



JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館

# FEBRUARY 2024 • 2024年2月



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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](mailto: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。

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## JCCC Staff

<b>James Heron</b> <a href="mailto:jamesh@jccc.on.ca">jamesh@jccc.on.ca</a>	Executive Director	416-441-2345 ext.224
<b>Kathy Tazumi</b> <a href="mailto:kathyt@jccc.on.ca">kathyt@jccc.on.ca</a>	Accounting Manager	416-441-2345 ext.229
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<b>Christine Takasaki</b> <a href="mailto:christinet@jccc.on.ca">christinet@jccc.on.ca</a>	Program Coordinator	416-441-2345 ext.221
<b>Yayoi Kawabe</b> <a href="mailto:yayoik@jccc.on.ca">yayoik@jccc.on.ca</a>	Website and Database Administrator	416-441-2345 ext.223
<b>Mayu Okamoto</b> <a href="mailto:mayuo@jccc.on.ca">mayuo@jccc.on.ca</a>	Rental Assistant	416-441-2345 ext.231
<b>Yoko Minoda</b> <a href="mailto:yokomi@jccc.on.ca">yokomi@jccc.on.ca</a>	Community Events Coordinator	416-441-2345 ext. 225
<b>Vidhya Elango</b> <a href="mailto:vidhyae@jccc.on.ca">vidhyae@jccc.on.ca</a>	Exhibition and Research	416-441-2345 ext.303
<b>Theressa Takasaki</b> <a href="mailto:theressat@jccc.on.ca">theressat@jccc.on.ca</a>	Archives, Collections and Programming	416-441-2345 ext.300
<b>Shino Ihara</b> <a href="mailto:jccc@jccc.on.ca">jccc@jccc.on.ca</a>	JCCC Receptionist	416-441-2345
<b>Samphors Say</b> <a href="mailto:sams@jccc.on.ca">sams@jccc.on.ca</a>	Communication Assistant	416-441-2345
<b>Fee Lin Chear</b> <a href="mailto:flchear@jccc.on.ca">flchear@jccc.on.ca</a>	Office Assistant	416-441-2345
<b>Izumi Kusaka</b> <a href="mailto:izumik@jccc.on.ca">izumik@jccc.on.ca</a>	Volunteer Coordinator	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 March issue is:

**Thursday, February 8, 2024.**

次号締切日:2024年2月8日(木)

Please email to [newsletter@jccc.on.ca](mailto:newsletter@jccc.on.ca)

Japanese Canadian Cultural Centre

6 Sakura Way, Toronto, M3C 1Z5

Phone: 416-441-2345

[www.jccc.on.ca](http://www.jccc.on.ca)

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Photo, right: KPMB Architects



# What's On at the JCCC

## Upcoming Events / 近日開催イベント

### JCCC Karaoke Club ・ JCCCカラオケクラブ

Wednesday February 7 & 21, 10:00am  
2月7, 21日(水)午前10時

### February Film Screening - Encore

#### 月例映画上映会 - 洗骨

Thursday February 15, 7:00pm  
2月15日(木)午後7時

Born Bone Born, see [page 9](#) for details.  
「洗骨」詳細は[9頁](#)をご覧ください。

### Cooking for Active Seniors

#### 元気なシニアのお料理教室

#### Upcoming Class List

#### 元気なシニアのお料理教室

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

### Sumi-e Art Workshops ・ 墨絵ワークショップ

#### Basic Sumi-e to Abstract Sumi-e

Saturday February 10, 9:30am to noon

”雁と鴨” - 2月10日(土)午前9時半~正午

See [sumieartistsofcanada.org](http://sumieartistsofcanada.org) for details  
詳細は:[sumieartistsofcanada.org](http://sumieartistsofcanada.org)

### Haru Matsuri ・ 春祭り

March 2 & 3, 2024, 12:00 - 5:00pm  
3月2, 3日(土, 日)正午 - 5時

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

### Mottainai - Artists' Walk and Talk

#### 作家による作品解説

Saturday March 9, 2:00 - 4:00 pm  
3月9日(土)午後2時 - 4時

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

## 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3~4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](mailto: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](mailto: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](mailto: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

Mottainai - The Beauty of Reclaimed Materials

”もったいない”-再生素材の美

Opening January 2024 to April 2024 ・ 2024年1月~4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

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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](mailto: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。

## OPERATION TATAMI 2024

The tatami and sub-floor in our dojo last underwent a major renovation in 2005. To bring the dojo back to its world class roots, we are launching Operation Tatami 2024!

