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Calendar of Events

| May | Sat Mon Sat Mon Wed Thurs Sat Mon Wed Sun Sun Sun | 7 9 14 16 18 19 21 23 25 28 29 | JCCC Bazaar Movie Screening – I am a Monk JCCC Karaoke Club Manju Workshop Tattoo Exhibit Opens Tattoo Exhibit Opening Ceremony JCCC Karaoke Club JCCC closed –Victoria Day Origami workshop JCCC Karate Tournament Seniors' Supper Club Tanabata Decoration Workshop |
|------|--|--|---|
| June | Sat Thurs Thurs Sat | 4 9 23 25 | JCCC Karaoke Club TJFF opening TJFF closing JCCC Karaoke Club |
| July | Fri Sat Mon Sat Sun Thurs Sun | 1 2 4 9 17 21 24 | JCCC closed - Canada Day JCCC Karaoke Club Kamp Kodomo starts Natsu Matsuri Arigato Day Movie Screening Nostalgia Night |

SUBMISSION DEADLINE

Deadline for the June/July 2016 issue is: Tuesday May 10, 2016. 6/7月号の締め切りは2016年5月10日(火)です。

Your news is welcome! Please contact:

newsletter@jccc.on.ca

tel 416-441-2345 ext.227

The Japanese Canadian Cultural Centre Newsletter

Editors: James Heron, Kathy Tazumi, Maki Klotz Japanese Section: Yoko Reynolds, Maki Klotz

Cover Image: Collage of Toronto Japanese Film Festival

May Special Screening

May Movie: I am a Monk

Meet Director Yukinori Makabe

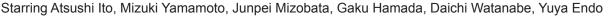


Join us for the Canadian premiere of Yukinori Makabe's, *I AM A MONK*. Director Yukinori Makabe will be in attendance to introduce his film and to take audience questions.

Susumu is typical a 24 year-old, working in a small town bookshop. When his grandfather passes away, he inherits the mantle of Abbot of the Buddhist temple Eifuku-ji. His new job brings daunting challenges: earning the trust and respect of the temple's board of elders, making important decisions, and even selecting appropriate new robes. Susumu soon finds himself

struggling to live up to the community's expectations of their new spiritual leader as well as having to deal with personal tragedy.

I AM A MONK is a gentle and honest coming-of-age story – leavened with no small amount of humour - about a young man who gradually finds meaning in a profession that he had expected to abandon. Based on the actual chronicles of Missei Shirakawa, priest at Eifuku-ji Temple.



Sushi will be on sale prior to the screening.

Date: Monday May 9, 2016

Time: 7:00pm

Tickets: \$8(JCCC members); \$10(general)





JCCC Upcoming Events

Last Call for the JCCC ANNUAL BAZAAR

Don't miss out on our Annual Bazaar!

This shopping extravaganza will have hundreds of great deals on Noritake tableware, logoware, lawn accessories, gardening items, baked goods, etc., plus lots of white/pink elephant treasures. Also, you won't want to miss our Silent Auction with some great products to bid on.

Stop off at the bank (no ATM on site), head on over and bring your appetite as our volunteers will have prepared myriad choices for a tasty lunch. Don't forget to save room for a slice of homemade pie.

Please come and support your JCCC!

Date: Saturday May 7, 2016 Time: 12:00pm - 4:00pm

Admission: Free

Natsu Matsuri and Obon Festival

- Once again featuring Tanabata celebrations!

On **Saturday July 9, 2016**, the traditional summer festivities of Natsu Matsuri and Obon Festival will also be celebrating Tanabata! The JCCC invites everyone to enjoy a lively festival atmosphere with games, great food and spectacular performances. Many community organizations, including the NJCC and the Toronto Buddhist Temple, 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! Look for more details in the June/July issue of the Newsletter.

JCCC Annual General Meeting Notice

The membership of the Japanese Canadian Cultural Centre is hereby given notice of the 2016 Annual General Meeting on **Monday June 27**, **2016** at 7:30pm at the JCCC, 6 Garamond Court, Toronto. Applications for nomination to the JCCC Board of Directors must be received at the JCCC 30 days prior to the AGM. For more information. please contact the JCCC at 416- 441-2345.

Kamp Kodomo Summer Sessions

Mark your calendars and don't miss out on the all the summer fun at the JCCC!!! Kamp Kodomo's summer session has already started registration. Join us for a busy week filled with sessions covering a wide range of activities including martial arts, ikebana, origami, folklore, language, and so much more!

The camp operates from 9:00am to 4:30pm from Monday to Friday. Sessions will run: **July 4 – 8, July 11 – 15, and July 18 – 22**. Fees for this program are \$200 per child for a 5-day session. A 10% discount will be applied for JCCC members and additional children from the same family will receive a 5% discount.

Extended camp care is available from 8:00am to 9:00 am and from 4:30pm to 6:00pm with an additional cost of \$35 per session.

Camp fees cover all materials, two nutritious snacks per day, and a special activity each week. Campers are required to bring a lunch and drink.

Registration has already begun and is filling rapidly. The registration deadline is **June 24**, **2016** and Kamp Kodomo's maximum attendance is 20 children per session. Don't be disappointed by registering too late!

Kamp is open to children between the ages of 6 and 12 years of age. Children should be 6 years old as of December 31, 2015. As of this publishing date, the maximum enrollment for under age children has been reached.

For more information or to register, please consult the enclosed flyer, call 416 441 2345 or check the website at www.jccc.on.ca.

Hawaiian Hula Dance Summer Session

Beginner/Intermediate I

Time: 7:00pm - 8:30pm

Wednesdays, June 15-August 17

Intermediate II Class is FULL

Time: 7:00pm - 8:30pm

Mondays, June 13-August 22 (No class on Aug 1)

Seniors' Class

Time:7:00pm - 8:30pm

Mondays, June 13-August 22 (No class on Aug 1)

*Schedule may change. Fee: \$50 (plus HST)

JCCC membership required

Please register **ONE WEEK PRIOR TO THE FIRST CLASS.**

Take Advantage of the Early Bird Registration for Nostalgia Night 2016!!

Step One – Circle Sunday July 24, 2016 on your calendar so you don't miss the opportunity of honouring the Wynford Seniors Club on Sunday July 24, 2016. This amazing club has been supporting our senior community with a wide range of events and activities for more than thirty years. It has also been actively involved in supporting our many festivals, our annual bazaar, and most recently helping provide information for our archives. Come out to honour this group, catch up with friends and family, renew acquaintances, and enjoy a delicious Japanese Canadian buffet!!

Step Two – Take advantage of the Early Bird Registration and register before **Friday June 24, 2016**.

Step Three – Register by completing the flyer insert provided with this newsletter and mail it, along with a cheque for your registration fee to the "Japanese Canadian Cultural Centre" (memo: Nostalgia Night), 6 Garamond Court, Toronto Ontario M3C 1Z5, or complete a registration form that can be found at Reception and submit it along with your registration fee.

Early Bird Registration Fee until Friday June 24, 2016

Adult JCCC Members - \$18.00 Adult non-members - \$23.00 Children (6 -13 years) - \$5.00 Children 5 and under - FREE

Late Registration Fee, <u>after June 24, 2016 – Registration</u> <u>deadline July 15, 2016:</u>

Adult JCCC Members - \$23.00
Adult non-members - \$28.00
Children (6-13 years) - \$5.00
Children 5 and under - FREE

You may also register and reserve a table of ten. Please provide the names of your group of ten at the time of registration (table reservations must have a minimum of eight people in order to reserve).

Early Bird Registration - \$180.00 Late Registration - \$230.00

We are not able to reserve places for small groups, but will provide place cards when you arrive so that you can save seats prior to the beginning of the formal proceedings which begin at 4:00pm.

Don't forget – register early to make sure you get a seat at this great annual event!!

Toronto Japanese Film Festival 2016

The 2016 Japanese Film Festival will take place from Thursday Jun 9 - Thursday June 23, and will feature 24 films, including many North American and Canadian premieres. Tickets will be on sale on **Monday May 2, 2016**: \$10 for JCCC members (\$40 for 5 film pass, \$80 for 10 film pass) and \$12 for General (\$45 for a 5-film, pass, \$90 film10 film pass). For updates and details on screnning schedule, please visit www.torontojff.com

Opening Night Screening and Gala Reception

NAGASAKI - MEMORIES OF MY SON 母と暮せば Director:Yoji Yamada NORTH AMERICAN PREMIERE

On August 9th, 1948, Nobuko, a midwife in Nagasaki, mourns the loss of her son when the atomic bomb was dropped 3 years earlier. Returning home one day she is stunned to find his ghost waiting for her...His ghostly visits help



Nobuko comes to terms with her loss. A heartbreakingly beautiful study of war, love and family.

