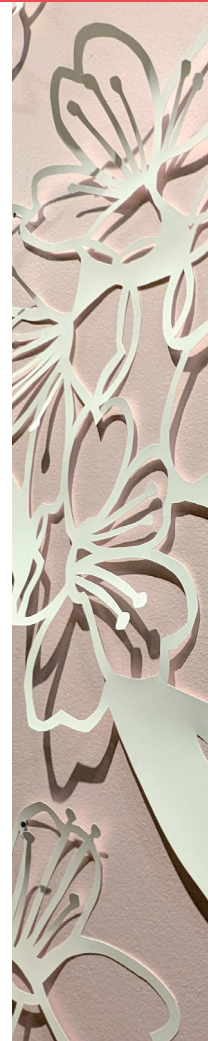
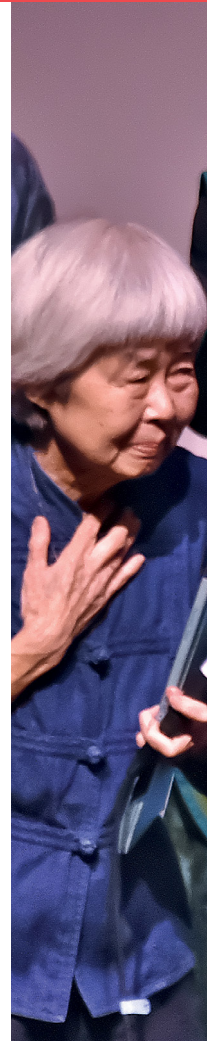
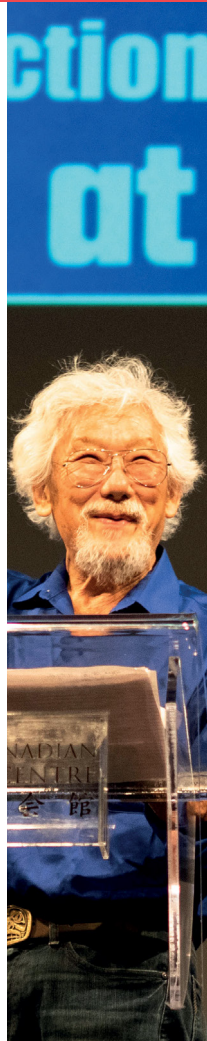
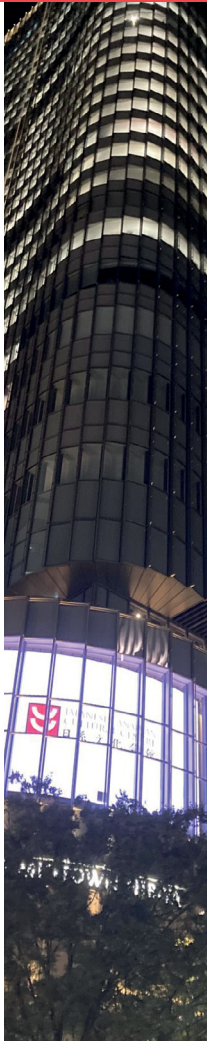


JAPANESE CANADIAN
CULTURAL CENTRE



1963 - 2023

HOLIDAY EDITION 2023



IN THIS ISSUE - VOL. 50 ISSUE 1

NIKKEI VETERAN'S
LUNCHEON
日系退役軍人の集い

OSHOGATSUKAI
ふれてみよう日本のお正月

JANUARY FILM
SCREENING
1月の上映映画



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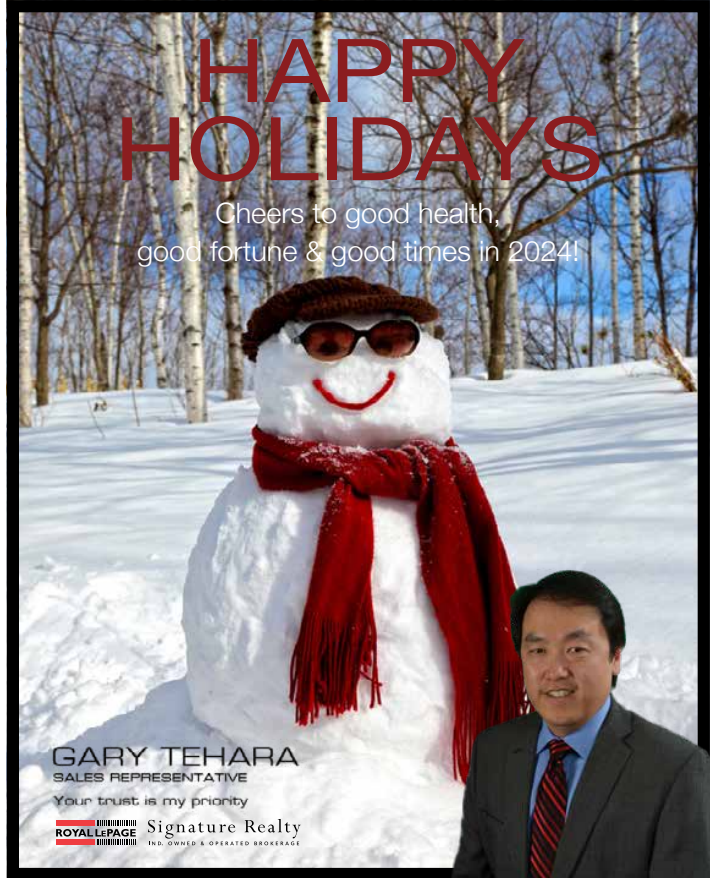
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HAPPY HOLIDAYS

Cheers to good health,
 good fortune & good times in 2024!



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For general enquiries by telephone, please call **416-441-2345** during our operating hours (Mon-Fri, 10am-8pm, Sat-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~金、午前10時~午後8時、土日、午前10時~午後5時)にご連絡ください。

2023 - 2024 JCCC Board of Directors

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Past President/Advisor	Gary Kawaguchi
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VP, Management	Brian Toda
VP, NJCC	Anzu Hara
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	Janice Fukakusa
	William Hatanaka
	Steve Oikawa
	Connie Sugiyama
	Christine Nakamura
Community Relations Advisor	Sid Ikeda (in memory)
Chair - Capital Campaign	Chris Hope
JCCC Foundation Chair	Janice Fukakusa

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Izumi Kusaka	Volunteer Coordinator
izumik@jccc.on.ca	416-441-2345 ext.235

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

The submission deadline for the February issue is:

Thursday, January 11, 2024.

