



JAPANESE CANADIAN
CULTURAL CENTRE
カナダ日系文化会館

IN THIS ISSUE

VOL. 51 ISSUE 4

SAKURAFEST

さくらフェス

RON KORB IN THE KOBAYASHI HALL

ロン・コーブIN小林ホール

WHAT'S ON

BAZAAR 2025

バザー 2025

SAKURAFEST FILM SERIES

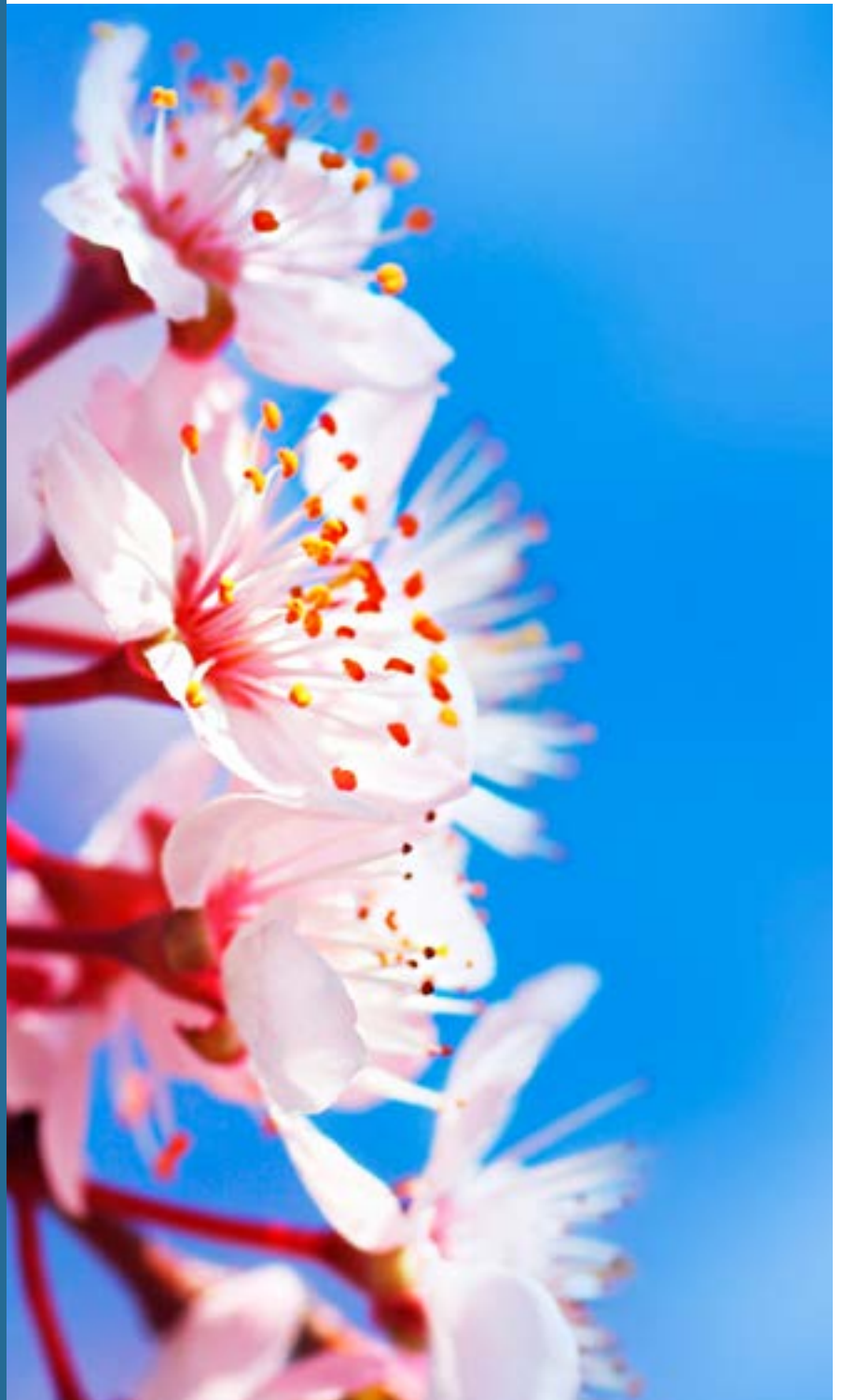
さくらフェス 映画上映会

JCCC CLOSED GOOD

FRIDAY

グッド・フライデー * JCCC閉館

APRIL 2025
2025年4月





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For general enquiries by telephone, please call **416-441-2345** during our operating hours (Tues - Fri 10am-8pm, Sat - Mon 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(火～金、午前10時～午後8時日～月、午前10時～午後5時)にご連絡ください。

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Mayako Barringer mayakob@jccc.on.ca	Community Events Coordinator 416-441-2345 ext. 225

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 May 2025 issue is:

Thursday, April 10, 2025.