Starring Sayuri Yoshinaga, Kazunari Ninomiya, Haru Kuroki, Tadanobu Asano.

SING MY LIFE あやしい彼女

Director: Nobuo Mizuta INTERNATIONAL PREMIERE

Nobuo Mizuta's charming remake of the Korean box office smash tells the story of Katsu, a sharptongued 73 year-old woman who finds herself mysteriously reborn in the body of a 20 year-old girl. She decides to pursue her lifelong dream to become a singer and to repair her relationship with her daughter. A heartfelt fantasy film full of comedy, drama, family and song.



Starring Mikako Tabe, Mitsuko Basho, Satomi Kobayashi, Jun Kaname, Takumi Kitamura

PERSONA NON GRATA 杉原千畝 スギハラチウネ

Director: Cellin Gluck CANADIAN PREMIERE

Chiune Sugihara is known as the "Schindler of Japan" for saving 6,000 Jewish people from the Holocaust. Diplomat Sugihara is sent to Lithuania. In 1939, Germany invades Poland and masses of Jewish refugees oppressed by the



Nazis turn to Sugihara – the Japanese Consul in Lithuania - for visas. Sugihara decides to start issuing transit visas to the refugees putting himself and his family in grave danger... Starring Toshiaki Karasawa, Koyuki, Borys Szyc, Agnieszka Grochowska

DIRECTOR CELLIN GLUCK WILL BE IN ATTENDANCE TO INTRODUCE AND TAKE QUESTIONS

BEING GOOD きみはいい子

Director: Mipo O CANADIAN PREMIERE

A moving and unforgettable contemplation on child raising and compassion. Okano, a primary school teacher, struggles with how to handle problems such as angry parents, bullying and domestic violence, while trying to extend a helping hand



to his affected students. Masami is a mother who cannot stop herself from hurting her own three-year-old daughter. Circumstance brings their lives together. One of the finest Japanese films of 2015.

Starring Kengo Kora, Machiko Ono, Michie Kita, Chizuru Ikewaki

AN - SWEET RED BEAN PASTE あん

Director: Naomi Kawase TIFF Encore Presentation

Sentaro sells dorayaki pastries from a tiny one-man Tokyo bakery. He hires Tokue, a strange 76 year-old women to help and finds she her exquisite an bean paste quickly turns business around. When one day Tokue mysteriously disappears; Sentaro decides to investigate... A gentle, moving masterpiece from one of Japan's finest directors.



Starring Kirin Kiki, Masatoshi Nagase, Kyara Uchida, Etsuko Ichihara

CHEF TAK WILL BE PREPARING FRESH DELICIOUS DORAYAKI FOR THE SCREENING. COME HUNGRY!

Toronto Japanese Film Festival 2016

THE EMPEROR IN AUGUST 日本の一番長い日 Director: Masato Harada CANADIAN PREMIERE

A powerful political drama tells the little known story of Japan's surrender in the Pacific War. Atomic weapons strike Hiroshima and Nagasaki. General Anami of the War Council



must reconcile his wish to see his country preserve its sovereignty with the Emperor's desire to save his people and find peace.

Starring Koji Yakusho, Masahiro Motoki, Tsutomu Yamazaki, Shinichi Tsutsumi, Tori Matsuzaka

FLYING COLOURS ビリギャル

Director: Nobuhiro Doi CANADIAN PREMIERE

High school slacker Sayaka decides to turn her life around and enrols in a cram school run by Tsubota. With his encouragement, she commits to apply for entry to Tokyo's elite Keio University. Her challenges are not just academic but also making her teachers and family take her seriously. Based on Nobutaka Tsubota's breakthrough novel, this is a funny, moving and inspirational film.



Starring Kasumi Arimura, Ito Atsushi, Shuhei Nomura, Yuhei Ouchida, Kokoro Okuda, Yo Yoshida.

SCREENING PRECEDED BY PERFORMANCE BY RAGING ASIAN WOMEN (RAW) TAIKO ENSEMBLE

HANA'S MISO SOUP はなちゃんのみそ汁

Director: Tomoaki Akune NORTH AMERICAN PREMIERE



A young mother Chie suffers from cancer; knowing that her time with her daughter will be short, she caringly passes along lessons learned to prepare her child for life without her. After consulting with

a country doctor, she adopts a lifestyle based on a diet to traditional Japanese foods to keep her body healthy. Based on Shingo Yasutake's novel, Hana's Miso Soup is a deeply moving, life affirming drama.

Starring Ryoko Hirose, Kenichi Takito, Yo Hitoto, Emina Akamatsu

THE BIG BEE 天空の蜂

Director: Yukihiro Tsutsumi NORTH AMERICAN PREMIERE

In this spectacular action thriller, a massive drone helicopter nicknamed "Big B" is hijacked by terrorists planning to unleash a deadly attack on a nuclear power plant in Aichi.



They hold the entire population of Japan hostage. With only 8 hours to defuse the crisis the aircraft's designer, Yubara, joins the response team and is doubly shocked: his schoolage son Takahiko has accidentally become trapped on board...

Starring Yosuke Eguchi, Masahiro Motoki, Go Ayano, Yukie Nakama, Akira Emoto

Family Screening

CHIBI MARUKO-CHAN – THE BOY FROM ITALY ちびまる子ちゃんイタリアから来た少年

Director: Jun Takagi INTERNATIONAL PREMIERE

Chibi Maruko-chan, the beloved Japanese children's show, gets its first big screen adaptation in 25 years! The story begins with kids from five different countries coming to Maruko's town. A boy



from Italy begins a home-stay with Maruko's family and true bonds of friendship are forged as they travel to Osaka and Kyoto on a school trip. Bright, heartwarming and lovable fun for the whole family.

Featuring the voices of TARAKO, Taishi Nakagawa, Gekidan Hitori, Yusaku Yara and Teiyuu Ichiryusai.

WHEN I WAS MOST BEAUTIFUL この国の空

Director: Haruhiko Arai CANADIAN PREMIERE

It is 1945 and 19-year-old Satoko falls in love with her older, married neighbour Ichikawa. Their affair, and her romantic and sexual awakening, commence in the final dangerous weeks of WWII. A stately nuanced coming-of-age drama called Best Film of 2015 by Eiga Geijutsu magazine.



Toronto Japanese Film Festival 2016

FINDING CALICO 先生と迷い猫

Director: Yoshihiro Fukagawa NORTH AMERICAN PREMIERE

Kyoichi is a former professor living a solitary, cranky existence in a small seaside town following the death of his wife. Mii, a local stray cat she used to feed, continues to visit and stand in front of the butsudan (Buddhist altar). When Mii goes missing, he takes up the search, only to

discover that he is not the only one trying to track the cat's whereabouts... A gentle, understated comedy-drama based on Chiaki Kizuki's novel.

Starring Issey Ogata, Shota Sometani, Kie Kitano, Pierre Taki, Masako Motai.



RUROUNI KENSHIN – KYOTO INFERNO るろうに剣心 京都大火編 RUROUNI KENSHIN – THE LEGEND ENDS



るろうに剣心 伝説の最期編 Director: Keishi Ōtomo TORONTO PREMIERE

The TJFF brought you the North America premiere of RUROUNI KENSHIN in 2013. In these two

new chapters, Kenshin must break his pledge to live peacefully and battle the maniac Shishio who is planning the destruction of Japan from his base in Kyoto. Huge in scale and visually gorgeous visuals, filled with spectacular jidaigeki action and featuring a who's-who of Japan's most popular young stars. A new Rurouni film is a treat for fans of both samurai action and Japanese pop culture.

Starring Takeru Sato, Emi Takei, Yosuke Eguchi, Tatsuya Fujiwara, Munetaka Aoki

THE INERASABLE残穢 -住んではいけない部屋-

Director: Yoshihiro Nakamura CANADIAN PREMIERE

In this enthralling mystery-thriller a young women begins to hear strange noises in her apartment. She contacts a novelist specializing in ghost stories and together they investigate the history of the apartment building and



discover that previous tenants have all been driven to suicide and even murder...