Over the years the wear and tear on the sub-floor has resulted in unevenness. Also, the cover on some mats is worn out. In 2024, the JCCC will embark on a project to refurbish the tatami dojo. This will include levelling the sub-floor, replacing the mats and increasing the size of the mat area.

The JCCC will install Kusakura brand tatami, which is what is used in Japan, and at the 2020 Olympics in Tokyo, and all Tokyo and Osaka IJF Grand Slams in recent years. These are the finest tatami available. This is the official tatami of the All-Japan Judo Federation and exceeds all IJF certifications. The mat area will be enlarged to a full-size regulation competition area comprised of a 32 yellow mat competition area with a 96 green mat safety area. This refresh will enable the JCCC tatami dojo to remain as the finest martial arts dojo in Canada.

You can help make this happen by sponsoring a mat in the dojo. Sponsorship of the yellow "Competition" mats is \$400 and is limited to 32 sponsorships. The sponsorship of the 96 green "Keiko" mats is \$300. For your sponsorship you will receive a tax receipt for the full amount. As well, your donation will be recognized on a display in the JCCC's John and Goro Kawaguchi Martial Arts Court. Please follow the link on this page to make your donation. <https://jccc.on.ca/join-support/donate/operationtatami2024>

Thank-you for your support of the JCCC's martial arts program and helping to ensure our dojo remains a top-tier facility.



Image credit: Kusakura Tatami Mats in the Mie Prefectural Budokan, Tsu City, Mie Prefecture Japan

## JCCC Programming and Events Survey 2024

We want to hear from you! The Japanese Canadian Cultural Centre (JCCC) invites you to participate in a short survey regarding the programming offered by the Centre, as well as your participation in the clubs, courses and events offered and hosted by the JCCC. Your feedback will be used to improve our offerings and to broaden our audience. It should take you about 15-20 minutes to complete this survey.

The survey can be accessed using this link: <https://bit.ly/3tSXXFW> (and will also be available directly on the JCCC website (<https://jccc.on.ca/>)). The survey will be open until February 29th, 2024. If you require assistance to complete the survey, please contact Reception at the JCCC (tel. 416-444-2345 ext.222 or email [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca)). We thank you in advance for your participation!



皆様の声を聞かせてください! 日系文化会館 (JCCC) から、JCCC のプログラム、教室、イベント等について、そしてそのようなイベントへのあなたの自身の参加についての簡単なアンケート調査へのご協力をお願いします。回答いただいた内容は、今後のサービス向上や会員拡大のために使用されます。このアンケートへの回答所要時間は15-20分程度となります。

こちらのリンク <https://bit.ly/3tSXXFW> をクリックしてください。また直接JCCCのウェブサイト (<https://jccc.on.ca/>) からでもアクセスできます。アンケートへの回答期日は2024年2月29日までとなります。回答の際にお手伝いが必要な方はJCCC受付 (tel. 416-444-2345 ext.222、email [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca)) にお問い合わせください。皆様のご協力に感謝申し上げます。

# Haru Matsuri 2024!!

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 2nd and 3rd 2024!

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.

At this festival the JCCC highlights our many offerings of cultural classes and clubs and events.

There are 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 in celebration of girls day in Japan.

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](http://www.jccc.on.ca).



# 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 [jccc.on.ca](http://jccc.on.ca)

# Nagata Shachu Presents

On Friday, March 22 and Saturday, March 23, 2024, Nagata Shachu Japanese Taiko & Music Group presents "From Japan to Madagascar", a double bill concert featuring the ten ten – an eclectic seven-piece music ensemble, using Japanese and western instruments performing Japanese folk songs with a modern twist. The collective is directed by shamisen player and vocalist Ms. Aki Takahshi who is also the associate director of Nagata Shachu. The second half of the concert features a mashup of Nagata Shachu's thrilling Japanese taiko rhythms with the African infused melodies of Madagascar-born, Toronto-based guitarist and singer Donne Roberts (a two time Juno award winner) with his band.



