paul Takasaki 93

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 Memory of Harold Hiroshi Matsubayashi
In Memory of the Shichitaro and Naka
Nagata family
Dr. Seiko Shirafuji
Mr. Douglas Dwyer

Groups

Checkmate Development
Crow Creek Settlement Reunion
Hanayagi Essay Group

Time to Register for Nostalgia Night 2023 - Honouring the JCCC's 60 Years

Registration is now open for Nostalgia Night's Saturday August 19, 2023 festivities which begin at 3:00 and finish at 7:30. Register soon as this promises to be an outstanding event and seating is limited.

The distance from 123 Wynford Drive to 6 Garamond Court, is less than 1 kilometre in distance, but the kilometres we have traveled as a community have continued to grow, as has our community and the recognition we have gained within the broader cultural community.

The JCCC is a recognized cultural centre on Google Arts & Culture and part of the Wynford Cultural Corridor along with the Aga Khan Museum, and the Ontario Science Centre. We are also part of major events such as the Bank of Nova Scotia's annual CONTACT exhibit of photography, Nuit Blanche, and Doors Open. We host the largest Japanese Film Festival outside of Japan, Anime North, Japanese food events and sake tastings, martial arts competitions, along with well attended festivals, concerts, and plays.

Come to Nostalgia Night to share your memories of being at the JCCC with friends and family; explore the "60 Years of Friendship: through Culture" Exhibit; view the commissioned art installation by Elysha Rei, a new exhibit in the Moriyama Nikkei Heritage Centre on the Okinawan Diaspora, and a new art exhibit in the Art Gallery, and of course enjoy a great Japanese Canadian buffet.

And don't forget, if you bring your own kimono or yukata, Kimono Fun will help you get dressed. You'll find them in the Hosaki Room by the Registration Table. To book a time for your dressing, please contact kimonofun@gmail.com The deadline to reserve a time is Wednesday, August 8, 2023.

Due to the high numbers expected, it will be open seating this year. No tables will be reserved for groups. Instead, each registrant will be provided with a personal table place card that can be used to reserve a self-selected seat in Kobayashi Hall. We advise those wishing to sit as a group to arrive early together so a table selection can be made. Ushers will be available to find seats at tables for those needing any help.

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

Registrations can be made at Reception (416-441-2345), or online at jccc.on.ca, or by mail (6 Garamond Court, North York, Ontario, M3C 1Z5). Registration opens on Thursday June 1, 2023, and closes on Friday July 28, 2023 – no walk-ins will be accepted.

Looking forward to seeing you there!!

The Toronto Japanese Language School is seeking candidates for the position of Principal

The TJLS is a registered charity, originally established in 1949 to provide lessons in Japanese language and culture in the wake of the internment. Today we provide language instruction to anyone interested in the Japanese language, with approximately 200 students across our children's and adult divisions.

Applicants for the position should have significant experience in teaching and/or educational leadership and be competent in both English and Japanese.

For further information about the role and directions for applying, please see the full position posting on-line at <https://bit.ly/2ZG3JI9>

健やかな老後をめざして その63 - 狭心症・心筋梗塞の治療と予防

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)

まず、薬物療法が目的にそって行われます。たとえば、日常的に使うことにより症状を予防、発作が起きた時に服用して症状を緩和(ニトログリセリンなど)、動脈硬化の改善あるいは血栓予防、といったような使い方です。ニトログリセリンには舌下錠とスプレータイプがあり、使用すると1分以内に狭心症の症状は治まります。ただし、急速に冠動脈が広がって血圧が下がるので、安全に休める場所に座って使います。血栓予防のために「血液を固まりにくくする薬」を服用している場合は消化管や脳の出血に注意しましょう!

