





Vol. 49 Issue 5

KATHY OKAWARA (NEE TABAYASHI), SHIRLEY MATSUNAGA AND UNIDENTIFIED SIT AT THE INFORMATION BOOTH OF THE 1964 BAZAAR.



IN THIS ISSUE - VOL. 49 ISSUE 5

THE JCCC BAZAAR IS BACK! MAY 6, 12 TO 4PM JCCCバザーが帰ってきます! 5月6日 午後12時-4時









One patient at a time
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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。

一般的なご質問は、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8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: Thursday, May 4, 2023.

次号締切日:2023年5月4日(木)

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

### Upcoming Events / 近日開催イベント

#### Wynford Seniors Club ・ウインフォードシニア

Wednesday May 3 & 17, 10:30am Wednesday June 7, 10:30am 5月3, 17日(水) 午前10時半 6月7日(水) 午前10時半

#### JCCC Bazaar · JCCCバザー

Saturday May 6, 12:00 to 4:00pm 5月6日(土)、午後12時~4時

#### TJFF Ticket Sales Begin! トロント日本映画祭(TJFF)チケット販売開始

Wednesday May 10, 10:00am 5月10日(水)10時

See page 12 for details. 詳細は12頁をご覧ください。

#### Sakura Gala・サクラガラ

Saturday May 13·5月13日(土)

See page 15 for details. 詳細は15頁をご覧ください。

#### Sumi-e Workshop - Chickadees 墨絵ワークショップ「四十雀」

Saturday April 15, 9:30am to 12:00pm 5月13日(土) 午前9時半~正午

See sumieartistsofcanada.org for details. 詳細はsumieartistsofcanada.orgでご確認ください。

#### Taiko Workshop · 太鼓ワークショップ

Tuesday May 16, 7:30 to 9:00pm 5月16日(火) 午後7時半~9時

#### Victoria Day - JCCC Closed ビクトリアデイ - JCCC閉館

Monday May 22 · 5月22日(月)

# Kyohei Sorita - Piano Concert 反田恭平 - ピアノコンサート

Wednesday May 24·5月24日(水)

See page 13 for details. 詳細は13頁をご覧ください。

#### Doors Open Toronto・ドアズオープン、トロント

May 27 and 28, 10:00am to 5:00pm 5月27日(土)、28日(日) 午前10時~午後5時

#### Toronto Japanese Film Festival ・トロント日本映画祭

June 8 to 22 · 6月8日~6月22日

See page 8 for details. 詳細は8頁をご覧ください。

#### Ongoing / 開催中

#### JCCC Library・図書館

The Library is now open (4 days/month). Please check the JCCC website for the schedule of this month.

JCCCライブラリーは現在月四回オープンし、貸出/閲覧が可能です。 スケジュールはウェブサイトで確認してください。

ライブラリーでは閲覧日、貸出日にお手伝いくださるボランティアを募集しています。ご興味のある方(要、日本語)はharukoi@jccc.on.caまでご連絡ください。

#### Exhibitions • 館内展示

# Moriyama Nikkei Heritage Centre 森山日系へリテージセンター

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。

#### Heritage Hallway ・ヘリテージホール

60 Years of Friendship Through Culture 文化が育んだ60年のフレンドシップ

May 2023 to June 2024 • 2023年5月~2024年6月

#### JCCC Gallery ・JCCCギャラリー

Déjà Vu: Split Perception as One

Photographs by Shin Sugino

Part of the Scotiabank Contact Photography Festival

デジャビュ 既視感について

杉野信也 写真展。コンタクトフォトフェスティバル参加展示

May 1 to July 28·5月1日~7月28日

#### Contact the JCCC・お問合せ

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担当者がお分かりの場合は担当者へ直接、もしくは受付jccc.on.ca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5午後5時)に受付までご連絡ください。

# O-Hanami · お花見

O-Hanami is upon us! At the time that this issue went to print, projections were for peak viewing season just in time for the JCCC Bazaar and Sakura Gala. What a great welcome back for these two events from Mother Nature!

As these weekends will be a very busy time, we are bringing in Parking Lot Attendants and some new signage reminding visitors to be safe and respectful in the parking lots.

From now through the end of viewing season, the JCCC Gift Shop will have a selection of sakura themed items. If you are coming to the JCCC for O-Hanami, consider coming into the building to visit NAKAMORI for a light snack, or to see Strength in Sixty Sakura, our 60th Anniversary Art Installation by Elysha Rei.

# While you are here we ask that you respect all posted signs and use proper O-Hanami etiquette:

- Be respectful of these delicate trees. Please do not pull or shake branches. Do not pick blossoms. Do not climb trees or stand on their roots.
- Please do not leave garbage in the area. Leave the area beautiful for the next visitors to enjoy.
- Please park only in designated parking spots. Do not stop your vehicle in the laneway or stand in a place that may put you, or others in danger.







### **Natsu Matsuri and Obon Festival**

On Saturday July 8, 2023, the traditional summer festivities of Natsu Matsuri and the Obon Festival will also be returning! The JCCC invites everyone to enjoy a lively festival atmosphere with games, great food and spectacular performances. Many community organizations, including the NJCC and Toronto Buddhist Church, come together to make this a unique event. Weather permitting the event takes place outside in the parking lot or in the Kobayashi Hall.

We look forward to another year of this exciting JCCC and Community tradition. We hope to see lots of new and familiar faces. Mark your calendars now! Look for more details in the June issue of the Newsletter.





# Positions Required at the JCCC - Porters

#### Weekend Night Porter (3pm to 11pm) Job posting # 4231

The JCCC is looking for permanent part-time Night Porter (3pm to 11pm) for Saturday and/or Sunday. Job duties are related to the maintenance of the building and its grounds (supervised/unsupervised). May occasionally require extra hours after 11PM to clean up and/or complete the set up for the next morning.

#### Responsibilities include:

- Event set up/breakdown (includes moving, stacking, setting up chairs, tables, and stage decks, moving small pieces of furniture, etc.)
- · Walkway maintenance (snow/leaf removal)
- · Some custodial services (removing garbage, cleaning the floor and furniture, etc.)
- · Close the building at 11pm

Candidates should have excellent organizational and communication skills, as well as being a self-starter. The ability to work under pressure and adapt to changing priorities in order to meet deadlines is essential. Good interpersonal skills and problem-solving skills are an asset. Basic Audio-Visual setup knowledge is a strong asset, but not compulsory.

The job involves 90% physical work and a lot of walking, standing, and moderate to heavy lifting (16-50lbs)

Please send your application to <a href="https://href.cc.on.ca">hr@jccc.on.ca</a> and mention if you are applying for the Night Porter (Saturday and/or Sunday) position.

