



2022年11月
NOV 2022

IN THIS ISSUE - VOL. 48 ISSUE 11

FUYU MATSURI

冬まつり

**KEEP THE LANTERN
LIT 2022**

灯籠のあかりを灯し続け
よう

**SAMURAI BLUE
PROJECT**

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For general enquiries by telephone, please call **416-441-2345** during our operating hours (Mon-Sun, 10am-5pm).

担当スタッフに直接ご連絡(スタッフリストはこちら)、又は、jccc@jccc.on.caまでEメールをお送りください。

一般的なお質問は、**416-441-2345**内線222に電話、メッセージを残してください。開館時間内(月～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, November 11, 2022.

次号締切日:2022年11月11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

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Photo, right: KPMB Architects



What's On at the JCCC

JCCC HOLIDAY HOURS

THE JCCC WILL BE CLOSED ON DECEMBER 25TH – 27TH, JANUARY 1ST – 2ND; EXCEPT FOR SPECIAL PROGRAMMING. PLEASE CHECK OUR WEBSITE FOR SPECIFIC HOLIDAY HOURS.

Upcoming Events / 近日開催イベント

Wynford Seniors ・ ウインフォードシニア

Wednesday November 2 & 16, 10:30 am
11月2, 16日(水) 10時半

November Movie Night ・ 映画上映

Thursday November 3, 7pm ・ 11月3日(火) 7時
Come Back Anytime またいらっしゃい

Samurai Blue Project ・ サムライブループロジェクト

Thursday December 1 ・ 12月1日(木)
World Cup Soccer at the JCCC. See [page 12](#) for details.
ワールドカップサッカー日本代表の試合をJCCCで観戦しましょう
詳細は[12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 ・ 12月3日(土)
See [page 6](#) for details. 詳細は[6頁](#)をご覧ください。
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)
Fuyu Matsuri will be making a return to the JCCC this December. Join us December 10th from 12:00 to 5:00pm. Check next month's newsletter or the JCCC website for more information. この冬、JCCCに冬まつりが戻ってきます。12月10日、午後1時から5時まで。詳細は次号ニュースレターをお楽しみに。

Shinnen Kai ・ お節販売

January 1, 2023 ・ 1月1日(日)
See [page 5](#) for details. 詳細は[5頁](#)をご覧ください。

Artsu Matsuri at the JCCC ・ アーツ祭り

January 2023 ・ 1月
See [page 21](#) for details. 詳細は[21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 - Extended until January 2022!

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1月まで引き続き開催中

Contact the JCCC ・ お問い合わせ

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開館時間内(午前10時～午後5時)。

担当者がお分かりの場合は担当者へ直接、もしくは受付jccc.on.ca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。



Shiseido Canada Donates Sakura in Celebration of its **150th Anniversary**

On September 27th, two organizations dedicated to beauty – Shiseido Canada and the Toronto Japanese Garden Club – came together to beautify the JCCC. As part of a project to celebrate Shiseido’s 150 anniversary we planted 35 new sakura around the grounds with plans to plant another 30 in the spring. The day was full of laughter, hard work and fortunately, no rain. It was a perfect manifestation the JCCC model and what is best about our generous friends. We look forward to sharing o-hanami under the blossoms very soon.



Photo Credit: Little Potato Films Inc for Shiseido Canada

Issei Day 2022

Issei Day was the first official event held at the JCCC at 123 Wynford Drive almost 60 years ago. Since that time, we have run many Issei Days at which we have honoured the Seniors in our community.

This year, due to continued concerns for the safety of our Seniors, the JCCC made the extremely difficult decision to offer the traditional bento for pick up for the third year in a row. With the assistance of Toriichii Catering, JCCC staff, Board Members and volunteers, more that 370 bento were prepared, packed and distributed from 5 locations across the GTA.

Many thanks to our community partners; Japanese Gospel Church of Toronto, Kyoda Plastics, Momiji Health Care Society and Toronto Buddhist Church, who allowed us to use their locations as pick up points.

Thank you to Dawna Kobayashi and Karen Webb for delivering bento to 2 local senior's residences.

Arigatou Gozaimasu to Chef Ishii, his family and staff for preparing the delicious food.

Much appreciation goes out to JCCC staff, board members and volunteers, who assisted with packing and distribution.

This pandemic has been difficult for everyone, but it has been especially difficult for our seniors. Although restrictions are lifted and Covid cases are less severe, our seniors are at the highest risk and many are still isolated and out of contact with the community. The JCCC misses everyone and is grateful to have had the opportunity to brighten the day of even a few members in the community. We are ever hopeful to see everyone back in the building next year.

Celebrate New Year's Day the Japanese way - with a feast!

We are working with Chef Ishii of Toriichi Catering to develop a specially prepared New Year bento, which will include many of the osechi ryori favourites that are traditional to eat on New Year's Day.

Osechi ryori items are eaten to bring the person a special wish for the New Year. Some of the items that may be included are: Datemaki (sweet egg roll) - for scholarship and learning; Kuro mame (sweet black beans) - for health; Ebi (shrimp) - for longevity; Kobi maki (Kelp roll) - for happiness; Kuri kinton (Chestnut puree) - for wealth.

Bento pick up will be at the JCCC on the afternoon of **Sunday January 1 at 12:30pm**. You can order for pick up or join us with your friends and family and enjoy your meal together with us. [Check our website for more details about the dine in option.](#)

This special edition Shinnen Kai bento will be \$65 plus HST and only be available in limited quantities. Online ticket sales will begin on **Thursday December 1, 2022**. Please watch for more information on our website and in our next newsletter.

御節(おせち)で祝う元旦

2023年の元旦も会館に集まっての「新年会」イベントはありませんが、持ち帰り用のお節料理の販売を行います。簡単なテーブル席を設ける予定で、購入したお節をそこで召し上がることも出来ます。

鳥市が腕によりをかけて作る御節セットを、数量限定で販売いたします。価格は65ドル+税。受け渡しは、1月1日(日)12時半以降に日系文化会館で行います。ご注文予約は、12月1日(木)よりオンラインにて承ります。詳細はウェブサイトもしくはニュースレター12月号でご確認ください。



Our Third Annual Virtual Fundraiser
KEEP THE LANTERN LIT 2022
Bento, Japanese Sweets, a Movie Double Feature,
Fabulous Gifts and Much More!
Saturday, December 3, 2022



Tickets available on-line from October 11. Please visit:
<https://jccc.on.ca/event/2022/12/keep-lantern-lit-fundraiser-2022>

Keep the Lantern Lit 2022

It's back!