次号締切日: 2024年1月11日(木)

Please email to newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

6 Sakura Way, Toronto, M3C 1Z5

Phone: 416-441-2345

www.jccc.on.ca

Contents

3	What's On at the JCCC
4	Holiday Greetings
6	Hayato Sumino Piano Recital
7	New Years Festival 2024
8	Recap
10	This Month in the Kobayashi Hall
13	JCCC New Year's Eve Euchre Night
13	"Mottainai - The Beauty of Reclaimed Materials"
15	Heritage News
16	Donations
18	Community News
19	健やかな老後をめざして その68
20	JSS Online Programs: December 2023

JCCC HOLIDAY HOURS

	Reception	Building
Saturday December 23	10:00am to 5:00pm	10:00am to 6:00pm
Sunday December 24	10:00am to 3:00pm	10:00am to 4:00pm
Monday December 25	Closed	
Tuesday December 26		
December 27 to 29	10:00am to 6:00pm	10:00am to 7:00pm
Saturday December 30	10:00am to 5:00pm	10:00am to 6:00pm
Sunday December 31	10:00am to 3:00pm	10:00am to 4:00pm
Monday January 1, 2024	Closed	
January 2 to 5	10:00am to 6:00pm	10:00am to 7:00pm
Saturday January 6	Regular Hours	

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

Photo, right: KPMB Architects



What's On at the JCCC

Upcoming Events / 近日開催イベント

JCCC Karaoke Club ・ JCCCカラオケクラブ

Wednesday December 6 & 20, 10am

Sunday January 14, 1pm

12月6, 20日(水)午前10時

1月14日(日)午後1時

Wynford Seniors Club - Winter Social

ウインフォードシニアクラブ - 冬の懇親会

Wednesday December 6, 10:30am

12月6, (水)午前10時半

Please contact Bev (bfujimoto50@yahoo.ca) if you have any questions.

お問い合わせは: ベブ・フジモトまで (bfujimoto50@yahoo.ca)

January Film Screening ・ 月例映画上映会

Thursday January 11 2024, 7:00pm

1月11日(木)午後7時

Prior Convictions, see [page 10](#) for details.

「前科者」詳細は[10頁](#)をご覧ください。

New Year's Festival

お正月会 - ふれてみよう日本のお正月 -

Sunday January 21, 11am - 3pm

1月21日(日)午前11時~午後3時

Cooking for Active Seniors

元気なシニアのお料理教室

Thursday January 25, 11am

1月25日(木)午前11時

See [page 19](#) for details. 詳細は[19頁](#)をご覧ください。

Sumi-e Art Workshops ・ 墨絵ワークショップ

Geese and Ducks - Saturday December 9,
9:30am to noon

Year of the Dragon - Saturday January 13,
9:30am to noon

”雁と鴨”- 12月9日(土)午前9時半~12時

”辰年”- 1月13日(土)午前9時半~12時

See sumieartistsofcanada.org for details

詳細は:sumieartistsofcanada.org

Ongoing / 開催中

JCCC Library ・ 図書館

The Library is now open.

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

JCCCライブラリーは現在週2~3回オープン、貸出/閲覧が可能です。

スケジュールはJCCC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

Graduates in the Community: A CyberARTS Showcase

近日公開 グラジュエート・インザコミュニティ: CyberARTSショーケース

December 1 to January 6, 2024 ・ 12月1日 ~ 1月6日

See [page 15](#) for details. 詳細は[15頁](#)をご覧ください。

Mottainai - The Beauty of Reclaimed Materials

”もったいない”- 再生素材の美

Opening January 2024 ・ 2024年1月

See [page 13](#) for details. 詳細は[13頁](#)をご覧ください。

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.

担当者がお分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、電話で開館時間内に受付までご連絡ください。

HOLIDAY GREETINGS



Holiday Greetings from the Executive Director, James Heron

In 2023 the JCCC's post-pandemic recovery continued to gather momentum. Our courses and events have surpassed 2019 levels of participation. 2023 began with our NJCC's Oshogatsukai having an overwhelming turn-out. Community enthusiasm was high at our Spring Festival and at our most successful Bazaar to date. May was a busy month in Kobayashi Hall with our sold-out Sakura Gala recognizing Nikkei Sports Legends, the Ontario debut of acclaimed pianist Kyohei Sorita for which some audience members flew in from Japan and an inspiring lecture from Dr. David Suzuki called Reflections of an Elder. Our 12th annual Toronto Japanese Film Festival sold more tickets than any past edition and audience surveys showed that people loved the films. We partnered with the city of Gujo Hachiman to stream their 400-year-old UNESCO designated festival. Visitors enjoyed it on both sides of the ocean: on the streets of Gujo as well as in the Kobayashi Hall. In August, Japan-based musical theatre group KARAKORO premiered their musical based on Joy Kogawa's Naomi's Road. Everyone was moved to happy tears including Kogawa herself.

Our Heritage team was also busy in celebration of our 60th year. We launched 60 Years of Friendship Through Culture in the main hall along with The Strength in Sixty Sakura by Elysha Rei. For CONTACT we featured Shin Sugino's *Deja Vu: Split Perception as One*. This summer we hosted the panel discussion *We Are Canada* focusing on the unseen soldiers and families of WWII from visible minority communities and the Okinawan diasporic exhibit *Yuima-Ru: Spirit of Coming Together* as part of *Maru: Immigration Stories*. The Heritage team expanded partnerships with the University of Victoria (*Past Wrongs, Future Choices*), York University (*Data Driven Storytelling*) and the University of Toronto (*MI Practicums*). This fall, we launched *Unchanging and Changing and Changing* by Alexa Hatanaka including an opening night performance attended by almost 400 people.

Canada's largest Sake Festival *Kampai Toronto!* returned in the fall to another full house. *Issei Day* returned to the Kobayashi Hall for the first time since 2019 and November's 2023 *Ishizue Awards* dinner honoured exceptional contributors to the JCCC.

Shiseido generously planted 75 new sakura trees. With over 100 trees now on the property we were inspired to rename Garamond Court and we are now located at 6 Sakura Way!

This year some beloved staff and board members moved on to new challenges. But we know they remain members of the community and friends of the Centre and we thank them and wish them every success. The year has seen new board members and staff join the JCCC family and it is with a feeling of happy anticipation that we look to the future.