Please refer to Job Posting #4231

While we appreciate your interest, please note that only qualified candidates will be contacted.

# JCCC at the Aga Khan Museum

The JCCC was proud to partner with the Aga Khan Museum for their Easter Family Weekend. Dancers from the Ayame Kai Dance group performed in the main Atrium of the Aga Khan Museum. Look to future newsletters to see more co-programming within the Don Mills Cultural Corridor.







### **Musical "Naomi's Tree"**

#### by KARAKORO

Performing Arts group (Osaka, Japan), KARAKORO, who gave audiences a great impression with Eisa show at the JCCC back in 2013, 2014, and 2015, will come back to the JCCC for a musical performance this summer.

Based on the picture book "Naomi's Tree" by Joy Kogawa, Yoko Matsui, director of KARAKORO stage adapted it to a musical. The story is about Naomi, a Japanese Canadian girl who lost her mother in the atomic bombing during World War II when Japan and Canada were at war.



Once upon a time, in the land of the rising sun, now known as Japan, there was a beautiful cherry tree.

In spring, its pink petals would flutter and the whole area would be filled with petals. The cherry tree said, "Oh, how gentle and peaceful this place is!"

Many, many years passed and the beautiful tree became known as Friendship Tree. Japan is now a peaceful world, but the cherry tree had seen many wars. So the cherry tree prayed.

May the world be safe.

May the world be kind.

May the world forever

Be our home.

KARAKORO is a performing arts group in Osaka Japan and they perform in Japan and internationally. The group has performed three times at the Japanese Canadian Cultural Centre in 2013, 2014 and 2015.

Date: Thursday, August 17, 2023

Time: 7pm (6:30pm door open)

Tickets: General \$35 + HST, JCCC members and children under 14 \$28 + HST

Sales start on May 25 at the JCCC reception desk and TicketWeb

#### KARAKOROミュージカル

#### 「Naomi's Tree」

2013年から2015年の三年間、EISAの舞台で観客を湧かせたKARAKOROが今年の夏ミュージカル公演でJCCCに旋風を巻き起こします。 ミュージカルはジョイ・コガワさんの原作本"Naomi's Tree"をミュージカル化した日系へリテージ、世界平和にもつながる作品です。

舞台は、「今日のお話はなあに?」と小さな子どもがおばあちゃんにねだるところから始まります。

昔々、朝日が昇る国、今は日本として知られている国に一本の美しい桜の木がありました。

春になるとピンク色の花びらがひらひらと舞い、あたり一面が花びらでいっぱいになりました。桜の木は言いました。「ああ、ここはなんて優しくて平和な世界なんでしょう。」

何年も何年も時が経ち、その美しい木はFriendship Treeとして知られるようになりました。今、日本は平和な世界だけれど、桜の木はたくさんの戦争を見てきました。だから桜の木は祈りました。

日時: 8月17日(木)7時開演(6時半開場)

チケット: 一般35ドル + HST・JCCC会員&子供(14歳未満)28ドル + HST

5月25日より発売開始(JCCC受付・チケットウェブ)



# THE TORONTO JAPANESE FILM FESTIVAL IS BACK FOR ITS 12TH YEAR!

We are very pleased to announce that our ever-popular Toronto Japanese Film Festival will be returning from **June 8 to June 22!** Now in its 12th year, the Toronto Japanese Film Festival has grown into one of the largest cinema events of its kind in the world, showcasing the finest Japanese films that have been recognized for excellence by Japanese audiences and critics, international film festival audiences and the Japanese Film Academy. Programming addresses popular genres such as historical (samurai) jidaigeki, contemporary dramas, comedies and action, literary adaptations, children's, art-house and anime films. All films shown are North American, Canadian, or Toronto premieres.

We are still finalizing our line-up but here are some highlights!

#### OPENING NIGHT: THE INTERNATIONAL PREMIERE OF

#### FATHER OF THE MILKY WAY RAILROAD 銀河鉄道の父

Born in 1896, novelist and poet of children's literature Kenji Miyazawa is now one of Japan's most read and best-loved authors. It was not until after his death at only 33 that his work became widely recognized.

His father Masajiro wants Kenji to take over his pawnshop business but Kenji refuses. Wishing to go his own way he explores agriculture and Buddhism among other things. Masajiro tries to be a strict father but ends up being supportive. When Toshi, Kenji's younger sister and the one who understands him the best, becomes ill, Kenji starts to devote himself to writing. Based on Naoki Prize-winning novel, the film movingly depicts the ultimate love between father and son, and the life of a literary genius through the eyes of his father. A powerful and ultimately heartwarming biopic with an all-star cast.

Director: Izuri Nakushima

Starring: Koji Yakusho, Masaki Suda, Nana Mori

#### **AWARD FAVOURITES**

#### A MAN ある男



Adapted from Keiichiro Hirano's novel, this searing investigation into the themes of identity and the nature of happiness won Japanese Academy Awards for Best Film, Best Director, Best Screenplay, Best Actor, Best Supporting Actor and Actress.

After a divorce and the death of her youngest child, Rie moves to rural Japan and remains cautious about the possibility of another relationship until she meets the gentle Daisuke. But Rie's second chance at happiness is abruptly interrupted when Daisuke dies in an accident. At the memorial service, Daisuke's estranged brother Kyoichi enters, sees a photo of the deceased and declares, "This is not Daisuke." Rie contacts attorney Kido to pursue of the identity of the man who had lived his life as a different person. Kido's investigation leads towards a shocking truth.

Director: Kei Ishikawa

Starring: Satoshi Tsumabuki, Sakura Ando, Masataka Kubota, Nana Seino



#### SMALL, SLOW BUT STEADY ケイコ 目を澄ませて

#### "Tender heartbreaker scores a knockout without punching hard" – Variety

Inspired by Keiko Ogasawara's autobiography and Winner of the Kinema Junpo Awards for Best Film and Best Female Performance.

Keiko, a hearing-impaired young woman, has big dreams of becoming a professional boxer. Driven more by passion than ability, she trains at an aging boxing gym threatened with the prospect of closure. She looks up to the ailing gym owner as a father figure, who is a key pillar of support for her. Immersed in a routine of training and her work as a cleaner in a hotel, the subdued Keiko gently rides the rhythms of life inside and outside the boxing ring. After winning two difficult matches, she faces her third with a growing unease as her world gradually dissolves around her. Keiko must understand the true nature her strength and will to fight in order to carry on. A gentle, meditative exploration of human fragility and solitude built around a career best performance from Kishii.

Director: Sho Miyake

Starring: Yukino Kishii, Tomokazu Miura, Masaki Miura, Shinichiro Matsuura



#### WANDERING 流浪の月

Based on Yu Nagira best-selling novel and nominated for six Japanese Academy Awards including for Best Film, Best Actor and Best Actress.