JCCC members save \$5 off regular priced tickets by using code JCCC1010

Tickets: \$30-\$45

<https://nagatashachu.simplertix.ca/>



## Cooking for Active Seniors Classes 2024

Cooking for Active Seniors Classes generally 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 food they cooked during the class time, enjoy the company of each other, and discuss the recipes made.

Classes are as follows:

**March 14, 2024 - Pork- simple nappa and pork soup, steamed pork, ma po tofu**

**May 23, 2024 - Parmesan Cheese- eggplant parmesan, Caesar salad, & bruschetta**

**July 18, 2024 - Japanese summer salmon poke bowl with pickled vegetables**

**September 19, 2024 - Chicken thighs - 3 different marinades for chicken and vegetable skewers with roasted parmesan tomatoes and rice.**

\*Please note we will apprise registrants of any menu changes should they arise.

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) with payment ensuring your spot.

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



# Congratulations Ishizue Award Winners 2023!

The JCCC hosted an elegant and intimate evening in celebration of the Ishizue Award on Thursday November 23, 2023, attended by 150 guests including many past Ishizue recipients.

The Ishizue award is named as a tribute to the 75 families who signed the original mortgage on behalf of the community for the first JCCC at 123 Wynford Drive. The kanji for Ishizue means very strong foundation, and these recipients, each in their own way, have contributed to that foundation upon which the JCCC continues to build and grow.

We were delighted to honour Betty Lou Arai and Kay Oiye, Sam and Mary Kamo, Steve and Linda Oikawa, Sam and Junko Yamamoto, Masanori and Kazue Yazu, Tak and Fumi Yoshida for their accomplishments in life, vision, leadership, and spirit of volunteerism - traits so important for mentoring our community. Their names will be engraved on the Fred Sasaki Wall of Honour that honours major donors, role models, and award recipients of the Sakura Gala and Ishizue and is prominently displayed for all to see when you walk in the front doors of the JCCC.

Special acknowledgement to the entertainer Sharlene Wallace who performed beautiful music on the harp throughout the evening. We would like to acknowledge and thank Marty Kobayashi for being our program sponsor, Jan Nobuto for the cheese trays, the New Japanese Canadian Committee for the beautiful table centerpieces, Haruko Ishihara and Mayu Okamoto for co-ordinating the event, Constantin Dutescu for his technical coordination, Yosh Inoue for photography, the JCCC Staff, and Ishizue Committee of Ann Ashley, James Heron, Sharon Marubashi, and Jan Nobuto. A special thank you to Tak Yoshida who donated the framing of the certificates that each recipient received.





## February Film: BORN BONE BORN 洗骨

Encore Screening

Thursday February 15, 2024 at 7:00pm

Co-presented by the TORONTO KYUYO KAI (Okinawa Kenjin Kai)

Admission

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

As we celebrate the contribution of the Okinawa community through our Yuima-Ru exhibit in the MNHC, we are proud to present an encore screening of Okinawa director Toshiyuki (Gori-san) Teruya's heartwarming meditation on love, family, and the power of tradition. The film won the TJFF 2019 Grand Jury Prize for Best Film and the Audience Choice Award at Japan Cuts New York and was a festival favorite.

Four years after their mother's death, the estranged children of the Shinjo family return to their home on Aguni island, near Okinawa, to perform the traditional ritual of 'senkotsu' or 'bone-washing,' a kind of final farewell to a loved one. To everyone's surprise daughter Yuko arrives alone and heavily pregnant, and son Tsuyoshi minus his wife and children. They arrive to discover father Nobutsuna has been drowning his sorrows in alcohol. But just perhaps an ancient burial ritual is what the Shinjo family needs to heal their wounds and unite once again...

Starring Ayame Misaki, Eiji Okuda, Michitaka Tsutsui, Yoko Oshima.



# Martial Arts News

February is registration month for Aikido, Jodo and Karate. Please make sure to register by the February 20th deadline. The Martial Arts Admin team hope that everyone had a wonderful winter break. While you were off, there was some special activities occurring during the break.



## JCCC Kendo Camp

The JCCC Kendo club hosted a one-day JCCC Junior Kendo Camp on December 27, 2023, that attracted over 50 junior Kendo players from neighbouring dojos and as far away as Montreal. Both bogu (fully equipped) and non-bogu members participated. Over the past year, the growth and retention of junior Kendo players has increased significantly, largely due to special events such as the junior camp and tournaments held at the JCCC.