Join us for the third annual Keep the Lantern Lit 'Bento and a Double Bill' JCCC fundraiser on December 3, 2022!

Your Keep the Lantern Lit package includes:

- Gourmet bento
- Sake, chosen by the organizer of the Kampai Festival
- Delicious Japanese sweets
- Special gift package from Shiseido Canada
- And, of course, a special movie double bill, available for you to enjoy for 48 hours!

All the proceeds of Keep The Lantern Lit go to support the Japanese Canadian Cultural Centre. Thank you!



Fuyu Matsuri 2022

Come to the JCCC on **Saturday December 10 between 12:00pm and 5:00pm** for an afternoon of fun for the whole family!

The JCCC is busy planning for Fuyu Matsuri. There will be games and activities for children of all ages including the favourite gingerbread decoration activity. A variety of vendors will be selling products to cover your last minute shopping needs. Also, there will be plenty of our favourite food vendors to keep you fuelled for the whole afternoon too.

Don't forget to stop by and see Santa! Santa will be joining us throughout the afternoon and you can stop by and have your picture taken with him.

Admission will be just \$5 (\$4.42+HST) per person for members and \$7.50 (\$6.64+HST) for non-members. This low price also includes 2 tickets that can be used towards the games and activities. If you need more tickets for activities, they will be available for purchase too. Please note that this will be a **cash only** event and no ATMs are available on-site.

Mark your calendars and be sure to join us for the 2022 Fuyu Matsuri!

More information can be found on our flyer and on our website at www.jccc.on.ca.

12月10日(土)12時~5時にJCCC冬まつりを開催します。ご家族揃ってのご来場をお待ちしています。

お子様が楽しめるような色々なゲームを準備しています。冬まつり恒例のジンジャーブレッド作りもあります。物品販売も多種出店します。クリスマスのラストミニッツショッピングにご活用ください。食べ物のブースも種々並ぶ予定です。お楽しみに。

サンタクロスコーナーにもぜひお立ち寄りください。今年もサンタと一緒に記念写真を撮りましょう。

入場料: JCCC会員\$5(\$4.42+HST);一般\$7.50(\$6.64+HST)。

入場券でこのチケットでゲームやイベントにも参加できます。その他チケットも当日会場にてご購入できます(キャッシュのみ)。

さあしっかりカレンダーに印をつけて、忘れないようにしましょう!



JCCC Family and Friends 24th Annual Golf Tournament 2022

The JCCC held the 24th Annual Family & Friends Golf Tournament on Sunday September 18th at Rolling Hills Golf Course (Classic Course). It was an early shotgun start at 8:30a.m. and the course was filled to capacity with 144 golfers! We were so happy to be able to hold the tournament again after 2 years of postponement.

The funds raised from the tournament will be used to support Heritage initiatives and programming at the JCCC. These are all events that involve getting the community and different generations together to learn about Japanese Canadian history. We did some extra fundraising this year to help cover costs of a JCCC 60th Anniversary timeline display for 2023. Thank you all for your generosity in supporting the fundraising tables and hope you had fun playing the games.

We encourage everyone to join us next year for another great day!! It is always a "Texas Scramble" format (Best Ball) tournament designed to incorporate all family members, whether novice or experienced, in a fun and friendly atmosphere.

This year was also the first time ever that we had a player hit a hole-in-one on the Closest to the Pin contest hole. Congratulations to Mel Ito!

A special thank you and appreciation to all our sponsors this year:



Platinum Sponsor (for the past 24 years) Marty Kobayashi of iA Private Wealth, who supplied the snacks and gift bags at the course and provided most of the prizes.

Gold: Fidelity Investments, Dynamic Funds, Edgepoint Wealth Management, Ocean Food (Joe Nishikaze), C&C HVAC (Cody Uyeda), Matt Shintani (Arbor Memorial), Paul & Sharon Marubashi Family, June Shin & Family, Thomas Shin (In memory Tom Oyagi and Michael Shin), Margie Uyeda Family, Amemori/Reid Family, Chris/Grace and Marion Hope, Nakagawa Family (Karen Webb), Akiyama Family, Saito Family, Koyata Family (Nolan Koyata)

Silver: Cassels Brock & Blackwell LLP, Peter Wakayama, Eprile & Company, Matt Shintani (In Memory Kay & Koji Morishita / Richard "Soc" Shintani), Dawna Kobayashi (dedicated to the late Tak Nishino)

Bronze: Doreen Oyagi, Gary Tehara

Prize / Fundraising Donations: Marty Kobayashi of iA Private Wealth, Gary Tehara of Royal LePage, Matt Shintani of Arbor Memorial, Kikuye Inouye, Laura Hirano, Barb & Dave Ono, Steve & Linda Oikawa, Dawna Kobayashi

A very, very special thank you to the JCCC volunteers for making the fantastic buffet dinner. This really helped to offset costs and we can't thank them enough for all the hard work put into it. Much appreciation to Jan Nobuto and Dawna Kobayashi for coordinating all the food and the musubi preparation. Thank you to Sharon Marubashi and Dawna Kobayashi for organizing the tournament and dinner.

And the winners are:

iA Private Wealth Cup (Low Scramble Foursome): Kei Hashimoto, Mark Hashimoto, Riku Inoue, Chihiro Tanaka

Consul General Cup (Low Scramble Foursome - everyone related): Mel Ito, Steve Ito, Dave Whiffen, Mazen Badr

Roy & Kay Shin Memorial Cup (Low Scramble Pair - Grandparent/Grandchild): 2 teams tied - Barry and Daimon Akiyama / Alan Masakawa and Alyssa Faria

Longest Drive: Ladies: Taryn Saito / Men's: Carey Uyeda

Closest to the Pin: Men's: Mel Ito (Hole-in-one!) / Ladies: Sandy Miike

Senior Men's Longest Drive: Alex Dey

Senior Ladies Longest Drive: Linda Hustler

Senior's Closest to the Pin: Ladies: Linda Hustler / Men's: n/a (tee shot must be on the green)

Awards Dinner Putting Contest Winner: Mark Uyeda (in a tie-breaking putt-off)

All the golfers received an iA Private Wealth golf towel and a sleeve of golf balls courtesy of Marty Kobayashi.

Be Sure to Sign up Early Next Year!!! We had to close off the registrations early this year due to the overwhelming response and club-mandated maximum of 2 foursomes per hole. A big thank you for everyone who came out to golf and came to enjoy the dinner.