Starring Yuko Takeuchi, Ai Hashimoto, Kuranosuke Sasaki

PARASYTE 寄生獣

Director: Takashi Yamazaki CANADIAN PREMIERE

Humankind is threatened with extinction by an alien invasion of parasites which take over human bodies. When Shinichi is attacked, he is able to fight off the parasite and only his right hand is inhabited. He and the parasite become friends and try to save the human race. The new film



from the director of The Eternal Zero is a big-budget scifi thriller with a healthy dose of humour and some mindblowing special effects.

Starring Shota Sometani, Eri Fukatsu, Sadao Abe, Ai Hashimoto, Kazuki Kitamura, Tadanobu Asano

NOBUNAGA CONCERTO 信長協奏曲

Director: Hiroaki Matsuyama
INTERNATIONAL PREMIERE



The film that beat Star Wars at the Japanese box-office, this adaptation of the mega-hit manga and television series asks the question: "What if one of Japan's most important historical figures

was in fact a time traveling teen from the present?" Saburo mysteriously time slips to the Sengoku period of 1549 where he switches places with the great Nobunaga Oda... Threatened by sinister plots and assassination attempts he struggles to avoid fate, find love and bring peace to Japan. Spectacular action, gorgeous visuals and an all-star cast enliven this wild mix of samurai drama, comedy and time travel.

Starring Shun Oguri, Kou Shibasaki, Takayuki Yamada, Kiko Mizuhara, Osamu Mukai

SAILOR SUIT AND MACHINE GUN - GRADUATION

セーラー服と機関銃 - 卒業 -

Director: Koji Maeda INTERNATIONAL PREMIERE

High school student and yakuza mob boss Izumi Hoshi trains her deadly machine gun on a cadre of outlandish madmen, rival mobsters and corrupt politicians. Blood-soaked, tongue-in-cheek B-movie madness and a "spiritual sequel" to the cult 1981 yakuza satire.



Starring Kanna Hashimoto, Hiroki Hasegawa, Kanji Furutachi, Shingo, Tsurumi, Takaaki Enoki

Closing Night Screening and Reception THE MAGNIFICENT NINE 殿利息でござる

Director: Yoshihiro Nakamura INTERNATIONAL PREMIERE

In the 18th century the residents a poor town lead a miserable existence: mired in poverty, forced into manual labour and heavily in tax debt to their feudal lord. Nine townspeople,



led by Juzaburo, cook up a cunning financial scheme to turn around their fortunes. They will sell everything they own, anonymously lend large amounts of money back to the samurai estates, then distribute the resulting interest to the villagers. But the plan is not without its risks: if they are discovered, they will lose their heads – literally.

Starring Sadao Abe, Eita, Satoshi Tsumabuki, Yuko Takeuchi, Ryuhei Matsuda, Yuzuru Hanyu, Karen Iwata, Tsutomu Yamazaki.

Volunteers Needed for Toronto Japanese Film Festival June 9-23, 2016

Requirements:

- All positions are only open to volunteers19 years of age or older.
- You have to be able to help a minimum of 5 shifts during TJFF. (If you have volunteered at TJFF more than twice, the minimum is 2 shifts.)
- You are required to attend a volunteer orientation if you are a first time volunteer at the JCCC.

Volunteer Schedule and Assignments*:

- Delivery person (Starting at the end of April)
- Take posters and programs to local restaurants, institutions, stores, etc

Opening Night June 9, 2016 5pm-end* Closing Night June 23, 2016 6pm-end*

- Box Office (Ticket sales and Ticket pick-up)
- Theatre Crew (Crowd control, Usher, and Theatre clean up)
- Snack booth helpers (Sales at the snack booth and clean up)
- Food serving assistant (Assisting to serve appetizers)
- Bartender (Must be Smart Serve certified)
- Photographer (Experienced needed, submit a portfolio)

Regular Nights

Mon-Fri: 6pm-end* (exception Fri. Jun 10: 5:30pm-end)

Sat. Jun 11 and Sun. Jun 12:

Shift A: 10:30am-3:30pm, Shift B: 3:30pm-end*

Sat. Jun 18 and Sun. Jun 19:

Shift A: 11:30am-4:30pm, Shift B: 4:30pm-end*

- Box Office (Ticket sales and Ticket pick-up)
- Theatre Crew (Crowd control, Usher, and Theatre clean up)
- Snack booth helpers (Sales at the snack booth and clean up)
- Area captains (Those who have volunteered at TJFF or any JCCC events for more than three years, interview required)
- *Screening time may vary slightly. Final schedule for volunteers will be provided on the orientation day.

Volunteer Orientation:

Thursday, June 2, 2016 7:00pm-9:00pm

Volunteers for TJFF are required to attend. It is important to confirm your final shifts and assignments. If you are not able to attend, please inform us in advance. TJFF reserves the right to respectfully decline any offers of volunteers who have not contacted us for absence prior to deadline of registration.

Volunteer Sign-up Period: May 1 - May 24, 2016
Online volunteer sign up available from the link below: http://www.jccc.on.ca/en/volunteer/

If you are new to the JCCC, please also submit the Volunteer Profile when you sign up for volunteering at TJFF. Thank you.



Heritage News

Japanese Canadian Art Symposium

It was an art symposium, but it had the feel of a family reunion.

by John Ota

Over seventy artists, art lovers and talented people from a variety of disciplines gathered at the JCCC on April 2 to discuss the past, present and future of Japanese Canadian art. But it was more than that.

In an atmosphere of openness and honesty, people talked about personal experiences, racism, artistic expression and finding a way back to their JC heritage. In such a safe environment, I felt like I was sitting around a kitchen table, not a meeting room table.

Keynote speakers, Grace Eiko Thomson and Haruko Okano shook up the pot by presenting their rich life histories and activities within the JC community in Vancouver. Self-described "radicals", their key message was for JC art to address personal expression but along the way to also confront racial inequality and social justice issues.



My spouse Fran and I had the honour of having Grace and Haruko stay with us along with Vancouver filmmaker Susanne Tabata. We had a wonderful time with them and met new friends who dropped by the house to visit the speakers. Conversations were full of laughter, art, philosophy and went into the wee hours of the night. We have complete admiration for our Vancouver friends who are active, committed and we learned a lot from them.

Discussion from the symposium breakout groups offered a plethora of project ideas for the future including updating the JC art directory including artist website addresses, an annual arts festival including all the arts, greater promotion of JC artists through social media and development of an artist collective across the community.

The paramount topic of discussion for the day was the meaning of being a "Canadian" or "Japanese" or a "Japanese Canadian". There were a variety of answers and as it turned out from the chats, there was no right answer. It was different for everybody.

But the highlight for me was the passion and interest of younger artists to explore their Japanese Canadian roots. I feel like it is almost a Japanese Canadian Renaissance. While there seemed to be a hesitancy with some participants



about identifying themselves as a Japanese Canadian, younger people expressed that it is a unique culture that they want to know more about and is something we shouldn't back away from.

As artist Hitoko Okada put forward with resolve during discussions, "Our Japanese Canadian identity is something that we should embrace. Otherwise, what are we doing here?"

"JUST A REMINDER!

The Art Gallery will be hosting Bayefsky/Inouye: Tattoo Images from May 19 to August 7. Opening Reception is **Thursday May 19, 2016** at 7pm. Stay tuned to the newsletter for more events and related programming!"

Heritage News

Tashme Map Coming Soon!

The Moriyama Nikkei Heritage Centre is proud to announce the publication of the long awaited Tashme Map. The full colour poster details the layout of the Tashme Internment Camp, located on 14 Mile Ranch near Hope, B.C. The map is based on a plaque mounted survey map sent to Arthur Arai from the HOPE GROUP after the installation of a plaque near Hope, B.C. The names and house numbers for the map were gathered from the "Tashme Master List" completed by the Tashme Social Club, the "Tashme Master List database of Kobayashi" and information submitted through the Tashme Historical Project Questionnaires. The map contains an alphabetical list of the original residents of the Tashme Internment Camp as well as the location of many of the auxiliary buildings at the camp.

Through the Tashme Historical Project Questionnaires we were also able to identify families who relocated to Tashme from other internment camps after 1944. Although these families do not appear on this map, we are planning for ways to acknowledge these families as well. Many of the families who came to Tashme after 1944 were planning to relocate to Japan, although some eventually decided to remain in Canada.