次号締切日:2025年4月10日(木)

Please email to newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

6 Sakura Way, 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

JCCC Karaoke Club • JCCCカラオケクラブ

Wednesday April 2 & 23, 10:00am
4月2, 23日 (水) 午前10時

SakuraFest • さくらフェス

April 17 to May 11
2025年4月17日ー 5月11日

See [page 6](#) for details.
詳細は[6頁](#)をご覧ください。

Ron Korb in Kobayashi Hall

ロン・コーブ in 小林ホール

Thursday April 17, 7:00pm
4月17日(木) 午後7時

See [page 7](#) for details.
詳細は[7頁](#)をご覧ください。

Good Friday • JCCC CLOSED

グッド・フライデー • JCCC閉館

Friday April 18
4月18日 (金)

Sumi-e Art Workshop • 墨絵ワークショップ

Painting Orchids • 蘭の花
Saturday April 19, 9:30am to 12:00pm
4月19日(土) 午前9時半-正午

See sumieartistsofcanada.org for details.
詳細は:sumieartistsofcanada.org

April Film Screenings • 4月映画上映会

Saturday April 19, 3:00pm 4月19日(土) 午後3時
11 Rebels 「十一人の賊軍」

Sunday April 20, 3:00pm 4月20日(日) 午後3時
Red Shoes 「レッドシューズ」

See page 8 for details. 詳細は8頁をご覧ください。

JCCC Annual Bazaar • バザー

Saturday May 3, Noon to 4:00pm
5月3日(土) 正午 - 午後4時

See [page 10](#) for details. 詳細は[10頁](#)をご覧ください。

TJFF Tickets Onsale • TJFFチケット販売開始

Wednesday May 7, 10am
5月7日(水) 午前10時

Ongoing / 開催中

JCCC Library • 図書館

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。

JCCC LIBRARY SCHEDULE • JCCCライブラリースケジュール
NEW HOURS!!

TUESDAY - **11:00am – 3:00pm** (lending hours貸出し)

THURSDAY - **11:00am – 3:00pm** (lending hours貸出し)
2:00pm – 4:30pm (computer clinic コンピュータ相談室)

SATURDAY - 1:00pm – 5:00pm (lending hours貸出し)

The Library will be closed on April 19 & 29.

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。

JCCC Gallery • JCCCギャラリー

CONTACT Photography Festival
コンタクトフォトフェスティバル参加展示

Phase in my Journey by Walter Borchenko

April 5 to June 20, 2025 • 2025年4月5日ー6月20日

See [page 12](#) for details.

詳細は[12頁](#)をご覧ください。

BAZAAR DONATIONS!!

Donations of items for Bazaar will be
accepted beginning April 1, 2025.

ドネーションの受付
2025年4月1日(火) より

Haru Matsuri 2025 ・ 2025春祭り



This year's Haru Matsuri (Spring Festival) was frigid but a vibrant celebration of tradition, culture, and community. The event brought together a diverse crowd to enjoy a day filled with performances, delicious food, and unique experiences that showcased the best of Japanese culture. The vendors offered a variety of unique items, from handmade crafts to traditional Japanese goods/food. Shoppers were able to browse through beautiful kimonos, intricate pottery, making it a perfect spot for finding one-of-a-kind souvenirs.

The festival also featured odori (traditional Japanese dance) performances and dynamic martial arts demonstrations, as well as the beautiful art of Ikebana (flower arrangement), Sumi-e (ink brush painting), and Bunka Shishu (Needle Punch Embroidery), all of which are part of the diverse programs regularly offered at the center.

Overall, the Spring Festival was a wonderful success, offering something for everyone to enjoy. It was a day filled with learning, culture, and celebration, leaving attendees looking forward to next year's festivities.

今年の春祭りは極寒の中で開催されましたが、伝統、文化、そしてコミュニティの活気あふれるお祝いの場となりました。このイベントは、日本文化の素晴らしさを表すパフォーマンス、日本の食べ物、そして様々な体験が楽しめる一日でした。ベンダーさん達は、手作りの工芸品や伝統的な日本の食品・グッズなど、色々なアイテムを提供してくれました。

伝統的な日本舞踊やダイナミックな武道のデモンストレーション、さらには茶道、生け花、墨絵、文化刺繍など、美しい日本の芸術も紹介されました。これらのプログラムは、センターで定期的に行われている多彩なプログラムの一部です。

お手伝いをしてくれたスタッフ・ボランティアの皆様、寒い中来場していただいた皆様、本当にありがとうございました。



Photos courtesy of: John Fuentes, Leon Balaban.

Mitsubishi Canada Ltd. Partners with the JCCC

The Japanese Canadian Cultural Centre and Mitsubishi Canada Ltd. are excited to announce a new 3-year partnership. This partnership, focused on the shared vision of building strong, sustainable communities, will provide funding for the JCCC's heritage programming initiatives and to help to sustain the JCCC as it continues to build friendships through the sharing of Japanese culture and Japanese Canadian history, with the widest possible audiences.

On March 6, a signing ceremony was held at the JCCC and attended by Consul General Takeshi Matsunaga, representatives from Mitsubishi Canada Ltd, members of the community and JCCC Board and Staff. In front of the Moriyama Nikkei Heritage Centre, JCCC President Chris Hope and Mitsubishi Canada Ltd. President and Chief Executive Officer Kaori Namiki signed the agreement in the presence of the Consul General.

We would like to take this opportunity to express our sincere gratitude to Mitsubishi Canada Ltd. for beginning a new era of support of the JCCC.

カナダ三菱商事がJCCCとパートナーシップ締結

カナダ日系文化会館とカナダ三菱商事はこの度、三年間のパートナーシップ契約を交わしました。このパートナーシップにより、強固で持続可能なコミュニティを構築するという共通のビジョンにフォーカスして、JCCCのヘリテージプログラム活動へカナダ三菱商事が資金提供を約束します。また、JCCCが日本そして日系の文化を通じて、更に多くの潜在的な聴衆と友好を深められるようサポートします。

3月6日にJCCCで行われた調印式には、松永健総領事のご臨席を仰ぎ、カナダ三菱商事の代表とJCCCからはコミュニティメンバー、理事会そしてスタッフが出席しました。森山日系ヘリテージセンターで、松永総領事立ち合いのもと、カナダ三菱商事の並木香織社長兼CEOとJCCCのクリス・ホープ理事長が契約書にサインしました。

カナダ三菱商事には、JCCC支援という新しい時代の幕開けに際し、改めて厚く御礼申し上げます。



l - r: Chris Hope, Consul General Matsunaga, Kaori Namiki

Welcome New Staff

Mayako Barringer

My name is Mayako and I am the new Community Events Coordinator! Being Japanese and Canadian myself, I am so excited to be a part of the JCCC team. I have lived in Toronto for five years, and I love getting to explore and constantly discover new parts of the city. In my free time I enjoy reading, singing in a women's choir, and practicing judo. Looking forward to meeting you all as I get to know this lovely community.