Many ask us: "How could such a small community create one of the largest and most vibrant Japanese cultural centre in the world?" The answer is simple. The JCCC is blessed with selfless volunteers, an active membership and community, and a dedicated Board of Directors and Staff. Finally, I want to offer my thanks to the community for giving me the chance to be a part of the Centre for the past 23 years. It is an honour and I do my best to serve the community in the manner it deserves. I wish you a Merry Christmas, a Happy Holiday and a Wonderful 2024 as we enter our 7th decade! 良いお年をお迎えください。来年もどうぞ よろしくお願ひ致します。

With warmest regards,



2023 Holiday Message from the JCCC Foundation Chair, Janice Fukakusa

As we approach the end of 2023, we at the JCCC Foundation are very proud to be a strong source of support and funding for JCCC.

We oversee the investment of donations raised by the JCCC, and ensure that we are stewarding the capital prudently, so that it is always available to the JCCC. Despite the volatile markets, the investments have continued to increase their value.

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

We continue to disburse Funding in Japan for scholarships for students, as well as funding for each of the 3 prefectures, Iwate, Fukushima and Miyagi. Many students have sent letters of appreciation.

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

On behalf of the Board of Directors of the JCCC Foundation I wish you and your families a Happy Holiday Season and a Healthy and Prosperous New Year!

Sincerely,

HOLIDAY GREETINGS



2023 Holiday Message from the JCCC President of the Board of Directors, Chris Hope

Happy Holidays and a happy and healthy 2024 to all!

As we come to the end of 2023, the sixtieth anniversary year – the kanreki anniversary, of the JCCC, I have nothing but gratitude to express to all of the JCCC staff, members, volunteers, and the incredibly hard-working board members both at the JCCC and the JCCC Foundation.

Life has not only returned to normal at the JCCC, but the general attendance and participation numbers at the JCCC now surpass all previous records. If the pandemic taught us anything, it was just what we were missing when we weren't able to come together with our JCCC community family and friends, and the general post-pandemic interest in the JCCC and its programming continues to grow.

We are now working to balance the JCCC's capital requirements to deal with the new demands on the Centre and its staff as we continue to maintain and expand the world-class programming and facilities that the JCCC has proudly been known for. We are also still dealing with a debt to the Foundation that helped the Centre weather the COVID years and we expect to re-pay the federal emergency grants that got us through the pandemic, in the coming quarter. In addition we have the challenge of a tough economy to weather, with donations to not-for-profit organizations dropping precipitously as we all struggle with the new reality of high interest rates.

We are grateful for your continued support as we weather these economic times and continue to boldly support the JCCC's guiding principle of friendship through culture, and the JCCC's vision: To enrich lives globally through the celebration of Japanese culture and Japanese Canadian heritage.

With the geopolitical turmoil that sadly persists, the world has never had a greater need to understand and embrace the principles the JCCC stands for. It is our mission to continue to widely share the concept of friendship through culture and the history of the JC community, to exemplify the incredibly positive potential of coming together around shared interests instead of fueling divisions on the basis of differences.

In May of this year we held the first Sakura Gala since 2018 at the JCCC. Not only was the event a great success, but it was the first-ever Sakura Gala to be completely organized in-house. We celebrated exceptional Nikkei achievement in Canadian sports history honouring Bill Hatanaka, Vicky Sunohara and Nick Suzuki for their contributions to the world of sports and for using their platforms to become trailblazers to affect positive changes in society. In November we hosted the Ishizue Awards, celebrating the exemplary contributions of ten community members for their incredible, in many cases, lifetimes, of JCCC service and support. Dr. David Suzuki also presented what he billed as his "last ever keynote in Toronto" in May, and to celebrate the appearance we had special t-shirts made to commemorate Dr. Suzuki's first-ever keynote at the JCCC over 50 years ago. Dr. Suzuki vowed to be the first to wear one.

Festivals, cultural programming, martial arts, the JCCC bazaar and the Toronto Japanese Film Festival are all running at capacity. Internationally acclaimed artists in the JCCC Gallery, a new concert series co-presented with Bravo Niagara! that brings top-tier performers from Japan to the Centre, and the Maru exhibit are succeeding in making the JCCC an international cultural hub, attracting more new visitors to the Centre than ever. It's been a really exciting year, and there is much more to come in 2024.

Thank you everyone for all of your hard work and all of your much needed, and continued, support.

Wishing you all a safe and happy holiday season and a new year full of good health and prosperity!

I look forward to seeing you soon at the JCCC.

Sincerely,

A handwritten signature in blue ink, appearing to read "Chris Hope". The signature is fluid and cursive, with a large initial "C" and "H".

Hayato Sumino Piano Recital

Bravo Niagara! Festival of the Arts and the Japanese Canadian Cultural Centre proudly present the Canadian solo debut of pianist Hayato Sumino.

Hayato Sumino was a semi-finalist at the 2021 International Chopin Piano Competition in Warsaw. In addition to performing concerts in Japan and abroad, he also writes, arranges, and performs his own music under the name of "Cateen" on YouTube, with over 1.2 million subscribers and 150 million views (and counting)! Sumino's debut at the prestigious Suntory Hall in Tokyo sold out on the day of release. His unique style, a fusion of classical techniques, arrangements, and improvisational skills, has been well-received by fans around the world. A CASIO electronic musical instrument ambassador and Steinway artist, he is a truly new type of pianist that pushes the boundaries of classical music.

カナダソロデビュー! 角野隼斗は2021年、ワルシャワのショパン国際ピアノコンクールセミファイナリスト。日本国内外で演奏する傍ら、作曲やアレンジも行う。また"Cateen"(かていん)名義で活動するYouTubeチャンネルでは、独自のスタイルでの演奏が人気で登録者数が125万人超、総再生回数は一億回を突破している。名門の東京サントリーホールでのデビューリサイタルは、売り出し当日にソールドアウトとなった。クラシックで培った技術とアレンジ、即興技術を融合したユニークなスタイルは世界中のファンから好評を得ている。CASIO電子機器アンバサダー、スタインウェイアーティスト。クラシックのピアニストとして確固たる位置を築く一方、ジャンルの垣根を越えた音楽の探求心で知られる、唯一無二のピアニストとして注目を集めている。



Thursday May 9, 2024 at 7:30pm
Japanese Canadian Cultural Centre

\$60 +HST General admission;
\$50 +HST JCCC Members and Bravo Niagara! Members;
\$25 +HST Student

Tickets now on sale at <https://jccc.on.ca/event/2024/05/hayato-sumino-piano-recital>

Shinnen Kai

The JCCC is sorry to announce that we will not be offering our annual Shinnen Kai dinner for 2024. In an effort to help bridge the gap that this will cause, we have assembled a list of restaurants that will be offering Osechi-Ryōri this year for your celebrations. Please contact the restaurants below if you are interested in learning more.