Also being made available is a pamphlet which details what life in Tashme was like, through personal anecdotes and photos. The tireless work of Keo Shibatani, Harold Miwa, Jean Fujimoto, Arnold Arai, Hajime Sawada and Yosh Inouye and the Tashme team at the Nikkei National Museum, as well as the JCCC's Heritage team, has made the publication of these two important resources possible. It is our hope that these resources will provide the opportunity for Canadians to learn more about Canada's World War II story, while families of Tashme internees will gain a better understanding of what life was like in the camp.

If you are still interested in completing the Tashme Historical Project Questionnaire, please contact us at heritage@jccc.on.ca, or by phone at 416-441-2345 ext 303.

Legacy News

Giving to the JCCC is Not Just for the Wealthy

The Japanese Canadian Cultural Centre ("JCCC") continues to do an excellent job in providing the best in cultural and heritage programming in North America. The demand for cultural activities and programming is increasing. The challenge facing the JCCC is to ensure it has the funds necessary to continue meeting the growing needs of our community while maintaining the highest quality of programs and services, operations and maintenance of the facility.

There are many reasons why the wealthy donate to charity. But you don't have to be wealthy to give. It is more important to know that wealthier donors give from appreciated assets. That means that they will look at assets like stocks, mutual funds, property or tangible items like art to give to charity. They always hope, like all donors that their donation makes a difference in the lives of others through the organizations they support. They also see that their donation will be coupled in most cases with the tax credits or tax deductions, which reduce the tax owing on their asset(s) from which the donation was made.

You can use techniques that are available to anyone who thinks about giving to charity. The first step is to identify where the funds should come from. The easy answer is the wallet, where you can write a cheque, make a donation via credit card or give cash. All of these are after-tax donations, which means you have already paid tax on these funds. So when a

donation comes from the wallet the donation will cost more than if you had given an appreciated asset.

When a donation is made from an appreciated asset, you should look at the tax owing and calculate how much you should give from the capital gain to reduce the tax and not touch the principle which was used to grow the asset. This is best accomplished with your tax advisor, financial advisor or in some cases their lawyer.

Please note that the information contained in this article is general in nature and is not a substitute for independent legal or financial planning advice. It is the policy of the JCCC and the JCCC Foundation to encourage donors to seek independent professional advice before making a planned gift.

Support the JCCC Today

If you've been following this section of the newsletter for the past several months, the JCCC has been providing information about the best ways to give a gift to the JCCC.

To speak with the JCCC about donating, contact William Petruck, Campaign Advisor, at 416-249-0788 or wpetruck@ fundingmatters.com or James Heron, Executive Director, at 416-441- 2345 ext. 224 or jamesh@jccc.on.ca

Community News

The Tashme Project: The Living Archives is Coming to Toronto!

by Matt Miwa

Coming off a hugely successful Montreal production, creators Julie Tamiko Manning and Matt Miwa will finally be presenting The Tashme Project: The Living Archives in Toronto in May 2016 and we would be thrilled to see you there!

Our continued success is thanks to the generous support of our Japanese Canadian community. We hope many of you caught our reading of The Tashme Project as part of the 2012 Keisho Conference or have followed our project over the years through the Nikkei Voice and this newsletter.

If you have not heard of us, The Tashme Project is a documentary-style theatre piece that weaves together over 30 interivews with Nisei from across the country, including residents of Momiji; members of the Hamilton Japanese Canadian Cultural Centre and Matt Miwa's own grandpa, Harold Miwa to tell the story of Japanese Canadian history. As performers, It is a privilege to tell and retell these stories, especially to a Japanese Canadian audience of all ages and generations.

The Tashme Project is presented as part of the inaugural Tiger Bamboo Festival, which will take place on **May 28** and **29, 2016** at Soulpepper Theatre Company in the Young Centre for the Performing Arts located in Toronto's Distillery District. This free of charge theatre festival in celebration of Asian heritage month will be curated by Soulpepper Resident Artist Ins Choi (Kim's Convenience) with Associate Curators Rong Fu and Miquelon Rodriquez. The Festival will include a series of theatrical presentations, play readings, cabaret performances and South Asian folk tales. Visit soulpepper. ca or call 416-866-8666 for more information.

Support for the Tiger Bamboo Festival is generously provided by Eleanor and Francis Shen. For more information on The Tashme Project: the Living Archives please visit our website at www.thetashmeproject.ca



JC Community Picnic – July 1st Save the Date!

By the JC Community Picnic Committee

We hope we can help you kick off the Canada Day Long Weekend with our annual JC Community Picnic! Mark your calendars, we will



be back at Caledon Place on Friday July 1, 2016.

The picnic has been held almost annually since 1977, making it a long-running family tradition for many Japanese Canadian families in Southern Ontario. It is not unusual to see some families bring out as many as 4 generations from year to year.

As we prepare for the 39th JCCP, we welcome back the familiar faces and encourage new picnickers to join us in the beautiful rolling hills of Caledon.

Stay tuned for updates and we hope to see all of you there on July 1st!



Photo courtesy of Kristin Kobayashi

Office Space for Rent at JCCC

Office space of 672 sq.ft. is available on the 2nd floor of the JCCC.

If interested, please contact Nao Seko at (416) 444-9900 x227.

JCCC Library Schedule

| | 火 Tue | 水 Wed | 木 Thurs | 金 Fri | ± Sat | 日/月 Sun/Mon |
|-----------------------|---------------------|-------------------|--------------------|--------------------|-------------------|----------------|
| Lending 貸出し& 閲覧 | 10 am 12 pm | 1 pm 5 pm | | | 1 pm 5 pm | Closed |
| Non-lending 閲覧 | 12 pm 2 pm | | 10 am 2 pm | 10 am 2 pm | | 休館 |

Community News

Ball Players Needed for Sunday JC 3-PITCH League

The Japanese Canadian 3-Pitch Baseball League begins its 30th season of play at the end of May and we are looking for additional players.

Our non-profit league, founded in 1987, is co-ed, with women and men, between the ages of 18 and 60+ and skill levels from beginner to intermediate. Our main objective is to provide a social, yet competitive environment for persons or families of Japanese ancestry to participate and integrate, to meet others sharing similar culture, heritage and interests, to have fun and to make friends.

Games are on Sunday (excluding the August long weekend) mornings (9:30-12:00) from the May long weekend to the end of August in the Warden and Steeles Avenue area (Scarborough/Markham border). We host post-game BBQ's during the season and provide a subsidized banquet in September. Each team pitches to their own players (players hit every inning) in a slow pitch/lob ball format with each player receiving 3 (men) or 4 (women) pitches.

Membership Deadline: Monday May 9, 2016

First-Received, First-Enrolled. Memberships limited dependent on 4 or 6 team

format.

Membership Fee: \$75.00 (no increase in 14 years!)

Includes: Team sweater, team photograph, refreshments at all games, league BBQs, subsidized banquet with trophies & door prizes, all bases, bats, balls and other equipment, (players are asked to supply their own glove)

First Day of Play: Sunday May 22, 2016

If you would like additional information about the J.C. 3-Pitch League or would like to register to play, please call or email one of the following committee members or check out our website: www.jc3pitch.com for registration forms and information or contact one of the following:

Glen Kawaguchi 416-755-6421 (evenings)

Jon Nagamatsu 647-988-5036 Rob Takimoto 416-569-8147

email: JC3Pitch@gmail.com



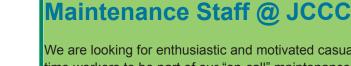
by Brian Yamashita

Once again, a select team from Japan's Shikoku Island League will be playing the Ottawa Champions of the Can-Am International League this summer. Games will take place at 7:00pm on June 28, 29,



and 30 at the Raymond Chabot Grant Thornton Park at 300 Coventry Road in Ottawa. Why not come out to see a few entertaining ball games and then stay for Canada Day in the Nation's Capital? The Hampton Inn (100 Coventry) and the Courtyard Ottawa East (200 Coventry) are just a Jose Bautista home run away from both the ball park and the VIAtrain station. For baseball ticket information, coming soon, and possible hotel or VIA Rail deals, please keep checking out our website at:

ottawajapanesecommunity.ca



Seeking Casual On-Call

We are looking for enthusiastic and motivated casual parttime workers to be part of our "on-call" maintenance team. The hours and shifts will vary according to JCCC's needs as well as your availability. Occassional shifts will include weekends and weekday evenings.