On a rainy evening, 19-year-old university student Fumi happens across a soaking wet 9-year-old Sarasa in the park. She is separated from her parents and lives with her aunt. but she tells Fumi that she doesn't want to go home. Fumi offers an umbrella and invites Sarasa to his apartment where they live together for the next 2 months. The two lonely souls seem to have finally found a place in the world together until the police arrest him as her kidnapper and presumed abuser. Fifteen years later, the two meet again. However, they both have shouldered too much pain, guilt and suffering from being labelled a 'poor victim' and a 'dangerous paedophile' respectively. The truth of their unconventional relationship that slowly emerges is both shocking and heart breaking. .

Director: Sang-il Lee

Starring: Tori Matsuzaka, Suzu Hirose, Ryusei Yokohama, Mikako Tabe

流浪の月



### FOR JAPANESE CULTURE VULTURES!

#### THE LINES THAT DEFINE ME 線は、僕を描く



Sousuke Aoyama is a university student. His parents died in an accident and he is remains unable to overcome his despair over their deaths. While working his part-time job at an exhibition gallery, he encounters sumi-e (Japanese ink painting) and is fascinated by their power and delicate beauty. Standing nearby, sumi-e master Kozan Shinoda notices Sousuke's fascination with the works and suggests Sousuke become his pupil to learn the art himself. However, Kozan's niece is dismissive of Sousuke and declares to her intention to compete with Sousuke for the "Kozan Award." Although Sousuke seemed uninterested in painting at first, he gradually becomes drawn to it by each stroke he draws...

A fast-paced, and engaging love letter to the art of sumi-e, based on the novel "Sen wa, Boku o Egaku" by Hiromasa Togami.

Director: Norihiro Koizumi

Starring: Ryusei Yokohama, Kaya Kiyohara, Tomokazu Miura, Yosuke Eguchi



#### YUDO | THE WAY OF THE BATH | 湯道

In this light-hearted celebration of Japanese bathing culture, two estranged brothers inherit Marukin Hot Springs, a small-town bathhouse. Goro sees it as an homage to their late father; the other - struggling architect Shiro - envisions a lucrative real estate opportunity for a condo project. When Goro is hospitalized after an accident at the bathhouse, Shiro has to take the operation over temporarily. There he meets an eclectic collection of townsfolk who impart the value of the o-furo. They include an early morning songstress, the gaijin who must prove worthy to his father-in-law, a snobbish onsen critic and an eccentric "bath hermit" whose wild beard and eyebrows hide a deeper knowledge of the way of the bath. Funny, heart-felt and occasionally surreal, it proves that we are all equal in the bath! Director: Masayuki Suzuki

Starring: Toma Ikuta, Gaku Hamada, Kanna Hashimoto



#### THE ZEN DIARY 土を喰らう十二ヵ月







Tsutomu lives alone in the mountains, writing essays, cooking food with fruits and vegetables he grows and mushrooms he picks in the hills. His routine is happily disturbed when Machiko, his editor/love interest, occasionally visits. She loves to eat and he loves to cook for her. Tsutomu seems content with his daily life, however he remains unable to bury his dead wife's ashes in a grave. His wife died 13 years ago... Adapted from Tsutomu Mizukami's book, this gentle, thoughtful drama considers the importance of aligning one's life with the natural world's flavours and rhythms.

Director: Yuji Nakae

Starring: Kenji Sawada, Takako Matsu

### **BLOCKBUSTER HITS!**

FRAGMENTS OF THE LAST WILL ラーゲリより愛を込めて

It is 1945. The Second World War is approaching its conclusion. Hatao Yamamoto is a linguist stationed in Manchuria with wife Mojimi and their four children. As Soviet forces close in on the city, he decides to send them on the long journey back to Japan, promising to return himself. Hatao is soon captured, and his vow becomes his main source of sustenance as he endures the rigors of life in a Soviet prisoner-of-war camp. Fluent in Russian, Yamamoto is often called on to act as an interpreter., "Don't give up hope; the day will come when we can go back to Japan." he constantly encourages his fellow prisoners who are touched by Yamamoto's selflessness and step up to support him at his time of need. A heart-warming testament to the strength of the human spirit and the love between a husband and wife. Based on a true story. Bring your handkerchiefs.

Director: Takahisa Zeze

Starring: Kazunari Ninomiya, Keiko Kitagawa, Tori Matsuzaka, Kento Nakajima, Akira Terao, Kenta

Kiritani, Ken Yasuda.





#### AS LONG AS WE BOTH SHALL LIVE 私の幸せな結婚



Currently ruling the Japanese box-office this fantasy takes place in a highly-stylized 19th century restoration era where Miyo is the first daughter of a prestigious family. Her mother dies, her father remarries and she is raised by an abusive step-mother. When Miyo finally comes of marriageable age, though, her hopes of being whisked away to a better life are dashed as she discovers her fiance's identity: Kiyoka, a military commander apparently so cold that his previous would-be brides all fled within days of their engagements. Contrary to her expectations, her new husband is actually kind-hearted. As romance begins to blossom mysterious attacks are launched on the capital and Kiyoka must fight for the city and the woman he loves. A sumptuous mix of fantasy, action and romance based on the popular novel, manga and soon to be released anime film.

Director: Ayuko Tsukahara Starring: Ren Meguro, Mio Imada





Tenmasou is a long-established traditional-style inn atop a mountain overlooking the sea, in a town called Mitsuse. It exists as a way station between earth and heaven where guests have to decide whether to return to the world of the living, where they are in a coma from an accident or illness, or move on to the next realm, where they will be reborn. The inn is run by Nozomi, her younger sister Kanae and their mother Keiko, the inn's elder proprietress, who is still resentful of her ex-husband who deserted the family. One day, their half-sister Tamae's soul comes to stay and this exceptional young woman changes the lives of the family and guests at the inn.

Based on popular manga by Tsutomu Takahashi and featuring a stellar cast, the film is a huge swooning fantasy on the nature of love and loss.

Director: Ryohei Kitamura

Starring: Non, Mugi Kadowaki, Yuko Oshima, Shinobu Terajima, Kengo Kora, Hirayuki Hirayama, Masatoshi Nagase

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### **TICKETS AND PASSES**

# SINGLE TICKETS

\$11.50 Non-member: \$13.27

# 5 FILM PASS

(100 available)

JCCC Member: **\$48.67** 

Non-member: **\$61.95** 

# 10 FILM PASS

(100 available)

JCCC Member:

\$97.35

Non-member:

\$123.89

#### HST to be added to all prices.

We will announce our line-up and guests shortly. The festival will run June 8 to 22, 2023.