Photo 1 - Hole in One winner, Mel Ito. Photo 2 - Winners of the Roy & Kay Shin Memorial Cup (Grandparent/child) - L to R - Alan Masakawa, Alyssa Faria, Thomas Shin, Barry Akiyama, Daimon Akiyama.

Photo 3 - The Amemori-Reid Family with sponsor sign - L to R - bottom row - Kristin Kobayashi-Reid, Wynne Reid, Iso Amemori, Lorrie Cockburn. Top row - Dan Reid, Chris Kobayashi-Reid, Jeff Cockburn.] Photos courtesy of Kristin Kobayashi-Reid.



JANUARY FILM SCREENING



HIROSHIMA PIANO

Sunday January 8 @ 2:00pm

Admission:

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

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

"The sound of the piano did not change even after the bombing!"

At 8:15am on August 6, 1945, a single atomic bomb was dropped on Hiroshima. A piano miraculously survived unscathed amidst the devastation. The film, based on the life of Mitsunori Yagawa, a piano tuner who restored the bombed piano and drove a truck around the country giving concerts, imagines what would have happened if Yagawa met a certain person or visited a certain place. That person is Nakano, whose grandmother was the original owner of the piano, and together their story brings peace and moves the heart.

Winner of the Peace Prize at the 2022 Japanese Film Festival of Los Angeles.

Starring Shiro Sano, Tomu Muto, Yoko Moriguchi, Ichirota Miyakawa

SENIORS' SUPPER CLUB



Photo by Lisa Hobbs on Unsplash

Pumpkin Mochi Cake

(serves lots)

Ingredients

- 1 pound mochiko flour (16 oz box)
- 1 cup butter, melted
- 2 cups sugar
- 1 can evaporated milk (12 oz can)
- 4 eggs
- 2 teaspoons baking powder
- 2 teaspoons vanilla
- 1 can pumpkin pie filling

Equipment

- Medium mixing bowl
- Wooden spoon
- Measuring cups and spoons
- 9x13 in baking pan
- Parchment paper
- Plastic scraper
- Skewer or butter knife



With Halloween just behind us, it is always good to have recipes with which to use up our leftover pumpkin. This recipe is easy to make and will have all of your friends stopping by for a chat over tea and mochi cake.

Instructions

1. Preheat oven to 350 degrees F.
2. Stir sugar into melted butter. Add milk and mix well. Add eggs and mix.
3. Stir in baking powder, mochiko and vanilla.
4. Pour into parchment paper lined 9x13 inch baking pan.
5. Dollop pie filling evenly over batter. Using a skewer or butter knife, run through batter and pie filling, creating a marbled look.
6. Bake for 1 hour or until skewer inserted into the center of cake comes out clean.
7. Allow to cool. Cut and serve.

JCCC on the Web!



For those of you who have been to the JCCC in recent weeks, you may have noticed that we are beginning to prepare for our 60th Anniversary. This month's Kokuban features an article by Ashley Wong about working with the Roy Shin Collection.

In addition, as part of a recent grant, we were able to digitize some video footage from the Groundbreaking Ceremonies and construction process of 123 Wynford Drive. In this footage, you can feel the excitement of the people who are taking part in the ceremony as well as the community members who are contributing their time to making the Centre the great place that it is today. This footage was combined with Masako Okawara's Sedai interview to create a short promo video for the 60th Anniversary. The video can be found on the [JCCC's YouTube page](#). If you would like to contribute to the JCCC's 60th Anniversary Exhibition, please contact Heritage@jccc.on.ca.

Also, the cooler months are a great time to take up a new hobby. The JCCC YouTube page has some fun tutorials to get your creative juices flowing, such as the Ukelele Lessons by Harry Kawabe! Visit this link to watch: <https://bit.ly/3TfMF5R>



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



Annual
SUMI-E 墨繪
Artists of Canada
Exhibition

Mimi Yeung - Happy Wisteria - Ruth Yamada Award, 2019

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

TEA ROOM & FREE ADMISSION
For Further information
905-882-9433 / gbist@rogers.com

Samurai Blue Project

Samurai Blue Project は4年に一度開催されるサッカーワールドカップの日本代表を、遠い地から応援する場パブリックビューイングイベントです。テーマを変えながらも2010年から今年で4度目を迎え、各大会で繰り広げられる熱いドラマをここトロントの日系コミュニティを中心にコミュニティにスポーツを通じた貢献をしてきました。

遡ること、2010年南アフリカ大会ではJCCCとの共催したイベントでは試合前日に前夜祭を行い、翌朝6時から大勢のスタッフがパブリックビューイングを500人を超す来場者がむかえるイベントであったり、2014年には東日本大震災のチャリティーイベント[Kick it for Japan]とのタイアップ企画、トロントの日系企業、団体からもサポートを受けながらカナダ国内メディアが多数取り上げてくれるイベントにもなり、嬉しいことにサッカーファンだけではなく様々な方に喜ばれるイベントになりました。

「日本が好き」

「子どもたちにあの熱狂を見せたい」

「子供を連れていけるイベントがトロントで行われて嬉しいです」

「初めてあそこでサッカーで遊ばせてサッカーを子供が好きになってくれたんです」

長びく外出制限が解除され徐々に日常を取り戻す中、コミュニティが一同に介し、人が人を心から応援し、スポーツを通じたイベントをトロント日系コミュニティで行う事。

スポーツを通じた喜びの声をもっともっと大きくするために、日系コミュニティだけではなく対戦国になるコミュニティ、カナダローカルコミュニティも招待しながらカナダにおける日系コミュニティがスポーツを通じたチャリティー交流イベントを目指す事が、我々の使命だと思っています。

2026年は北米開催及び、トロントとバンクーバーでの試合開催も決定され、益々サッカー周りスポーツ周りが盛り上がっております。是非2026年大会には日本代表をトロントで試合開催、あるいは合宿地候補になり日系コミュニティが日本代表を迎え入れる準備を整えるイベントにもなることを期待しています。

今回2022年はカタール大会は、例年とは違い冬の開催となります。

誰もが経験したことがない冬のワールドカップを再びJCCCとパートナーシップを結び、Admission Free のイベントSBP2022を開催する運びとなりました。皆様から頂いた支援はJumpstartを通して支援が必要なスポーツキッズをサポートします。