Some of the main activities related to this job will be to assist with setting up rooms for events and some custodial services specific to the JCCC building. Ability to work effectively with the public as well as with the JCCC staff team is a must. The candidate must be reliable and a committed team member with good organizational and problem solving skills. Good English communication skills are required. If you think that you might be the right person for this job please send your resume in attention to Constantin Dutescu, at constantind@iccc.on.ca



Back Row (Back2feet Champs) - Bob Doi, Andrew Lok, Evan Diep, Glenn Shimoda, Theressa Takasaki, Paul Takasaki, David Wesseling, Front Row (Team Spirit Award Recipients) - Gar Lok (Back2feet Sponsor), Andrew Burkett (Hoult-Hellewell), Phylicia Davis (Back2feet), Ken Marumoto (CruiseShipCenters), Clark Shiao (Wietzes Toyota).

From Japan JIRO MURAYAMA in collaboration with NAGATA SHACHU

Bamboo flute (shinobue) virtuoso Jiro Murayama, from Japan will share the stage with Nagata Shachu in a program of new works and traditional festival pieces. Murayama, who began his career with the renowned Kodo drummers, freely crosses over between the modern and traditional. He currently remains as the only original member of Tokyo Dageki Dan, a professional taiko group in Tokyo formed in 1995. In addition to leading his own band Lebun Kamuy, Murayama has recorded six CDs and written many instructional books for the shinobue. Nagata Shachu's 2015-2016 season finale concert promises to be an evening of soaring melodies and rapturous drumming.

Date: Saturday June 4, 2016

Place: Harbourfront Centre Theatre

Tickets: \$35, \$30, \$25 adult / \$20 seniors and students

(reserved seating)

Online: http://www.harbourfrontcentre.com/boxoffice

By phone: 416-973-4000, press 1 More info: www.nagatashachu.com



The Third Gender exhibition

By Dr. Asato Ikeda, Assistant Professor, Fordham University, and Bishop White Postdoctoral Fellow of Japanese Art, Royal Ontario Museum



The ROM's new exhibition, A Third Gender: Beautiful Youth in Japanese Prints not only showcases approximately 80 objects from the museum's collection of Japanese art, the largest of its kind in Canada, but is also the ROM's first exhibition to explore gender issues. Across time and culture, there have been many diverse gender and sexual practices, and this exhibition will explore one example—that of Edo-period Japan (1601-1868). From an understanding of gender as comprising not just biological sex but also age, sexual role, and appearance, the exhibition focuses on visual representations of wakashu, who were neither "adult men" nor "women" and were objects of desire for both - wakashu were a "third gender". Literally meaning "young person", a wakashu was an adolescent male with a distinct appearance, and was a stage of life for all men. A wakashu had not yet taken on the social responsibilities of an adult but was considered sexually mature by society. Some wakashu had sexual relationships with both adult men and women.

Featuring wakashu, their web of social relationships, and kabuki theatre, all against the background of Edo-period society, the prints in the exhibition were created in the early 18th to mid-19th centuries by major ukiyo-e masters including Okumura Masanobu, Suzuki Harunobu, and Kitagawa Utamaro. The show, which is the first in-house ukiyo-e exhibition at the ROM in

forty years, is accompanied by a catalogue co-authored by Joshua S. Mostow (Professor of Asian Studies, University of British Columbia) and Asato Ikeda. The exhibition runs from May 7 to November 27 and is accompanied a series of programs.

Save 20% off admission at the ROM.

Buy your tickets online at www.rom.on.ca and use promo code JCCC.

Coming Soon

APR 2 Tattoos: Ritual. Identity. Obsession. Art.

JUN 25 CHIHULY

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Haiku Corner

春雨に大欠びする美人かな 一茶

Harusame ni ohakubi suru bijin kana

In the spring rain,

A beautiful maiden

Gives a great yawn. Issa

原中や物にもつかず鳴く雲雀

芭蕉

Haranakaya mononimo tsukazu naku hibari

In the midst of the plain

Sings the skylark,

Free of all things. Bashou

Friends of the Moriyama Nikkei Heritage Centre Inscriptions

You can purchase a Friends of the Moriyama Nikkei Heritage Centre inscription for yourself, a friend, or a loved one, for a donation of \$500. Corporate and Group inscriptions are also available at the \$2,000 giving level.

To make your dedication, call the JCCC or visit us online at www.jccc.on.ca. Proceeds will support the Moriyama Nikkei Heritage Centre's ongoing operation and programming.

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Ghost Town Teachers Historical Society

学校法人山口学園 global.ecc.ac.jp ECC JAPAN 華やぎエッセイグループHanayagi Essay Group

Ikenobo Ikebana Society of Toronto

Japanese Cdn Citizens Assoc Toronto Chapter

JCCC Judo Kai

JCCC Kyudo Seikyu Kai

Nelson Arthur Hyland Foundation New Japanese Canadian Association

Ontario Tottori Ken Jin Kai Salden Foundation SHODO CANADA

The Frank H. Hori Charitable Foundation

Toronto Japanese Garden Club Toronto Kohaku Utagassen Wynford Seniors Club

今後の行事予定

5月

7 (土) JCCC バザー

9 (月) 映画鑑賞会 「僕は坊さん」

14(土) JCCCカラオケクラブ

16(月) まんじゅうワークショップ

18(水) タトゥー展

19(木) タトゥー展オープニングレセプション

21(土) JCCCカラオケクラブ

23(月) JCCC 休館日 –Victoria Day

25(水) 折り紙ワークショップ

28(土) 空手トーナメント

29(日) シニアサパークラブ

29(日) 七夕飾りワークショップ

6月

4(土) JCCCカラオケクラブ

9(木) トロント日本映画祭開幕

23(木) トロント日本映画祭閉幕

25(土) JCCCカラオケクラブ

7月

1(金) JCCC 休館日 - Canada Day

2(土) JCCCカラオケクラブ

4(月) キャンプ子ども

9(土) 夏祭り&お盆踊り

17(日) ありがとうデー

21(木) 映画鑑賞会

24(日) ノスタルジアナイト

夏休みキャンプ子供

日系文化を取り入れた小学生向けのユニークなキャンプが2016年も夏休み中(**7月4日-8日、7月11日-15日、7月18日-22日**)に行われます。申込詳細は p 5、または同封のチラシをご覧下さい。クラスの登録はすでに始まっています!参加人数に限りがありますので、お早めにお申し込み下さい。

JCCC バザー

2016年5月7日(土)午後12時から午後4時まで 入場料無料 JCCC最大の恒例ファンドレイジング、開場前は長蛇の列できるほどのビッグイベントです。様々な日用品から、サイレントオークション、日本食の販売などたくさんの催しを予定しています。カレンダーのこの日に印をつけるのをお忘れなく!

/スタルジア・ナイトの早期割引 を利用しましょう!

ステップ 1 カレンダーに丸印をつける。2016年7月24日(日)はノスタルジア・ナイト。今年は、30年以上も日系シニアに様々な催しや活動を提供してきたウィンフォード・シニア・クラブの功績を称えます。同クラブは、JCCC主催のフェスティバルやバザーをいつも積極的に応援してくれています。また最近では、ヘリテージ・センターの収集資料について貴重な情報を提供してくれています。

さあ、今年も家族や友人、知人と近況を語り合い、旧交を温めながら、日系カナダ風ビュッフェを楽しみましょう!

ステップ2 2016年6月24日(金)までに早期割引で申し込む。

ステップ3 申込用紙 (ニュースレターに挿入) に必要事項を記入し、該当料金の小切手を同封して郵送する。宛先は"Japanese Canadian Cultural Centre" (memo: Nostalgia Night)、住所は6 Garamond Court, Toronto, Ontario, M3C 1Z5。またはJCCC受付でお申込み下さい。

早期申込割引料金: <u>2016年6月24日(金)まで</u>

JCCC会員大人\$18.00一般大人\$23.00子供(6歳から13歳)\$5.005歳以下の子供無料

後期申込料金: **2016年6月25日(土)以降**

JCCC会員大人\$23.00一般大人\$28.00子供(6歳から13歳)\$5.005歳以下の子供無料

10人用テーブルのご予約も受け付けています。お申込時に料金をお支払いの上、グループ名をお知らせください。

(10人用テーブルのご予約には8名以上のお申込みが必要です。)

早期申込割引料金 \$180.00 後期申込料金 \$230.00

少人数グループのご予約はお受けできませんが、当日チェックイン時にお名前入りカードをお渡ししますので、催しがスタートする4時前に予め席を確保していただくことが可能です。

どうぞお早めにご予約の上、JCCC恒例の素晴らしいイベントをお見逃しなく!