Tickets will go on sale Wednesday May 10, 2023 at 10:00am and multi-film passes will include a generous gift from our lead sponsor SHISEIDO CANADA.

For further information, please visit our website at www.jccc.on.ca or contact the JCCC at 416-441-2345.

#### Other films include:

SILENT PARADE 沈黙のパレード

ANIME SUPREMACY! ハケンアニメ!

OFFBEAT COPS 異動辞令は音楽隊! A FISH TALE さかなのこ

LESSON IN MURDER 死刑にいたる病

PLAN 75

METAMORPHOSIS メタモルフォーゼの縁側











# **Kyohei Sorita, Solo Piano Concert**

#### In the Kobayashi Hall

The Japanese Canadian Cultural Centre is partnering with Bravo Niagara! Festival of the Arts to proudly present the Ontario debut of internationally-acclaimed pianist Kyohei Sorita in celebration of the Japanese Canadian Cultural Centre's 60th anniversary.

One of the most sought-after pianists of his generation, Kyohei Sorita is the winner of the Silver Medal at the prestigious 18th International Chopin Piano Competition (2021) in Warsaw. This is the highest prize for a Japanese-born pianist since Mitsuko Uchida's second prize in 1970. In the coming season, invitations will take Mr. Sorita to the Munich Philharmonic Orchestra (originally under Gergiev, now under Payare), to Poland, Australia, and Austria (Tonkünstler Orchestra) and on a tour with the NDR Elbphilharmonie Orchestra under Alan Gilbert.

In 2020 he gave his debuts in Paris and at the Vienna Musikverein to much acclaim. His orchestra collaborations include Deutsches Symphonie-Orchester Berlin, RAI National Symphony Orchestra, Mariinsky Theatre Orchestra, Warsaw National Philharmonic Orchestra, Russian National Orchestra, Tonkünstler-Orchester, NHK Symphony Orchestra, Yomiuri Japan Symphony Orchestra, and Tokyo Metropolitan Symphony Orchestra.

Mr. Sorita is also the founder, producer, and conductor of the Japan National Orchestra.

#### **Program**

CHOPIN Ballade No.1 Op.23 CHOPIN Ballade No.2 Op.38 CHOPIN Ballade No.3 Op.47 CHOPIN Ballade No.4 Op.52

#### INTERMISSION

SCRIABIN Fantasy in B minor Op.28 RACHMANINOFF Prelude in D major Op.23 No.4 RACHMANINOFF Piano Sonata No.2 Op.36

#### **TICKETS**

General admission:

JCCC Members and Bravo Niagara! Members

\$60

\$50

**HST** not included



#### **Concert Sponsors and Supporters**

Bravo Niagara! Maestro Series Sponsor: Audi Niagara

**Concert Supporters:** Yamaha Canada Music, The New Classical 96.3 FM, Toronto City Philharmonic Orchestra

Bravo Niagara! Festival of the Arts is a not-for-profit organization based in the Niagara region. For more information about their concert series and new production Kimiko's Pearl, visit **bravoniagara.org**.

TICKETS CAN BE PURCHASED AT HTTPS://JCCC.ON.CA/EVENT/2023/05/KYOHEI--SORITA-PIANO OR BY CALLING 416-441-2345.

**NOW SOLD OUT** 

### **Martial Arts News**



May is registration month for Aikido, Karate, and Jodo. Please make sure to register by the May 20th deadline.

Fees have been adjusted to accommodate Summer hours and in consideration for participant time off. Check our website for how your martial arts fees breakdown. Please note that registration is still for a complete Series and must be completed by the deadline.

#### **Kendo News**

Congratulations to the JCCC Kendo "A Team" that won 2nd place at the annual University of Toronto Kendo Tournament. Over 32 teams entered the tournament and the JCCC "A Team" met "Team Canada" (a team made up of Team Canada prospects) in the Finals. Ken Sumida also won 1st place in the Mudansha Individual Division and Jim Lin-Dybner won 2nd place in the 2nd-3rd Dan Individual Division. Team A Roster: Kyle Huang, Raymond Kim, Sean Zapanta, Jim Lin-Dybner and Josh Chan (captain).

Submitted by Bryan Asa



### **Doors Open Toronto 2023**

Rediscover the city you thought you knew through Doors Open Toronto, celebrating 100+ sites of architectural, cultural and social significance. Go deeper with engaging tours, insightful talks, an online film series and other virtual experiences. Doors Open activities take place between 10 a.m. and 5 p.m. More than 100 buildings and sites across Toronto open their doors over the May 27 and 28 weekend. Admission is free.

Come and celebrate with us as we celebrate the 60th anniversary of the Japanese Canadian Cultural Centre. Check out our 60 Years of Friendship Through Culture exhibit, featuring artist Elysha Rei's work The Strength in Sixty Sakura in the main hallway. The JCCC Gallery is proud to host Shin Sugino's Déjà Vu: Split Perceptions as One exhibit as part of the Scotiabank CONTACT Photography Festival. In addition, the JCCC will be offering a wide variety of arts and cultural programs. Self-guided audio tours and in-person guided tours are available for Maru: Immigration Stories. Artist demonstrations, Hula and Taiko performances and observations of martial arts classes will all be available. The JCCC is home to eight high performing and unique martial arts clubs - Aikido, laido (traditional drawing and cutting with the samural sword), Jodo (martial arts with a staff), Judo, Karate, Kendo (Japanese art of fencing), Kyudo (Japanese archery), and Naginata (martial arts with Japanese blades). Demonstration and observation of all of these classes will be available throughout both days.

# SAVE THE DATE

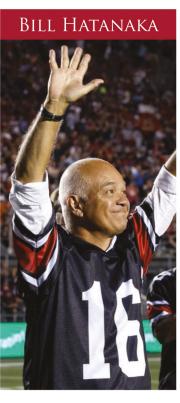


# SAKURA GALA 2023

Honouring

# NIKKEI LEGENDS IN CANADIAN SPORT

Saturday May 13, 2023







The Sakura Gala is an elegant evening recognizing exceptional contributions made by individuals to the promotion and exchange of Japanese culture and enhancing awareness of Japanese Canadian heritage within Canada and abroad. The evening features a gourmet dinner, auctions, entertainment and the presentation of the prestigious Sakura Award. This year it will be held on Saturday May 13, 2023 at the JCCC in Toronto.

