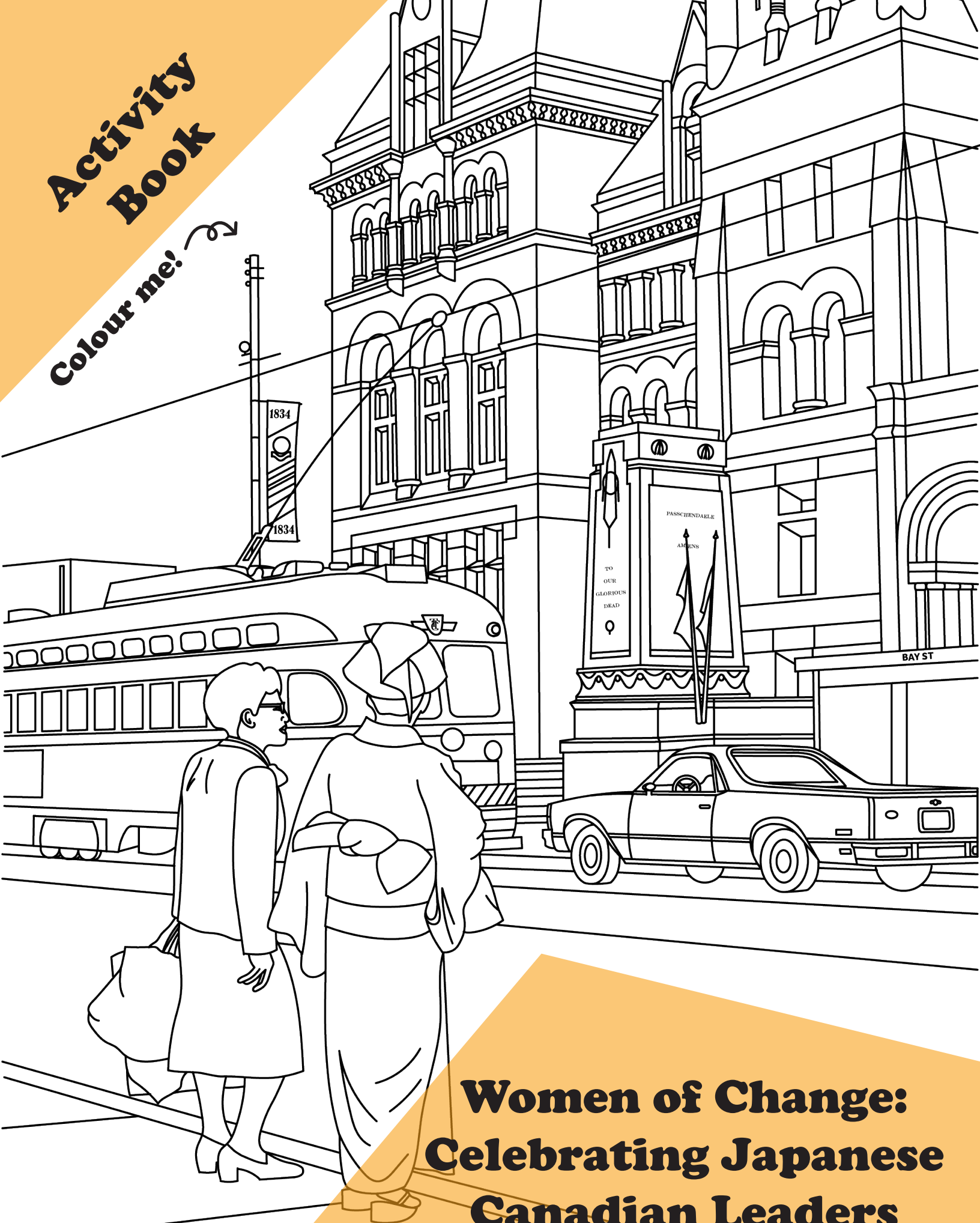


# Activity Book

Colour me! ↪



**Women of Change:  
Celebrating Japanese  
Canadian Leaders**

# About This Book

For 135 years, Japanese Canadian women have led the battle against racism and sexism by excelling in science, art, business, scholarship and activism. The *Women of Change* online exhibit explores the stories of six leaders.

