



2022年10月
OCT 2022

IN THIS ISSUE - VOL. 48 ISSUE 10

FUYU MATSURI

冬まつり

NOVEMBER FILM
SCREENING

11月の上映映画

KINTSUGI
IN THE MNHC

MNHC金継ぎエグジ
ビット



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一般的なお質問は、416-441-2345内線222に電話、メッセージを残してください。開館時間内(月～日、午前10時～午後5時)にご連絡ください。

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

The submission deadline for the next issue is:

Friday, October 7, 2022.

次号締切日:2022年10月7日(金)

Please email to newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5

Phone: 416-441-2345

www.jccc.on.ca

Contents

3	What's On at the JCCC
4	Fuyu Matsuri
5	Thank You Chor Trillium
6	Honouring our JC Survivors Event
7	November Film Screening
8	Seniors' Supper Club
9	JCCC on the Web
11	Martial Arts Corner
12	Volunteer Spotlight
13	Heritage News
14	Kintsugi
15	Shodo Canada
16	Donations
19	健やかな老後をめざして その56
20	JSS Online Programs: October 2022
21	Japan Foundation Toronto News

Photo, right: KPMB Architects



What's On at the JCCC

Upcoming Events / 近日開催イベント

October Movie Night ・ 映画上映

Tuesday October 4, 7pm

MY SMALL LAND マイスモールランド

10月4日(火) 7時

「マイスモールランド」

Wynford Seniors ・ ウィンフォードシニア

Wednesday October 5 & 19, 10:30 am

Wednesday November 2 & 16, 10:30 am

See [page 6](#) for details.

10月5, 19日(水) 10時半、

11月2, 16日(水) 10時半

詳細は[6頁](#)をご覧ください

Kintsugi Exhibit Opening in the MNHC

金継ぎ展示オープニング、森山日系ヘリテージセンター

Saturday October 14, 7pm

See [page 14](#) for details.

10月14日(土) 7時

詳細は[14頁](#)をご覧ください

Ongoing / 開催中

JCCC Library ・ 図書館

The Library is now open (2 days/month).

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

JCCCライブラリーは現在月二回オープンし、貸出/閲覧が可能です。

スケジュールはウェブサイトを確認してください。

Exhibitions ・ 館内展示

Moriyama Nikkei Heritage Centre

森山日系ヘリテージセンター

Maru: Immigration Stories.

Contact heritage@jccc.on.ca for a guided tour.

丸: 日系移民物語。

ツアーガイドをご希望の方はheritage@jccc.on.ca までご連絡

ください。

Algorithms of Innocence

アルゴリズム・オブ・イノセンス

Artist Maari Sugawara in the JCCC Gallery

アーティスト: 菅原万有 JCCCギャラリーに於いて

6th Annual Ishizue Awards Dinner

第6回礎アワードディナー

Thursday October 20, 2022

Join us for the 6th Annual Ishizue Awards Dinner hosted by the JCCC Board of Directors. Information about this event and how to register is online at jccc.on.ca or by calling 416-441-2345.

10月20日(木)

礎アワードディナーを10月の20日、木曜日の6時半から開催します。JCCC理事会主催の本イベント詳細及びお申込みは、Eメール(jccc@jccc.on.ca)、又はお電話(416.441.2345)にてお問い合わせください。

November Movie Night ・ 映画上映

Thursday November 3, 7pm

Come Back Anytime またいらっしやい, see [page 7](#) for details

11月3日(火) 7時

「またいらっしやい」 詳細は[7頁](#)をご覧ください。

Keep the Lantern Lit 2022

灯籠のあかりを灯し続けよう

Saturday December 3

Save the Date! More details coming soon.

12月3日(土)

日程が決まりました。詳細は追ってお知らせします。

2022 Fuyu Matsuri ・ 冬まつり

Saturday December 10

12月10日(土)

Contact the JCCC ・ お問い合わせ

For enquiries, please contact respective staff directly [[see staff directory on page 1](#)] or email us at jccc@jccc.on.ca. For general enquiries by telephone, please call 416-441-2345 during our operating hours (10am -5pm).

開館時間内(午前10時~午後5時)。

担当者がお分りの場合は担当者へ直接、もしくは受付jccc.on.caにEメールをお送りください。

一般のお問合せは、開館時間内(午前10時から午後5時)に受付までご連絡ください。



Fuyu Matsuri

Save the Date - Saturday December 10 - 1:00pm to 5:00pm

Back in-person at the JCCC





James Heron accepting a donation from members of the Chor Trillium Choir, (l to r) Eiko, Kimiko and Takako.

Thank You Chor Trillium for Many Years of Beautiful Music

Chor Trillium was established in 1993 when several women in the Japanese community had an impromptu opportunity to sing as a group. After the retirement of the first director, Rei Teshima, the group continued performing within the community under the direction of soprano Takako Yanagida-Lordly.

Chor Trillium's first big event was a mini concert at the InterContinental Hotel in 1997 with soprano Takako Yanagida-Lordly as soloist. In 1998 Chor Trillium was honoured to share the stage with the famous Japanese singers Yuki Saori and Sachiko Yasuda for their Doyo concert Uta Uta Uta. The choir's Millennium concert, in 2000, was a successful joint performance with Vancouver's Sakura Singers.

Hisako Ono, a longtime choir coach, became music director for the 2003 season and Mako Yusa directed the choir for the 2004 season, with Chor Trillium joining the Singing Together tenth anniversary concert.

Takako Yanagida-Lordly returned as a music director in 2005. In 2007 the choir sang at the Taiwan Community's New Year celebration event. Chor Trillium celebrated its 15th and 20th anniversaries, in 2008 and 2014 respectively, to full houses at the Glenn Gould Studio.