薬では症状を抑えられない、狭心症の発作が増えた、急性心筋梗塞を起こしている場合にはカテーテル治療やバイパス手術が行われます。カテーテル治療は血管に細い管を入れ、その先端に付けたバルーンで狭くなった血管を広げます。バイパス手術は詰まった箇所を迂回して、その先に血液を送れるような通り道を作ります。カテーテル治療に比べると、身体への負担は大きくなります。

カテーテル、バイパスのどちらを選ぶかは、冠動脈の狭窄状態、緊急性、持病、年齢、治療の長所と短所などから総合的に判断します。医師の説明を十分に理解したうえで意思決定することになります。

再発予防のために行うのが心臓リハビリテーションです。その目的は、本人自身が危険因子を自覚し、日々の生活においてその対策を身につけることです。セルフモニタリング(血圧、脈拍、体重などの測定)、運動療法、食事療法、服薬遵守、禁煙、心理面などについて学びます。何ととっても生活習慣病を改善することがとても大切です。

2017年に「マグネシウムが虚血性心疾患の発症を抑える」という研究結果が報告されました。マグネシウムは人間の身体にある酵素を活性化します。マグネシウムを十分に摂取した人たちの場合、心臓近くの細胞内の酵素や血管内の酵素が活性化され、心臓や血管が元気に働きます。マグネシウムによって活性化された酵素によって、血管の壁を広げる力が強くなり、血流が良くなって血圧が下がり、高血圧を防ぎます。その結果として心疾患の予防につながるのです。

本連載にて報告したように、10年前より水素水を毎日2ℓほど摂取しています。飲用し始めて1年もしない頃、血圧が安定してきたことを記録値が如実に示していました。しかし、その根拠を説明できませんでした。今では、マグネシウムに関連していたことに気づきます。使っている水素水生成器は、マグネシウムで水素を包みこむ(ラッピング)構造になっています。つまり、水素とマグネシウムを毎日しっかりと摂取しているのです。開発当時には、マグネシウムは重要なミネラル栄養素とわかっていても、酵素に働きかける効果は未知のことだったので。装置開発者(故)も驚いているかもしれません!

和食中心の時代に比べて、いずれの世代もマグネシウム摂取量は不足しています。しかも、体内のマグネシウムは「様々なストレスによって容易に尿に排泄され、失われてしまう」という特徴もっています。ですから、毎日しっかりと摂取することが大事です。多くの食材に含まれていますが、玄米、豆腐、海藻類、貝類、まぐろ、ナッツ類、アボカド、バナナ、納豆などがお勧めです。

Clean Toronto Together

On Friday April 21, JCCC Staff spent 30 minutes helping out the City of Toronto's *Clean Toronto Together* initiative. Staff members enjoyed the rare sunny day while picking up the winter's worth of litter around the JCCC property. From coffee cups and napkins to elastics and plastics, we picked it up.



Photo Credit: Su Yen Chong



JSS プログラム:2023年6月

2023年6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。

「高齢者虐待と予防」

6月14日(水) 15時(英語)

高齢者に対する虐待は、地域で拡大し続け深刻化しています。オンタリオ州で発生している高齢者虐待の規模と範囲は、データ収集の限界や報告されていないケースがあるなどの理由により、完全に把握されていません。今回の講座では、高齢者虐待とは何か、虐待のリスク要因と兆候、どうレポートするか、そして虐待を受けている・受けるリスクのある高齢者経験への最も適切な支援を提供する方法について学びます。

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

「オンラインコンサート2023」

6月28日(水) 13時半(日本語と英語)

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 第1・3水曜日、10時半～正午

編み物 6月12日(水)「季節の果物や野菜を編んでみよう！」

※今月の縫い物の会はお休みとなります

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

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。

5. やさしいシニアヨガ(第14期:5/8～6/15 *5/22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。

Check out our upcoming June 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.

Elder Abuse Awareness and Prevention A Closer Look

Wed. June 14, 3pm (English)

Elder abuse is a serious and growing injustice in our community. The magnitude and extent of the elder abuse cases occurring in Ontario is not fully known, due in part to limited data collection and underreported cases. This presentation provides participants an opportunity to gain a better understanding of what constitutes elder abuse, how to recognize the risk factors and signs of abuse, and how to report it and how best to support an older adult experiencing or at-risk of abuse.