This book is a kid-friendly activity companion to the exhibit for ages 7 to 11.



The Japanese Canadian Cultural Centre and the Nikkei National Museum & Cultural Centre created the exhibition. It launched on International Women's Day in 2022.

You can find the exhibit here:  
[artsandculture.google.com/  
story/AgWxM31G28YKlg](https://artsandculture.google.com/story/AgWxM31G28YKlg)

You will connect with these amazing women through activities inspired by their stories. You will draw a flower arrangement, write haiku and more!

As you do the activities, think about the women you know who are leading by example and how you can make a difference in your community.



These incredible women lived through the dispossession and internment of Japanese Canadians and fought for Redress. Find resources on these topics here: [centre.nikkeiplace.org/research/](https://centre.nikkeiplace.org/research/).



# Tomiko 'Tomi' Nishimura



Tomi Nishimura (nee Maede) was devoted to teaching the Japanese cultural arts in Canada. She studied tea ceremony, dance, calligraphy, ink wash painting and flower arranging ("ikebana").

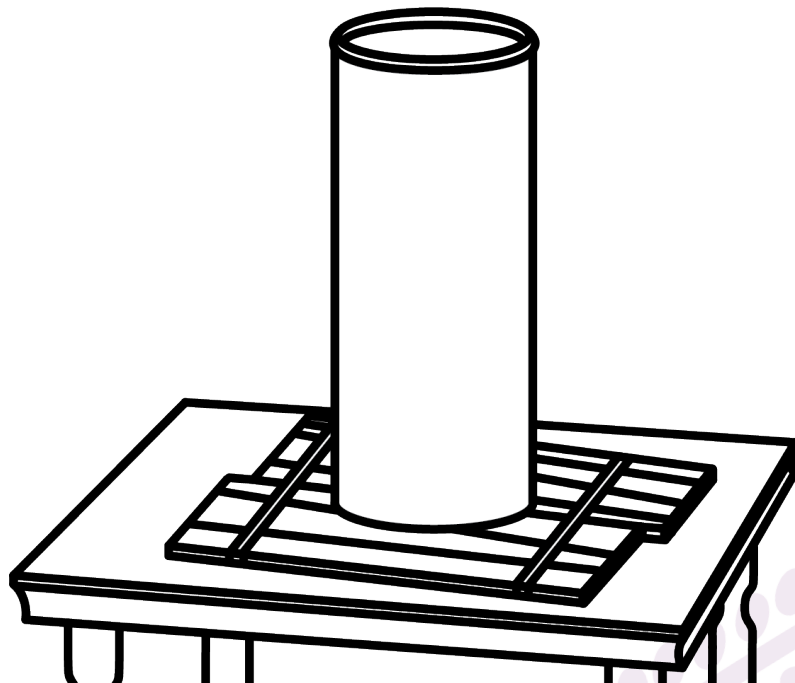
In 1986, the Japanese Government recognized Tomi's lifelong efforts. She was awarded the prestigious Order of the Sacred Treasure, Silver Rays.



↪ This is a photo of one of Tomi's flower arrangements!

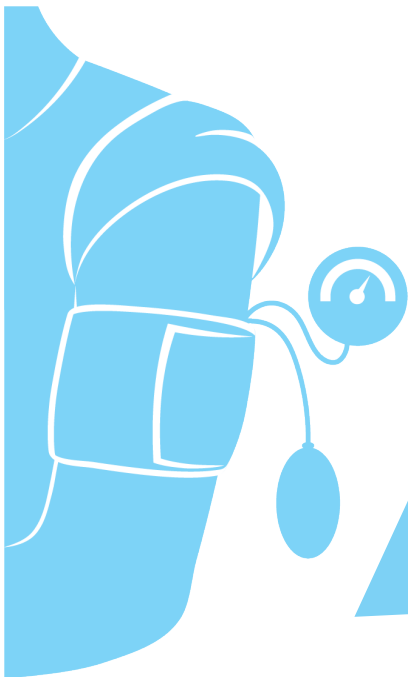
Top to bottom: A photograph of Tomi posing with a fan, JCCC, 2016.241.1.122. A photograph of Tomi doing calligraphy, 1991, JCCC, 2016.24.05.03.07. A photograph of arrangement of branches in a cylindrical vase, JCCC, 2016.24.02.04.