Chor Trillium performed a charity concert for Advent Lutheran Church in 2010 and, in April 2011, gave an unforgettable performance for the victims of the Great East Japan Earthquake at the JCCC. Chor Trillium often performed at the Momiji and Castlerview-Wychwood Towers senior homes and for special events in the Japanese community.

In June 2019 Chor Trillium held their successful 25th anniversary concert at Calvin Presbyterian Church, Toronto. Their repertoire included Japanese songs, both traditional and contemporary, and music from around the world, sung in Japanese.

Sadly, due to the impact of the pandemic, they have made the difficult decision to wind down Chor Trillium in 2022. The members of the group visited the JCCC and presented us with a generous donation. We look forward to the day we will hear their voices in harmony again!



Honouring our JC Survivors Event



Photo by Yosh Inouye; l to r - Bob, Joanne, Fred, Bill, Shirley, Jim, Jenny, George and Tad.

Earlier this year, the JCCC was approved for a grant from the Japanese Canadian Survivors Health and Wellness Fund (JCSHWF) in BC. This grant funded the August 20 Honouring Our JC Survivors Day. Almost 200 survivors and their guests met at the JCCC to enjoy time to socialize and view photographs, books and artefacts in the Shokokai Court, before heading into Kobayashi Hall for bentos and refreshments. While in Kobayashi Hall our guests were treated to Karaoke, Odori and Taiko performances, including a first ever performance from the youngest dancers of the Sakura-Kai Dance Group. To finish off the afternoon, Chris Hope, our special guest speaker, spoke about Hatsumi and the process of creating his legacy film in honour of his grandmother.

We sincerely hope that the afternoon was enjoyed by all. Thanks to the efforts of Yosh Inouye, video footage of the event is available on the JCCC website.

Wynford Senior Meetings are Back!

Held on the first and third Wednesday of every month, Wynford Seniors are now meeting in the Heritage Lounge at 10:30 a.m. Please bring your own lunch and beverage. Please wear your mask.

The next meetings will be held on October 5 and 19, November 2 and 16.

Please call Bev Fujimoto at 416-293-9196 or email: bfujimoto50@yahoo.ca for more information.

November Film Screening



JCCC Film Program Lead Sponsors
NTN JAPAN FOUNDATION
JAPANESE CANADIAN CULTURAL CENTRE
日系文化会館
6 Garamond Court, Toronto, ON
www.jccc.on.ca

For tickets, call 416-441-2345
or www.jccc.on.ca
JCCC Members \$8.85 + HST (\$10.00)
Non-members \$10.62 + HST (\$12.00)

COME BACK ANYTIME

またいらっしやい

Thursday November 3 at 7:00pm

Admission:

\$8.85 +HST (\$10) JCCC member

\$10.62 +HST (\$12) non-member

“One of the sweetest and most enjoyable films of the year...It will restore your faith in humanity!”

— Stuff

“I’ve written extensively on the food culture of Japan. This is the best movie I’ve ever seen on the topic.”

— Adam Platt Chief Restaurant Critic, New York Magazine

Ramen master Masamoto Ueda and his wife Kazuko have run their tiny Tokyo ramen shop 'Bizentei' for more than 40 years. Ueda serves his legendary ramen to scores of devoted customers who have joined him over the decades in making the restaurant an intimate place of community. For Ueda, it's more than just a livelihood, it's his life, and his die-hard regulars are more than just customers, but true friends. This charmingly mouth-watering documentary is a must for any Japanese food lover.

SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash

Bread Pudding

Ingredients

- 6 cups day-old bread, cubed*
- 2 tbsp butter, melted
- 4 eggs
- 2 cups milk (or cream)
- $\frac{3}{4}$ cup white sugar
- 1 tsp ground cinnamon
- 1 tsp vanilla extract

Optional

- $\frac{1}{2}$ cup raisins or other fruit/dried fruit
- $\frac{1}{2}$ cup chopped fresh fruit, patted dry
- *You can also use buns, panettone or whatever old bread that you have on hand for this recipe.

Equipment

- 8 inch square baking pan
- Cutting board
- Serrated knife
- Medium mixing bowl
- Whisk
- Small mixing bowls
- Measuring cups and spoons
- Plastic spatula

Time to get our winter warmers started! For this month, we chose a sweet treat that can be customized to your tastes and available ingredients. Bread Pudding is a great way to use up ingredients in your fridge and can be a different dish every time you make it.

Instructions

1. If you are using the raisins and want to flavour them, you should add $\frac{1}{4}$ cup of liquor of your choice or water to the raisins at least 2 hours prior to preparation.
2. Preheat oven to 350 degrees F (175 degrees C)
3. Cube the bread and place in an 8" square baking pan. Drizzle with melted butter.
4. If you are using fruit sprinkle this on top of the bread. If you have presoaked your fruit you can pour in any leftover liquor.
5. In a medium mixing bowl with a whisk, combine the eggs, milk, sugar, cinnamon and vanilla. Beat until well mixed and pour over the bread. Push the bread down into the egg mixture allowing it to soak into the bread. Let rest for 10 minutes.
6. Bake in a preheated oven for 40 minutes, or until the top springs back when lightly tapped.

Storage and Reheating

Store any left over Bread Pudding in the refrigerator. Leftovers should be eaten or discarded within 3 days.

JCCC on the Web!



This month on the web we are very pleased to present some youtube content from our Honouring Our JC Survivors Event. Knowing that not all of our Survivors were able to make it to the event, we had a special crew of volunteers, Yosh Inouye and Karen Webb, walking through the event and talking to our guests. We have also included a sampling of the performances that we enjoyed that day.