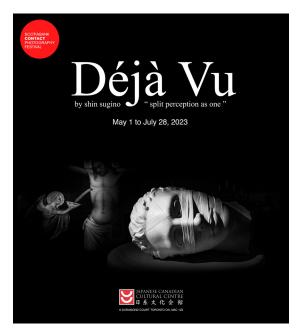
The 2023 Sakura Award will be presented to three Japanese Canadian legends in the Canadian sports community - CFL Grey Cup record-holder **Bill Hatanaka** (Ottawa Rough Riders), three-time Olympic medalist in women's hockey **Vicky Sunohara** and the Montreal Canadien's captain **Nick Suzuki**. All are exceptional role models that continue to inspire great pride in the community. The keynote speaker is **Bobby Webster**, Japanese American general manager of the NBA's Toronto Raptors.





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





Déjà Vu is part of the Scotiabank CONTACT Photography Festival and is available for viewing until July 28, 2023. An online version of is available virtually on JCCC's Google Art & Culture. Excited to meet Shin Sugino? Join an Artist Talk featuring Sugino on May 28 during Doors Open Toronto.

60 Years of Friendship Through Culture, curated by a team of JCCC staff Su Yen Chong, Theressa Takasaki, and Sandy Chan, graphic designer Sarah Doi, and University of Toronto Masters students Shauna Weimann, Johnny Pham, and Hazel Hay, is a year-long exhibit that celebrates an important milestone for the JCCC. This photographic journey explores Japanese heritage in Toronto including the JCCC's start on Wynford Drive through to its current location on Garamond Court.

This exhibition features an art installation, *The Strength in Sixty Sakura* by Japanese Australian artist Elysha Rei. Hand-cut in paper, *The Strength in Sixty Sakura* represents the strength and resilience of the Japanese Canadian community, captured in the history and programming of the Japanese Canadian Cultural Centre. Commemorating it's 60th Anniversary, 60 blossoms adorn these branches, marking each year of education, partnerships, participation and learning at the Centre.

# The JCCC Launches Two Exciting New Exhibits

The Japanese Canadian Cultural Centre kicked off the momentous celebration of the Centre's 60th anniversary with the launch of two exhibits: *Déjà Vu. Split Perception as One* by Shin Sugino and *60 Years of Friendship Through Culture* featuring an art installation by Elysha Rei.

Déjà Vu. Split Perception as One, the largest exhibition in Canada for Sugino to date, presents fifty years of works by the renowned photographer:

"I have drawn from more than 50 years of travel and personal encounters to create rich and detailed photographs that represent my life experiences. But for me, there is more, there is an endgame: Affirmation — a gratifying cognizance that there is a reason why I've captured an image. Déjà vu is reality."





YEARS OF FRIENDSHIP THROUGH CULTURE

文化が育んだ60年のフレンドシップ



Visit the Japanese Canadian Cultural Centre's 60th Anniversary Wall Exhibit.













# Artsu Matsuri: Artists Walk & Talk

By Lois Fuse

The JCCC Gallery was bustling on March 26 when a large group of art lovers gathered to meet the artists participating in this year's Artsu Matsuri. Comments on their works given by several of the artists was a highlight of the afternoon.

These presentations were varied and fascinating, covering such topics as materials and techniques used; inspirations and intentions behind the visual surfaces; and comments on the history of Japanese techniques used.

The varieties of style, technique and media were intriguing to the attendees. Media included works on canvas and washi using acrylics/oils, watercolour and sumi-e; pottery; photography; a diorama made of chopsticks; stitched and woven textures; even a painting on a skateboard and miniature origami. A wonderful and eclectic mix, well hung and lighted. The audience responded enthusiastically to what they saw and heard.

Thank you to all who attended or who visited Arts Matsuri 2023. *Photo credits, right: Doug Leclerc; below (including Hiroshi Yamamoto), Hitoshi Murakami* 

Barbara Miiko Gravlin



Kathy Yamashita

Roslyn Levin



Keiko Shintani



Ken Sugamori

Maryam Pazooki



Mui-Ling Teh



Lois Fuse



Kaz Ogino



Katherine Adachi



Hiroshi Yamamoto





# FLOW by Nagata Shachu

Nagata Shachu' Japanese taiko and music group presents its third and final concert 'FLOW' as part of its 25th Anniversary 2021-2022 concert season. The concert will feature next-generation Japanese taiko soloist Masayuki Sakamoto (former principal performer with Kodo drummers) in collaboration with Nagata Shachu. Embracing the state of flow – the mental state in which a person is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process, this spellbinding season finale will weave together Nagata Shachu's original taiko rhythms with Sakamoto's rebellious rock n roll musical sensibilities.

June 10, 2023. 8 pm

Hart House Theatre. 7 Hart House Circle, University of Toronto.

\$35-\$45 adults, \$25-\$35 seniors and students

Earlybird discount 20% off all regular priced adult tickets using the code NSEB3 until April 30, 2023

https://harthouse.universitytickets.com/

phone: 416-978-2452

# **IIHF World Womens Hockey Tournament**

On Wednesday April 5 the JCCC Martial Arts Instructors (and some of their family and friends) were the guests of Sherway Group at the World Women's Hockey Championship. They were able to cheer on Japan at one of the first games to be played at this tournament.

It was a great game to watch as the Japanese Team showed great spirit and tenacity. Unfortunately, they lost the game 7 –1 as they were no match for the powerhouse USA team.

A huge thank you to CEO Paul Rockett for his generosity to the JCCC community.