# **Draw Your Own Flower Arrangement**



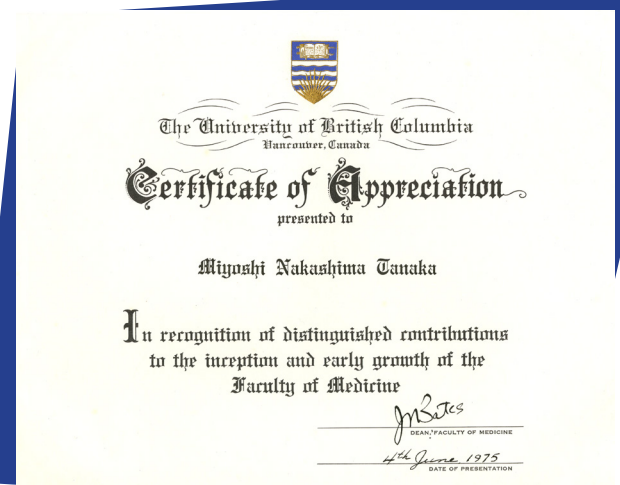
# Miyoshi 'Mickey' Tanaka

Miyoshi Tanaka (nee Nakashima) was a well-known scientific researcher. She did important work on hypertension.



Hypertension means your blood pressure is consistently higher than normal. The health risks include heart disease.

Miyoshi received a Bachelor of Science in 1949. She became a lab researcher at the University of British Columbia. Her work was recognized by the university and was featured in newspapers across the country.





# Spot the Difference

There are 6 differences between the photos.  
Can you spot them all?

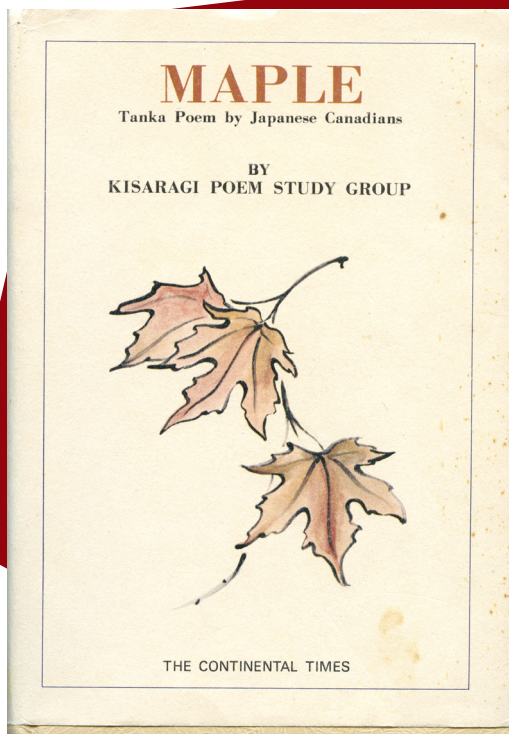


Answers: 1. Miyoshi's headband, 2. Miyoshi's shirt, 3. calendar on the back wall, 4. white handle on the container, 5. microscope behind Miyoshi and 6. canister on the bottom right.

# Kinori Oka

Kinori Oka (nee Shinohara) was an adventurer. She was born in 1904 in Japan. She dreamt of living overseas because she did not want to live the life of a traditional Japanese wife. In 1927, she moved to Canada with her husband, where they had 3 children.

During the Second World War, the Canadian Government used the War Measures Act to intern Japanese Canadians living within 100 miles of the coast of BC.



When Kinori's family was interned in Lemon Creek, she became ill and was hospitalized. While recovering, she began to write poetry. It became her life-long passion. Her haiku were published in *Maple: Tanka Poem by Japanese Canadians*.