コロナ禍で、様々なスポーツの機会や時間を失ったキッズたち。

日系コミュニティが一丸となって『これからのキッズの未来』をスポーツで貢献できるイベントを開催いたしますこととお伝えするとともに、コミュニティの皆様の熱いご支援をお待ちしております。

December 1 Thursday @ JCCC 9:00am-4:00pm

パブリックビューイングイベント : 入場無料イベント

JCCCの各スペースを使用し、大型スクリーン、飲食スペース、コミュニティブース設置、キッズ・ファミリーエリアを設置し、会場内で試合を楽しみながらも文化交流や紹介ができるイベント。

放映予定試合

Match Viewing Game 1 Canada vs Morocco 10:00am-12:00pm

Match Viewing Game 2 Japan vs Spain 14:00pm-16:00pm

SAMURAI BLUE PROJECT
WORLD CUP PUBLIC VIEWING CHARITY EVENT MATCH DAY 3 OF 3

MATCH VIEWING 1
10:00am KICK OFF
CANADA VS MOROCCO

MATCH VIEWING 2
2:00pm KICK OFF
JAPAN VS SPAIN

ADMISSION FREE: ONLINE REGISTRATION REQUIRED TO ENTER

DEC. 1 THE JCCC LOCATION: (Japanese Canadian Cultural Centre)
6 Garamond Ct, North York, ON, M3C 1Z5

PROUD SPONSOR OF SBP: TOYOTA, CIVIL ENGINE GROUP

EVENT SUPPORTERS: J. Akiba & Co. Inc., The Japan Society

EVENT PARTNER: JCCC

ANY INQUIRY: SBP2022@J-ATHLETICS.COM | @SAMURAIBLUEPROJECT2022

Mark your Calendars – December 1 @ JCCC

The Samurai Blue Project is a LIVE viewing event to support the Japanese national soccer team in the World Cup. This year marks the fourth time since 2010 that we have contributed to the community, in particular, the Japanese Canadian community here in Toronto, through sports, by showing the excitement that unfolds at each tournament.

As far back as 2010, in South Africa, the JCCC has held a pre-game party the day before the games, and held a public viewing event from 6:00am the next morning with over 500 people in attendance. In 2014, the event was tied with a charity event for the Great East Japan Earthquake [Kick it for Japan], with the support of Japanese companies and organizations in Toronto.

“I love Japan.”

“I want to show my children that passion.”

“I’m glad there is an event in Toronto that I can bring my kids to.”

“I was happy to be able to bring my children to this event in Toronto,” he said. “The first time I let them play soccer there, they fell in love with the sport.”

As restrictions have been lifted and people are gradually getting back to their daily lives, it is a great opportunity for the community to come together and support each other through a sporting event in the Toronto Nikkei community.

Our mission is to make the joy of sports even greater by inviting not only the Japanese community but also other communities in the GTA to participate in an event through sports. Our mission is to create a charitable event for the Japanese community in Canada through sport.

The 2022 Qatar Games will be held in the winter, unlike in previous years.

We are pleased to once again partner with the JCCC to host SBP2022, a winter World Cup that no one has ever experienced before.

Many kids lost their opportunities to play various sports due to the Covid-19 Pandemic.

This event will contribute to our commitment to the future of kids through sports and we look forward to your enthusiastic support of the community.

**

The 2026 games will be held in North America and will be held in Toronto and Vancouver. We hope that Toronto will be a candidate to host the 2026 games or training camp for the Japanese national team and that the Japanese community will be ready to welcome the Japanese national team.

VOLUNTEER SPOTLIGHT



The JCCC underwent a huge renovation project that stretched over almost the entire month of September. With the support of a few key volunteers, we were able to refurbish the seats of almost 300 of our blue chairs. These chairs are used day in and day out at the JCCC and were in desperate need of the recovering.

A HUGE thank you to Russ, Mark, Camber, Les, Jerome and Timothy. There were two teams who came in for a few hours each week to remove the seats to ship out for recovering and to replace the seats on the frames. Due to their diligence and effort, you are sure to find a more comfortable seat when you attend events at the JCCC.

If you have handyman skills and have time to offer, we would love to add you to our volunteer roster. Please visit our website for more information on how to volunteer at the JCCC.

JCCCブルーチェア張り替えプロジェクト

JCCCでは9月のひと月をかけて、大きな改善をおこないました。何名かのキイボランティアを中心に、約300脚の椅子の張り替えができました。日々使われ続けて修復が必須となっていました。

ラス、マーク、キャンバー、レス、ジェロームそしてティモシー、ありがとう！二つのグループに分かれて週に数時間ずつかけて、椅子からシートを外し、業者から返ってきた張り替えの終わったシートを今度は椅子にセットするという作業をしてくださいました。彼らの責任ある仕事のおかげで蘇った椅子達です。次に皆さんが座った時に、その心地の良さに必ず気づくでしょう。

手先が器用で時間がある方、一緒にボランティアしませんか。応募の仕方など詳細はウェブサイトをご参照ください。



Come and
volunteer with
the JCCC!
Scan the QR
Code or email
[volunteer@
jccc.on.ca](mailto:volunteer@jccc.on.ca) to
find out more.

JCCC AGM Recap

On Monday September 26 2022, the JCCC held its Annual General Meeting in-person for the fiscal year ended March 31 2022, at the JCCC in Shokokai Court. The meeting was attended by 34 members and included a presentation that provided an overview regarding how the JCCC progressed operationally and financially through the second year of the COVID-19 pandemic, which concluded with the fact that the JCCC is continuing to strive to reach pre-pandemic levels.

We are pleased to announce the 2022-2025 Board of Directors. Every year, 6 Directors are nominated for a 3-year term and the slate approved this year is: Anzu Hara, Sharon Marubashi, David Moritsugu, Kathy Wale, Karen Webb. The new Board will work on filling one more Director role. Retiring from the Board are Gary Kawaguchi, Jan Nobuto and John Ota. Completing their first 3-year term are Karen Webb and John Ota.

Continuing in their terms as board members are: Ann Ashley, Jiro Fukushima, Chris Hope, Karen Gordon, Seiji Ichii, Kristin Kobayashi-Reid, Mark Hashimoto, Linda Ono, Cary Rothbart, Nao Seko, Elaine Shigeishi, and Brian Toda. Ryan Lang is the 19th Director who represents the Nikkei National Museum and Cultural Centre in Burnaby BC. Advisors are Marty Kobayashi, Steve Oikawa, Sid Ikeda, Janice Fukakusa, Christine Nakamura, Connie Sugiyama, Bill Hatanaka and Mackenzie Clugston.