JCCC年次総会のお知らせ

2016年度JCCC年次総会が**2016年6月27日(月**)午後7時半より 行われます。今回JCCC理事役員に立候補する方は立候補届を年 次総会の30日前までに提出してください。その他、総会に関する 詳細は416-441-2345までお問い合わせください。

トロント日本映画祭ボランティア募集 2016年6月9日(木)~6月23(木)まで

必須条件

- ボランティアは19歳以上に限ります。
- 最低5回のシフトに参加可能な方。(過去2年以上TJFFのボラン ティアをした経験のある方はシフト2回から可能な方。)
- JCCCでのボランティアが初めての方は、必ずボランティアオリエンテーションに出席して頂きます。

ボランティア日程と仕事内容*:

ポスター配達 - ダウンタウンなどのレストランやお店などにポスターやプログラムのお届け。4月下旬辺りから可能な時間帯で。

オープニングナイト 6月9日(木)午後5時から終わりまで **クロージングナイト** 6月23日(木)午後6時から終わりまで

ボックスオフィス(チケット販売) シアタークルー(チケットもぎり、行列の整備、館内清掃) スナックブースのお手伝い

(スナック販売・ブース準備と清掃)

フードサービングのお手伝い (レセプション時のみ) バーテンダー(スマートサーブ資格保持者に限る。) フォトグラファー(経験者優遇、ポートフォリオ提出要。)

レギュラーナイト

月~金:午後6時から終わりまで

(6月10日(金)のみ午後5時から終わりまで)

6月11日(土)と12日(日): シフトA:10:30AM~3:30PM,

シフトB: 3:30pm~終わりまで

6月18日(土)と19日(日): シフトA:11:30am~4:30pm

シフトB:4:30pm~終わりまで

ボックスオフィス(チケット販売)

シアタークルー(チケットもぎり、行列の整備、館内清掃) スナックブースのお手伝い(スナック販売, ブース準備と清掃) エリアキャプテン

(TJFFのボランティア、又はJCCC主催イベントのボランティアを3年以上された方に限る。簡単な面接有。)

*映画開始・終了時間に多少の変更がある場合があります。それに伴い、シフト時間も変更する可能性がありますが、ボランティアオリエンテーションにて、決定した日程をお知らせ致します。

ボランティアオリエンテーション:6月2日(木)午後7時-9時まで

TJFFのボランティアをされる方は必ずご出席下さい。最終決定されたシフトと仕事内容の確認をします。どうしても出席できない方は予めお知らせ下さい。欠席の連絡がボランティア申込期間内にない場合はボランティアをお断りすることもございますのでご了承下さい。

ボランティアお申し込み期間:5月1日から5月24日(火)まで

下記のリンクからオンラインでサインアップが可能です。

http://www.jccc.on.ca/en/volunteer/

新規ボランティアの方はTJFFボランティアのサインアップをする際、 必ず『ボランティアプロファイル』をご提出ください。

第14回夏祭り&お盆踊り

2016年7月9日(土)にJCCC恒例の夏祭り&盆踊りが開催されます。色とりどりの吹流しや笹に個々の願いを書いた短冊を飾り、七夕を一緒に祝いましょう!ゲームや屋台の食べ物に加え、様々なパフォーマンスなどお祭りの雰囲気をお楽しみいただけます。NJCC、トロント仏教会など多くのコミュニティーグループが協力しあってこのイベントを盛り上げていきます。夏祭りはJCCC駐車場で行われます。(雨天の場合は館内小林ホール) 今からカレンダーに印をつけ、ご家族、お友達をお誘いあわせの上、是非、ご来場下さい。

詳細は6月・7月号のニュースレターに掲載されます。

JCCCライブラリーコーナー ライブラリーシッターのお薦めの一冊

「日本のいちばん長い日」著・半藤一利

本書は、日本近代史、特に昭和史に関する記録文学の第一人者、半藤一利氏による代表作の一つである。

敗戦に次ぐ敗戦でそのまま戦争継続か否か、その決断を迫られた昭和20年当時の指導者達、彼らの叡智と盲信の息詰まるせめぎ合い、そして結論に達しないまま最終的な裁断を昭和天皇に委ねて漸く無条件降伏による戦争終結へと緊迫した事態の推移。当事者たちにとってはまことに長くあったであろう日々を、著者は、実に微に入り細にうがった精緻な筆法で克明に描写している。

当時、旧制中学生であった私は、登場人物の一部に多かれ少なかれ馴染みがあったため、同時進行のプロット展開にすっかり引き込まれて、その挙句、遂には臨場感さえも抱かされた。この書は、後世昭和史には欠かすことのできないまことに貴重なアーカイブになり得ると信ずる私は、いわゆる「昭和は遠くになりにけり」の現象が次第に顕著となりつつある現代、できる限り多くの人たちに読まれるべきであると思う。

因みに、歴史に`if' はタブーとされているが、仮にもこの書に記されている先人たちの決断がもう一方のifであった場合、私は慄然とせざるを得ない。

澤田一

本書が原作本の映画「日本にいちばん長い日」は2016年トロン ト日本映画祭の上映作品です。

ライブラリースケジュール

| | 火 Tue | 水 Wed | 木 Thurs | 金 Fri | ± Sat | 日/月 Sun/Mon |
|-----------------------|---------------------|-------------------|--------------------|--------------------|-------------------|----------------|
| Lending 貸出し& 閲覧 | 10 am 12 pm | 1 pm 5 pm | | | 1 pm 5 pm | Closed |
| Non-lending 閲覧 | 12 pm 2 pm | | 10 am 2 pm | 10 am 2 pm | | 休館 |

NJCC ・新日系コミッティーニュース

若者達よ、大志を抱け!!

1965年、私は21歳の時に日立製作所で技術者として勤務しておりました。しかし、当時仕事にもあまり熱が入らず、夢も希望も無く、毎月月末になると兄貴が住んでいた鎌倉の極楽寺に出向いては夕食をたかり、毎日の仕事の不満をぶちまけていました。

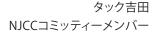
ある時、兄貴の奥さんに「武ちゃんだったら日立での技術を活かしていけるわよ。何も日本だけが生きて行く場では無いと思うよ!若いんだから夢を持って、世界に飛び立ちなさいよ。」と言われ、その夜、極楽寺から常磐線の亀有駅までの、わずか二時間の電車の中で、私はカナダへの移民を決意したのです。翌日には、東京の青山にあるカナダ大使館に飛びこんでいました。

カナダに移住してからは、毎日が希望にあふれて素晴らしい日々の連続でした。そして何をするにも前向きに物事を考える事が出来るようになったのです。

時はあっという間に流れ、来月の6月15日でトロントに移民して50年になります。この50年間で、色々な事がありました。仕事にも何とか恵まれ、最高のかみさんにめぐり合い、最高の三人の娘と三人の孫、家族全員が健

康で、私は本当に幸せ者だと思っております。そして何よりも、この50年の間、何事にもポジテイブに物事を考えて生きてきた事、沢山の素晴らしい先輩にめぐり合えた事、そして沢山の友達を得た事に感謝しています。でも、そのような幸せを得るためには、まずは自分が素直な気持ちで何事にも接する事が大切だと思います。

今のネット社会の中では、夢も持たず自分で物事を考えない若者が増えていると感じますが、もっと自分自身でチャレンジ精神を持って生きて行ってほしいと思います。一つの考え方として、カナダへの移民などは最高の選択だと思います。若い時には、男女を問わず、度胸を持って「成せばなる成さねば成らぬ何事も」の精神を持ち、がむしゃらな気持ちで頑張れば、必ず何かを見出せると思います。もっともっと日本の若者達が大志を抱き、世界に羽ばたいて欲しいと願っています。

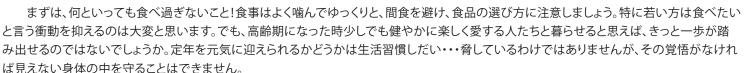


健やかな老後をめざして その5 動脈硬化の対策 ②:内臓脂肪のこわ~い影響!