EDO-ko in Forest Hill Village
(Lonsdale and Spadina Road)
<https://www.edorestaurants.com//>

Kaiseki Yu-zen Hashimoto Restaurant
(Don Mills and Eglinton)
<https://www.kaiseki.ca/>

令和6年お正月会

New Year's Festival 2024

新年の幕開けは、JCCCのお正月会で！色々リニューアルされたお正月会に参加しませんか？

2024年お正月会は事前にチケット購入が可能、そしてお子様へのお年玉は先着ではなく、抽選です！是非お越しください！

Start off your New Year with a visit to the JCCC for the New Year's Festival! We are back at it again, but with lots of improvement! This year, you will be able to buy tickets online (allows entry 30 min before)! So don't forget to go to our website to purchase tickets! The Otoshidama this year is a lottery, and not first come first serve. We'll see you there!

お正月会2024で体験できること：

- 獅子舞ショー
- 初詣とおみくじで運試し(有料)
- 餅つき
- 抹茶席(有料)
- 充実した 屋台
- 着物ファッションショー
- お年玉抽選会(お子様100名様)
- 2階はキッズエリア、おもいっきり遊べます！
- 県人会ブースもあり(New!)
- などなど



What you can expect at New Year's Festival 2024

- Lion Dance
- Authentic Jinja shrine display and try your luck with a Omikuji fortune draw (fee)
- Experience a Matcha tea ceremony (fee)
- More food/drinks and marketplace stands
- Kimono fashion show
- Mochi pounding experience
- Lucky draw of Otoshidama for 100 children
- 2nd floor reserved for kids area so they will have lots of fun!
- Kenjinkai booth (New!)
- And more!

Please visit our [website](#) or scan the QR code to purchase tickets.



OHANA HULA HO'IKE AND LUAU

Ohana Hula Club hosted a celebration of Renee Siao's 45 years of promoting the art of hula across the GTA with an Hawaiian Thanksgiving HO'IKE (Show) and Luau (buffet dinner) on October 7, 2023 in Kobayashi Hall. Over 250 people attended. Sponsors were iA Wealth and Expedia Cruises.

In addition to the Moana and Golden Luna dancers of Ohana Hula, two other guest clubs danced as well, Halau Hula 'O Walea and Leai'ala Dance School. The Luau, catered by FV Foods, was an outstanding crowd-pleaser, featuring traditional Hawaiian dishes including roast pig.

Tane Akamatsu made the costumes for the stunning finale dance. Maina Choy and Betty Lou Arai provided beautiful flower centre pieces for the 25 tables. Terry Takashima, Richard Fugimoto, Kerry Wong and Constantin Dutescu provided additional support. Mahalo to all the volunteers who made the event successful.



Looking for the perfect holiday gift?

Pick up the perfect holiday gift at our Gift Shop today – Both Obaasan's boots and Shizue's Path launched their books right here at the JCCC!

Both are written by members of our community and teach us the history and stories we all need to know.



Shizue's Path (signed by author Mark Sakamoto)

Inspired by the life of his great-aunt, Mark Sakamoto weaves personal and political history with a keen sense of justice and optimism. Enriched by Rachel Wada's sophisticated illustrations, Shizue's Path is an unforgettable story about a girl who, swept up by the waters of the world, uses her voice to create ripples of kindness.

Obaasan's Boots (Janis Bridger & Lara Jean Okihiro)

Cousins Lou and Charlotte don't know a lot about their grandmother's life. When their Obaasan invites them to spend the day in her garden, she also invites them into their family's secrets. Grandma shares her experience as a Japanese Canadian during WWII, revealing the painful story of her internment. Her family was forced apart. Whole communities were uprooted, moved into camps, their belongings stolen. Lou and Charlotte struggle with the injustice, even as they marvel at their grandmother's strength. They begin to understand how their identities have been shaped by racism, and that history is not only about the past.

In addition to these fabulous new books, and more, we have a great selection of giftwares, including jewelry and accessories, JCCC logoware, dishes, chopsticks and more!

Nikkei Veteran's Luncheon

On November 9th, we came together for a brief pause in our daily lives, to recognize and remember the service and courage of all Canadian veterans of Japanese heritage, who were often subject to racism and discrimination on the part of the Canadian government, despite their sacrifice. We welcomed veterans of the Second World War, the Korean War, reservists and current personnel.

In addition to our regular programming, we were treated to a short welcome performance by the Budou Class of Ikebata Nursery School. We also screened the short film, *Minoru: Memory of Exile* by esteemed Japanese Canadian filmmaker, Michael Fukushima, with permission from the National Film Board. Lunch, which was catered by local restaurant Happeace, was enjoyed by all, as was the chance to get together.

Each year we try to make this a meaningful event for our veterans and our community. We hope that you will consider joining us next year.



黒板
KOKUBAN

KOKUBAN is a monthly e-publication which highlights the work of the JCCC community and the Japanese Canadian community at large, covering topics from heritage treasures to stories about the Nikkei experience. Recent issues have covered Sedai interviews with Jean Peasah, a continuation of our Japanese Canadian landmarks series, an inside look at Alexa Hatanaka's Unchanging and Changing and Changing exhibition and more! Be sure to check out all our past and current issues at <https://jccc.on.ca/about/newsletter/kokuban>.



January Film: PRIOR CONVICTIONS 前科者

Thursday January 11, 2024 at 7:00pm

Admission

\$8.85 +HST (\$10) JCCC member; \$10.62 +HST (\$12) non-member

Can a killer truly be rehabilitated?

The idealistic Kayo has worked as a probation officer for 3 years. She finds her job rewarding and feels a deep empathy for her clients. But one, Makoto, an ex-murderer, suddenly disappears around the time that the police are investigating a series of murders committed by a mysterious man. Then Makoto's DNA is discovered at a crime scene...