SakuraFest at the JCCC



The JCCC has lots of great events planned for SakuraFest 2025. Be sure to check the [JCCC website](#) and our socials for new events, registration information and a full schedule. Please note that some dates have changed!

JCCCでは桜フェス2025に向けて素晴らしいイベントをたくさん企画しています。イベントの詳細、登録情報、そしてスケジュールについては、JCCCの[ウェブサイト](#)やSNSをぜひご確認ください。下記は、現在決定されているイベントです。日程が一部変更になっておりますのでご注意ください。

Ron Korb: OHANAMI: A CELEBRATION OF SAKURA

Thursday April 17, 7:00pm · 4月17日(木)午後7時
Tickets on sale now!

Book Reading - The Nail That Sticks Out by Suzanne Hartmann

Saturday April 19, 1:30pm · 4月19日(土)午後1時半

Film Screening - 11 Rebels 「十一人の賊軍」

Saturday April 19, 3:00pm · 4月19日(土)午後3時

Linocut Art Workshop with Caitlin Chan

Sunday April 20, 1:00pm · 4月20日(日)午後1時

Exhibit Opening - Third Places: Japanese Canadian Sites of Gathering

Sunday April 20, 2:00pm · 4月20日(日)午後2時

Film Screening - Red Shoes 「レッドシューズ」

Sunday April 20, 3:00pm · 4月20日(日)午後3時



Sakura Tsumami Zaiku Workshop with Orika Canada

Thursday April 24, 7:00pm · 4月24日(木)午後7時

Tea Ceremony Demonstration with Urasenke Tankokai Toronto Ass'n

Saturday May 10, 11:00am & 12:00pm · 5月10日(土)午前11時 & 正午

Kintsugi and Maki-e Workshop with Kintsugica

Saturday May 10, 1:00 to 3:00pm · 5月10日(土)午後1時~午後3時

Sake Tasting with Japanese Izakaya Foods with Ozawa Canada & Kingyo

Saturday May 10, 1:00 to 2:30pm · 5月10日(土)午後1時~午後2時半

Film Screening - The Birth of Sake

Saturday May 10, 3:00pm · 5月10日(土)午後3時

Sakuramai Children's Dance Workshop

Sunday May 11, 2:00pm · 5月11日(日)午後2時

Film Screening - The Colors Within 「きみの色」

Sunday May 11, 3:00pm · 5月11日(日)午後3時

Kingyo Fisherman's Market Pop Up

April 17, 19 & 20; May 10 & 11
4月17日(木), 19日(土), 20日(日); 5月10日(土) & 11日(日)

Momo Tea Pop Up

Sakura Sencha will be available at the JCCC Gift Shop throughout SakuraFest
さくらフェス期間中Momo Tea桜煎茶をJCCCギフトショップにて販売

Nakamori Cafe

Wednesdays to Sundays, 11:00am to 7:00pm · 水曜日~日曜日, 午前11時~午後7時

SakuraFest would not be possible without the generous support of our partners including James Matsumoto and Chako Setoyama, as well as the below businesses and more.

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Japanese Foods & Beverages

Our Sakura trees would not be possible without the ongoing care and maintenance of the Toronto Japanese Garden Club.

THIS MONTH IN THE KOBAYASHI HALL



*The Japanese Canadian Cultural Centre presents
Grammy Flutist and Japanese Master Woodwind Artist*

Ron Korb: OHANAMI: A CELEBRATION OF SAKURA

Thursday April 17, 7:00pm

Admission

\$40 +HST **JCCC member**; \$45 +HST **non-member**

A Musical Celebration of the Cherry Blossoms
with Traditional Japanese Melodies and Original Compositions

Acclaimed Japanese Canadian recording artist and composer Ron Korb is a master of Japanese woodwinds. He has performed on numerous Grammy Award-winning albums and his own work has received many Grammy nominations.

The evening is a rich musical interpretation of a traditional “Ohanami” (cherry blossom viewing party). Ron and his ensemble will be joined by koto and shamisen artist Aiko Fujii and the JCCC’s Kyowa Taiko traditional drum troupe and Odori Dancers.

April 17, 2025: Doors Open 7:00pm; Performance 7:30pm

Gourmet Matcha (green tea) and traditional Japanese sweets will be available.



11 Rebels

Saturday April 19, 3:00pm

Admission

INDIVIDUAL TICKETS \$8.85 +HST (\$10) JCCC member; \$10.62 +HST (\$12) non-member.

"A robustly entertaining romp, packed with swordplay, mass decapitations and improvised explosives" – Wendy Ide, Screen International

The 11-member suicide squad takes on a hopeless fortress defense mission! Set in 1868 during the Boshin War, the fiercest in Japanese history, the story unfolds after the fall of the shogunate, amidst civil war and upheaval. The new Imperial Army seeks to establish a new era, while Shogun supporters remain fractured. The Shibata Domain must defend a vital mountain pass, and eleven condemned criminals are promised freedom if they successfully defend it. United in battle, they confront fierce enemies while grappling with their struggles of honour and love. A vibrant swashbuckler with richly drawn characters, political intrigue and plenty of thunderous action.