動脈硬化の直接的原因は脂質(コレステロール&中性脂肪トリセリグリド)異常です。ところが、内臓脂肪型肥満(メタボリック・シンドローム)があると、間接的に動脈硬化が進行。「内臓脂肪とは胃や肝臓など臓器の周囲にたまる脂肪」のことで、内臓脂肪型肥満があると、脂質異常、高血糖、高血圧を招きやすくなります。成人期の人々が特に注意しなければいけない3つの健康問題に大きく関連しているので、最近は内臓脂肪への関心が高まっています。

メタボリック・シンドローム診断(日本人)については、次の4つが基準です。1つは腹囲(おへその高さで測る)。男性は85センチ以上、女性は90センチ以上。腹囲が1センチ増えると、内臓脂肪は1キログラム増えると考えましょう!2つめは血中脂質。善玉HDLコレステロール40mg/dL未満、あるいは中性脂肪 150mg/dL以上。3つめは空腹時血糖 110mg/dL以上。4つめは収縮期血圧(上)が130mmHg以上、拡張期(下)が85mmHg以上。

血糖も血圧も診断基準が低く設定されているのにお気づきでしょうか?内臓脂肪型肥満があると、軽い異常が重なるだけで動脈硬化が進むので、厳しく設定されているのです。{腹囲 + 2~4の内の2つ以上が当てはまる}と、メタボリック・シンドロームと診断されます。



食事内容に関しては肉より魚、バターより植物油、乳製品を摂りすぎない、食物繊維をしっかり摂る、中性脂肪が高い人は糖質を控えめに! 体重の変化を知るために朝と晩に量ってみましょう。夜には増え、朝は睡眠中にエネルギーが消費されるので減ります。変化を知れば、体重コントロールの指標に役立ちます。適正体重はBMI(体格指数)22前後。計算式は 体重(kg)÷ [身長(m) X身長(m)]。BMI25以上は肥満とされます。 さあ、あなたの肥満度をまず知っておきましょう!



マーナ豊澤英子

(医学博士 老年看護スペシャリスト)

NJCC · 新日系コミッティーニュース

キングストン日本語教室生徒さんの作品

担任からの一言

文の作り方、「が、は、を」の使い方を勉強中です。週末に楽しかったことをテーマにして、それぞれ感じた事、思った事を 日記にしました。

日本語教室の新年会は、お正月料理や遊びに触れる事ができ毎年子供たちが楽しんで参加しています。丁度「お正月」の課もやったので、そこで登場する語彙や漢字を使いながら、新年会で一番楽しかった事を中心に楽しいイラスト付きで感想文を書きました。





村上ウッドフランシス



ローバー春輝

NJCC · 新日系コミッティーニュース

2015-2016年度 新日系コミッティー (NJCC) 日本語教育プロジェクト活動報告

文責: 嘉納もも

2015年5月の組織改編後、新移住者協会の活動のひとつであった「日本語教育プロジェクト」は新日系コミッティーに受け継がれ、2016年2月をもって本年度のJICA助成金事業を全て終了させましたのでここにご報告させていただきます。

1) ハルトン地区日本語教育ワークショップ: 2015年10月20・27日、11月3・10・17・24日

昨年に引き続き、ハルトン地区に在住する日本人保護者を対象に計6回のワークショップが開催されました。会場はオークビル市にあるニューカマーのための Centre for Education and Trainingという施設の一室を使用しました(ハルトン・リージョンより会場およびチャイルドケアの無料提供を受けました)。

1-4回はEarly Childhood Education 教師のドーベル名津先生を迎え、カナダで日本語の子育てを目指す日本人母親8名が教育相談と子育て支援を2時間にわたって受けました。5-6回は野口ひろみ(ヨーク大学心理学修士)、嘉納もも(トロント大学社会学博士)がそれぞれ講師となり、心理学および社会学の観点からカナダでの子育て、家庭での日本語教育などをテーマに勉強会が行われました。

2) ウオータールー地域日本語教師研修会: 2015年12月13日

こちらも昨年に続き、ウオータールーで日本語教師研修会が行なわれ、計16名の参加者がありました。トロントでの研修会には遠距離でなかなか参加できない日本語教師たちが、レニソンカレッジの好意で無料提供された会場にて、クイーンズ大学日本語講師・青木恵子先生の「継承語101-親と教師が知っておきたいこと」と題する講義をを受けました。青木先生が2010年より主催されているキングストン日本語教室での教育内容について、詳細なプレゼンテーションが行なわれ、教師と保護者が一体となって創り上げる日本語教育の試みに参加者一同が感銘を受けました。

3) 冬期トロント地区日本語教師研修会: 2016年2月7日

JCCCのヒロコ・バラル・ルームで行なわれた日本語教師研修会ではトロント大学東アジア研究科助教授の有森丈太先生を迎え、26名の参加者が「『女ことば』・『男ことば』を考える:多様性と向き合うために」という講演を拝聴しました。その後、LGBTQ (Lesbian, Gay, Bisexual, Transgender and Queer)の生徒に対して日本語におけるジェンダーの使い分けをどう教授するのかについてのディスカッションが行われました。英語の日常会話の場面を和訳するエクササイズを通して、日本人が「自明」とする女ことば、ことばの特徴を再認識し、その根底を成すジェンダー役割について検討する画期的な機会を得ました。

来年度も日本語教育プロジェクト委員として、引き続きコミュニティのニーズに対応できるようなイベントを企画・実施して参ります。皆様のご協力、ご提案をよろしくお願いいたします。

委員長:嘉納もも

委員: ラシュトン美紀、レイノルズ洋子、服部江理子

永田社中のコンサート 「日本の夏、笛太鼓」ゲスト:村山二朗

トロントの誇るプロ和太鼓アンサンブル「永田社中」がお届けする今期最後のコンサートシリーズでは、 日本で大活躍の篠笛奏者、村山二朗氏をお迎えいたします。佐渡の和太鼓グループ「鼓童」のメンバーと してデビューして以来、その後「東京打撃団」に移籍、91年には和洋楽器混成ユニットの「レブンカムイ」



を結成、さまざまな分野で積極的に活躍を続ける村山氏は、すでに六枚のCD、たくさんの篠笛に関する著書を発表しています。

古典と新しい感覚を融合させ、素晴らしい篠笛の世界を切り開いたパイオニアである村山二朗氏が、ここカナダの地で永田社中とともに日本古来の竹の音と和太鼓の響きによる美しい和の音の世界を創り出します。ぜひ6月4日、オンタリオ湖すぐそばのハーバーフロント会場で「日本の笛太鼓」を存分に味わってください。詳細は永田社中ホームページをご覧ください。http://nagatashachu.com

Date: June 4, 2016 at Harbourfront Centre Theatre

Tickets:\$35, \$30, \$25 adult / \$20 seniors and students (reserved seating)

Online: http://www.harbourfrontcentre.com/boxoffice By phone: 416-973-4000, press 1

More info: www.nagatashachu.com





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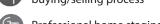
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- 5年以内の新移民の方へ、収入に関わらず 頭金35%から可能な住宅ローン
- ビジネスをお持ちの方のための住宅ローン
- 頭金5%からの住宅ローン

まずは、お気軽に日本語でご相談ください。レート等のご相談も承っております。



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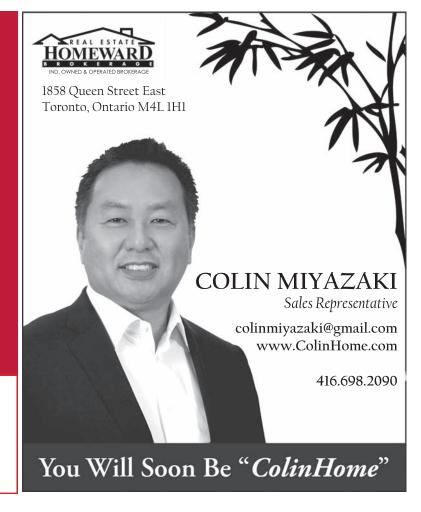
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bayefsky/inouye

tattoo images



Yosh Inouye, photograph, 2010

May 18 to August 7, 2016

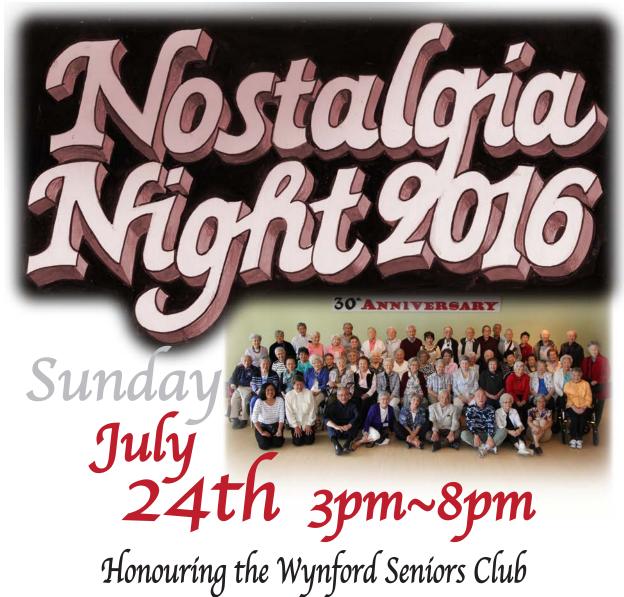
JCCC Gallery 6 Garamond Court, Toronto, ON M3C 1Z5