This month's Kokuban features highlights from our Summer Contractor, Chelsea. Chelsea talks about the collections she worked on and her overall experience at the JCCC. In addition to Chelsea, you can listen to Umeko talk about her family's experience being relocated to Kaslo, BC.



Check us out on social media as:
[JapaneseCanadianCulturalCentre](#)

Honour Our JC Survivors Day 2022-08-20



Also on our YouTube page, watch for our interview with Kelly Fleck, editor of the Nikkei Voice. Kelly is being interviewed as part of the 62nd Convention of Nikkei & Japanese Abroad.





Mimi Yeung - Happy Wisteria - Ruth Yamada Award, 2019

Annual
SUMI-E 墨繪
Artists of Canada

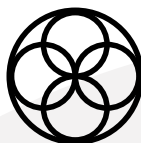
Exhibition

Oriental Brush Paintings
Saturday, November 12 & Sunday, November 13
 12:00 noon - 5:00 PM

JAPANESE CANADIAN CULTURAL CENTRE
OFFICIAL EXHIBITION OPENING CEREMONY
Saturday, November 12, 2022 - 1:00 PM

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Scan for Cocktail ideas



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- 2- Buy at the LCBO (select locations & online only)
- 3- Contact us at amethystwine.ca



info@ilefour.com - www.ilefour.com

Correction – in the August Newsletter, proper credit was not given for the photographs of Shady and Mohab El Nahas. The incredible photos were taken by Antoine Saito of Judo Canada. Our apologies for this omission.

JCCC Karate Shines at the Itosu-Ryu International Championship

JCCC Karate proudly represented Canada at the Itosu-Ryu International Championship held over August 4-7 2022 in Kolding Denmark.

From the JCCC competitors Mark Uyeda finished 2nd in Kata and 3rd in Kumite and Genco-Yigin Simsek had a spectacular 1st in Kata and 3rd in Kumite.

Itosu-Ryu Karate International Federation (I.K.I.F) is the most orthodox form of Shito-Ryu Itosu-Kai Karate in Japan.

Photo of Canada team members (left to right) Alpha, Genco-Tigin Simsek, Mark Uyeda (Lead Instructor of JCCC)



The Toronto Japanese Garden Club invites you to the 70th annual Fall Flowers and Bonsai Show. The event takes place on Sunday, Oct. 30, 2022, from noon to 4:30 p.m. in Kobayashi Hall at the Japanese Canadian Cultural Centre. Located at 6 Garamond Ct. in Don Mills, show admission is \$5 per person and free for children under the age of 12.

Enjoy displays of ikebana, bonsai and box gardens. Stock up at our plant sale or shop the white elephant table. Relax in our tea room with refreshments available for purchase. Bring the family and enjoy our new pumpkin decorating table – just in time for Halloween.

For more information about the club, visit our Toronto Japanese Garden Club YouTube page (<https://www.youtube.com/channel/UCpQPbB2d90c9AIZKg6o0RLQ>) or email TJGardenClub@gmail.com.



VOLUNTEER SPOTLIGHT KATHRYN Y.



Kathryn introducing the Cranes for Ukraine project at the Opening of the Origami: the Way of the Fold exhibit.

How long have you been a volunteer here at the JCCC?

I was around 13 or 14 and I joined the Sakura Kai as a dancer. I danced there until I was in my mid-twenties. I also studied karate with Sensei Tsumura until the age of 18. I was a member of the karate demo team and performed both karate and odori for festivals and Caravan. I later helped my daughter when she joined Sakura Kai, doing dressing, hair and makeup. Later I joined the Art Gallery Committee and I continue to volunteer with the Gallery and Heritage.

How did you get involved with volunteering at the JCCC?

I have always had a passion for Japanese dancing. I used to listen to my mother's Japanese records - Misora Hibari and Suizenji Kyoko, I would put on an old window sheer and dance with a bamboo backscratcher. My mother decided to take me to learn obon odori with my Aunt Irene Tsujimoto and Nihon Buyo with Ogawa Sensei. I later joined the Sakura Kai at the Centre when my Aunt Irene started teaching there. While waiting for classes I loved to watch martial arts and eventually joined karate.

What type of volunteer work have you done?

Dancing and demonstrating for festivals, I used to work at bingo and as a receptionist at the front desk at the old centre, doing hair, makeup and dressing for dancers, cooking and meal prep for festivals and other occasions. I currently support the Gallery.

Describe in ONE word your volunteer experience at JCCC.

Community.

JCCCでボランティアをしてどのくらいになりますか?

踊りの桜会に入ったのが13歳か14歳の時でした。20代半ばまで踊りをつづけました。18歳の時に津村先生について空手も始めました。キャラバンやお祭りで空手と踊りの両方を披露しました。後に娘が桜会に入って踊りを披露するときには、着付けを手伝い、髪を結いメイクもしました。また、アートギャラリーコミッティにも参加し、今ギャラリーとヘリテージでボランティアをしています。

どのようにしてJCCCを知りましたか?

日本舞踊に惹きつけられていました。小さい頃母の日本のレコードをよく聴いていました。美空ひばりや水前寺清子のレコードでした。薄いカーテンを纏って、竹の背中搔きを手にもっていたそうです。そこで母は、叔母のイレーン辻本から盆踊りを習わせ、小川先生から日本舞踊を習わせてくれました。イレーン叔母さんがJCCCで桜会で教え始めた時に私も入会しました。クラスを待っている時に武道を見学していて、それで後で空手のクラスを取るようになりました。

どのようなボランティアをしてきましたか?

祭りでの踊りの披露、ビンゴゲームの手伝い、旧会館での受付。踊りグループの着付け、ヘアメイク、祭りの時に料理作りや準備、現在はギャラリー。

JCCCでのボランティア経験を一言で表すと?