An intense and involving psychological thriller featuring masterful performances by Kasumi Arimura as the determined parole officer Kayo Agawa, and Go Morita in his role as the desperately conflicted ex-convict Makoto Kudo. Yoshiyuki Kishi's film, based on the popular manga, also features Hayato Ishimura, Shizuka Ishibashi and Lily Franky.





JAPANESE CANADIAN LEGACIES

jclegacies.com



JC Legacies Update

As we look back over the past year, much has been accomplished in terms of rolling out funding and community engagement across the country.

While the Community Fund is the most public-facing program, there are other important initiatives being undertaken. **Teacher Education Resources** are being developed by a team of educators led by **Mike Perry-Wittingham** and advisory made up of **Vivian Wakabayashi Rygnestad**, **Masako Fukawa**, **Connie Kadota**, and **Greg Miyanaga**. Their work will be published on a publicly-accessible teacher resource website.

Over the summer and fall **Monument Database** Project Director **Michael Abe** and his team being doing outreach, working with families to update and correct the existing database of names of Japanese Canadians impacted by government actions in the 1940s. The database, down temporarily as updates are made, will reopen soon.

Finally, **Linda Kawamoto Reid** and **Lane McGarrity**, co-coordinators of **BC Heritage Sites**, have been making good progress on this important program.

"In doing this work we recognize the many Japanese Canadian leaders and organizations who have worked decades to build community, and are humbled by the stories like the 75 families in Toronto who mortgaged their homes in the 1960s to purchase land for the first Japanese Canadian Cultural Centre. Or the many Japanese Canadians who worked for years and years to achieve federal redress. We walk in their shadows and always in honour of our elders past and present."

– Susanne Tabata, CEO, Japanese Canadian Legacies Society



JC Legacies Community Fund staff, from left to right: Yumi Kawaoka, Eleanor Clarke, Larissa Higo, CEO Susanne Tabata, Taylor Uyesugi Ball, John Endo Greenaway

Our small office is growing! Over the past few months we have gradually been adding staff to increase capacity as needed. A special shoutout to our Community Fund Program Manager **Larissa Higo** and her team of **Yumi Kawaoka** and **Eleanor Clarke** for their diligent, thoughtful work over the past few months. They truly shouldered a heavy load!

Community Fund



The Community Fund grants serve the broadest diversity of Japanese Canadians across the country. With the opening of the **Arts** stream November 1, all grants have now been activated. We're happy to say that the second intake of **Scholarships** matched the first intake, for a total of over 600 applicants. **Community Projects** is now closed, as is **Infrastructure**. All three streams are headed for assessment over the coming weeks, with results out December 15. Thank you to everyone who applied!

Intergenerational Wellness has been extended by two weeks, to December 15, to give families more time to apply and we have added a dedicated email and phone number to assist with families who need help setting up accounts and making applications.

Phone: 604.760.7650 (leave a message) | **Email:** healing@jclegacies.com
Intergenerational Wellness に関連して日本語でのサポートが必要な場合は healing@jclegacies.comへメールにてご連絡下さい。



Message to our Seniors

Individual Health Support Grants for Survivors

To our elders: The Japanese Canadian Survivors Health and Wellness Fund (JCSHWF) is preparing to open for survivors. The fund will provide grants for individuals for their health support needs.

Information can be found at jcwellness.org

The JCSHWF is operated by the Japanese Canadian Survivors Health and Wellness Fund Society.

We have some exciting news on **Sports!** BC Sports Hall of Fame inductee **Jim Kojima**, Olympic gold medalist **Vicky Sunohara**, and Grey Cup champion **Bill Hatanaka** have been drafted to create a formidable Advisory Team. Stay tuned for more information.



Jim Kojima

Vicky Sunohara



jclegaciesfund.com



Bill Hatanaka



16th Japanese Calligraphy Competition in Canada

An opening ceremony and presentation of award winners chosen from 176 entrants to our annual competition was hosted by Sensei Noriko Maeda with congratulatory speeches by the Consul-General of Japan, Mr. Takuya Sasayama; Ms. Noriko Yamamoto, Japan Foundation Toronto, and Mr. James Heron, Japanese Canadian Cultural Centre.

Crossing boundaries and time zones, we continue to refine our online presence and nurture a wider audience that spans generations. Many grandchildren of skilled senior members of our community joyfully share the practice of Shodo. Four young calligraphers from Vancouver received the Dr. Rick Nishikawa Memorial Award for their celebration of high school graduation and childhood friendship. The top award Kenzaburo Date Memorial was shared by two first-time entrants who powerfully captured memories of beginnings and endings in their own lives.

In his keynote speech on behalf of all award winners, Masoud Jelokhani-Niaraki reflected on his deep interest in Japanese culture and poetry to inform his scientific teaching and ongoing Shodo practice. Please visit our website to read his speech and view this year's exhibition.

Shodo Canada wishes to thank the Consulate General of Japan, the Japan Foundation Toronto, and the Japanese Canadian Cultural Centre for their support.

We are pleased to announce the 17th Japanese Calligraphy Competition in Canada.

Deadline: March 31, 2024. For information, visit: www.shodocanada.com

17th
Japanese Calligraphy Competition
in Canada

Entry Deadline | March 31, 2024

Award Presentation & Exhibition
Online November 3, 2024

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

Follow us

日本書道公募展

Competition organized by SHODO CANADA

JCCC NEW YEAR'S EVE EUCHRE NIGHT

Join us on New Year's Eve, Sunday, December 31, 2023, for a night of friends, fun, and a little card playing finesse. There will be a cash bar, light refreshments, champagne toast and cash prizes for the top scores! The scoring system is individual-based; no set partners. The entry fee is \$25 (plus HST) for non-members and \$20 (plus HST) for members. Entry is limited to experienced players ages 19 years and older. Doors open at 7:00pm, and play starts promptly at 7:45pm.

The deadline for registration is December 15, 2023. Spaces are limited! For more information or to register, contact the JCCC at 416-441-2345 or jccc@jccc.on.ca.



"Mottainai - The Beauty of Reclaimed Materials"

"Mottainai (勿体無い) is a well-known Japanese word that carries a profound message of respect and appreciation for resources and the environment. It's a concept deeply rooted in Japanese culture, promoting the idea of not wasting anything with value. When something is 'Mottainai,' it means that we recognize the inherent worth of even the smallest of things and make the most of what we have." Mui-Ling Teh

Artists in the JCCC's community are invited to take part in "Mottainai - The Beauty of Reclaimed Materials", opening in the first two weeks of January and continuing until the end of March.