Opening Reception Thursday May 19 7:00 pm for more information please contact: heritage@jccc.on.ca p. 416-441-2345



Aba Bayefsky, Watercolour, 'Yokohama, 1982' Photo by Edwin M. Cooke





Share memories built over the years, and enjoy great Japanese Canadian cuisine with family and friends.

Early Bird Registration Fee until Friday, June 24

JCCC members: \$18, non-members: \$23, 6~13yrs: \$5, under 5yrs: free tables of 10: \$150 (names must be provided at the time of registration)

After June 24

JCCC members: \$23, non-members: \$28, 6~13yrs: \$5, under 5yrs: free, tables of 10: \$230

Registration deadline: Friday, July 15



JAPANESE CANADIAN CULTURAL CENTRE 6 Garamond Court, Toronto ON M3C 1Z5 日系文化会館 416-441-2345 www.jccc.on.ca jccc@jccc.on.ca



ウインフォード シニアー クラブを表彰して

美味しい日系料理を堪能しながら、家族や友達と楽しい夜を過ごしましょう。

早期割引参加費:6月24日迄の申し込み

JCCC会員: \$18, 非会員: \$23, 6才~13才: \$5, 6才未満: 無料10人用テーブル: \$180 (登録の際テーブル名を記載して下さい)

6月24日以降の参加費

JCCC会員: \$23, 非会員: \$28, 6才~13才: \$5, 6才未満: 無料, 10人用テーブル: \$230

参加申し込み締め切り: 7月15日



6 Garamond Court, Toronto ON M3C 1Z5 416-441-2345 www.jccc.on.ca jccc@jccc.on.ca

Nostalgia Night Registration Form (Early Bird registration until June 24, 2016)

Children 5 and under (FREE) \$0 x ____ = ____

Total # of people: ____ Total fee: \$ ____

Please PRINT the names of those whom you are paying for (including yourself):

1._____ 6.____

2._____ 7.____

3. _____ 8.___

4.______ 9.____

5.______ 10.____

Table reservations must be for a minimum of eight (8) people. Please provide a name for the table reservation (e.g. "Kobayashi Table"). Final deadline to register is Friday July 15, 2016.

For office use only

Receipt #:_____



Kamp Kodomo Summer 2016



Our Mission

To provide a stimulating and educational Japanese and Japanese Canadian cultural experience for young children.

Who can register?

Children ages 6 (as of December 31, 2015) to 12 Years

Dates

Session $\overline{1 - \text{July }} 4 - 8$ Session 2 - July 11 - 15Session 3 - July 18 - 22

Times

Camp Hours are from 9:00 a.m. to 4:30 p.m. Extended camp care is available daily from 8:00 to 9:00 a.m. and from 4:30 to 6:00 p.m.

<u>Fee</u>

\$ 200/week

Early bird discount \$180/week if paid in full by April 30, 2016
10% discount for JCCC Members
5% discount for additional siblings attending the same session
(not available with an early bird registration)
Extended care is \$35/week per child.

What is included?

Children get to participate in a variety of hands-on sessions including:

Drama Dance Geography
Martial Arts Language And More!!!
Music History

Cooking Arts and Crafts

There are two snacks each day and one special activity day per week that may include an offsite trip.

Children must bring a nutritious lunch and drink each day.

Why register?

Kamp Kodomo is run by a head instructor as well as many dedicated volunteers. This team knows that exposure to culture is the best way to ignite interest and to hand over tradition to the next generation. Together, they work to ensure that the children have a wonderful time in a safe environment.

How to register

Submit one (1) Registration Form for each child (see reverse). Return to the JCCC via mail, in person or via fax. Enrollment is limited to 20 children per week.

Registrations will not be accepted until after March 21, 2016

Early bird registration deadline is April 30, 2016 (additional sibling discount is not available for early bird registrations)

Registration deadline June 24, 2016





Kamp Kodomo Registration Form

July 4 - 22, 2016

Please Print Clearly (

One Form for Each Child

| Child's Name: | | | | | | | |
|--|---|---|---|--|---|---|--|
| | Last | | | First | | | |
| Child's Home Address: | Number | | Street | | Apt/Sui | te | |
| City | Postal Code | | <u>—</u> | Telephone | Telephone, include area code | | |
| Birth Date: | | | | Sex: [] Male | [] Female | Age: | |
| Date | Month | Year | | | | <u> </u> | |
| Ontario Health Insurance Number | | Doctor's | Name | | Phone | No. | |
| Name of Parent or Guardian: | | Last | | | | | |
| Relationship to Child: [] Mothe | | Other, plea | | | First | | |
| Contact During the Day: | Work Telephone Num | nber | | Cellular Pi | none/Pager Number | | |
| | | | | | ionon agoi riambol | | |
| ls there other important informa interests, sports, musical instrui | tion about your chil | ld that you | would like us | s to know? For example, | | | |
| Medical Conditions/Food & Other | er Allergies: | | | | | | |
| Program Fees Deduct 10% if you have JCC0 Deduct 5% for 2 nd or 3 rd child (not available with an e | from the same fam | tal = hip = nily = on) | | (\$180.00 per week before April 30 th) (\$200.00 per week after April 30 th) (\$35.00 per week) | () Week (| | |
| Payment is included by: [] Che | | | (Dobit Car | rd payment accepted at J | CCC reception | dock) | |
| • • • • | | 500) | (DCDIT Gai | d payment accepted at 5 | · | · | |
| Payment and Withdrawal information in ames on the reverse side of all choor if you are faxing your forms. Placelines. Debit card payment in administrative charge per registraniprior to the program start date. Me minimum of one program supervisus JCCC office and we will endeavor the agree to indemnify and hold harmly liability concerning our child(ren)'s important the child(ren) & parent(segning below, parents/guardians alsession for the enjoyment & benefit | on: Fees can be made eques. Include your vease note there is a person only. Full patt, will be issued for a dical & Emergency Ir or, coordinator or asson accommodate themess the Japanese Canvolvement in JCCC) agree, that any pictind child (ren) agree to | VISA, Maste \$10.00 adm ayment mus II program s information: Felease: anadian Cult 's Kamp Koures taken d | erCard or AME inistrative chast be made pleassion cancel Please ensure fulfilled in Eme I hereby agretural Centre, it domo and furturing the prog | X information on this registrarge for all NSF Cheques region to session start date. lation received in writing. Restart you provide all informating and conditions of the terms and conditions directors and officers, its sher agree that the use of all aram can be used in any protections & standards of conductions & standards & standa | EX or debit card. ation form if you w turned or for VISA Refund Policy: Fefunds are not avition requested on CPR. Special nears outlined above staff, employees a JCCC facilities is motion or advertisect as required by the staff of the second process of the second | Code Indicate the children's ish to pay by credit card, A, MasterCard or AMEX Refunds, less a \$25.00 railable within one week the registration form. A eds: Please contact the and hereby release and volunteers from any made at the risk of the rement by the JCCC. By the program staff for the | |
| Parent/Guardian Signature | shild submit and (1) Dag | ristration Form | o for each child | | norson or via fax. E | | |
| | ions will be accepted a | fter March 2 | 1, 2016. Early E | Return to the JCCC via mail, in Bird deadline April 30, 2016. Re 16)441-2345 Fax: (416)441-234 | gistration deadline | | |

Amount_

Date_

30

For Office Use only

Receipt Number_