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

Online Concert 2023 Wed. June 28, 1:30pm

(English & Japanese)

This year we are delighted to be able to invite singer-songwriter Yukiko Tsutsui back to our Online Concert! She will be performing a variety of songs, from oldies to Showa-era songs, as well as accepting song requests submitted via our registration form. Take this opportunity to request your favourite song!

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

(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 msg@jss.ca for more details.

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

*RVSP at craftclub@jss.ca

Knitting – June 12 "Let's try knitting seasonal fruits and vegetables!"

*No sewing club in June.

4. Nostalgic Japanese Song Singing Group

Twice a month on 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

5. Easy Senior Yoga (Term 14: May 8 – Jun 15)

*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.

Wynford Seniors Bowlers Needed!!!!

The Wynford Seniors Bowling League is currently looking for new 5 pin bowlers, age 55 and over, to join their fun-filled and non-competitive league. No experience is necessary, as handicaps are calculated at the beginning of the season. Bowling is either on Monday or Friday mornings, from 9:30 until noon, starting in September. Playoffs are in late April, and the season concludes with a scrumptious buffet banquet and awards ceremony in early May.

The alley is located at Parkway Bowl, east end of Parkway Plaza, 67 Ellesmere Rd in Scarborough.

All you need to join is a Wynford Seniors membership! Fees are \$12 per week plus we collect fees for our Christmas and Year End tournaments. If you are interested, the bowlers welcome you to check out the alley during the summer on Monday mornings starting May 29th, from 9:30-11:30, where some of us practise for fun.

For more information or to join, please contact Dawna Kobayashi at 416-407-8102. The deadline to join is August 1 2023.



Photos courtesy of Bill Iwamoto.

Gujo Odori: UNESCO Intangible Cultural Heritage Inscription Celebration 2023



Be part of a unique bon dancing cultural event streamed live from Gujo Hachiman Japan

Sunday August 13, 2023—10:00 am - 4:00 pm EDT

**Kobayashi Hall at the Japanese Canadian Cultural Centre (JCCC)
6 Garamond Court, Toronto ON M3C 1Z5**



Facebook Group

Admission: Adults \$10, Seniors \$8.00
Children under 12 years old free
Tickets: <https://gujo-odori.eventbrite.com> Note: ticket sales begin June 1st

email: gujo.odori.toronto.2023/
www.gujo-odori-celebration-2023.ca
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JOY KOGAWA'S NAOMI'S TREE



A MUSICAL PERFORMANCE BY KARAKORO

Yoko Matsui, director
of KARAKORO stage
adapted it to
a musical.



からころミュージカル「NAOMI'S TREE」

原作、ジョイ・コガワ 脚本、松井洋子



Thursday, August 17, 2023 at 7:00pm



"I am so happy that Karakoro will be performing in Toronto, Canada, where I live and am clapping my hands. I had an amazing experience at the cherry tree at 1450 West 64th, Marpole, Vancouver, in the backyard. I think that was in August, 2003, around the time that Mars was closest to the earth. I raised my right arm to touch the tree trunk, and as I did so, I suddenly knew with great certainty that we are completely seen and completely loved. That felt like the most powerful moment of my life." - Joy Kogawa