# Write Your Own Haiku

みとせ越し窓辺の鉢に大輪の  
日本菊咲き我れをなぐさむ

This is one of Kinori's poems  
published in *Maple*:

“ After three years  
In the flower pot by the window,  
The large flowered  
Nippon ‘mum bloomed.  
It fills me with pleasure. ”

Haiku are short poems that don't rhyme. A common format is a 3-line poem. The first line has 5 syllables. The second line has 7. The last line has 5.

For example:

Walking through the park,  
We collect red maple leaves  
To make fall bookmarks.

Write your own haiku below.

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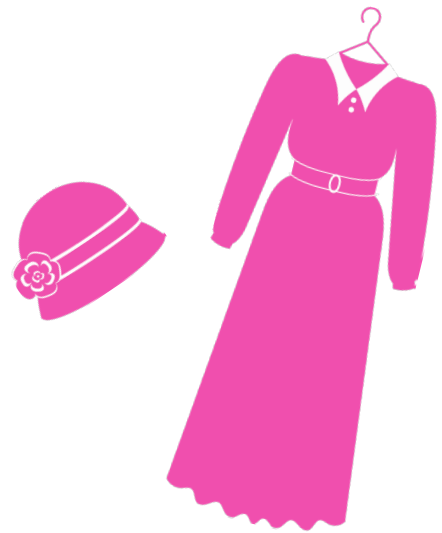
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# Sono Nakazawa



In the early 1900s, Sono and her husband, Seizo Shibuya, opened the Shibuya Shoten store on Powell Street in Vancouver. When Seizo passed away, Sono grew the business on her own.

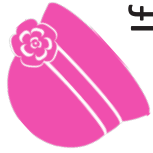
Sono's thriving store sold everything from toys to clothing. She helped newly-arrived Japanese women prepare for their lives in Canada. She showed them western-style clothes and offered them advice.



During the Second World War, the Canadian Government dispossessed Japanese Canadians by unlawfully selling their property, including Sono's store.

Top to bottom: A section of a group portrait of Sono, 3 women, 3 men, and a toddler, 1900/1915, JCCC, 2021.50.03.09.02. Photo of Shibuya Shoten at 382 Powell Street, Vancouver, Album Page: Japanese Variety Store (1919) by NNMCC 2001.8.2.3.2.79.

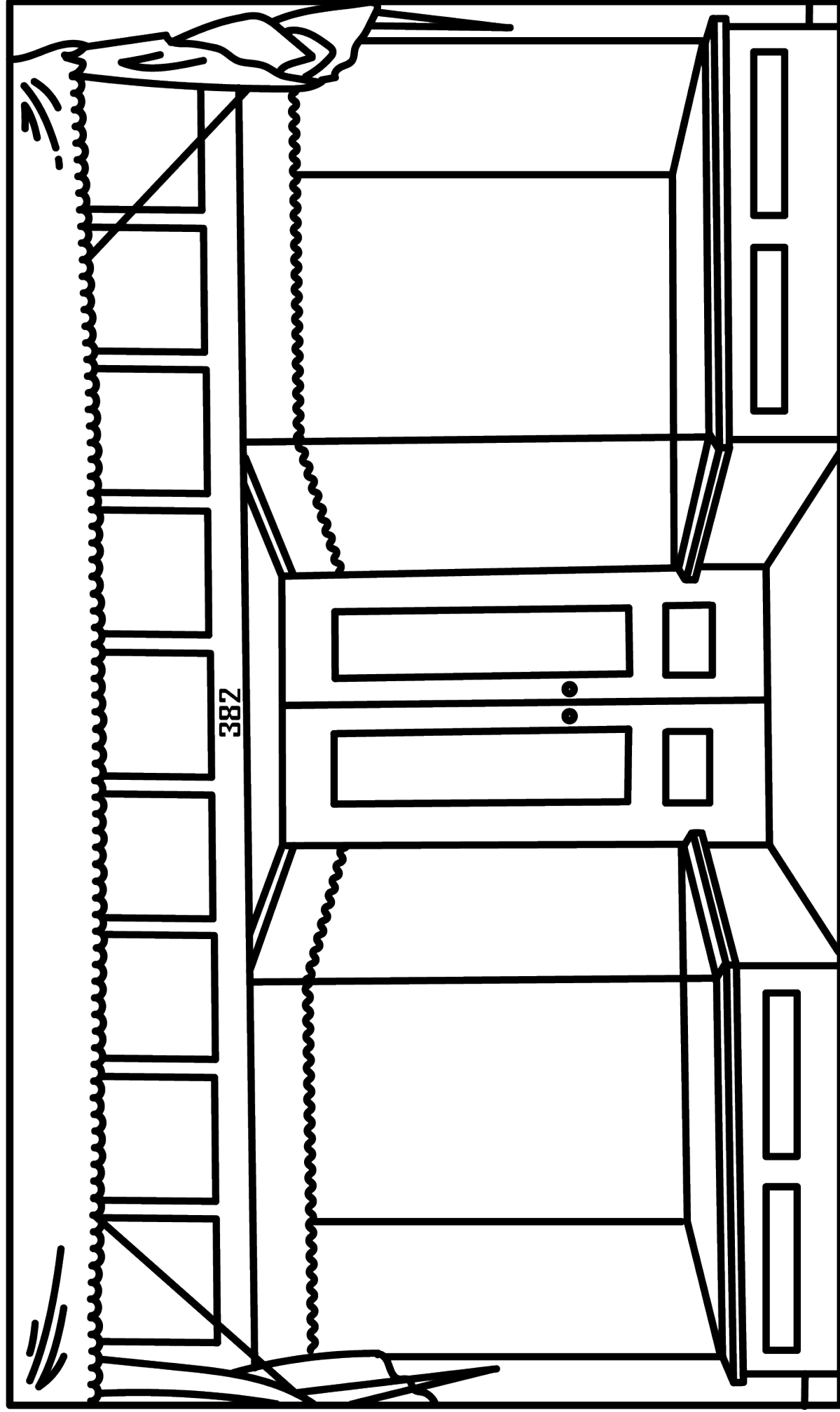
Wages from. Feb 1939 to 10  
75¢ per month  
1939-11 months 311.3