Starring Takayuki Yamada, Taiga Nakano, Ukon Onoe, Riho Sayashi, Takara Sakumoto, Seiji Chihara

Red Shoes

Sunday April 20, 3:00pm

Admission

INDIVIDUAL TICKETS \$8.85 +HST (\$10) JCCC member; \$10.62 +HST (\$12) non-member.

Toronto Premiere

Manami is a single mother with a dream of becoming a boxer. But life hits hard when she loses her job defending a colleague. She falls into poverty and loses custody of her daughter Emi. She eventually lands a new job at a nursing home, but an accident puts her in a tight spot once again. To set her life straight and get her daughter back, Manami finally decides to conquer the boxing ring.

An exciting underdog sports film and a moving tearjerker, Red Shoes, combines themes of mother-daughter connection with furious, edge-of-your-seat boxing matches!

Starring Aya Asahina, Hayato Ichihara, Nozomi Sasaki, Yuki Matsushima, Alisa Mizuki group.



SakuraFest Screening Series supported by

SHISEIDO
GINZA TOKYO

Toronto Japanese Film Festival - Save the Date!

The Toronto Japanese Film Festival will return to Kobayashi Hall June 12 to 26, 2025 with an amazing 25-film lineup and lots of visiting filmmakers. We will be announcing the line-up soon but we can tell you that the opening night film is the smash hit CELLS AT WORK with Director Hideki Takeuchi (Thermae Romae, Fly Me to Saitama) in attendance.

Tickets will go on sale Wednesday May 7, 2025 at 10am.

14TH YEAR!

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JAPANESE CANADIAN CULTURAL CENTRE

Please note this draft poster presents film invited to the festival and may not be fully representative of the final line-up.

JCCC Bazaar

Saturday May 3, 12-4pm

Don't forget about our upcoming annual JCCC Bazaar, where visitors can experience a selection of traditional and contemporary items. The event will feature a variety of goods, including Japanese tableware, boutique, toys, books, White Elephant, silent auction, and so much more. Alongside the Bazaar, we will offer a delicious array of homemade Japanese food such as sushi, tempura, udon, and sweet treats like manju. Don't forget to bring reusable bags and cash as some areas only accept cash (no ATM on site).

Donations will be accepted starting Tuesday April 1, 2025. We accept new and used items, but are unable to accept large furniture and western clothing. We will be accepting Japanese clothing including kimono, yukata, haori, etc...

Please watch <https://jccc.on.ca/visit> for more details closer to the date!

JCCCバザー

5月3日(土)正午～午後4時

毎年恒例バザーの日が近づいてきました! プティック、食器、玩具、本、ホワイトエレファント、サイレントオークションなど、さまざまな商品が売られます。バザーに加えて、おいしい日本食もご用意しています(巻物、天ぷら、うどん、まんじゅう等々)。エコバッグと現金をお持ちいただくことをお忘れなく。現金のみで対応するエリアもあり、ATMはございませんのでご注意ください。

ドネーションの受付は2025年4月1日(火)から開始します。新しいアイテムと中古アイテムを受け付けますが、大型家具や西洋の衣類はお受けできません。また、着物、浴衣、羽織などの日本の衣類は受け付けております。

詳細については、jccc.on.ca/visitをご覧ください。

Cooking for Active Seniors

This second round of classes will focus on preparing a main dish and side dish for an easy meal, but still creating recipes that will serve about two people.

Classes are limited to 16 persons to ensure participants can actively participate in making each of the recipes. After the cooking is done, everyone gets to taste the food they cooked during the class time, enjoy the company of each other, and discuss the recipes made.

Classes are as follows:

Thursday May 22, 2025 - Salmon Miso Yaki and Green Beans Shira'ae

Thursday July 17, 2025 - Summer Somen with Toppings and Sunomono

January and March classes sold out! Be sure to register early to save your space!

*Please note we will apprise registrants of any date or menu changes should they arise.

Registration: Classes are limited to 16 participants. Cost is: JCCC members \$25.00 plus HST, non-members \$30.00 plus HST. Registration for each class date closes the Thursday prior to the class and can be completed at Reception (416-441-2345) with payment securing your spot.





JCCC 2025

BAZAAR

**SATURDAY, MAY 3
12:00PM - 4:00PM**

*Get ready for a day full of
Delicious Japanese food and baked goods,
Toys, Books, White Elephant, Japanese Things,
Silent Auction, and so much more!*

SOME AREAS ONLY ACCEPT CASH - NO ATM ON SITE

PLEASE BRING YOUR REUSABLE BAGS.



JAPANESE CANADIAN
CULTURAL CENTRE
カナダ日系文化会館

6 Sakura Way, Toronto, ON M3C 1Z5
www.jccc.on.ca 416-441-2345

Martial Arts News

With the full rollout of the M365 system to the martial arts programs, we encourage you to access the portal for all your martial arts registrations and your JCCC membership renewals. We are also happy to help you out at our Reception Desk should you require any assistance or if you would like to pay by cash, debit or cheque.



April is registration month for laido, Kyudo and Naginata. Please make sure to register by the April 20th deadline.

Please note that all martial arts programs and the JCCC will be closed on Friday April 18 for the Good Friday statutory holiday.

LIBRARY NEWS

News from the Library

JCCCライブラリーでは日本人/日系人作家の小説、エッセイ、趣味実用、絵本のご寄贈本を受け付けております。

状態が良いもので過去5年以内に発行の書籍(ものによっては10年以内も可)が目安となっています。

又、この度は雑誌の定期的寄贈を募集させていただくことになりました。希望(発行日より6か月未満)雑誌のリストは下記となります。

- クロワッサン
- オレンジページ
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- 天然生活
- 暮らしの手帳
- 文芸春秋
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- &Premium

書籍・雑誌のご寄贈をご希望の方はharukoi@jccc.on.caまでご連絡ください。

The JCCC Library accepts donated books of fiction, essays, practical hobbies, and picture books by Japanese/Japanese American authors.