コミュニティ

Summer Students Projects: Digitizing Collections at the JCCC

This summer was a busy period for the Heritage Department, who hosted three on-site summer students, Daria Murphy, Chelsea Giannico, and Ashley Wong. They worked on processing collections and interviews from the Sedai Oral History Collection with a focus on the Japanese Canadian Cultural Centre (JCCC) in anticipation of creating an exhibit celebrating the 60th anniversary of the JCCC in 2023.

Chelsea, who worked on the Coby Kobayashi Collection, wrote, “The Centre is meant to be utilized to cultivate these interests so that it may serve past, present, and future generations while celebrating Japanese Canadian history. However, all of this could not have been done without the constant support from its remarkable and passionate community. This is the underlining truth of what the Coby Kobayashi collection explores and encapsulates.”

Daria processed the Susan Hidaka Collection that consists of documents that record community events primarily from the 60s to the 70s. Susan Hidaka was one of the JCCC’s Board members before the JCCC had a building, and one of the 75 guarantors for the 1st JCCC’s mortgage. Daria found it a rewarding experience to process the collection donated by Susan Hidaka, a strong female figure in the Japanese Canadian community.

On processing oral history interviews, Ashley wrote, [I enjoyed the] “joy and excitement of being with those



they could relate with, and being able to share their heritage with their loved ones and to reminisce is how the JCCC has provided for their community throughout all these years.” Ashley also processed the Roy Shin collection that documented a period of time when the JCCC was undergoing great growth and change.

The 60th Anniversary Exhibit is an important project for the JCCC coming out of the pandemic. A milestone like the 60th means that we will need all the help we can get! If you would like to contribute to the exhibit or would like to be updated on the project, please email heritage@jccc.on.ca with the title “60th Anniversary of the JCCC”.

Photo caption: The front of a pamphlet outlining a special banquet that was sponsored by the JCCC at the Royal York Hotel that was held on March 11, 1960. Coby Kobayashi Collection. 2007.04.02.05.



Kintsugi

An Exhibit by Annie Sumi and Brian Kobayakawa

The JCCC is pleased to present, Kintsugi - an anti-racist, interactive, multi-disciplinary, art installation, that reflects on racial identity, healing ancestral trauma, and the fragmented history of the Japanese Canadian internment. Housed in the Moriyama Nikkei Heritage Centre as a compliment to Maru: Immigration Stories, this temporary exhibit was created with the help of shadow-puppeteer duo Mind of a Snail. The projections are an overlapping collage of landscape video footage, cut-up old letters written by the artists' ancestors, and playful animations.

"I was able to hear my great-grandfather's voice for the first time," Sumi says. "Listening to him read haiku felt like he was right there in the room with us."

With the help of CBC Radio, the University of Victoria, and Landscapes of Injustice, the artists were able to uncover archived recordings, photographs, poetry and documentation about their ancestors. Exploring the Japanese practice of kintsugi - honouring and embellishing brokenness - this installation takes the fragmented pieces of self, story and culture, and brings attention to the greater wholeness. 'Kintsugi' intends to create space for others to reflect upon their own relationship to ancestry, and share about how those stories take shape in their present lives.



Kintsugi is available for viewing starting October 1, 2022 and is part of the Nuit Blanche 2022 program.



15th Japanese Calligraphy Competition in Canada

日本書道公募展

Award Presentation | Nov. 6, 2022 | 2PM
The ceremony will be livestreamed
Exhibition | <https://shodocanada.com>

Competition organized by **SHODO CANADA**
Follow us @   /shodocanada

Supported by The Consulate General of Japan | The Japanese Canadian Cultural Centre | The Japan Foundation, Toronto

DONATIONS

DONATIONS TO THE JCCC

AS OF SEPTEMBER 3, 2022

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	375	Mrs. Doreen Oyagi	200
In celebration of Jonathan's birthday		In honour of Sid & Marie Ikeda	
Mrs. Pat Adachi	102	receiving Ishizue Award	
In celebration of 102th birthday		Mr. Tad & Mrs. Jenny Oyagi	50
Ms. Ophelia Au	30	Mr. & Mrs. Kazumi Sato	60
Mrs. Sally Bailey	50	Mr. & Mrs. Bryan Shigeishi	100
Mr. Kwame Ben Eden	100	Mr. & Mrs. Kaz Shikaze	100
Mr. John Bowden	100	In recognition of Bob Nishino 100 years	
& Mrs. Nelly Ng		Mr. Kim &	100
Mr. Brian Bursten	100	Mrs. Shirley Shikaze	
In honour of Bob Nishino		In celebration of Bob Nishino's 100th Birthday	
Chor Trillium	3,000	Ms. Lillian Reiko Shin	50
Ms. Lana Douleh	10	Dr. & Mrs. Alan Shiozaki	150
Mr. & Mrs. Ray Edamura	100	In celebration of Robert Nishino's 100th birthday	
Mrs. Brenda Eprile	100	Mr. Warren Sonoda	100
Ms. Denise H. Fujiwara	50	Mr. & Mrs. Byron Mitsuaki Tanaka	100
Mr. Donald Gibson	10	Mr. George Toyama	100
Mr. & Mrs. Shinya Godo	20	Mr. Roy Toyama	100
Himawari Buyo Kai	200	Mrs. Betty Tsuji	15
Mr. & Mrs. James Hiraishi	50	Mr. & Mrs. Carl Uchikura	50
Mr. Cale Honneysett	20	Mr. Mark & Mrs. Gaila Uyeda	50
Mr. Eric & Mrs. Narumi Hyatt	70	Mrs. Barbara Willson	27
Mr. & Mrs. Sid Ikeda	102	Mrs. Jill Yamashita	45
In honour of Patricia Adachi's 102nd birthday		Mrs. Taeko Yoshizaki	30
Ms. Sachi Imada	100		
Mrs. Chiyo Inamoto	50		
Ms. Stacey Inouye	50		
Ms. Meg Karper	10		
In honour of The Otani Family			
Mr. & Mrs. Anthony Katsuno	300		
Mrs. Rose Kelly	10		
Mr. David & Mrs. Maki Klotz	25		
Mr. Martin Kobayashi	5,000		
Mr. Eiichiro Kouchi	50		
Mrs. Jane Koyata	100		
Mrs. Joan O'Mara	15		