After the close of business of the AGM, the new Board met

and elected the new Executive Committee: President Chris Hope, Past President Gary Kawaguchi, VP Management Brian Toda, VP Heritage Karen Webb, VP NJCC Anzu Hara, Finance Chair Linda Ono, Secretary Sharon Marubashi, Marketing Chair Karen Gordon. All Advisors were approved also.

The JCCC and the JCCC Board would like to take this opportunity to express their deepest gratitude and appreciation to Gary Kawaguchi for his dedication and commitment to the Centre as President for the last 13 years and total of 29 years on the Board. Although Gary had initially planned to “retire” from the role as JCCC President in the fall of 2021, at the request of the board he graciously agreed to extend his term to lead the JCCC through the second year of the COVID-19 pandemic as President. Gary continued to work tirelessly to ensure that the Centre could endure through the greatest period of challenge the organization has ever faced, and with great success. We are grateful for your many years of service, Gary.

The JCCC Board of Directors also thanks every JCCC member for your ongoing support as we work hard to emerge from the pandemic. We are very optimistic about the future – and the potential, for the JCCC in the post-COVID world.



Past, Present, and Future Presidents Marty Kobayashi, Gary Kawaguchi, and Chris Hope

Photo Credits: Cary Rothbart



Attendees of the 2022 JCCC AGM

Nisei Veterans Luncheon

November 3, 11:00am

Each year, we pause for just a short time to remember the sacrifices of Japanese Canadian men and women who have served in Canada's Military. Please join us on November 3 at 11:00am as we honour these individuals. Pre-registration is required. Visit jccc.on.ca for more details.

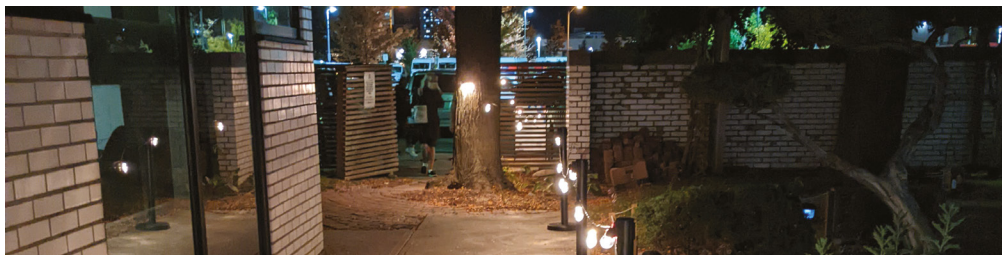


JCCC at Nuit Blanche Toronto 2022

A Night of Connections

Back in person for the first time since the pandemic, the JCCC joined the rest of the City of Toronto from sunset to sunrise on October 1, 2022 for Nuit Blanche. Under the leadership of Artistic Director, Dr. Julie Nagam, the theme focused on “the connections across urban, polar and pacific landscapes revealing the space between us as a potential site for sharing knowledges” and indeed, the JCCC welcomed visitors all night long for art interaction, meaningful dialogue, and exhilaration over the joy of coming together.



The JCCC's programming included Algorithms of Innocence by Maari Sugawara, Kintsugi by Annie Sumi and Brava Kilo, and All in one, one in All by Erica Kaminishi. The JCCC also hosted an independent project, Ichigo-Ichie 一期一会: One Time - One Meeting that brought together visitors for an exploration of tea and spirituality. Due to popular demand, Algorithms of Innocence is extended for viewing until the end of 2023.



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 OCTOBER 2, 2022

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	10	Mr. David & Mrs. Barbara Ono	50	Mrs. Midori Takahashi &	25
Anonymous	72	Mr. John Ota & Ms. Fran Rowe	5	Mr. Chris Barkley	
Anonymous	100	Mr. George Pachovsky	35	In memory of Shoji & Sachi Takahashi	
Ms. Mary-Beth Arima	100	Mrs. Nancy Roxby	250	Mr. Regan Takenaka	25
Sakura Project		Sakura Project		In memory of Tony & Kimi Takenaka	
Mr. Kwame Ben Eden	100	Mr. & Mrs. Kaz Shikaze	1,800	Ms. Karen Tanino	50
Mr. Barry Chaim	1,018	Mr. & Mrs. David Shipp	25	In memory of Ken & Ruth Tanino	
In honour of Gary Kawaguchi		Sakura Project		Mrs. Irina Werner	180
Ms. Christine Chiba	300	Mr. Fie Young (Peter) Song	80	Member of the JCCC Kendo Club	
Mr. & Mrs. Ray Edamura	100	Ms. Pamela Stagg	25	Mr. Wayne Yamashita	10
Mr. Ian Findlay	50	Ms. Elvira Ella Suyunova	50	Mr. & Mrs. Toshi Yoshimatsu	150
Mrs. Kay Fujiwara	100	Sakura Project			
Mrs. Patricia Fujiwara	100	Mr. Yukio Tannocho	100		
Eiko Kiyonaga's 100th birthday		Mr. & Mrs. Peter John Yamashita	124	In Memoriam	
Mr. Tony & Mrs. Kumiye Gardiner	60			<i>In memory of Chiyoko Izumi</i>	
Mr. Sid & Mrs. Marie Ikeda	300	Emergency Appeal		Mrs. Kathy Tazumi	100
Sumi-e Exhibit		Ms. Martha Arima	30	<i>In memory of Felipe</i>	
Mr. Ron Inouye	50	Mrs. Sheri-Lynn Armstrong		Mr. Simon Strauss	100
Mrs. Shirley Isojima	100	In memory of Pollie Nishino		<i>In memory of George</i>	
Sakura Project		Ms. Meredith Best	15	<i>Shintani</i>	
Mr. Ken Iwasa	50	Mrs. Diane Carter	20	Cathy & Robert Wilson	200
Ms. Meg Karper	10	Mr. William Cruz	50	<i>In memory of George Takahashi</i>	
In honour of The Otani Family		In memory of Roman T Yap		Mr. Victor & Mrs. Bev Suzuki	50
Mrs. Rose Kelly	10	Mr. & Mrs. Robert Doi	50	<i>In memory of George Wakayama</i>	
Ms. Gail Kitamura	100	In memory of Pollie Nishino		Ayame Kai	75
Mr. Yoshifumi Kitaura	100	Mrs. Elinor J. Dunlop	35	<i>In memory of Giichi Ohashi</i>	
Mr. Martin Kobayashi	130	Mr. Patrick Dunlop	10	Mrs. Fumiko Ohashi	200
In recognition of thanks for Gary		Mr. Robbie Grant	25	<i>In memory of Hiro Ishikawa</i>	
Kawaguchi's 13 years as JCCC President		Mr. & Mrs. James Heron	100	Ms. Frances Ishikawa	100
Mrs. Roslyn Levin	145	Ms. Alley Kurgan	25	<i>In memory of Isao</i>	
Sumi-e Exhibit		Ms. Mary McAllister	30	<i>Furukawa</i>	
Mr. Christopher Masuda &	100	In memory of Mary Masaye		Mrs. Kiyomi Kay Asada	50
Ms. Margaret Widgery		Yamada		<i>In memory of Karen Midori</i>	
Mrs. Shirley Matsunaga	40	Mrs. Jan Nobuto	100	<i>Kobayashi</i>	
Ms. Marianne Nagata	100	Mr. Karl Otani	100	Mrs. Beverley Uyeno	50
Sakura Project		Appreciation for bento		<i>In memory of Lil Kuroda</i>	
The Nakagawa Family	330	Mr. Ben Rawstron	50	Mr. Rick & Mrs. Kathy Tazumi	50
Ms. Alison Nasu	20	In memory of Michiko Kamo		<i>In memory of Makiko</i>	
Miss Amy Nishio	100			<i>Hamaba</i>	
				Mr. Rick & Mrs. Kathy Tazumi	30