The books should be in good condition and published within the last 5 years (10 years or less is acceptable).

In addition, we are now accepting regular donations of magazines that are less than 6 months old. The list of desired magazines is as follows:

- Croissant
- Orange Page
- Sarai
- Natural Life
- Living Notebook
- Bungei Shunju
- FRaU
- &Premium

If you would like to donate books or magazines, please contact us at harukoi@jccc.on.ca.

Third Places: Japanese Canadian Sites of Gathering

Join the Moriyama Nikkei Heritage Centre in celebrating the launch of our newest temporary exhibit, Third Places: Japanese Canadian Sites of Gathering!

Third Places are places that aren't home and aren't work, where people gather and find community.

For Japanese Canadians of all generations, creating third places in Toronto has been a powerful way to make space after being displaced. The exhibit considers the importance of such places for Japanese Canadians over the past 70 years and the future of Japanese Canadian community spaces.

Featuring a large, hand-illustrated map, interactive panels, and audiovisual components, Third Places shares stories of 12 significant Japanese Canadian places in Toronto. The exhibit reflects the diversity of the community and calls on visitors to think about their own experience of place and community.

The exhibit launch on April 20th at 2:00pm will feature speeches from the curator and others, as well as light refreshments. All are welcome!



CONTACT Photography Festival Phase in my Journey

The JCCC Arts Committee is pleased to announce that we will be participating in the CONTACT Photography Festival once again! Phase in my Journey, featuring artist Walter Borchenko and curated by Shin Sugino, will be on view from April 5 to June 30, 2025

The show features a 20-year retrospective of the photographer's work and showcases the Canadian-born photographer's Modernist photographic aesthetic. Printed on hand-made Awagami Japanese paper, the exhibit celebrates Borchenko's innovative vision and dedication to the Modernist Tradition.

Please join us on April 5 from 2:00pm to 4:00pm for the opening reception. Details on more programming to follow!

This exhibit is generously supported by PhaseOne Imaging and Smokestack Studio.



Grassy Brook Talbot River Road September 2024

National Volunteer Week April 23 - May 3, 2025



Celebrating National Volunteer Week 2025: Volunteers Make Waves

The theme for National Volunteer Week 2025, "Volunteers Make Waves," highlights the immense power and impact of volunteer efforts across Canada. Just like the movement of water, volunteering builds momentum and creates lasting change.

At the Japanese Canadian Cultural Centre, volunteers are at the heart of everything we do. From organizing events to leading martial arts classes, running clubs, and offering cultural programs, our dedicated volunteers make it all possible. Their passion, commitment, and support drive our community forward and keep our centre thriving.

We would like to extend our heartfelt thanks to all JCCC volunteers for their invaluable contributions!

2025年 ナショナルボランティア週間: ボランティアが波を作る。

2025年の全国ボランティア週間のテーマ「Volunteers Make Waves (ボランティアが波を作る)」は、カナダ全体でのボランティア活動の力強さと影響力を強調しています。水の流れのように、ボランティア活動は勢いを生み出し変化を作り出します。

カナダ日系文化会館では、ボランティアの方々がいつも活動の中心です。イベントから、武道のクラスやクラブの指導、文化プログラムに至るまで、献身的なボランティアの方々のおかげですべてが可能になります。ボランティアのみなさまの会館に対する情熱、責任感、そしてサポートが、私たちのコミュニティをいつも前進させ、活発に活動させ続けています。

会館のすべてのボランティアの皆様に、心から感謝申し上げます。



DONATIONS

DONATIONS TO THE JCCC

AS OF FEBRUARY 28, 2025

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

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In celebration of Jeremy's birthday	
Anonymous	1,000
Mrs. Betty Lou T. Arai	90
Ms. Lauren Doi	500
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Mrs. Patricia Fujiwara	50
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Mrs. Rose Kelly	10
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Ms. Patricia Sayuri Lawson	100
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In appreciation of The JCCC Kendo Club	

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In Memoriam

In memory of Agnes Kanda

Mrs. Viola Arima	50
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Mrs. Patti Nishimura	50
Mr. Brian & Ms. Cathy Stevenson	50
Mrs. Kathy & Mr. Joe Wani	100
Mr. Art Watson	50

In memory of Barbara & Frank Shimada

Mr. & Mrs. Douglas Shimada	2,500
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In memory of Betty Ura

Mrs. Doreen Oyagi	50
Mr. Terence Takashima	30
Mr. Rick & Mrs. Kathy Tazumi	100

In memory of Doreen Nakashima

Mrs. Eleanor McAnsh	50
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In memory of Gene & Gen Miki

Mr. & Mrs. Douglas Shimada	2,500
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In memory of George Tsushima

Mrs. Kay Mitsui	25
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In memory of Haruko Helen

Shintani

Mr. Geoffrey Sunahara	50
-----------------------	----

In memory of Michael Oye

Mr. & Mrs. Douglas Shimada	1,000
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In memory of Tak Takao Doi

Mrs. Tamaye Harafuji	50
Ms. Susan Harafuji	25
Mr. Guy & Mrs. Brenda Troendlin	50

In memory of Tsugio Tanaka

Mrs. Fujiye Ono	50
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Heritage

Mrs. Chris Asadoorian	100
In memory of Diane Tonegawa Goodale	
Mr. & Mrs. Matt Shintani	500
In memory of Haruko Helen Shintani	
Mrs. Sono Sugie & Tamiko Sugie	30
In memory of David Toshio Akagi	
Mrs. Jean Takaki	25
In memory of George Tsushima	