For tickets, call 416.441.2345
or www.jccc.on.ca

General: \$35 + HST

JCCC members & children under 14: \$28 + HST



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 JAPANESE CANADIAN
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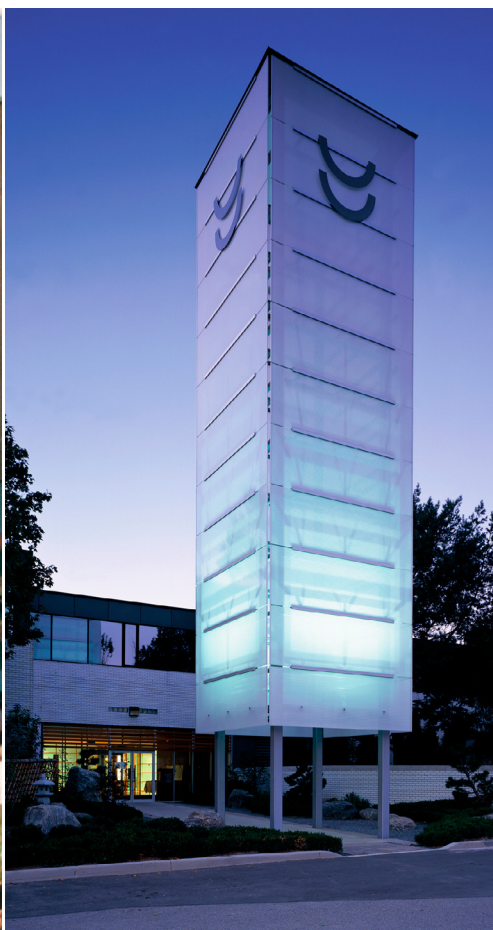
6 Garamond Court, Toronto, ON • www.jccc.on.ca



Nostalgia Night 2023

Celebrating the JCCC's 60th Anniversary

Saturday August 19, 2023 3:00PM to 7:30PM



Join us on Saturday August 19, 2023 and explore the many exhibits and displays celebrating 60 years, meet up with friends and family, get dressed in your own kimono or yukata, and of course enjoy the great Japanese Canadian buffet.

Registration opens Thursday June 1, 2023 by phone 416-441-2345, online or in person at the JCCC.

Ticket Prices – member \$30, non-member \$36, child 5 – 12 \$5, child 4 and under – free. HST to be added to all prices.

Registration closes Friday July 28, 2023.



Register Early!
Space is limited!

No Walk-ins will be accepted.

Nostalgia Night: Saturday, August 19, 2023

Ticket Order Form and Registration

Sale Opens June 1, 2023 Sale Closes July 28, 2023

Your Name: _____ JCCC Member # _____ Non-member

Telephone (____) _____ Email: _____

Tickets for Additional People (Please include full name):

2. _____ JCCC Member Non-member

3. _____ JCCC Member Non-member

4. _____ JCCC Member Non-member

5. _____ JCCC Member Non-member

6. _____ JCCC Member Non-member

Ticket Type	Per person	HST	Total	# of Tickets	Sub-Total
JCCC Members (13 years & over)	\$30.00	\$3.90	\$33.90		
Non-members (13 years & over)	\$36.00	\$4.68	\$40.68		
Children (5 to 12 years)	\$5.00	\$0.65	\$5.65		
Children (4 years and under)	Free		Free		
TOTALS					

Tickets may be purchased on-line through jcc.on.ca, by phone (416) 441-2345 or at JCCC Reception no later than July 28th.

SPACE IS LIMITED. Sorry, no walk-ins will be accepted.

THIS YEAR WILL BE OPEN TABLE SEATING, No Reserved seating

Programme 3:00 to 7:30 – Registration opens at 2:00 p.m.

For Office Use only: Date: _____ Receipt No. _____ Initials: _____

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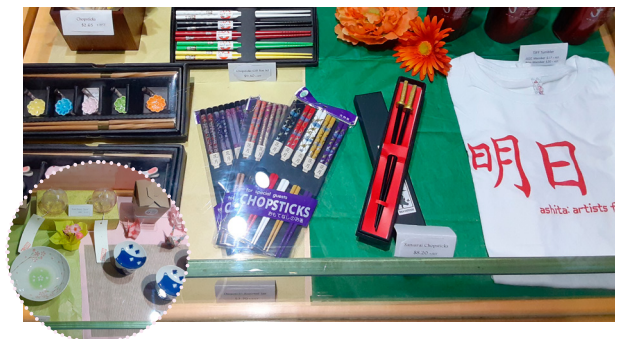
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Summer Reading List
A curated list of the best new books from Japanese Canadian and American authors this year
Summer Reading List P. 9

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

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 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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