In memory of Shigeru (Dan) Maeda

Ms. Connie Ono 200

Emergency Appeal

Ms. Martha Arima	30
Ms. Meredith Best	15
Mrs. Diane Carter	20
Mr. William Cruz	50
In memory of Roman T Yap	
Mrs. Elinor J. Dunlop	35
Mr. Patrick Dunlop	10
Mr. Robbie Grant	25
Mrs. Amy Hanada-Nagahara	40
Mr. & Mrs. James Heron	100
Ms. Alley Kurgan	25
Mrs. Jan Nobuto	100
Mrs. Midori Takahashi & Mr. Chris Barkley	25
In memory of Shoji & Sachi Takahashi	
Mr. Regan Takenaka	25
In memory of Tony & Kimi Takenaka	
Ms. Karen Tanino	50
In memory of Ken & Ruth Tanino	
Mr. Wayne Yamashita	10
Mr. & Mrs. Toshi Yoshimatsu	150

Heritage

Mrs. Alicia Todaro	100
In memory of Junco Fushimi Donnelly	
Ms. Dolores Larrier	100
In honour of David & Florence Sakamoto	
Mrs. Susan Sanaye Matsuo	50
In celebration of Ken & Etsu Irizawa's 95th birthdays	

Organization

Frontstream Inc

DONATIONS

Support Member

Leader

Ms. Dawn Maruno 500

Partner

Mr. Ken Fukushima 116

Ms. Teresa Isaacs 150

Mrs. Rosa Shizuko Kunigami 127

Mr. Cary Rothbart 116

Ms. Rosa Isabel Sotelo 116

Kunigami

Mr. & Mrs. Byron Mitsuaki Tanaka 150

Mr. & Mrs. Tsugio Tanaka 150

Mr. Steven Tazumi 300

Correction

Aug 2022 donation issue should be:

Mr. Gerry Hogenhout & 200

Mrs. Junko Mifune

Hogenhout

In memory of Yaeko Eleanor

Nishihama

Ms. Christine Nakatsu 100

We apologize for the error.

DONATIONS TO THE FRIENDS OF THE MORIYAMA NIKKEI HERITAGE CENTRE INSCRIPTIONS

APRIL 1, 2020 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

Individuals/Couples

Kihup Boo (夫)

In Memory of Mother Hiroko Fukushima

Jiro Fukushima

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Hiromi ICHIDA

Keiko ICHIDA

Yumi ICHIDA

Lucas, Sayaka, and Emika Koolma

Dr. Seiko Shirafuji

Mr. Douglas Dwyer

Groups

Checkmate Development

Crow Creek Settlement Reunion

Hanayagi Essay Group

THANK YOU

The JCCC is extremely grateful for the generosity of all who have made donations during this time. The outpouring of support, commitment and kind words of encouragement we have received is a testament to our motto, Friendship through Culture.

Contributions will go towards the sustainment of the JCCC. All donations help ensure that we have the ability to execute all of our programs and events. We very much look forward to welcoming you back to the Centre. Thank you.

Congratulations to Kaiseki Yu-zen Hashimoto!

With information from the Toronto Star

Toronto has just received its own Michelin Guide, with 13 area restaurants receiving at least one star. Among those to receive stars was our own Kaiseki Yu-zen Hashimoto, headed by chef Masaki Hashimoto and run by his family.

The kaiseki restaurant has been a part of the JCCC since 2010. Courses depend on the freshest seasonal ingredients sourced from Japan and include masterful flavours as well as stunning presentations. The space is designed to feel as though you're staying in a remote ryokan, lending an intimacy to the meal, though guests are in fact part of the larger Cultural Centre experience.

The JCCC is proud to be able to call Kaiseki Yu-zen Hashimoto a part of our family. In congratulating the Hashimoto family, members of the Board of Directors had the following to say;

"It's wonderful to have received such a spectacular recognition of excellence!" Steve O.

"Congratulations... know that we are proud of everyone's effort to earn this distinction." Gary K.

We hope that our community will join us in congratulating the Hashimoto family on this well-deserved honour.

For more information on the Kaiseki Yu-zen Hashimoto experience, please visit their website at www.kaiseki.ca.

Also on the list of restaurants to receive stars were four other area Japanese restaurants, including Sushi Masaki Saito, Aburi Hana, Shoushin, and Yukashi. Congratulations to all!



祝！懐石遊膳橋本

トロントスター紙情報より

9月13日にトロント市初のミシュランガイドが発表になりました。名誉ある星を獲得した13のレストランのひとつに、JCCC内に店を構え、橋本昌樹シェフがご家族と営業されている懐石遊膳橋本が選ばれました。

2010年にJCCC内に店をオープンされ現在に至ります。日本産の鮮度の高い食材にこだわったコース料理は、匠の技で極めた味と意趣を尽くした盛り付けに心から感動させられます。ひとたびレストランの中に入れば、広大なカルチャーセンターの中でありながら、あたかも人里離れた旅館という風情で、ただただ食に向き合うことができるのです。

JCCCは日頃から懐石遊膳橋本を“ファミリー”と思っています。ですから今回のミシュランの星獲得には心から嬉しく誇らしい思いです。JCCCの理事からシェフ橋本とご家族に、祝辞が届いています。



“そのすごさが華々しい形で認知されたとは、何ともすばらしいことです。”
スティーブO

“おめでとうございます。皆様の日頃のご努力の賜物と心から敬意を表します。”
ゲリーK

コミュニティの皆様ともこの素晴らしいニュースを共有して、今後も一緒に応援していきたいと思えます。

懐石遊膳橋本についての詳細はお店のウェブサイトをご覧ください。www.kaiseki.ca

今回のトロントミシュランガイドで星を獲得したその他の日本料理店は、Sushi Masaki Saito, Aburi Hana, Shoushin, Yukashiの4店です。

Photos: www.kaiseki.ca

健やかな老後をめざして その56 - 静かに忍び寄る膝の痛み...