# DONATIONS TO THE JCCC

#### AS OF APRIL 2, 2023

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

| JCCC                                 |       | Mr. & Mrs. Takehiko Yoshida       |     | In memory of Ken Kiichi Ishii            |     |
|--------------------------------------|-------|-----------------------------------|-----|--|-----|
| Anonymous                            | 13    | 3 diplomat frames for Sakura Gala |     | Mr. & Mrs. Arthur Ishii                  | 75  |
| Anonymous                            | 4,400 | Mr. Rodry Zerpa &                 | 25  | In memory of Masae Yamashita             |     |
| Anonymous                            | 300   | Ms. Carolina Perdomo              |     | Mr. Terry Murakami                       | 200 |
| Bazaar                               |       |                                   |     | In memory of Masashi Shin                |     |
| Anonymous                            | 802   | Emergency Appeal                  |     | Mr. Sid & Mrs. Marie Ikeda               | 50  |
| Haru Matsuri                         |       | Ms. Martha Arima                  | 30  | In memory of Mickey Takeda               |     |
| Anonymous                            | 260   | Mrs. Diane Carter                 | 20  | Mr. Richard & Ms. Fumi Toyonaga          | 250 |
| In celebration of Jeremy's birthday  |       | Mrs. Elinor J. Dunlop             | 35  | In memory of Mitsy Miura                 |     |
| Anonymous                            | 50    | Mr. Patrick Dunlop                | 10  | Ms. Dawna Kobayashi                      | 100 |
| Library                              |       | Mr. Robbie Grant                  | 25  | In memory of Paul Kuwahara               |     |
| Ms. Sheri Burke                      | 15    | Lawrence, Sharon and family Mori  | 25  | Mr. Sid & Mrs. Marie Ikeda               | 50  |
| Mrs. Michelle Connolly               | 250   | In memory of Kazumi Ohkane        |     | In memory of Sachiko Joyce               |     |
| In recognition of Demetre Vasilounis |       | Ms. Karen Tanino                  | 50  | Matsumoto                                |     |
| contributions                        |       | In memory of Ken & Ruth Tanino    |     | Mr. Rick & Mrs. Kathy Tazumi             | 100 |
| Mr. & Mrs. Ray Edamura               | 100   | Mr. David Kai                     | 500 | Ms. Kim Wray                             | 65  |
| Mrs. Susan Hidaka                    | 50    | In memory of Sue Sumi Kai         |     | In memory of Sanaye Inouye               | 00  |
| Mr. & Mrs. Brian Imada               | 50    | Mr. Regan Takenaka                | 25  | Mr. Arthur & Mrs. Tomo Ishii             | 75  |
| Mrs. Miyo Ito                        | 52    | In memory of Tony & Kimi Takenaka |     | Dr. Tatsuya Kato                         | 100 |
| Mr. Zhengyi Jin                      | 50    |                                   |     | Mrs. Mary Morita                         | 50  |
| Mr. & Mrs. Howard Kagawa             | 10    | In Memoriam                       |     | In memory of Sanzo Sasaki                |     |
| Mr. John & Mrs. Michiko Hsuen        | 200   | In memory of Doris Fujioka        |     | St. Andrew's Japanese Anglican           | 100 |
| In honour of Joe & Mary Ann          |       | Mrs. Madeline Sakamoto            | 75  | Congregation                             |     |
| Yonemitsu                            |       | In memory of George Tetsuo        |     | Mr. & Mrs. Frank Nishioka                | 40  |
| Mr. & Mrs. Koji Kari                 | 10    | Iwata                             |     | Ms. Kim Wray                             | 20  |
| Ms. Meg Karper                       | 10    | Mrs. Patricia Fujiwara            | 50  | In memory of Theresa Sano                |     |
| In honour of The Otani Family        |       | Mr. & Mrs. Sid Ikeda              | 50  | Mrs. Betty M. Ura                        | 200 |
| Mr. Gary Kawabata                    | 250   | Mr. & Mrs. Kenneth Kanda          | 100 | In memory of Tom Sumi                    |     |
| Mrs. Yasuko Kawahara                 | 30    | Mrs. Katharine Matsumoto          | 100 | Mr. Herbert & Mrs. Christina Kikuta      | 100 |
| Mrs. Rose Kelly                      | 10    | Mr. Ken Naruse &                  | 50  | In memory of Yumiko Takeda               |     |
| Mr. Andrew Y. Kim                    | 50    | Ms. Veronica A Naruse             |     | Ms. April Takeda                         | 200 |
| Mr. Stephen Kuwahara                 | 200   | Ms. L. K. Naruse-Hogi             | 150 | -  |     |
| Ms. Patricia Sayuri Lawson           | 50    | Mr. Tad & Mrs. Jenny Oyagi        | 50  | Chris Kano Taiko Studio                  |     |
| Ms. Hiroko Lee                       | 100   | Pui Va So & Hung Kwong Yung       | 101 | Mr. Stephen Nishimura                    | 100 |
| Mr. Steve McFarlane                  | 140   | In memory of George Uyeyama       |     | In memory of Yumiko Takeda               |     |
| Mr. Frank & Mrs. Margaret Seko       | 100   | Mr. Grant Uyeyama                 | 200 |  |     |
| Mr. Lindsay Takashima                | 500   | Mrs. Toshiko Uyeyama              | 50  | Heritage                                 |     |
| Mr. Katsuhiko Takeuchi               | 145   | In memory of Haruko Kondo         |     | Mr. Jean & Mrs. Jean Takaki              | 25  |
| Mr. & Mrs. Robert Tanaka             | 100   | Ms. Kim Wray                      | 20  | In memory of Sachiko Matsumoto           |     |
| Mr. Richard Kenno & Dr. Jane Toyota  | 100   | In memory of Kay Mende            |     |  |     |
| Mr. James Viegas                     | 20    | Miss Josie Li                     | 315 | Foundation and                           |     |
| Mr. Alexander Von Donat              | 25    | In memory of Kazumi Ohgane        |     |  |     |
| Ms. Karen Webb                       | 25    | Mrs. Jessica Y. Nakamura          | 50  | Organizations                            |     |
| Ms. Carolyn Wells                    | 50    | Kay Traicoff                      | 100 | Frontstream Inc<br>Pledgeling Foundation |     |

#### **DONATIONS**

| Sony of Canada Ltd             |                          | Mr. Brent Borgundvaag               | 93  |
|--------------------------------|--------------------------|-------------------------------------|-----|
| Cultural Programmes            |                          | Mrs. Susan Hidaka                   | 127 |
| Yamaha Canada Music Ltd        |                          | Ms. Kikuye Inouye                   | 127 |
| Toronto Japanese Film Festival |                          | Dr. Sam Misumi                      | 127 |
| _                              |                          | Ms. Kay Nagao                       | 150 |
| Support Member                 | Mr. & Mrs. Stephen Saito |                                     |     |
| Partner                        |                          | Mr. & Mrs. Walter Schlichtig        | 110 |
| Mrs. Betty Lou T. Arai         | 150                      | Mr. & Mrs. Leslie Takahashi         | 110 |
| Dr. Katherine Arima            | 127                      | Mr. Noriyuki Tanahashi              | 93  |
| Ms. Sandra Blake               | 116                      | Mr. Richard Kenno & Dr. Jane Toyota | 110 |

# 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

Clayton Gyotoku and Jessie Ebata

Chinatsu ICHIDA Hiromi ICHIDA Keiko ICHIDA Takako ICHIDA Yoshi ICHIDA Yumi ICHIDA

In memory of Sanaye Inouye

Robert Yasuharu & Shizuko Hosui

Kadoguchi

Lucas, Sayaka, and Emika Koolma In Memory of the Shichitaro and Naka

Nagata family Dr. Seiko Shirafuji Mr. Douglas Dwyer

#### **Groups**

Checkmate Development Crow Creek Settlement Reunion Hanayagi Essay Group





# Nostalgia Night Celebrates 60 Years of the JCCC

Plans are underway to make August 19, 2023, a night of celebrating the JCCC's 60th Anniversary.

