



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

MAY 2025 ・ 2025年5月

IN THIS ISSUE VOL. 51 ISSUE 5

TORONTOJFF 2025 LINE UP
トロント日本映画祭2025映画リスト

WELCOME JERROLD MCGRATH
JERROLD MCGRATHを歓迎!

DOORS OPEN TORONTO
ドアーズ・オープン・トロント

WHAT'S ON

SAKURAFEST
さくらフェス

BAZAAR 2025
バザー 2025



TORONTO
JAPANESE
FILM 2025
FESTIVAL





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Contact the JCCC ・ お問い合わせ

For enquiries, please contact respective staff directly ([see staff directory below](#)) or email us at jccc@jccc.on.ca.

For general enquiries by telephone, please call **416-441-2345** during our operating hours (Mon - Fri 10am-8pm, Sat-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～金: 午前10時～午後8時 / 土～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 June/July 2025 issue is:
Thursday, May 8, 2025.

次号締切日: 2025年5月8日(木)

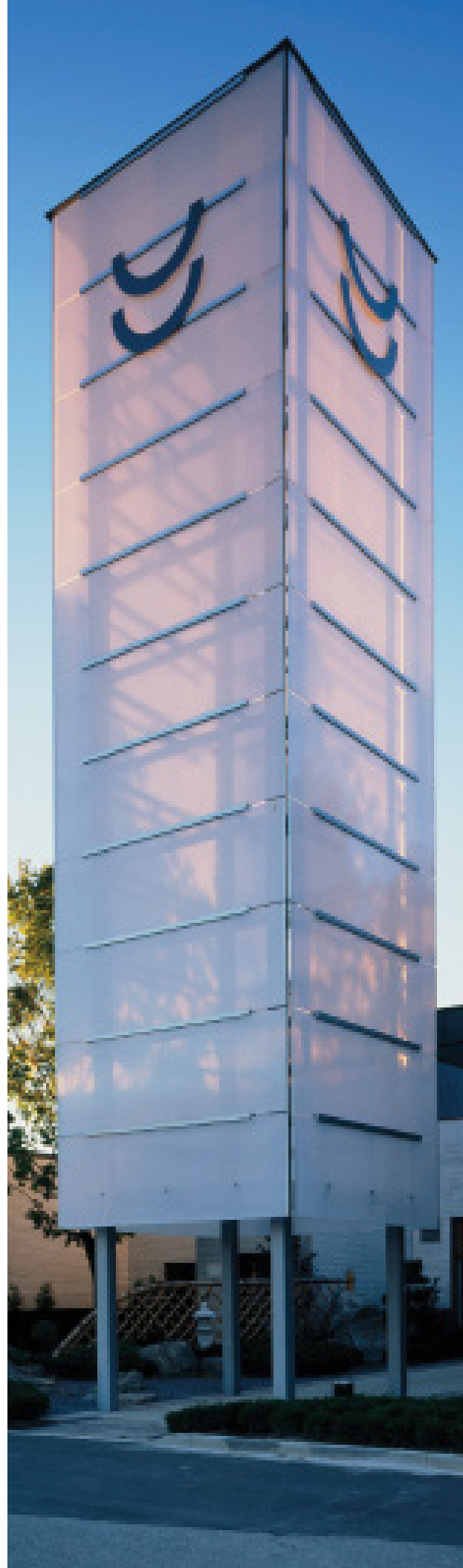
Please email to newsletter@jccc.on.ca

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

May is Asian Heritage Month!
5月はアジア・ヘリテージ月間!

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 5](#) for details. 詳細は [5頁](#)をご覧ください。

TorontoJFF Tickets Onsale

TorontoJFFチケット販売開始

Wednesday May 7, 10am • 5月7日(水) 午前10時

See [page 9](#) for details. 詳細は [9頁](#)をご覧ください。

Wynford Seniors • ウィンフォードシニア

Wednesday May 7 & 21, 10:30am

5月7, 21日 (水) 午前10時半

Sumi-e Art Workshop • 墨絵ワークショップ

Painting Cardinals • ショウジョウコウカンチョウ

Saturday May 10, 9:30am to 12:00pm

5月10日(土) 午前9時半~正午

See sumieartistsofcanada.org for details.