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)

膝の痛みの中で中高年にもっとも多いのは「変形性ひざ関節症」です。膝関節(大腿骨、脛骨と膝蓋骨から成る関節)を覆っている軟骨がすり減ることによって起こる病気です。軽度の症状は「立ち上がる・動き始める時に痛い、膝がこわばる」など、中等度になると「正座がしにくい、特に階段を降りる時に痛い、膝に水がたまる」など、重度になると「曲げ伸ばすと痛い、じっとしていても痛い、痛みで目が覚める、歩く時に横揺れ、歩行困難」など。

長年の膝への負担が原因となって、加齢に伴い軟骨はすり減っていきまます。また、肥満があると内臓脂肪から分泌するアディポカインが血流に乗って膝関節に運ばれ、炎症を起こすことが明らかになっています。O脚、靭帯や半月板などの損傷、膝周囲の骨折などがあると、変形性ひざ関節症の誘因になります。

女性の場合は、閉経後の女性ホルモン(エストロゲン)減少によって生じやすくなります。エストロゲンには骨、軟骨や筋肉を元気に保つ働きがあるからです。男性に比べて、膝を支える筋肉量が少ないことも影響しています。

我慢できるからと放っておくと、歩行困難を招きます。家族や友人との外出などが苦痛になれば、生活の質は低下していきます。治療の基本は運動療法です。痛い時には運動しない方がよいと考えがちですが、適切に軽く行う運動はとても効果的です。運動によって膝の筋肉が鍛えられ、膝のぐらつきが減ると、痛みは徐々に軽くなります。安静にするほど悪化します!

50代後半、大舞台を控えてハードな日本舞踊の稽古が続き、股関節と膝の痛みが起きました。直ぐに整体術師にかかって身体全体を整えても

らい、整形外科を受診し、全身の骨や関節を検査。首と腰には年齢相応の変化が見られるものの大きな問題はなく、股関節の状態と動きもOKでした。しかし「変形性ひざ関節症のグレード1(軽度)」と診断されました。整形外科で指導を受けた両肢の運動(寝転がって仰向けや横向きの姿勢になり、両肢の上げ下げを行う)により、大腿四頭筋(太ももの前側)と中殿筋(お尻の横側)を毎日鍛えたら、2~3ヶ月で痛みが軽減しました!

それ以降、家事の合間や朝ドラを観ながらスクワット、歯磨き中には脚全体のストレッチ(片方を大きく踏み出して腰を落とし、反対側の脚をしっかり伸ばす。逆も同様に行う)、時々にはコンピュータ作業を立てて行いながら足のかかと落とし(骨を強くするために、つま先で立ちあがり、ふくらはぎに衝撃を与える強さで足全体を落とす)、つま先上げ(すねの筋肉を鍛えるために、つま先を上げて数秒保ち、元にもどす)等を行っています。ふくらはぎと10本の足指を鍛えるために、家の中をつま先立ちで歩きます。自称メチャクチャダンス(ジャズ、ポップス、童謡など聴きながら、自由に舞う)を週3回ほど。このダンスは音楽と舞踊が大好きな私を心身ともに解放させ、幸せ感を高めます。最近の研究は「幸せ感(幸せホルモン・セロトニンの分泌)が心身の体調を整えるために重要である」と指摘しています。

決して筋肉や骨そのものが強いとは言えない私です。でも、診断後10数年が経ち、確実に老いを重ねているにも関わらず、足うら・膝・股関節・腰に痛みを生じていないのは“ちょこっと”運動&ストレッチをやる習慣のお蔭、と確信しています。

Back2feet Wins JC3-Pitch Championship

Submitted by Bob Doi

26 Bluebell Drive, Markham, ON L3S 3P5 905-472-2727 Home, RobertDoi@hotmail.com

It was a close game for the first few innings, but powered by 2 huge offensive innings combined with stellar defense, propelled Nick Chung's Back2feet team to a 30 - 20 win over Andrew Lok's, Loknest Monsters team. All this, despite missing two of their best hitters and defenders. Not only did Back2feet capture the championship title, but they also completed the year with an undefeated record. Congratulations to Nick and his Back2feet team for a fantastic season!

In the semi-finals, Tod Nagamatsu's iA Private Wealth team gave Back2feet an early scare before Back2feet pulled away to a 28 - 18 win. In the second semi-final game, Andrew Lok's, Loknest Monster's team played their best defensive game of the season, shutting down Justin Ogino's Thornhill Toyota team, 26 - 11. Congratulation to all teams, players and sponsors for a well-played season.

www.JC3Pitch.com

FINAL Regular Season Standings

Team	Wins	Ties	Losses
Back2feet	8	0	0
Thornhill Toyota	3	1	4
Loknest Monsters	3	0	5
iA Private Wealth	1	1	6



2022 JC3P Champs Back2feet (Left to Right):

Back Row:

Katherine Kwong, Paul Wong, David Wesseling, Sheila Chai, Paul Takasaki.