# What Would Your Store Sell?



If you owned a store that served your community, what would you sell? Fill the windows with merchandise. Label the awning with the store name.





# Maryka Omatsu

Maryka has been a community leader for many years as a lawyer, judge and activist. In 1993, she became the first woman of East Asian heritage to be appointed judge in Canada.



In the 1980s, Maryka played a key role in the fight for Redress. She worked as legal counsel for the National Association of Japanese Canadians.

In 1988, the Canadian Government apologized for its wrongful actions against Japanese Canadians during the Second World War and pledged that it would never happen again.



Maryka at the signing of the Redress Agreement

# How Can You Help in Your Community?

What are some of the challenges facing your community?  
What can you do to help? Choose a cause you're passionate about and set a goal for how you want to help.

**My goal:**

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Sometimes challenges can be so big we feel overwhelmed. Start by writing down 3 actions you can take right away to start achieving your goal.

**Action #1:**

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**Action #2:**

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**Action #3:**

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# Dr. Michiko ‘Midge’ Ayukawa



Dr. Ayukawa (nee Ishii) was 11 years old in Vancouver when Canada declared war on Japan. Her family was interned in Lemon Creek, BC.

After the war, she earned degrees in science from McMaster University in Ontario. She worked with the National Research Council and raised 5 children.

In 1980, she moved back to BC. She returned to university and earned a PhD. She became a scholar in Japanese Canadian history.