詳細は: sumieartistsofcanada.org

JCCC Karaoke Club • JCCCカラオケクラブ

Wednesday May 14 & 21, 10:00am

5月14, 21日 (水) 午前10時

SakuraFest • さくらフェス

April 17 to May 11

4月17日 - 5月11日

See [page 5](#) for details. 詳細は [5頁](#)をご覧ください。

Victoria Day • JCCC CLOSED

ビクトリアデー • JCCC閉館

Monday May 18

5月18日 (月)

May Film Screenings • 5月映画上映会

Saturday May 10, 3:00pm 5月10日(土) 午後3時

11 Rebels 「十一人の賊軍」

Sunday May 11, 3:00pm 5月11日(日) 午後3時

Red Shoes 「レッドシューズ」

Cooking for Active Seniors • 元気なシニアの為の料理

Thursday May 22, 11:00am • 5月22日(木) 午前11時

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

Doors Open Toronto

April 17 to May 11 • 2025年4月17日 - 5月11日

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

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

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)

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 - 6月20日

See [page 17](#) for details.

詳細は [17頁](#)をご覧ください。

NATSU MATSURI SAVE THE DATE!-

Natsu Matsuri and Bon Odori Festival

will take place on July 12, 2025!

夏祭り・盆踊り

2025年7月12日(土)

The JCCC Welcomes Incoming **ED Jerrold McGrath** as James Heron Retires After 24 Years of Distinguished Service!



The JCCC is pleased to announce the appointment of Jerrold McGrath as its incoming Executive Director, effective April 28, 2025. With over 15 years of leadership experience in the arts and culture sector, McGrath is set to guide the JCCC into its next chapter of success, supporting the JCCC's vision of enriching lives globally through the celebration of Japanese Culture and Japanese Canadian heritage.

Born and raised in Ontario, McGrath has a Masters in Professional Studies in Strategic Innovation and Change. He began his career as a relocation trainer in the Japanese automotive industry in Aichi, Japan, which helped to advance him in his lifelong journey as a student of the Japanese language and his passion for Japanese culture. He now lives in Toronto with his wife, Mihoko Maeno-McGrath, an accomplished visual artist who has exhibited in Japan and Canada, including in the JCCC's art gallery, and their daughter, a high school student and enthusiastic student of Japanese language and culture.

Regarding his new role McGrath stated "I am truly excited to take on this role and to explore how we can continue to celebrate Japanese Canadian heritage and its critical role in navigating an increasingly uncertain world. The JCCC has a rich history of resilience and creativity, and I look forward to building on that legacy. Together, we will enhance our meaningful programming to further highlight the Nikkei diaspora and address contemporary issues that resonate with our community."

Chris Hope, President and Board Chair of the JCCC, notes, "We are thrilled to welcome Jerrold to the JCCC team. His vision and experience will be instrumental in advancing the JCCC's mission of promoting the continual building of friendship through culture and the preservation and sharing of the history and great legacy of our ancestors in the Japanese Canadian community."

Current JCCC Executive Director James Heron is officially retiring, and moving to a consultancy role for the JCCC. Adds Hope, "James has generously offered to continue to help out at the JCCC to ensure that the special projects that he created and has fueled with his exemplary passion and expertise over the years will continue to be a success. That naturally includes the Toronto Japanese Film Festival and the ongoing JCCC film program. We look forward to the benefits of James's wisdom and his cheerful presence at JCCC events for many, many years to come."

Please join us in welcoming Jerrold and in celebrating James's official retirement after 24 incredible years at the helm!

JCCC は、24 年間輝かしい功績を残したJames Heronが退職するにあたり、新たな館長の**Jerrold McGrath**をお迎えいたします。

JCCCは、新たな館長として、Jerrold McGrathが2025年4月28日付で就任することを発表いたします。McGrathは、芸術文化分野における15年以上のリーダーシップ経験があり、JCCCの次なる成功の章を切り開く存在として、JCCCのビジョンである、【enriching lives globally through the celebration of Japanese Culture and Japanese Canadian heritage】の実現に大きく貢献してくれることでしょう。

オンタリオ州で生まれ育ったMcGrathは、戦略的イノベーションと変革に関するプロフェッショナル・スタディーズの修士号を取得。キャリアのスタートは、日本の愛知県における自動車業界でのリロケーション・トレーナーとしてであり、これをきっかけに日本語学習と日本文化への情熱を深めていきました。現在はトロント在住。妻であるMihoko Maeno-McGrathさんは日本とカナダ、そしてJCCCのギャラリーでも展示経験のあるアーティストであり、お二人の娘さんは高校生でありながら、日本語と日本文化を熱心に学ぶ学生です。