## JCCC Tatami Dojo Renovations

Renovations began on the tatami dojo over the winter break with many volunteers from the Judo and Aikido clubs coming in over 2 ½ days to complete interim repair work.

Over many years of use, the floor, that was suspended on foam blocks and designed to reduce shock, began to fail. The renovation created a new, larger 16m x 16m layout floor that is continuous and level with the surrounding finished hardwood. To add shock absorption ½” thick EVA foam puzzle mat fitness flooring was laid to provide a good base for the tatami.

New tatami have been ordered from Kusakura Co. Ltd in Osaka Japan. The tatami is a 9-layer design and is designed to perform without the need for a suspended floor beneath it. Until that time the tatami was laid out using the JCCC’s existing tatami, along with 18 red mats borrowed from the Ajax Budokan.

We greatly thank the Ajax Budokan for their kind loan of these red mats as well as the volunteers who gave up part of their holidays! We are all looking forward to the completion of the dojo renovations later this year, and to training on it for many years to come!!



# "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.

This community art exhibition is inspired by Keiko Shintani, who uses recycled silk fabric in her woven pieces. The artists were challenged to reuse, upcycle, repurpose and recycle items to create new artworks.

This exhibition is the result.

Launched with an opening reception on January 13, Mottainai will run until April 2024 in the JCCC Gallery. Artist talks will take place on March 9th from 2-4pm. Stay tuned for more information.

*Photos generously provided by Mui-Ling Teh.*



## Metro Toronto International Caravan - A City Wide Festival

Metro Toronto Caravan was a city-wide festival that ran in Toronto from the late 1960's until the early 2000's. The JCCC participated for many years and Caravan has become a huge part of the history of the JCCC. As we are celebrating our 60th Anniversary, the Heritage team has been spending more time going through our Archives, looking for photos and events to highlight and remember. As our Archives is largely community driven, we are looking for your help! Do you have any photos, programs, memorabilia or passports from the Tokyo Pavilion? Were you a part of a planning committee, either for Caravan itself or the Princess Ball? We want to hear from you!! Through research in the JCCC Newsletter Archives, we have identified most of the Miss Tokyo's and Mayors, but still have gaps. Please email [theressat@jccc.on.on](mailto:theressat@jccc.on.on) if you have any information.



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>.

17th  
**Japanese  
Calligraphy  
Competition**  
in Canada

日本書道公募展

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**Award Presentation & Exhibition**  
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## DONATIONS

# DONATIONS TO THE JCCC

**AS OF JANUARY 8, 2024**

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#### **Ikeda**

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Mrs. Patricia Towata	100
Ms. Laura Uyenaka	50

Mr. & Mrs. Keo (Kiyoshi) Shibatani 12,000

Remembering Family and Friends - Kikumatsu & Chiyo (parents), Toshiko & Cass (sisters), Shoji (brother).

Tashme Friends: Seichi Tahara, Bob Yoneda, Tiny Taguchi, Mike Honda, Joe Shin, Wally Fukumoto, Dr. Rick & Molly Nishikawa, Dr. Tats Hori, Ben Sakamoto, Michi (Nishimura) Ueda & George, Jessie Nishihata, Harry Kawai, Seino Tonogai, Barbara Okawara, Annie Wakabayashi, Rev. Gordon Imai, Bob Kadoguchi, Miki & Yuki (Arai) Nakamura, Roy Shin, Sid Ikeda, Alfie & Rosie Kamitakahara, Gord Kadota, Mary Seki, Jan Ross, Bob Shales, Gord Buckley, Frank & Dorothy Norsworthy.