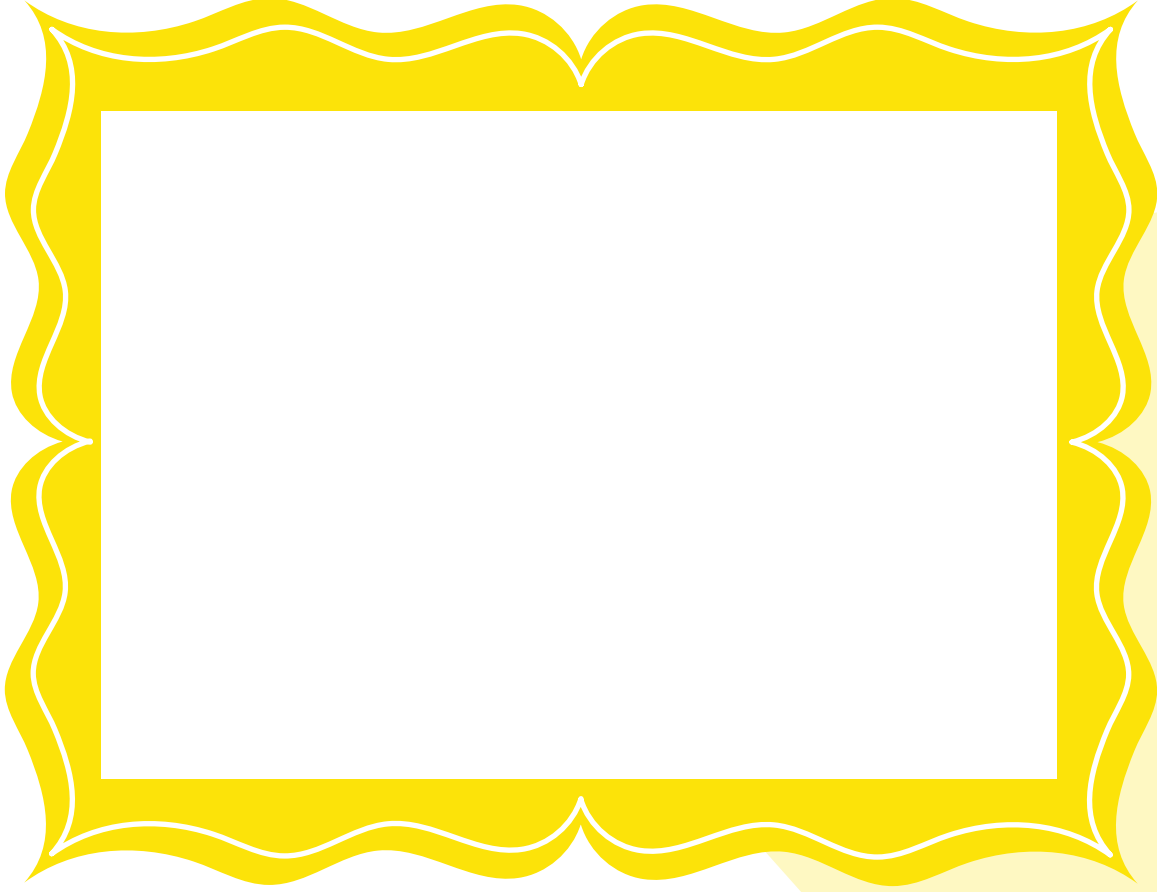
Her work focused on the stories of women.





# Draw a Woman of Change

Draw someone who inspires you. Write a few sentences about why you chose them.  
What challenges did they overcome? How do they lead by example?



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# One Last Word (Search)

☐ WOMEN

☐ ARTS

☐ SCIENCE

☐ BUSINESS

☐ POETRY

☐ ACTIVISM

☐ HISTORY

☐ CHANGE

A	N	H	V	S	B	U	E	P	Y
S	C	I	E	N	C	E	W	L	B
Q	P	S	N	I	H	Z	K	G	U
D	J	T	U	C	A	S	X	I	S
R	W	O	M	E	N	T	A	D	I
Y	O	R	F	H	G	K	O	K	N
A	C	Y	P	O	E	T	R	Y	E
B	R	E	N	M	U	G	O	P	S
A	C	T	I	V	I	S	M	K	S
U	W	X	S	O	B	Q	L	D	H



JAPANESE CANADIAN  
CULTURAL CENTRE  
日系文化会館

Founded in 1963, the Japanese Canadian Cultural Centre is a not-for-profit organization which celebrates the unique culture, history, and legacy of Japanese Canadians for the benefit of all Canadians. Visit us at [jccc.on.ca](http://jccc.on.ca).

 **Nikkei**  
national museum  
& cultural centre

The Nikkei National Museum & Cultural Centre's mission is to honour, preserve, and share Japanese culture and Japanese Canadian history and heritage for a better Canada. Visit us at [centre.nikkeiplace.org](http://centre.nikkeiplace.org).

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Nous reconnaissons l'appui de



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