Supporting Members

Ambassador

Mr. Carlo & Ms. Mary Ammendolia	1,000
Mrs. Kay Marubashi	1,000
Dr. John & Dr. Eiko Mernagh	1,000

Partner

Mr. Ian Nagamatsu & Ms. Carole Matear	150
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DONATIONS

OPERATION TATAMI 2024 INSCRIPTIONS

DECEMBER 2023 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

Competition Mat

55th Anniversary of JCCC Aikikai
Anonymous
In Memory of Sensei Bill Aoki
Des Aubin Joseph Yangmi Sylvie et Pascal
Charlie's Meat
Matthew Dales
In appreciation, "DISCOVER JAPAN" by AJC
Ken Fukushima
JCCC Judo-Kai
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Ichiye and Yoshikazu "Ted" Kimura
Shane Sachiyo and Yuji Le Gros
Masaru Matsubara
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In loving memory of Yumi Nakamura
Sensei-Obata, Matsubara, Adrian, Camber
In Memory of Mack Makoto Oikawa 3rd Dan
Kevin And Nancy Roxby
Anca And Dan Rusu
In Memory of Jack Shigetomi
Michael Tam

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
Jamie Herman and Masako Katsuki
Chinatsu ICHIDA
Hiromi ICHIDA
Keiko ICHIDA
Takako ICHIDA
Yasu ICHIDA
Yoshi ICHIDA

Yumi ICHIDA
In memory of Sanaye Inouye
Robert Yasuharu & Shizuko Hosui Kadoguchi
Lucas, Sayaka, and Emika Koolma
In memory of Harold Hiroshi Matsubayashi
In memory of Shichitaro & Naka Nagata family
Dr. Seiko Shirafuji
Mr. Douglas Dwyer

Groups

Checkmate Development
Crow Creek Settlement Reunion
Gakuyukai Alumni Group 1906-1942
Hanayagi Essay Group

DONATIONS

THE CRANES:

The National Tribute to Japanese Canadian Life

APRIL 2016 – PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

443 In memory of parents Barron and Mary Wakabayashi

444 In memory of Shizuko Kadoguchi – Ikenobo Ikebana

445 Sadakichi & Yukie Arai Ocean Falls BC 1921*

446 *Teiko Doug June Tom Dick Kay Mary Shirley Arai*

447 In memory of Taka Tanaka 1916-2011, Minoru & Keiko

448 To Honour Parents Carol & Miki Doi-Laura & Bob Doi

449-450 Team Sansei Canada 40th anniversary 2022

In memory of Glenn Sora (LW) and Brian Mori (D)

Mr and Mrs Brian Wakabayshi

Ikenobo Ikebana Society of Toronto

Mr Richard Arai

Mr Richard Arai

Mr & Mrs Minoru Tanaka

Mr & Mrs Robert Doi

Mr. Robert Fukumoto

Mr. Gary Kawaguchi

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Ms. Theresa Maeda

Mr. Gary Nasu

Mr. Reginald Nasu

Mr. Craig Okazaki

Mr. Stephen Saito

Mr. Gregory Sora

Mr. Steven Sumi

Oberon Capital Corporation

451 Jamie Herman and Masako Katsuki

THANK YOU

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

Your continued generous support helps us to provide the highest quality experience to all of our guests.

JCCCは、寄付をしてくださった皆様のご厚意に心から感謝しています。

いただいた温かいご支援や励ましのお言葉は、私たちのモットーである「文化がわかる。心がかよう。」を実感させてくれるものです。

皆様のおかげで、より多くの方々に心に残る経験や体験をお届けすることができます。

今後ともご支援を賜りますようお願い申し上げます。

Lineage: a tender sound

presented by Toronto Taiko Festival

From the first breath and the first beat, we invite you on a journey of diasporic lineage — a story of communities made over time through the sound of taiko.

Honoured as the living ancestors of Canadian kumi-daiko (ensemble taiko drumming), San Jose Taiko (est. 1973, San Jose, CA) is taking the stage of the Betty Oliphant Theatre in Toronto, ON, as the last stop of their 2025 Rhythm Journey Tour.

Take in the levity and wisdom of San Jose Taiko's ensemble style, as they are joined for one evening by RAW Taiko (est. 1998, Toronto, ON) and Ame no Ato (est. 2022, Montreal, QC), two groups whose lineages trace back to the day it all began...

In 1979, in Vancouver, BC, at the third annual Powell Street Festival, San Jose Taiko played in Oppenheimer Park. This performance inspired the creation of the very first Canadian taiko groups, which have since grown, reaching across multiple provinces, into the Canadian taiko scene that exists today. A player from the early founding days of Canadian taiko remembers: "With their first beat, their first kiai, the San Jose Taiko Group showed us a way. I was going to say a way forward, but it was not that. It was simply a way. A way to look both forward and backward at the same time. A way to look both inward and outward."

From this way that was opened, has come the preservation of traditions, the creation of new ones, and the kind of invention that is only possible in the complexity that is diaspora: always here and there, coming and going, in grief and in joy, in solitude and in community. A tender path, we sound together.

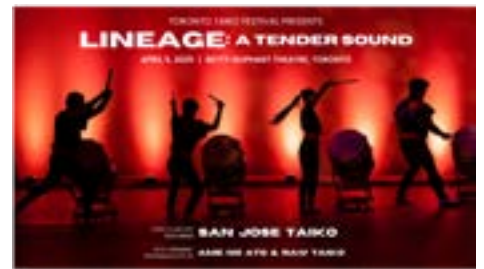
Saturday, April 5, 2025

Doors at 7:30pm | Show at 8pm

Betty Oliphant Theatre (404 Jarvis St.)