新たな役職についてMcGrathは、次のようにコメントしています。「この新たな役割を担うことに、心からワクワクしています。これから、日系カナダ人の歴史や文化を、どうすればもっと多くの人と分かち合えるかを考えていきたいと思います。JCCCは、困難を乗り越えながらも、新しいアイデアで発展してきたすばらしい歴史があります。その流れを受け継ぎながら、さらに良い活動を作っていきたいです。みなさんと力を合わせて、日系コミュニティの広がりを伝えるとともに、今の社会の大切なテーマにも取り組んでいきたいです。」

JCCC会長であり理事長のChris Hopeは次のように述べています。「JerroldをJCCCチームに迎えることができ、とても嬉しく思っています。そのビジョンと経験は、JCCCのミッションである【文化がわかる。心がかよう。】、そして日系カナダ人の歴史や祖先のすばらしい遺産を守り、伝えていくことをさらに前進させる上で、非常に重要な役割を果たしてくれると確信しています。」

なお、現在のJCCCエグゼクティブ・ディレクターであるJames Heronは正式に退任し、今後はJCCCのコンサルタントとして引き続き関わっていく予定です。Chris Hope は次のようにも付け加えています。「Jamesは、長年にわたり情熱と専門性を注いできた特別なプロジェクトを今後も引き継ぎ、成功へと導くため、引き続きJCCCに協力してくださることになりました。それには、トロント日本映画祭や、継続中のJCCC映画プログラムも含まれます。これからもJamesの知識と明るい人柄が、JCCCのイベントで多くの方々を魅了し続けることを楽しみにしています。」

皆様も、Jerroldの就任を温かくお迎えいただくとともに、24年間にわたり舵を取ってきたJamesの素晴らしいご退任を共にお祝いください！

UPCOMING EVENTS

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。

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
May 10 & 11
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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GINZA TOKYO



NAKAMORI



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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.

Bazaar is Here!

Our JCCC annual Bazaar is coming up! Come hunt for bargains and enjoy delicious Japanese food!

Don't forget to bring reusable bags and cash as some areas only accept cash (no ATM on site).

We have started accepting donations! 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... We will also accept donations of baked goods on the day of the Bazaar. **Please note that we can only accept low risk home baked goods (no custard or cream fillings).**

See you there!

Date: Saturday May 3, 2025 Time: 12:00pm - 4:00pm

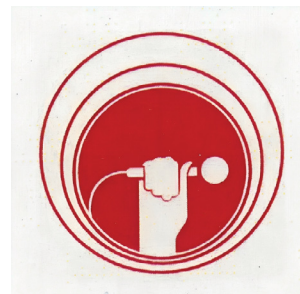
Admission: **FREE**



JCCC Karaoke Club News

2025年度 JCCC Karaoke Club の新会長を務めさせて頂いております、デール岡部で御座います。
44年の歴史のあるこのクラブは歌を愛する方達の楽しい社交の場として月2回JCCC Wood roomにて水曜日
10-14時迄行われます。

「元気で!楽しく!心を込めて!」をモットーに日本カラオケ文化をコミュニティーに広めて行きたいと思います。
つきましてはカラオケにご興味がある方は是非ご連絡下さい。



I am Dale Okabe, the new president of JCCC Karaoke Club for the year 2025. Our 44 year old Karaoke Club meets twice a month in the JCCC Wood Room from 10:00am to 2:00pm on Wednesdays. We are a fun social gathering for those who love to sing! Have fun! With all your heart!

Our motto is "With energy, fun, and heart!" We hope to spread Japanese karaoke culture in the community. If you are interested in Karaoke, please contact us! <https://jccc.on.ca/programs/clubs/karaoke>

Position Required at the JCCC

Join the team of the largest Japanese cultural organization outside of Japan!

The Japanese Canadian Cultural Centre is seeking part-time Database Assistant to hire immediately. The Database Assistant assists and supports the Database Administrator in day-to-day activities including overall membership, gift and class enrolment functions and tasks in a timely and accurate manner. With your keen eye for detail, you will process entries using Raiser's Edge and NXT, and Member365 while maintaining data structure and integrity. The role will also assist with monthly mailings, preparation of attendance lists, donor lists, and more, while maintaining data accuracy across platforms. The Database Assistant will also play an active role in supporting other additional fundraising functions.

Hours: permanent part-time, onsite, 20 hours per week, Monday to Friday

Key Responsibilities:

- Recording donations, membership and class enrolment information using Raiser's Edge software.
- Processing and issuing timely donor acknowledgments, including memorial tributes, support posters, membership cards, membership renewal reminders, and other communications in alignment with the organization's tone and voice.
- Preparing donor and class lists as needed.
- Supports newsletter mailing by preparing labels, renewal forms, assists volunteers and arranges for delivery.
- Assists other fundraising functions and activities as needed.
- Importing data in a timely manner from Member365 to Raiser's Edge software while maintaining data integrity.
- Supports Database Administrator as required.