Front Row: Tsai Yeh, Nick Chung (Captain), Sean Chu

Absent: Hubert Chen, Evan Diep.

JSS プログラム:2022年10月

2022年10月に予定されている JSSのプログラムです。詳細やお申込みは [JSS ウェブサイト](#) から、または 416-385-9200 / programs@jss.ca まで。

(1) モミジ&JSSオンライン講座シリーズ

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

「地域介護支援を知ろう:ホーム&コミュニティケア・サポートサービス」

10月12日(水) 15時 英語

年齢とともに、また急な事故やケガなどで生活の一部に支障が出てきた、今はなんとか自分でこなしているがそのうち難しくなるかもしれない、などは多くのシニア世代が抱えている不安や悩みです。今回のセミナーでは、地域支援のひとつである Home and Community Care Support Services : Central Eastより講師を招き、利用資格・ホームケア・ロングタームケアホーム・申し込みの手続きなどを学んでいきます。8月同講座の日本語版を逃してしまった方、参加したけれど、もっと詳しく知りたい方なども大歓迎! 奮ってご参加ください。
※詳細・お申込みは [JSSウェブサイト](#)、または programs@jss.ca まで

(2) JSS イベント

歳末助け合いホリデーライブプログラム2022

※詳細は [JSSウェブサイト](#) をご覧ください

今年も年末恒例ホリデーライブの準備が始まりました。コミュニティ内で生活上の助けを必要としている方々に支援が届くよう、ぜひ皆様の温かな寄付をお寄せください!

(3) 電話で話そう「お元気ですか?」プログラム

パンデミックで孤立していたり、困っている事はありませんか? 1 回だけのおしゃべり・相談はもちろん、定期的にお電話などでおしゃべりを設定することも可能です(12月までの期間限定)。JSSスタッフと電話で気軽にお話してみませんか?

※詳細・お申込みは [JSSウェブサイト](#) または 416-385-9200/programs@jss.ca まで

(4) レギュラー JSS プログラム (日本語)

1. クラフトクラブ交流会 水曜日、10時半~正午

※ お申込みは craftclub@jss.ca まで。

編み物 10月19日(水) 10時半~正午

「花模様のコースター」&「クリスマスオーナメント」

2. ホットランチオンライン交流会

10月26日(第4水曜) 10時半~正午 ※ お申込みは hotlunch@jss.ca まで。

3. シングルマザーサポートグループ 月1回。お問合せは SMSG@jss.ca まで。

4. やさしいシニアヨガ

(第10期:9/12~10/24) ※詳細・お申込みは senior.yoga@jss.ca まで。

※ターム途中からの参加も大歓迎!

Check out our upcoming October programs! *Pre-registration required. Visit [our website](#) and/or contact 416-385-9200 / programs@jss.ca for more details & RSVP.

(1) e-Learning Series

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

Learn about Home and Community Care Support Services

Wed. Oct 12, 3pm (English)

In this seminar, we will invite a guest speaker from Home and Community Care Support Services (formerly LHIN/CCAC) : Central East to learn about the application process of a long term care facilities, eligibility, and home support services.

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

(2) JSS Events

Holiday Drive 2022: Prep started!

Our annual program: Holiday Drive has started its preparation. Help us to support your fellow community members in need! *Visit [our website](#) for how to support

(3) “Ogenki-desuka (How are you)?” Program

Feeling isolated or lonely due to COVID-19? Are you interested in chatting with JSS staff? We are more than happy to talk to you either once, a few times, or set a regular chat schedule (*until Dec 2022). Contact us today!

* Visit [our website](#) or contact 416-385-9200/programs@jss.ca for more information.

(3) JSS Regular Online Programs (in Japanese)

1. Craft Club Social : Wed, 10:30am - noon

*RVSP at craftclub@jss.ca

Knitting : Wed. Oct 19. 10:30am to noon

“Flower Crochet Coaster” & “Christmas Ornaments”

2. Hot Lunch Online Social Wed. Oct 26 (4th Wed) 10:30am to noon

*RVSP at hotlunch@jss.ca

3. Online Single Mothers Support Group (monthly)

*Contact SMSG@jss.ca

4. Easy Senior Yoga

10th term: From Sep 12 to Oct 24. *Contact SMSG@jss.ca

Try Our Virtual Study Space - Tour Event

Our free online 24/7 JFT Virtual Study Space is now open to all learners of Japanese in Canada.

Here, learners can practice speaking, complete weekly language challenges, play games, chill, study together or alone, and more.

Want to try it? Register below to join our tour and experience all our space has to offer.

Online Event | Wednesday, September 21 @ 6:30 pm - 8:00 pm (Eastern Daylight Time)

<https://jftor.org/event/tour-the-space-2/>



JFT Online Language Events

Feel free to check out our **Sawakai** events for Japanese language teachers, as well as **Nihongo Salon** for teachers and advanced learners, all year round!:

50th 'Sawakai'

Topic: Reading Academic Papers Together

Online Event | Wednesday October 5 @ 7:00 pm - 7:40 pm (Eastern Daylight Time)

<https://jftor.org/event/sawakai221005/>



JFT Library News

Borrow Japan-related books, ebooks, audiobooks, and films from The Japan Foundation, Toronto Library!

Our collection covers a wide range of themes and topics, including:

Inuit prints : Japanese inspiration by Canadian Museum of Civilization

- Discover the little-known, fascinating story of the international artistic encounter!

Samurai Marathon (Blu-ray) directed by Bernard Rose

- Witness the intriguing atypical samurai story based on a little-known historical event!

Descending Stories by KUMOTA Haruko

- Enter the fascinating world of Rakugo (comic monologue storytelling) with the award-winning manga series!