### Chris Kano Taiko Studio

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### Friends of Moriyama Nikkei Heritage Centre

Gakuyukai Alumini Group 2,507

### Ishizue Award

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In honour of Betty Lou Arai & Kay Oiye  
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In honour of Mrs. Junko & Mr. Soichio Yamamoto

### Operation Tatami 2024

Charlie's Meat 400  
Mr. Ken Fukushima 700  
Mr. & Mrs. James Heron 300  
JCCC Judo-Kai 400

Mr. Shane LeGros 400

Mr. Masaru Matsubara 300

Mr. Shujon Mazumder 400

Mr. Camber Muir 400

Mr. Gerald Okimura 400

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### AS OF DECEMBER 31, 2023

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

#### General

Mr. Howard Ho Wun Wong 4,000

JERF

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190 BCE shares

## DONATIONS

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# DONATIONS TO THE FRIENDS OF THE MORIYAMA NIKKEI HERITAGE CENTRE INSCRIPTIONS

## APRIL 1, 2020 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

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In Memory of Mother Hiroko Fukushima  
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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  
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Dr. Seiko Shirafuji  
Mr. Douglas Dwyer

### Groups

Checkmate Development  
Crow Creek Settlement Reunion  
Gakuyukai Alumni Group 1906-1942  
Hanayagi Essay Group

# OPERATION TATAMI 2024 INSCRIPTIONS

## DECEMBER 2023 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING DONATIONS:

### Yellow Competition Mat

Charlie's Meat  
Ken Fukushima  
JCCC Judo-Kai  
Shane LeGros  
Mazumder Family & Friends  
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Gerald N Okimura JCCC Judo-Kai  
Ziyi Peng  
Darrell Masumi Sakauye JCCC Judo-Kai  
Russ Takashima  
Jonathan Wong

### Green Keiko Mat

James and Masayo Heron  
In Memory of Sensei Ken Ikeda  
In Memory of Sensei Glenn Kawano  
Masaru Matsubara  
Anca and Dan Rusu

## 健やかな老後をめざして その70 - 健康寿命を延ばすために!

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)



長く生きながらえることなどできなかった時代には「ピンピンコロリとあの世へ!」はそれほど難しいことではなかったかもしれません。しかし、人生100年時代と言われるようになった昨今、80代あるいは90代になった時にピンピンと元気な状態を保ち、コロリとあの世へ逝くのは至難の業です。皆さまはいかがでしょう? 私には相当の挑戦になるな、と思う今日この頃です……。

以下は、東京大学高齢社会総合研究機構のハンドブックに挙がっている「フレイル(frail虚弱)兆候のイレブンチェック」です。

「1. ほぼ同年齢の同性と比較し、健康に気をつけた食事を心がけている、2. 毎日2回以上、野菜料理と主菜(肉または魚)の両方を食べている、3. 固い食品(さきいか、たくあん等)を噛むことができる、4. お茶や汁物でむせることがある、5. 1回30分以上の汗をかく程度の運動を週2回以上、1年間以上実施している、6. 歩行程度の身体活動を1日1時間以上実施している、7. ほぼ同年齢の同性と比較し、歩くのが速い、8. 昨年と比べて外出の回数が減った、9. 1日に1回以上、誰かと一緒に食事をしている、10. 自分は活気にあふれている、11. 何よりもまず、もの忘れが気になる。(紙面上、質問項目を簡潔に記載)」

1、2、3、5、6、7、9と10が「いいえ」であった数、4、8と11が「はい」であった数はいくつでしたか? その総計が3~4個であればプレフレイルの可能性があり、5個以上はフレイルのリスクが高くなります。私の場合、血液自

己免疫疾患(低気温が赤血球を破壊)と診断されるまでは、総計は0でした。ところが1年中、外出が制限される生活になりました。夏の朝夕の散歩でさえ、手足・顔・耳の微小血管が外気温(22℃以下)に反応して赤血球が破壊され、貧血が進んでしまいます。本当に油断ができません! どんなに注意しても正常値を保つことは難しく、しかも、食事や造血機能が原因ではないので有効な薬物療法もありません。心臓に与える負担を考えると長時間の運動はできませんが、10分程度の運動を1日に数回、また、ゆっくりと行える筋トレやストレッチも行い、フレイルを避けるための努力を続けています。もちろん、やらないよりは随分とマシですが、以前に比べると運動量が落ちたことは否めませんね。5、6、7と8に関しては、今後ますます課題になっていくことでしょう。

フレイルをチェックできる方法はほかにもあります。1つは筋肉量を知る「指輪っかテスト」。両手の親指と人さし指で輪を作り、利き足でない側のふくらはぎの一番太い部分を測ります。もし、ふくらはぎと輪っかの間に隙間ができるようであれば、筋肉量が低下しています。もう1つは筋力を知る「片脚立ち」。膝とふくらはぎが直角になる程度の高さの椅子に浅く腰掛け、両腕を胸の前に組み、片方の足を床から浮かせます。床についている側の片脚で立ち上がり、その状態を5秒保ちます。反対側の脚でも同様に行います。立ち上がれない場合は筋力が衰えています。立ち上がれてもふらつく場合は、脚だけでなく、体幹の筋力も低下している可能性があります。