DONATIONS

In memory of Mary Yamada

Ms. Winnie Yu 150

In memory of Michiko Kamo

John Dubbelboer 50

Ms. Emily Hollinger 25

In memory of Mits & Lily Kuroda

Mr. & Mrs. Sid Ikeda 50

Mr. Martin Kobayashi 200

Mrs. Doreen Oyagi 50

In memory of Mits Kuroda

Mrs. Beverley Uyeno 50

In memory of Mitsugu Oki

Jamie Tanaka 50

Mrs. Mitsuko Tanaka 50

In memory of Jim Ura

Mrs. Betty M. Ura 200

In memory of Pollie Yasuko

Nishino

Anonymous 200

Mrs. Kiyomi Kay Asada 30

Mrs. Marie T. Baba 25

Mrs. Patricia Gordon 50

Mr. Jody Hamade 100

Ms. Sue Harrison 100

Mrs. Esther Kawabe 50

Mr. & Mrs. Brian Kitamura 100

Ms. Kelly Kitamura 200

Mrs. Ki Kitamura 300

Mr. Sam Koyata & 100

Mrs. Claire Moriyama

Mrs. Marlene MacKenzie 50

Ms. Leili Marubashi 50

Mrs. Kay Mitsui 50

Mr. Joe & Ms. Shirley Newton 25

Mrs. Jan Nobuto 100

Mrs. Teruko Otani 50

Mrs. Doreen Oyagi 50

Mr. & Mrs. George Sasaki 50

Mr. & Mrs. Frank Seko 60

Mrs. June E. Shin 100

Mr. & Mrs. Matt Shintani 100

Mr. Justine Simpson 50

Mr. Terence Takashima 30

Monk & Fudge Tanaka 50

Mr. Rick & Mrs. Kathy Tazumi 100

Ms. Donna Tsuji & 100

Mr. Michael Jackman

Ms. Patricia Tsuji 200

Ms. Kim Wray 25

In memory of Pollie Nishino

& George Takahashi

Mr. & Mrs. Howard Kagawa

In memory of Tak & Pollie Nishino

Mr. & Mrs. Iwao Kuroyama 150

In memory of Teresa Sano

Mr. Rick & Mrs. Kathy Tazumi 50

Chris Kano Taiko Studio

Anonymous 50

Corporate, Organization and Government

Eprile & Company Inc

JCCC Family Golf Tournament

Japan Automobile Manufacturers

Association of Canada

Ocean Food Company Ltd

JCCC Family Golf Tournament

Province of Ontario

ICIP Grant

Heritage

In memory of George

Shintani

Ms. Dee Dee Yatabe Piercey & 100

Mr. Brian Kai

Mrs. Lydia Yatabe 100

JCCC Family Golf Tournament

Anonymous 101

Anonymous 235

Mr. Barry Akiyama & 90

Ms. Marion Smith

Mr. Cody Andela 90

Ms. Dawna Kobayashi 200

In memory of Tak Nishino

Mr. Christopher Kobayashi-Reid 80

Mr. Isamu Koyata 100

Mrs. Sharon Marubashi 100

Mrs. Doreen Oyagi 150

Mr. and Mrs. Stephen Saito 100

Mrs. June E. Shin 100

Mr. Thomas Shin 90

Mr. and Mrs. Matt Shintani 90

Mr. Gary & Mrs. Laurie Tehara 150

Mrs. Margie Uyeda 100

Mr. Peter Wakayama 100

Ms. Karen Webb 200

Ishizue Award

Mrs. Eileen Halperin 394

In honour of Ethel Wakayama

Mrs. June E. Shin 150

Mr. & Mrs. Takehiko Yoshida

8 Diploma Frames

Juergen Brattke 150

In honour of Peter Brattke

Mr. Fred Yamamoto 150

In honour of Fred Yamamoto

Support Member

Ambassador

Mr. & Mrs. Chris Hope 943

Leader

Mrs. Sharon Marubashi 466

Partner

Mr. & Mrs. Sid Ikeda 150

Mr. Gary Kawaguchi & 110

Ms. Gayle Taguchi

Ms. Carole Ono 150

Mr. & Mrs. Robert Wesseling 110

Mrs. Lydia Yatabe 127

Issei Day donations are greatly appreciated. The individuals name will not be published in the newsletter.

Thank you, JCCC

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
Chinatsu ICHIDA
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

健やかな老後をめざして その57 - 股関節の痛み...