This community art exhibition is inspired by Keiko Shintani, who uses recycled silk fabric in her woven pieces. Artists are challenged to reuse, upcycle, repurpose and recycle items to create new artworks. Your imagination is the limit.

Japanese Canadian artists, Japanese artists, and artists from the JCCC community are welcome to submit a maximum of 3 artworks to the exhibition. The Art Committee reserves the right to show fewer than the limit.

Please fill out the statement of Interest form by December 31st (<https://forms.gle/E1L4eT-mVdbH7PLLK9>) if you are interested in participating in this exhibition and further information will be sent to you regarding artist agreements and artwork submission.





Congratulations Karen!

On November 3rd, our VP Heritage, Karen Webb, received the prestigious Citizenship Award from the Ontario Society of Professional Engineers.

“This award recognizes a professional engineer’s contributions to public service. Those who earn this award have given freely of their time, professional experience and engineering expertise to the benefit humanity.

The Citizenship Award is given to association members who have made substantial contributions to humanity, while maintaining their identities as professional engineers. The contribution may have been made in any milieu, as either a voluntary or paid service, but must be outside of the nominee’s regular employment.

Those who earn this award have given freely of their time, professional experience and engineering expertise – to the benefit of humanity.” from the website <https://opeawards.ca/awards/>

As the recipient of just a small part of Karen’s volunteerism, we want to extend our happiest congratulations to Karen on this amazing achievement.



Volunteer Coordinator

I am delighted to introduce myself and become a part of this wonderful community. My name is Izumi, the new Volunteer Coordinator at JCCC, and I’m the proud mother of two incredible boys. Motherhood has been an amazing journey for me, and every day is a new adventure with my little ones.

I love going outdoors on weekends, there’s something magical about watching my boys explore nature. It’s a chance to witness their curiosity, their laughter, and their connection with the natural world.

As a new Volunteer Coordinator, I hope to connect with all JCCC community members and build a supportive community where we can celebrate and share the joys of Japanese culture and Japanese Canadian heritage. Please reach out to me anytime either in person or online, share your volunteer stories, or ask questions! I am looking forward to meeting you all.

Graduates in the Community: A CyberARTS Showcase Reception December 1st 5-7pm at the JCCC

The JCCC Gallery is proud to host graduates of the CyberARTS program at Don Mills Collegiate Institute, a high school in our community, from December 1 to the first week in January. This show will feature artwork from students enrolled in the CyberARTS program. We invite you to come and see this show full of up-and-coming artists within our community.

The show will open on December 1st with a reception between 5-7pm. All are welcome to celebrate the work of these talented students.

Image, right: Ane Clopper's acrylic painting. Photo courtesy of Andrea Simpson.



Changed by Paper

Unchanging and Changing and Changing, a solo show by Alexa Hatanaka, has left the Gallery, but not without leaving its mark on us all. This exhibition of wearable paper sculptures has attracted many guests, both those familiar with the JCCC and those not. It's stunning performance-based opening attracted hundreds of visitors. Daily visitors were captivated by the art pieces as well as the videos explaining the papermaking process and the performance.

We expect to see more wonderful art by Hatanaka in the coming years.



Photo credit: Robert Masaki Hechler

DONATIONS

DONATIONS TO THE JCCC

AS OF NOVEMBER 6, 2023

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	95
Anonymous Library	103
Mr. Jim Abe & Ms. Debbie Clarry	100
Mrs. Gwen Edamura	75
Mr. & Mrs. Ray Edamura	100
Mr. Leo & Ms. Colleen Hrivnak	100
Mr. Akio Ikebata	27
Ms. Sumiko Jin	50
Ms. Meg Karper	10
In honour of the Otani Family	
Mrs. Rose Kelly	10
Mr. Martin Kobayashi	375
In celebration of Karen Webb's citizenship award	
Mrs. Nellie Kuwahara	100
Mr. Stephen Lau	100
Mrs. Sharon Marubashi	375
Mr. Christopher Masuda & Ms. Margaret Widgery	100
Mrs. Shirley Matsunaga	50
Mr. Shujon Mazumder JCCC Judo Kai	162
Mrs. C. Donna Mitobe	50
Mrs. Rumi Nguyen	100
Nihongo Art Exhibition	150
Ms. Amy Nishio	100
Mr. Sam & Mrs. Sumiko Nishiyama	100
Mrs. Angela Sasaki	200
Mr. Roy Sato	100
In appreciation for Aloha Party	
Mr. Steve Seko	150
Mr. Andrejs Shubas	20
Mr. Fie Young (Peter) Song	80
Mr. & Mrs. Ray Sora	60
Mr. Terence Takashima	100
Mrs. Betty M. Ura	200
In celebration of Baby Roland Wesseling's birthday	

Mrs. Kathy Wale	350
Mrs. Irina Werner	385
In appreciation of the JCCC Kendo Club	

Emergency Appeal

Ms. Martha Arima	30
Mrs. Diane Carter	20
Mr. William Cruz	50
In memory of Roman T Yap	
Mrs. Elinor J. Dunlop	35
Mr. Patrick Dunlop	10
Mr. Robbie Grant	25
Mr. & Mrs. James Heron	100
Mrs. Janice Nobuto	100
Mrs. Midori Takahashi & Mr. Chris Barkley	25
In memory of Shoji & Sachi Takahashi	
Mr. Regan Takenaka	25
In memory of Tony & Kimi Takenaka	
Ms. Karen Tanino	50
In memory of Ken & Ruth Tanino	
Mr. Wayne Yamashita	10
Mrs. Donna Yoshimatsu	150

In Memoriam

In memory of Emiko Amy Yatabe

Mr. Ronald & Mrs. Jeanne Matsugu	50
Ms. Patricia Tsuji	100

In memory of Fusako Yamamoto

Ms. Shelley Sunohara	50
----------------------	----

In memory of Harold (Hirano)

Miwa

Mrs. Fujiye Ono	50
-----------------	----

In memory of Kaye Kazue Oda

Mrs. Tomeko Iwasa	50
Ms. Beverley Oda	500

In memory of Fusako Yamamoto

Mrs. Lily Shigetomi	25
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In memory of Mitsuyoshi Ito