Come and explore the Heritage exhibit, "60 Years of Friendship Through Culture", a remarkable timeline of the major events that have occurred since the JCCC's inception, on display in Heritage Hall. View the winning art installation by artist Elysha Rei that was commissioned to celebrate the JCCC's 60 years, also in Heritage Hall. Visit the Art Gallery to view a new art exhibition and the Moriyama Nikkei Heritage Centre to discover a new addition to the Maru exhibit focused on the Okinawa Diaspora.

Enjoy catching up with friends and family, the fabulous buffet of Japanese Canadian foods along with a cash bar, and a Nostalgia Night program highlighting our 60 years.

And for an added bonus those interested in wearing their own kimono or yukata, Kimono Fun will be there to help you get dressed if you bring it with you. You'll find them in the Hosaki Room by the Registration Table.

Registration fees: JCCC members 13 and over - \$30.00 pp +tax; Children 5-12 - \$5.00 pp +tax, and children 4 and under are free. Non-members fee for 13 and over is \$36.00 pp +tax. No walk-in registrations will be taken. Space is limited.

Flyers with the registration information will be in our next newsletter. When registration opens on June 1st you can register through Reception (416-441-2345) or online through the JCCC website.

Mark your calendars and don't wait to register on June 1st as this promises to be a great celebration!

### **TJGC Annual Plant Sale**

Get ready to garden! Toronto Japanese Garden Club (TJGC) will be holding their annual plant sale at the Japanese Canadian Cultural Centre at 6 Garamond Ct., on June 3 from 10 a.m. to 2 p.m.

Look for us outside in the Heritage Garden. Event will move indoors to the Heritage Court in case of rain. As always, we will have a selection of specialty kiku (chrysanthemum) and asagao (morning glories). Check out our beautiful selection of uncommon house plants and perennials. New this year will be Japanese herbs and vegetables. Plan to arrive early for best selection.

#### MARK YOUR CALENDARS

- JCCC, 6 Garamond Ct., outside in the Heritage Garden
- · 10 a.m. to 2 p.m.
- In case of rain, the event moves inside to the Heritage Court

For more information, please email TJGardenClub@gmail. com.

#### WHAT'S ON OFFER

- · Kiku and asagao \$4 each or 3 for \$10
- Small house plants and perennials \$2 each
- Large house plants and perennials \$5 each or more
- Assorted gardening tools, twine, ties, support poles
- Surprise gift with purchase as a bonus for TJGC members



#### 健やかな老後をめざして その62 - 狭心症や心筋梗塞が発症したら

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)

一般によく知られている狭心症は「心臓を取り巻く冠動脈の内側に動脈硬化が起こり、心筋に十分な血液を送ることができなくなって胸痛などが起こった状態」です。高齢者に多く見られます。運動した時に起こりやすく、締めつけられるような胸の痛み、動悸、息苦しさ、冷や汗、吐き気などの症状が5~10分ほど続きます。関連痛(放散痛)として、心臓と離れた場所(歯、のど、背中や腕など)に痛みが現れることもあります。糖尿病、高血圧、脂質異常症、肥満、喫煙があると発症リスクが高まります。

その他には、40~50代に多い冠動脈のけいれん(冠れん縮)で起こる狭心症や微小冠動脈の異常が原因で起こる狭心症があります。動脈硬化が原因ではない狭心症の場合は発見が難しく、初めて起こった場合でも突然死につながることもあります。冠れん縮による狭心症の危険因子として、特に注意したいのは喫煙です。心身のストレス、過度の飲酒も関係します。夜間から早朝の安静時に起こりやすいという特徴があり、「発作時の症状が強くなったり、弱くなったり」を短時間のうちに繰り返すこともあります。

微小血管狭心症は診断が難しく、原因不明、あるいは、その他の狭心症と診断されている場合があります。更年期の女性に多く、胸痛、みぞおちや肩の痛みなどの症状が20分~数時間も続きます。運動時にも安静時にも起こります。微小血管は心筋に酸素や栄養を運ぶ重要な役割をしています。ですから、微小血管狭心症が悪化すると心筋梗塞を起こすリスクも高まります。

心筋梗塞とは「動脈硬化などで狭くなった冠動脈に血液のかたまり(血栓)が詰まり、その先に血液が流れなくなった状態」です。酸素や栄養が運ばれないために心臓の一部が壊死(えし:局部的に死ぬこと)して動かなくなります。狭心症よりも痛みは強烈です。症状が20分以上続く場合には心筋梗塞が疑われます。すぐに救急車を呼びましょう!

実は、いのちの危険に直結しているにも関わらず、発症後すぐに受診していない人が意外と多いのです。胸の違和感や痛み、肩や背中の痛み、息苦しさ、異常な汗、腕、手や足のしびれや痛み、のどやみぞおちの灼熱感などがあったのに、すぐには受診していないのです。「休めば治る、我慢できそう(たいしたことはない)、夜遅いので明日まで待とう、やらねばいけない仕事中だった、痛みが治まった」などの理由からです……。

人には「いのちの危険にさらされていても、私に限ってそんなことはない」と考えてしまう心のクセがあります。誰もがもつ「正常性バイアス」と呼ばれるものです。私もあなたもこのクセをもっていることを自覚しましょう。狭心症や心筋梗塞は、適切に対応しなければ死に至ることもある怖い病気なのですから!

さて、狭心症・心筋梗塞に対する治療に関しては、基本的に薬物療法、直接に治すカテーテル治療やバイパス手術、再発予防のための心臓リハビリテーションです。(次号へ続く)



Cover image - The JCCC has been holding our Annual Bazaar from the very early days of the Centre. This image shows just a small fraction of the activities that were held. Located at the front entrance of 123 Wynford Drive, you can see signs for the Fish Pond and a Door Prize Raffle, as well as section of the sounds system and people shopping. The JCCC lanterns in the back ground are still used today!

#### **Sharp-Eyed Readers**

A special thank you to all of our sharp-eyed readers who called in to let us know that the unidentified man on the front cover of the April newsletter was Mr. Iwaichi Kawashiri, the father of community member Pat Adachi. For many of the pictures in our Archives, we rely on you, our community, for identification of the many individuals we have photographs of. Your help is always welcome and appreciated. Thank you as well for the corrected spelling of Kameoka. We have been able to update our records for this photo and other similar photos because of the information you provided.