私はこの2つを確認しながら(今のところOK!)、体幹バランスと筋力の維持・強化に取り組んでいます。あなたも是非やってみましょう。経年的変化も重要な指標です。

## 新移住者ゴルフメンバー募集

新移住者ゴルフトーナメントは、健康の為と、美しい広々としたゴルフ場での楽しい時間を持つためのものです。

私達のトーナメントは、5月から10月までの毎月第1日曜日に Remington Parkview GC のUpper CourseとValley Course を交互に使い実施しています。

2024年の5月5日の第1回目トーナメントは、Upper Courseで6月2日の第2回目はValley Course で実施、というようにです。

なお、8月と9月は第1日曜日と第3日曜日の2回、実施します。年間、8回のトーナメントとなります。なお、メンバーは5回のプレー後にハンディキャップが設定されます。

毎回のプレーには、Closest Pin賞やLongest Putt賞、そしてホールインワン賞(賞金\$100)などがあります。また10月最後のプレー後に食事付きの納会を実施し、トロフィー授与や各賞品、賞金などの授与があります。

興味のある方はE-Mailでタック吉田(yoshidatak@yahoo.ca)に2024年3月末までにご連絡を頂きたくご案内申し上げます。





**Japanese Canadian Survivors  
Health and Wellness Fund Society**

January 24, 2024

**February 1, 2024, Launch Date for Japanese Canadian Survivors Health & Wellness Fund**

Dear Japanese Canadian Community,

On February 1, 2024, the online application portal for the Japanese Canadian (JC) Survivors Health & Wellness Fund (JCSHWFS) will open. The Team has diligently worked to create an application process that is simple, efficient, and ensures that your information is secure and protected.

The launch of the program is scheduled for February 1st, 2024, at 10:00 AM PST. The event will be livestreamed to allow the JC Community to attend remotely. The program will provide details on the grants available and the application process. Instructions to watch the livestream will follow.

Outreach Workers are available across Canada to support JC Survivors with their applications and will be hosting regional events to provide more information and assist with applications in-person.

The online application will be accessible on our website, [www.jcwellness.org](http://www.jcwellness.org) on February 1st until March 31, 2025. Applications can be filled out by a Survivor, a trusted representative or through an Outreach Worker.

Two grants are available for Japanese Canadian Survivors:

- Grant 1 (\$650): For Survivors who did not receive the 2021 Grant that was offered between September 1 to October 31, 2021.
- Grant 2 (\$4500): A new grant to support living Survivors with their individual Health & Wellness needs.

Eligible Survivors must:

- be of Japanese descent
- be born before April 1, 1949
- have lived in British Columbia before April 1, 1949, OR had parents or grandparents who lived in British Columbia before April 1, 1949
- have been directly impacted by the actions of the BC government before April 1, 1949

All grant applications will go through a validation process. Outreach Workers will be contacting each applicant to securely validate their eligibility and identity. Once applications are processed, a cheque will be mailed to the Survivor within 6-8 weeks.

Please check our website <https://jcwellness.org> for further information regarding the grants, eligibility criteria, documents to prepare and frequently asked questions. The website will be updated prior to the launch on February 1st with more information.

We, the Board of Directors and staff, appreciate your patience, and eagerly anticipate the February 1st launch with you.

Sincerely,

Joanne Miyazaki, Executive Director and the JCSHWFS Team

Email: [joanne.miyazaki@jcwellness.org](mailto:joanne.miyazaki@jcwellness.org)

Direct phone: 437-855-9750

Mailing Address: 6688 Southoaks Crescent Burnaby, BC V5E 4M7

Contact: [help@jcwellness.org](mailto:help@jcwellness.org)



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No ATM on site



6 Sakura Way, Toronto, ON M3C 1Z5  
[www.jccc.on.ca](http://www.jccc.on.ca) 416.441.2345







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.

## 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](mailto:jim@abecopml.com), or Nao Seko: 416-579-6921

**JCCC Venue Rentals**

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