Japanese Folktales for Language Learners by SATO Eriko

- Take an exciting cultural and language learning journey through authentic Japanese stories! and many more!

Access JF OverDrive for ebooks and audiobooks: <https://jf.overdrive.com/>

Visit JFT Library for physical books and audio-visual materials: <https://jftor.org/jft-library-visitor-policy/>

To get a new library card or to renew your existing JFT Library card, [please follow the instructions here.](#)



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our Third Annual Virtual Fundraiser

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Saturday, December 3, 2022



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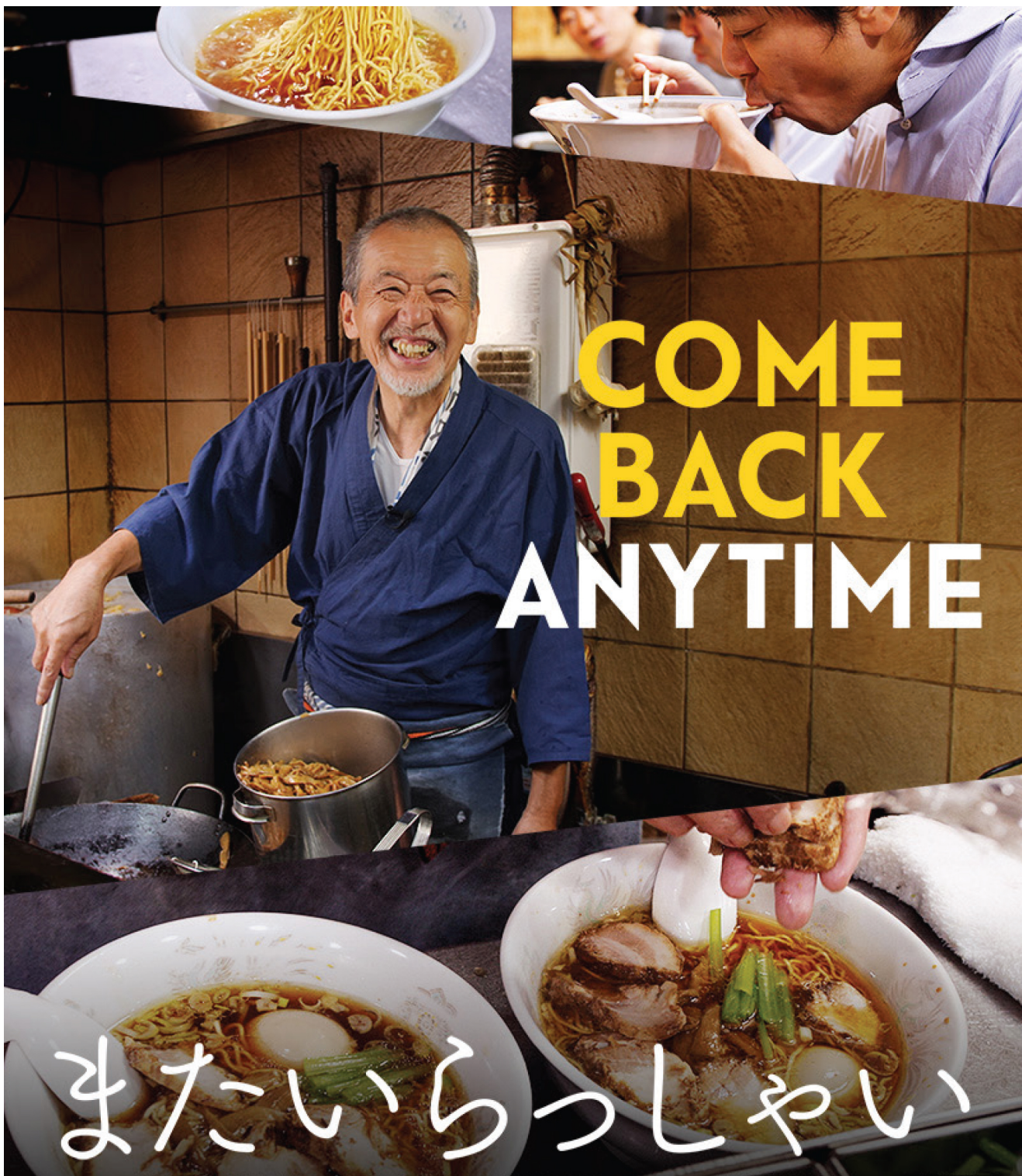
- A Gourmet Japanese bento
- A gift from Shiseido Canada
- Hand-made Japanese sweets
- A video update of the JCCC
- Two popular Japanese films available to screen for 48 hours

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For more info go to www.jccc.on.ca

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またいらっしやい

Thursday November 3 at 7:00pm

★★★★ "One of the sweetest and most enjoyable films of the year...It will restore your faith in humanity!" - Stuff
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- Adam Platt Chief Restaurant Critic, New York Magazine

Ramen master Masamoto Ueda and his wife Kazuko run their tiny Tokyo ramen shop for more than 40 years. Ueda serves his legendary ramen to scores of devoted customers who have joined him over the decades in making the restaurant an intimate place of community. For Ueda, it's more than just a livelihood, it's his life, and his die-hard regulars are more than just customers, but true friends. This charmingly mouth-watering documentary is a must for any Japanese food lover.

JCCC Film Program Lead Sponsors



6 Garamond Court, Toronto, ON
www.jccc.on.ca

For tickets, call 416.441.2345
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We have 1 or 2 office space(s) available or possibly coming available for lease at JCCC: 1 for 684 sf. and the other 1,911 sf. If interested, please contact our property manager, Jim Abe at:
 Cell: (416) 884-8328
 email: jim@abecopml.com
 Or Nao Seko: (416) 579-6921

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SUMMER 2019 VOL. 33 NO. 6

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