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)

50代後半にハードな舞踊の稽古が続き、股関節と膝の痛みが起きました。整形外科にて検査すると、股関節の状態と動きは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。

検査では、治療の対象となる問題は股関節には見つからなかったのです！ところが、整体術(手技により骨格のゆがみや異常を整え、健康増進をはかる民間療法:カイロプラクティック・ケア)では丁寧に身体のあらゆる箇所を点検し、「股関節が内側に入り込みやすいことが膝などのトラブルの原因である」ことを指摘しました。人それぞれに座り方、立ち方、歩き方などに癖があり、知らず知らずのうちに股関節に負担がかかっています。それらが積み重なると、膝や脚のトラブルへと繋がります。

まず、股関節を良肢位(本来の望ましいポジション)に整えていきました。もちろん、歩き方や靴の選び方に注意し、膝の機能を維持するための筋力アップとストレッチを心がけました。定期的に股関節と膝の健康診断(整体術)を受け、正しい姿勢が取れているか、ゆがみや痛みを生じていないかを確認しました。長年にわたって身に付いた癖はそう簡単には変わりません！しかし、早く気づけば、それだけ悪化を防げます。1年後には股関節と膝の痛みは完全に消失しました。その後はセルフケアに心がけており、71歳の現在まで問題を生じていません。

股関節は、骨盤と大腿骨をつなぐ関節です。骨盤の臼蓋(きゅうがい)というくぼみに、大腿骨の先端(骨頭)がはまった構造です。股関節の痛みの原因は様々ですが、もっとも多いのは「変形性股関節症」です。また、骨折や股関節周辺の腱や筋肉の炎症などでも痛みが生じます。

変形性股関節症とは、股関節の関節軟骨がすり減って、痛みや変形を生じる病気です。変形が進むと歩く・立つ・座る等の日常動作が困難となります。多くの場合は生まれつきの骨の形が原因であり、それに加えて、スポーツ、妊娠・肥満による体重増加や加齢などの要因によって悪化しやすくなります。脚の付け根の違和感や痛み、太ももや膝の痛み、あぐらがかきにくくなった等の症状があれば、悪化を防ぐために早目に受診することが大事です。私の場合は、有難いことに股関節の構造・機能に異常はなく、姿勢に関連した筋肉の慢性的緊張による痛みであることに気づき、早期に対応したことが幸いでした。

もし変形性股関節症と診断されたら、まずは症状を軽減するための保存療法が行われます。股関節に負担のかからない暮らし方を心がけましょう。肥満があれば減量を！重い荷物は負担がかかります。足への衝撃を避けるために「足先のゆとり、甲を固定、かかとを包み込む固さ、靴底に適度な硬さと弾力、広くて安定した低いヒール」の条件を満たす靴がお勧めです。

運動療法は股関節の可動範囲を広げ、筋肉を強化するために大切です。ジグリング(貧乏ゆすり:腰と膝を直角に曲げて腰かけ、片脚ずつかかとを2~3cm上げ下げして細かく揺する)、パカパカ体操(腰かけてリラックスし、足裏を床から離さずに両肢を開く・閉じるを繰り返す)を疲れな程度に行います。また、水中歩行は股関節を支える筋肉を鍛えます。強い痛みには内服薬が処方されることがあります。

保存療法で改善しなければ、手術について担当医と検討することになるでしょう。



Nagata Shachu Taiko Ensemble Celebrates 25 Years

In November 1998, Nagata Shachu debuted as a professional taiko group presenting a full-length concert at Toronto's Music Gallery in what was to be the first of an annual concert season. From 2013 it evolved into a three-concert season featuring collaborations with both local and international artists. During the ensemble's 25 years, it has toured throughout Canada, the US, and Italy, and has performed at major engagements in Mexico and Lebanon. The ensemble has also composed over 120 original works which have been featured on dozens of its own professional audio and video recordings. Nagata Shachu was awarded Japan's Foreign Minister's Commendation in 2019 for the promotion of cultural exchange through art between Japan and Canada, and in 2020 it was a finalist for the Toronto Arts Foundation Roy Thomson Hall Award for its contribution to Toronto's musical life.

We hope you will join Nagata Shachu in its 2022-2023 season opening concert, featuring new and rarely performed works, celebrating 25 years of building a vibrant taiko scene in Toronto and beyond.

JCCC members receive \$5 off regular priced adult tickets. Use code JCCC25.

When: Saturday, December 3, 2022 at 8pm

Where: Al Green Theatre (750 Spadina Ave)

Tickets: [NagataShachu25.eventbrite.ca](https://www.eventbrite.ca/e/nagata-shachu-25-eventbrite)

\$30-\$40 adults, \$20-\$30 seniors & students (plus HST and fees)



The
JCCC
Gallery
presents

Artsu Matsuri

An exhibition of work by Japanese Canadian Artists

Calling All Artists: ARTSU MATSURI Art Exhibition (January - March, 2023)

The JCCC Gallery invites artists and members of the public to submit art works for an exhibit called, "Artsu Matsuri". Please scan the QR code to fill in the online form. In the event that you cannot access or use the online form, please contact galleries@jccc.on.ca for a pdf form OR pick up a paper based form from the reception desk at the Japanese Canadian Cultural Centre (JCCC).





Welcome to the Japan Exchange and Teaching (JET) Programme!

Kindly share this opportunity with any interested students!

If you are an enthusiastic, motivated, and dedicated individual, why not embark upon a journey that will change your life?

A one-year appointment on the JET Programme could be the perfect opportunity for you to broaden your horizons and start a new chapter in life.

The 2023 JET Programme Cycle has started and JET information sessions are happening across the country! Visit our Event page for a list of virtual and in-person Information Sessions and Career Fairs to find one near you!

<https://jetprogramme.ca/events/>

#jetprogramme #jetprogrammecanada #jetcanada

#jet2023 #learnaboutJET #careerairs #teachinJapan

Learn more about the Japan Exchange and Teaching (JET) Programme!

Apply Now! <https://jetprogramme.ca>

Applications Due November 14, 2022 (for Summer 2023 Departures)

JET Promotional Video: <https://youtu.be/La3iSr2cILU>

The Japan Exchange and Teaching (JET) Programme is a Japanese government sponsored exchange programme that offers university graduates opportunities to work in Japan as either an Assistant Language Teacher (ALT) team teaching with a Japanese Teacher of English in elementary, junior and senior high schools or a Coordinator for International Relations (CIR) in selected local government offices in Japan.

For over 36 years The JET Programme has invited enthusiastic university graduates from around the world to work in Japanese schools and cultural organizations. In the process JET participants gain valuable work and life experience as well as having the opportunity to be fully immersed in the daily reality of this intriguing and dynamic country.

Basic Requirements:

- Canadian citizenship
- Bachelor's degree (in any field)
- Excellent English language skills

Why the JET Programme?