Sliding Scale Tickets from \$20-\$50 at www.torontotaikofestival.org

This event is produced by Toronto Taiko Festival and RAW Taiko, and generously funded by the Department of Canadian Heritage and Toronto Arts Council.



健やかな老後をめざして その82

排尿トラブルを何とかしたい・・・

「がまんできないほどの尿意が急に起こる」「排尿の途中や終わり頃に膀胱が痛い」「残尿感がある」「尿もれがある」「尿の勢いが弱い(出にくい)」「排尿後に尿がもれる(キレが悪い)」

上記にあげた排尿トラブルが続くようであれば、日常生活においてけっこのストレスになりますね。女性の場合、トラブルの中では膀胱炎が多いのではないのでしょうか。尿道が膣や肛門に近い場所にあるために細菌の多い環境にさらされており、さらに男性に比べると尿道が約4cmと短いために細菌が膀胱に入り込みやすいのです。原因の約80%は大腸菌です。頻尿、残尿感、排尿中・終了時の痛みが主な症状です。対策としては、シャワー・入浴や下着交換により常に陰部を清潔に保ちましょう。排尿や排便を長時間がまんしないことも大事です。がまんすると、膀胱内や大腸内の細菌数を増やすことにつながります。トイレトペーパーの使い方は前方から後方(肛門側)へ。そして十分な水分を摂ることが大事です。膀胱炎は再発しやすいので、もし繰り返すようであればホームドクターに相談しましょう。

また、加齢と共に多くなるのが「尿もれ」。40歳以上の女性の多くが悩んでいます。骨盤内の臓器(膀胱、子宮、直腸)を支えている「骨盤底筋」が緩む・衰えると、腹圧がかかったときに尿道を締めることができずに尿もれが起こります。男性の場合は高齢化に伴い、ちよいもれ(排尿後尿滴下)が増加します。男女問わずにその改善に効果があるのは骨盤底筋訓練です。次の1～5を毎日5セット行いましょう。1. 仰向けになり、両膝をたて、両足を肩幅に開いて、全身の力を抜く。2. 肛門をギュッと締め、次に膣と尿道を締める。男性は陰茎の付け根を締める。そのまま頭側に引き上げる。呼吸は普通に行う。3. 引き上げたまま10秒ほど締め続けたら、力を抜く。4. 2と3を5回繰り返す。5. 肛門をギュッと素早く締めて2秒ほど保持。そして2秒ほど緩める。これを5回繰り返す。

私は、60代半ばに「尿が溜まった時に腹圧がかかると尿もれする」を経験しました。尿意を感じたらすぐトイレに行くように心がけましたが、それでも稀に尿もれが起こりました。やはりとても不快です。ところが「帰国の旅を元気に続けられるように」と、下肢筋力アップを目的に「足指10本で自宅内を歩く(足指歩行/かかと上げ歩行)」を続けていたら、いつの間にか尿もれが起こらなくなりました! 考えてみると、足指のみで歩く際にはおしりがキュッと引きあがり、肛門が引き締まった感覚が常にあります。結果的に上記1～5と同様の骨盤底筋訓練ができていたのです。74歳の今、無意識に足指で立ったまま料理する、歩くなどしているのも、まったく尿もれはありません。足指やふくらはぎの筋力アップのみでなく、尿もれ改善(解決)に繋がります。しかも、日常動作に組み込んでいるので継続可能! 尿もれに悩んでいる人はぜひ数か月続けてみてください。

次に気になるのは「切迫性尿失禁」です。主な原因は過活動膀胱。脳は「尿を我慢して」と指令を出しているのに、膀胱の筋肉が過剰に収縮してしまうのです。頻尿と尿もれが起こります。中高年の女性に多い病気ですが、若い女性でも悩んでいる人は存在します。男性の場合、過活動膀胱の主な原因は前立腺肥大症。肥大化した前立腺が尿道を圧迫し、知覚神経が過敏になることにより生じます。日常生活では利尿作用のある飲み物(酒、コーヒー、茶など)を控え、水分の摂りすぎに気をつけること。また、尿意を感じた時すぐにトイレに行くのではなく、膀胱にためる「膀胱訓練」が大事です。生活面での行動療法が重要になります。しかし、状態が改善しないようであれば受診しましょう!

マーナ豊澤英子

(医学博士 老年看護スペシャリスト mernagh@rogers.com)



JSS プログラム: 2025年4月・JSS Programs April 2025

以下は2025年3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。

Check out our upcoming Feb 2025 programs! *Pre-registration required. Visit our website and/or contact 416-385-9200 / programs@jss.ca for more details & RSVP.

1. モミジ&JSS オンライン講座シリーズ 2025年4月(水曜3時~)

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。

1. E-LEARNING SERIES

*Visit JSS website for the list of seminars & past recordings

「健康的な食生活 - 日本食(アジア料理)の視点から」4月9日(水)15時(日本語&英語)

私たちは食べたものでできていると言われてます。食べ物には、体にエネルギーを与え、病気を予防し、回復を促進し、人々をつなげる力があります。このプレゼンテーションでは、日本食に焦点を当て、健康的な食事の利点、食事と間食の間隔をどのように取るべきか、低血糖指数の食品を選ぶ方法等について学んでいきます。

Eating Well – Japanese Food (Asian) Oriented : Wed. Apr 9, 3pm (English & Japanese)

We are what we eat. Food has the potential to fuel our bodies, prevent diseases, promote healing, and bring people together. This presentation will focus on the Japanese diet and discuss the benefits of healthy eating, how to space meals and snacks, what the glycemic index is, and how to choose foods with a lower glycemic index.