COMMUNITY

JSS Web Page: https://jss.ca/



### JSS プログラム:2023年5月

2023年5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、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。

#### 「リタイアメント後のお金の管理について学ぼう」

5月10日(水) 15時(英語)

このセミナーでは、個人や家族単位で実践できる簡単な節約法や効果的な 予算の立て方、経済的安定性を高める方法について学んでいきます。実践的 な知識やスキルを身につけて、家計管理を効果的に行い、経済的な安定性を 確保するための手段を手に入れましょう。

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

#### 「日本茶について学ぶ」

5月24日(水)15時(英語&日本語)

緑茶は日本において豊かな文化的・歴史的な意義を持ち、様々な種類と風味があります。今回のセミナーでは、緑茶についての一般的な情報から、美味しい淹れ方、健康効果や緑茶を使ったレシピなど、日本の緑茶の世界を詳しく探求していきます。

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

#### (2)レギュラーJSSオンラインプログラム (日本語)

#### 1. かけはしの会オンライン交流会

発達障がいのお子さん(年齢不問)を持つ保護者の方のためのサポートグループです。 応用行動科学療法コンサルタントが会を進行します。月1回開催。

※ お申込み・お問合せは、kakehashinokai@jss.ca または、416-385-9200まで。

#### 2. シングルマザーサポートグループ

シングルマザーおよびシングルマザーになることを視野に入れている方々を対象とした、情報交換や経験談などを話し支え合うグループです。ソーシャルワーカーが一緒に進行します。月1回開催。

- ※ お申込み・お問合せは、SMSG@jss.ca または416-385-9200まで。
- 3. クラフトクラブ交流会 水曜日、10時半~正午

紙クラフト 5月3日(水)「まき貝のギフトボックス」

編み物 5月17日(水)「トイレットペーパーケース」

- ※ お申込み・お問合せは、craftclub@jss.ca または416-385-9200まで。
- 4. 懐かしい日本の歌を歌う会 第2・4月曜日、13時半~15時

同じ世代の方々と集まって、誰もが若いころに一度は歌ったことのある歌を一緒に歌う会です。※お申込み・お問合せはutanokai\_b@jss.caまで。

5. やさしいシニアヨガ(第14期:5/8~6/15\*5/22除く)

新規参加者受付中!※お申込み・お問合せは、senior.yoga@jss.ca または416-385-9200まで。

Check out our upcoming May 2023 programs and events! \*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.

#### Navigating Retirement Finances Wed. May 10, 3pm (English)

In this seminar, we will explore simple ways to save money, budget effectively, and improve financial stability, for individuals and families. Our goal with this seminar is to equip you with practical knowledge and skills to manage your finances more effectively and enhance your financial well-being.

\* Visit our website or contact programs@jss.ca to register

#### A Guide to Japanese Green Tea Wed. May 24, 3pm

(English & Japanese)

Green tea has a rich cultural and historical significance in Japan, with a variety of types and flavors to explore. In this seminar, we will take a closer look at the world of Japanese green tea, from its origins and cultivation to brewing techniques, health benefits and delicious cooking recipe.

\* Visit our website or contact programs@jss.ca to register

#### (2) JSS Regular Online Programs (in Japanese)

#### 1. Kakehashi no Kai

Kakehashi no Kai is a monthly support group for parents raising children (of any age) who are neurodiverse. It is facilitated by a behaviour consultant. \*Contact kakehashinokai@jss.ca for more details.

#### 2. Single Mothers Support Group

A monthly support group for single mothers and those considering becoming single mothers to share information and experiences. It is facilitated by a registered social worker.

\*Contact smsg@jss.ca for more details.

3. Craft Club Social Wed. 10:30am - noon

#### \*RVSP at craftclub@jss.ca

Paper craft - May 3 "Seashell shaped gift box "

Knitting - May 17 "Toilet paper cover "

#### 4. Nostalgic Japanese Song Singing Group

2nd and 4th Monday, 1:30-3:00 pm

This is a group where you can get together with people of your generation and sing songs together that everyone has sung at least once at their young age. \*Contact utanokai\_b@jss.ca

#### 5. Easy Senior Yoga (Term 14: May 8 - Jun 15)

#### \*Contact senior.yoga@jss.ca

The program provides seniors & pre-seniors (age 55+) the opportunity to enjoy a 60-min easy yoga session followed by a 30-min socializing time with fellow Japanese-speaking seniors.

# **Nostalgia Night 2023**

Celebrating the JCCC's 60th Anniversary August 19, 2023



Join us on August 19, 2023 and explore the many exhibits and displays celebrating 60 years, meet up with friends and family, get dressed in your own kimono or yukata, and of course enjoy the great Japanese Canadian buffet.

Registration opens June 1, 2023 by phone 416-441-2345, online or in person at the JCCC.

Registration closes July 28, 2023.

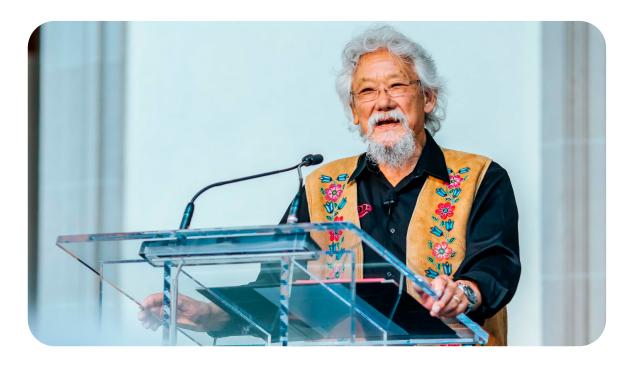
Ticket Prices – member \$30, non-member \$36, youth \$15, child 5 – 12 \$5, child 4 and under – free

Register Early!
Space is limited!

No Walk-ins will be accepted.



# REFLECTIONS OF AN ELDER AN EVENING WITH DR. DAVID SUZUKI



Join us at the JCCC for a very special evening with DR. DAVID SUZUKI, Award-Winning Scientist, Environmentalist, and Broadcaster.Dr. Suzuki has long been a source of great pride among the Japanese Canadian community. His discussion will present his "reflections as an elder" both as an exceptional Canadian and as a Japanese Canadian.

Dr. Suzuki has been recognized by BC Achievement in partnership with the Lieutenant Governor of BC for his extraordinary work as a recipient of the 2021 BC Reconciliation Award. He is a Companion to the Order of Canada and a recipient of UNESCO's Kalinga Prize for science, the 2009 Right Livelihood Award, and UNEP's Global 500. He is Professor Emeritus at the University of British Columbia in Vancouver and holds 31 honorary degrees from universities in Canada, United States and Australia. His written work includes more than 56 books, 19 of them for children. Dr. Suzuki received the JCCC's Sakura Award in 2011.

**ADMISSION:** 

JCCC MEMBER: \$26.55 +HST NON-MEMBERS: \$30.97 +HST FRIDAY, MAY 26 AT 7:00PM

**TICKETS AT: JCCC.ON.CA OR 416-441-2345** 





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