- Flexible contract, 1 year renewable contract up to 5 years
- Adequate salary (3.36 million yen for the first year)
- Free round-trip airfare to Japan
- Accommodation assistance and affordable rent
- Medical, dental and pension plan coverage
- Accident and employment insurance
- Free orientation and training seminars
- Free Japanese classes
- Placements throughout Japan
- Paid leave (including national holidays)
- An extensive and supportive alumni network (JETAA Toronto)

If you have some follow up questions, you can contact us at this e-mail:

jet-to@to.mofa.go.jp with the Subject Line: 2023 JET Programme Applicant

We also have Japanese Government (MEXT) Scholarships to study in Japan.

https://www.toronto.ca.emb-japan.go.jp/itpr_en/b_000036.html

Toronto JET Desk
Consulate General of Japan in Toronto
Suite 3300, 77 King St. West
P.O. Box 10, TD Centre
Toronto, ON M5K 1A1
jet-to@to.mofa.go.jp



JSS プログラム:2022年11月

2022年11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ウェブサイトで [モミジ・JSS:オンライン講座シリーズ](#) をご覧ください。

「詐欺から身を守ろう」

11月9日(水) 15時 英語・日本語説明付

トロント市警察より講師を招き、よくある手口を見ていながら、詐欺かなと思ったら・詐欺の被害にあったらどうしたら良いかを学んでいきます。

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

「和食シェフ直伝:煮崩れしない筑前煮とサーモンの昆布巻き」

11月23日(水) 15時 日本語

おせちの定番料理である煮崩れせずやさしい味の「筑前煮」と、かんぴょう・にしんのいらない「サーモンの昆布巻き」の作り方を和食のプロから学んでいきます。

※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ドライブプログラム2022

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

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

(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 オンラインプログラム (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。

縫い物 11月2日(水)「壁にも掛けられる手縫いのBOXティッシュケース」

編み物 11月16日(水)「クリスマスオーナメント」(2回目)

2. ホットランチオンライン交流会 ※ お申込みは hotlunch@jss.ca まで。

11月23日(第4水曜) 10時半-正午

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

4. やさしいシニアヨガ

(第11期:11/7~11/28) ※詳細・お申込みは senior.yoga@jss.ca まで。

Check out our upcoming November 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.

Seniors Safety – Fraud & Scam

Wed. Nov 9, 3pm (English with Japanese Description)

Come and join us to learn about some of the common frauds and scams from Toronto Police Services, to protect yourself and people around you, and what to do when you encounter a fraud or are victimized.

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

Cooking with Japanese Chef : Chikuzen-ni & Salmon Kombu Roll

Wed. Nov 23, 3pm (Japanese)

Let's learn how to make hearty chikuzen-ni and Salmon Kombu Roll without using kanpyo or herring from a professional Japanese cooking chef and consider adding them to your holiday feast!

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

(2) JSS Events

The 23rd Annual Holiday Drive

Japanese Social Services is starting its annual Holiday Drive Program. Help us so that JSS can deliver support to our community members in need for their warm holidays!

*Visit [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

Sewing – Wed. Nov 2. “Tissue Box Case”

Knitting : Wed. Nov 16. “Christmas Ornaments”

2. Hot Lunch Online Social Wed. Nov 23 (4th Wed) 10:30am to noon

*RVSP at hotlunch@jss.ca

3. Online Single Mothers Support Group (monthly)

*Contact SMMSG@jss.ca

4. Easy Senior Yoga

11th term: From Nov 7 to Nov 28 *Contact senior.yoga@jss.ca

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](#).

Access jf.overdrive.com for ebooks & audiobooks

日本の本を読もう Read Japan-related books

Visit JFT Library for books & DVD/BRs

UPCOMING EVENTS

Due to unforeseen printing constraints, we made the decision to remove pages 9 and 10 from the November Newsletter print edition. Page 9, January Movie Night, has been included as a flyer. Page 10, Seniors Supper Club, will only be available online. Please accept our sincere apology.



TORONTO BUDDHIST CHURCH BAZAAR

1011 Sheppard Avenue West
(next to the Sheppard West subway station)
416-534-4302 | www.tbc.on.ca

Saturday, November 12, 2022 12 noon to 4:00 pm

Autumn has arrived and with it a return of the Toronto Buddhist Church Bazaar – “bite-sized” version.

While there will be no White Elephant, Silent Auction or Lucky Ticket draw this year, we will be bringing back our old favourites like chow mein, inarizushi, onigiri, manju, karinto, pies and much more!!!

Join your friends and family for a hot bowl of udon or chicken teriyaki bowl.

Shopping for holiday gifts? Visit our vendors' and Japanese Treasures tables.

*** Wearing of face coverings (masks) is recommended ***

Hope to see you there !!!

Sumi-e Painting Exhibition

by Sumi-e Artists of Canada

Toronto has some of the world's best sumi-e painters. Many of these artists received their seals after studying sumi-e painting at the JCCC. A seal indicates a high level of skill in this ancient Japanese art. These artists, known as the Sumi-e Artists of Canada, have an exhibition in November. You will find many paintings and cards at this show. The subjects range from Canadian or foreign landscapes to modern life, birds, flowers, animals and people. Great gifts for any occasion or for the approaching holidays. There are also demonstrations by artists and a tea room.

When: Saturday, November 12 and Sunday, November 13, 2022

Time: Noon to 5:00 pm

Opening Ceremony: Saturday, November 12, 1:00 pm

More Information: www.sumieartistsofcanada.org



Come and volunteer with the JCCC! Scan the QR Code or email volunteer@jccc.on.ca to find out more.

Office Space Available at JCCC

Come and join the community! We have office space available for lease at the JCCC (from 672 – 2,693 sq. ft.) Please contact our property manager, Jim Abe for more details at:
Cell: 416-884-8328, email: jim@abecopml.com, or Nao Seko: 416-579-6921

JCCC Venue Rentals



Parties • Banquets
Seminars • Conferences
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Contact: rentals@jccc.on.ca

6 Garamond Court, Toronto (Don Mills & Eglinton)
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Summer Reading List
A curated list of the best new books from Japanese Canadian and American authors this year
Summer Reading List P. 10

Uncovering the life of a cultural trailblazer
Author Kyō Makino explores the life of Cyo's Yukana in her new children's book
Summer Reading List P. 10

NIKKEI VOICE
THE JAPANESE CANADIAN NATIONAL NEWSPAPER
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Kimono fashion show
Tofino apologizes for 1947 motion to exclude Orientals
Minnon prevented Asians from owning property or businesses
Michael He Contributor

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

Comedian Toshiyuki Teruya's film explores a rare Okinawan tradition
Director Toshiyuki Teruya was in Toronto for the film's premiere
Kelly Fleck Staff



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