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

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

「ITリテラシーとセキュリティ」4月23日(水)15時(日本語&英語)

ITリテラシーセミナーに参加してオンラインを安全に利用しましょう!このセミナーでは、個人情報を守る方法、フィッシング詐欺の見分け方、ブラウジング中のプライバシーを守る方法など、重要なポイントを取り上げます。デジタル世界で自分を守るために必要なスキルを学べるこの機会をお見逃しなく!

IT Literacy and Security : Wed. Apr 23, 3pm (Japanese & English)

Stay safe online with our IT Literacy Seminar! This seminar covers important topics like protecting personal information, spotting phishing scams, and keeping your privacy while browsing. Our guest speaker will guide you through easy steps to stay safe and confident online. Don't miss the chance to learn essential skills to protect yourself in the digital world!

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

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

2. JSS家族支援プログラム

1. かけはしの会オンライン交流会: kakehashinokai@jss.ca

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。

2. シングルマザーサポートグループ: smmsg@jss.ca

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サポートグループです。

2. JSS FAMILY SUPPORT PROGRAMS

1. Kakehashi no Kai : Contact kakehashinokai@jss.ca

Kakehashi no Kai is a monthly support group for parents raising children (of any age) who are neurodiverse.

2. Single Mother Support Group : Contact smmsg@jss.ca

A monthly support group for single mothers and those considering becoming single mothers to share information and experiences.

3. レギュラーJSSプログラム(日本語)

1. クラフトクラブ交流会 : 第1・3水曜日、10時半~正午 お問合せはcraftclub@jss.caへ

2. やさしいシニアヨガ(第23期:3/10~4/14毎週月曜日)お問合せはsenior.yoga@jss.caへ

3. 懐かしい日本の歌を歌う会 : 第2・4月曜日、13時半~15時 お問合せはutanokai_b@jss.caへ

3. JSS REGULAR PROGRAMS

1. Craft Club Social : Twice a month on the 1st and 3rd Wednesday, 10:30 am – noon *RVSP at craftclub@jss.ca

2. Easy Yoga for Seniors (Term 23 : Mar 10 – Apr 14, Mondays, 10:00 - 11:30am) *Contact senior.yoga@jss.ca

3. Nostalgic Japanese Song Singing Group : Twice a month on the 2nd and 4th Monday, 1:30-3:00 pm. *Contact utanokai_b@jss.ca

Bon Odori 2025

Spring has arrived and it's time to get our dancing zori on! Bon odori practices will take place at the Toronto Buddhist Church on Tuesday and Friday evenings, 8:00 – 9:30 pm. Men, women and children are all welcome and no experience is necessary. Step-by-step instructions will be given and it is best to come from the beginning as new dances are introduced as the practices progress.

The first practice will be on Tuesday, April 22, 2025.

Obon is an important Japanese Buddhist tradition to remember our ancestors and dancing is part of the celebration. Traditional Japanese folk dances (odori) are made up of short sequences of steps that are repeated throughout the song. Dances are also created for modern songs.

Bon odori will be held on Saturday, July 12, 2025 at the Japanese Canadian Cultural Centre following Natsu Matsuri.

For more information, please contact the Toronto Buddhist Church.

Toronto Buddhist Church
1011 Sheppard Ave. West
North York, ON
416-534-4302
tbc@tbc.on.ca



Be part of the Japanese-Canadian tradition
Obon Odori - minyo (Japanese folk dance)

All ages, newcomers welcome

Only 50 cents per practice
Starts Tuesday, April 29, 2025
**Every Tuesday and Friday
prior to Obon (July 12, 2025)**
8:00 p.m. – 9:30 p.m.
(Subject to cancellation)

Step by step instructions given

**Toronto Buddhist Church
Social Hall (basement)**
1011 Sheppard Ave W
North York, ON, M3H 2T7
(416) 534-4302
tbc@tbc.on.ca
Next to Sheppard West subway station
Parking available

JC3-Pitch Looking for Players and Sponsor

As it prepares for the 2025 season, the Japanese Canadian 3-Pitch (slow-pitch) League is recruiting players and is looking for 1 additional/new sponsor. The non-profit, recreational league for women and men of all ages (18 to 65+) was founded in 1987. It's a great way to spend your Sunday mornings having fun, getting a bit of exercise and meeting new friends. Games are played in the Birchmount Rd. and Steeles Ave. area of Markham.

Membership deadline is May 7th and the fee remains unchanged since 2002 at \$75. Participants receive team sweaters & photo, game refreshments, post-game BBQ's, subsidized banquet and door prizes. Players are only asked to supply their own glove. The season runs from Sunday, May 18 until the end of August.

The league would like to express their thanks and gratitude to last years' players and their sponsors; Back2feet (Mr. Andrew Lok), iA Private Wealth (Mr. Martin Kobayashi), The 4Runners and Thornhill Toyota (Ms. Helya Madani).

For information about the J.C. 3-Pitch League, or if would like to Register to Play or inquire about Sponsoring a Team, please contact one of the following committee members:

Jon Nagamatsu 647-988-5036 (evenings, call/text)
Tod Nagamatsu 647-229-5931 (evenings, call/text)
Bob Doi email: JC3Pitch@gmail.com or RobertDoi@hotmail.com





Norman Takemitsu, *Kimiko's Pearl* (2004)

KIMIKO'S PEARL AND ROMANTIC TREASURES

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Takemitsu—Requiem for Strings

Kevin Lau—*Kimiko's Pearl* Symphonic Suite (World Première/TSO Co-commission)

Saint-Saëns—Cello Concerto No. 1 in A Minor, Op. 33

Ravel—*Daphnis et Chloé* Suite No. 2

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