Anonymous	5,000
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Mr. Carlo & Ms. Mary Ammendolia	1,000
Mr. & Ms. Richard Bouillon	100
Mr. Nobuo & Mrs. Noriko Iromoto	50
Mr. Gary Kawaguchi & Ms. Gayle Taguchi	100
Mr. Martin Kobayashi	100
Mr. Peter Wakayama	100
Mr. Larry & Mrs. Amy Wakisaka	100
Mr. Jack & Ms. Karen Webb	150

In memory of Shouemon and Hatsu Yamada

Mr. Michael & Mrs. May Ah-Sue	60
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In memory of Umeko Kuba

Anonymous	200
Mr. John Barker	250
Mrs Susan Cresswell	100
Mrs. Marie Ikeda	50
Mrs. Chiyo Inamoto	50
Mrs. Peggy Taira	25
Bill, Jean and Family	108
Ms. Judith Williams	75

Chris Kano Taiko Studio

Anonymous	210
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Heritage

Mr. Hideo & Mrs. Naomi Takasaki	
In memory of Lydia Yatabe	30
In memory of Sally Bailey	50
In memory of Toshi Yoshimatsu	50

Organization

Anime North	
Toronto Japanese Film Festival	
Oberon Capital Corporation	
Friends of MNHC	
The Crane	
SHISEIDO (Canada) Inc.	
Toronto Japanese Film Festival	

DONATIONS

Support Member

Leader

Mrs. Valerie Nash 477

Partner

Dr. Neal & Mrs. Cary Anzai 110

Mrs. Betty Kitazaki 127

Mr. George & Mrs. Amy Nakano 110

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 Gytoku and Jessie Ebata

Jamie Herman and Masako Katsuki

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 Shichitaro & Naka Nagata
family

Dr. Seiko Shirafuji

Mr. Douglas Dwyer

Groups

Checkmate Development

Crow Creek Settlement Reunion

Hanayagi Essay Group

THE CRANES:

The National Tribute to Japanese Canadian Life

APRIL 1, 2016 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

443 In memory of parents Barron and Mary Wakabayashi

444 In memory of Shizuko Kadoguchi – Ikenobo Ikebana

445 Sadakichi & Yukie Arai Ocean Falls BC 1921*

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

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

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

449-450 Team Sansei Canada 40th anniversary 2022

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

451 Jamie Herman and Masako Katsuki

Mr and Mrs Brian Wakabayashi

Ikenobo Ikebana Society

of Toronto

Mr Richard Arai

Mr Richard Arai

Mr & Mrs Minoru Tanaka

Mr & Mrs Robert Doi

Mr. Robert Fukumoto

Mr. Gary Kawaguchi

Mr. Gordon Kitamura

Mr. Dan Maeda

Ms. Theresa Maeda

Mr. Gary Nasu

Mr. Reginald Nasu

Mr. Craig Okazaki

Mr. Stephen Saito

Mr. Gregory Sora

Mr. Steven Sumi

Oberon Capital Corporation



JAPANESE CANADIAN CULTURAL CENTRE KARAOKE CLUB

Good news for fans and members of the JCCC Karaoke Club!

Plans are underway for our Annual New Year's Party which will be held on Sunday, January 14, 2024, starting at 1:00pm. The event will also incorporate the celebration of the Club's 40th anniversary which was delayed due to the pandemic. For those not aware, the Club was organized by the late Roy Shin in March 1981 and continues to thrive to this day with a membership of just under forty.

These members are a mix of seniors from various walks of life and mainly those who are retired; however, this situation could change if a venue is made available during a weekend slot. Also, the equipment is being updated to encompass digital sources, video feeds for karaoke, etc., thanks to the efforts of the JCCC and the Japanese Canadian Legacies Society.

We encourage all those past and present fans to help us celebrate this special occasion which will include obento along with lots of entertainment.

For additional information and/or tickets, contact the following:

Bob Nishikawa - 416-984-4111

Yosh Inouye - 647-977-4745

Cooking for Active Seniors Classes

Cooking for Active Seniors Classes focus on using one type of protein to make three simple, but different recipes that will each serve one or two people.

Classes are limited to 16 persons to ensure participants can actively participate in making each of the recipes. After the cooking is done, everyone gets to taste the finished product and enjoy the company of each other.

The January 25, 2024 class is:

What Came First, the Chicken or the Egg? This class focuses on the versatility of eggs and chicken. Participants will make Chawan Mushi, Egg Foo Yong, and Chicken Teriyaki using these two tasty ingredients.

Registration: 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 +HST, non-members \$30.00 +HST.

RAW TAIKO PRESENTS

2023

home

taiko concert

betty oliphant theatre
404 jarvis st

8pm december 8
8pm december 9
2pm december 10

tickets sliding scale \$25 - \$50
home-a-taiko-concert.eventbrite.com

@rawtaiko
ragingasianwomxn.ca

Greater Toronto Council
Ontario

健やかな老後をめざして その68 - フレイル(Frail)を予防しましょう!

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)

「人生100年時代」と言われるようになりました。医療や公衆衛生が進歩し、また、文化的・経済的に人々の生活が豊かになると、健康問題が改善されて、乳幼児の死亡率は下がり、高齢者も長生きできるようになります。その結果、平均寿命は延びていきます。これはとても喜ばしいことですよね!

ところが、喜んでばかりはいられない課題があるのです。“長生きしている”と“現状を幸せに感じながら暮らしている”との間には大きな違いがあるのです。その要因の1つに「健康寿命」があります。健康寿命とは「人の寿命において、健康上の問題で日常生活が制限されることなく生活できる期間」のことです。もし、わたし(あなた)が「75歳になった時、衣食住の様々なことに誰かの助けが必要な状況になってしまい、その後しだいに心身の機能が低下し、82歳で永眠した」としましょう。この場合、寿命は82歳、健康寿命は75歳とすることになります。

もちろん、どのような健康状態や生活状況で暮らしたとしても、人としての命の大事さに何ら変わりはありません。しかし、やはり「できるなら自分で自分の事をやりたい、人の手を借りずに外を歩きたい、買い物へ行きたい、大好きなあの場所へ行きたい.....」と願うのは当たり前です。「もう少し健康に留意していれば、介護が必要となった7年間(上記の例の場合)を短かくできたのではないか?つまり「平均寿命と健康寿命の差をなるべく小さくしよう!要介護状態にならずに長生きしよう!」が、フレイル予防の基本的な考え方です。まさに、昔から人々が願う言葉「ピンピンコロリとあの世へ」は、この考え方そのものなのです。

フレイルとは「年をとって心身の機能が低下した状態」です。フレイルには

精神面、身体面と社会面の3つの側面があります。高齢期になると、仕事からの引退、兄弟姉妹や友人の死がもたらす喪失感、持病の悪化、経済的不安、体力低下による活動の制限(交流機会の減少)などにより、精神的に落ち込み、うつ病を発症するきっかけが増えます。また、認知症の人も増えていきます。

フレイルを防ぐためには、続けてきた趣味(ダンス、カラオケ、ゴルフ、水泳など)、家庭内の役割や地域におけるボランティア活動を継続しましょう。あるいは、新しいことに挑戦しましょう。もし、心身に無理のない程度に仕事を続けることができれば、経済面の安心や生きがいにもなります。何と言っても「フレイル予防に効果が高いのはみんなでワイワイやること」と報告されています。“人々をつながる”ことが重要なのですね!

私の夫は、73歳の現もフルタイムで働いています。自宅でオンラインを使って画像診断を実施できますが、それでも大学病院へ出勤します。人々と会い、語り、お茶を飲む時間が楽しそうです。自宅であれば、接するのは私だけですが、職場に行けば、けっこう歩き、たくさんの刺激に囲まれて、結果的に心身の機能低下を防ぎ、認知症予防にもつながります。

日本では「亭主(夫)元気で留守がいい」と言う揶揄(やゆ)を聞きますが、私も外で働くことを勧めています。彼は、自宅で積極的かつ計画的に運動するタイプではないので、職場へ出勤することの意義は大きいと感じています。もちろん、妻としては経済的にも大助かりです(大笑)。

来たる2024年が人々をつながる機会の多い日々となりますようお祈りいたします。

Congratulations Nyl and Adam

Congratulations to Nyl Yakura and his partner Adam Dong for winning a 2023 Pan Am Gold medal in Santiago, Chile at the beginning of November.

Nyl has been playing badminton since the age of 10 years old and realized one of his dreams of representing Canada at the Tokyo Olympic Games in 2020 and he now continues to strive for a second Olympic Games in 2024 in Paris.

You can learn more about Nyl and his passion, dedication and hardwork, by checking these links:

Links:

- https://en.wikipedia.org/wiki/Nyl_Yakura
- <https://www.instagram.com/nylyakura/>
- <https://www.youtube.com/channel/UCX3SgaJYIm-2owWQ3X8WSvQ>
- <https://olympic.ca/team-canada/nyl-yakura/>
- <https://olympics.com/en/athletes/nyl-yakura>
- <https://www.gofundme.com/f/knuuv-road-to-paris-2024>





COMMUNITY

JSS プログラム:2023年12月& 2024年1月

2023年12月及び2023年12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 December 2023 & January 2024 programs and events! *Pre-registration required. Visit [our website](#) and/or contact 416-385-9200 / programs@jss.ca for more details & RSVP.

(1) JSSイベント

歳末助け合いホリデーライブプログラム2023

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

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

(2) モミジ&JSSオンライン講座シリーズ

※登録可能な講座・過去の講座一覧などシリーズ情報は、JSSウェブサイト: [モミジ・JSS: オンライン講座シリーズ](#)をご覧ください。

「ボランティアになるには - シニア編」

1月24日(水) 15時(日本語&英語)

本講座は、ボランティアとして参加することに興味があるシニアの方に最適です! ボランティア活動は、地域社会で積極的に活動し続けるための手段にもなります。

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

(3) JSS 家族支援プログラム

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。※ お申込み・お問合せは、kakehashinokai@jss.ca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サポートグループです。※ お申込み・お問合せは、smsg@jss.caまで。

(3) レギュラーJSSプログラム (日本語)

1. クラフトクラブ交流会 第1・3水曜日、10時半~正午

※ お問合せは、craftclub@jss.caまで。

2. やさしいシニアヨガ(第17期:1/15~2/26 毎週月曜日)

※ お問合せはsenior.yoga@jss.caまで。

3. 懐かしい日本の歌を歌う会 第2・4月曜日、13時半~15時

※ お問合せはutanokai_b@jss.caまで。

(1) JSS Events

The 24th Annual Holiday Drive

Japanese Social Services is starting its annual Holiday Drive Program. Help us so that JSS can deliver support to our community members in need for their warm holidays! Visit [Holiday Drive Website](#) for how to support.

*For inquiries, please contact holidaydrive@jss.ca or 416-385-9200

(2) e-Learning Series

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

How to become a Volunteer - Seniors

Wed. Jan 24, 3pm (English & Japanese)

This session is great for seniors who are interested in getting involved as volunteers! Explore how volunteering can be an avenue to stay active and engaged in your community.

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

(2) JSS Family Support Programs

1. Kakehashi no Kai *Contact kakehashinokai@jss.ca

Kakehashi no Kai is a monthly support group for parents raising children (of any age) who are neurodiverse.

2. Single Mother Support Group *Contact smsg@jss.ca

A monthly support group for single mothers and those considering becoming single mothers to share information and experiences.

(3) JSS Regular Programs

1. Craft Club Social

Twice a month on the 1st and 3rd Wednesday, 10:30am - noon

*RVSP at craftclub@jss.ca

2. Easy Yoga for Seniors

(Term 17: Mondays, Jan 6 - Feb 26, 10:00 - 11:30am)

*Contact senior.yoga@jss.ca

3. Nostalgic Japanese Song Singing Group

Twice a month on 2nd and 4th Monday, 1:30-3:00 pm

*Contact utanokai_b@jss.ca





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



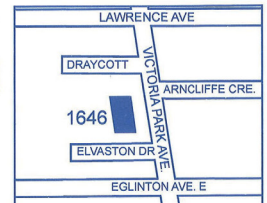
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SUMMER 2019 VOL. 33 NO. 6

Kimono fashion show
Tofino apologizes for 1947 motion to exclude Orientals
Mistaken prevented Asians from owning property or businesses
Michael Abe Contributor

East meets West on the runway at Anime North's Kimono Fashion Show
Scott Tak Contributor

Comedian Toshiyuki Teruya's film explores a rare Okinawan tradition
Director Toshiyuki Teruya is in Toronto for the film's premiere
Kathy Heck Staff



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