Required Skills:

- As your work is data focused, you will be extremely detail oriented and possess the ability to meet or exceed recurring deadlines with your excellent time management and organizational skills.
- You must be flexible and work with minimal supervision while maintaining a very high level of accuracy in your work.
- Excellent written and verbal (English) skills are necessary.
- Japanese language skills are not required, but are an asset.

Qualifications: Three (3) to five (5) years database experience preferred or an equivalent combination of education, training and experience. Knowledge of Raiser's Edge NXT, Microsoft Office (Excel, Word, Outlook), Member365 an asset.

Please send resume to hr@jccc.on.ca. Only successful candidates will be contacted. Job posting closes May 16, 2025.

Please refer to Job Posting 300254.

UPCOMING EVENTS

Doors Open Toronto

May 24 & 25, 10:00am to 5:00pm

For 60 years, the Japanese Canadian Cultural Centre (JCCC) has served as the gathering point for the Japanese Canadian community and for those of non-Japanese ancestry who have an interest in things Japanese in the Greater Toronto Area. We excited to showcase our variety of arts and cultural programs during Doors Open 2024.

Self-guided and in-person guided tours are available for our permanent exhibit, "Maru: Immigration Stories," to learn about the global Japanese diaspora community and Japanese Canadian history. While you are here, check out our latest temporary exhibit Third Places!

The JCCC Gallery is proud to host our spring photography exhibit, *Phase in My Journey*, a retrospective of the works of Walter Borchenko, curated by Shin Sugino. An artist talk with Borchenko will take place on Sunday, May 25 at 2pm. This exhibit is generously sponsored by PhaseOne.

Visitors are welcome to try their hands at the traditional Japanese arts of ikebana (flower arranging), shodo (Japanese calligraphy), and chadō (tea ceremony). Performances and observations of martial arts classes will be available.

Please note that chadō and ikebana have a fee of \$20/per person. Please see our website for a full schedule. The schedule will be updated as programming becomes confirmed: <https://jccc.on.ca/event/2025/05/door-open-toronto-2025>



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.





THE BIRTH OF SAKÉ

Saturday May 10, 3:00pm

Admission

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

"Erik Shirai makes his directorial debut with this deliciously textured and rewarding doc about its actual creation and effect on not only those who imbibe it, but those who painstakingly craft it as well." – New York Times

The Birth of Saké is an award-winning documentary that reveals the history of passionate sake makers, and what it takes to create a traditional sake at the Yoshida Brewery, a family distillery with more than 140 years of history, in northern Japan.

If you enjoy Sake, register now for our pre-show Sake Workshop!

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

The Colours Within

Sunday May 11, 3:00pm

Admission

INDIVIDUAL TICKETS \$8.85 +HST (\$10) JCCC member; \$10.62 +HST (\$12) non-member; Children 14 & under \$5.31 +HST (\$6).

"Sweetly dreamy, as soft as the snowfall captured in a snow globe—picture-perfect images of life held close—and the music is sweet, too." – Riotus

Naoko Yamada's (A SILENT VOICE) newest masterpiece introduces Totsuko, a high school student with the ability to see the 'colors' of others. Colors of bliss, excitement, and serenity, plus a color she treasures as her favorite. Kimi, a classmate at her school, gives off the most beautiful color of all. Totsuko forms a band with Kimi and Rui, a quiet music enthusiast they meet at a used bookstore. As they practice at an old church on a remote island, music brings them together, forming friendships and stirring affections. Will they discover their true 'colors'?

As sensitive as ever to teenagers' growing pains, animator and director Naoko Yamada paints an exquisite rainbow of adolescent blues.

Starring Sayu Suzukawa, Akari Takaishi, Taisei Kido, Yui Aragaki



SakuraFest Screening Series supported by **SHISEIDO**
GINZA TOKYO

THE TORONTO JAPANESE FILM FESTIVAL IS BACK FOR ITS 14TH YEAR!

We are very pleased to announce that our ever-popular Toronto Japanese Film Festival will be returning from June 12 to June 26! Now in its 14th 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!

NEWEST OF THE NEW: THE INTERNATIONAL PREMIERES

THE 35-YEAR PROMISE 35年目のラブレター

INTERNATIONAL PREMIERE

"Do you remember the promise that I would write you a love letter?"

Tamotsu grew up in difficult circumstances with few opportunities to attend school. He meets Kyoko, the woman of his dreams and they marry. He tries to conceal that he is unable to read and fears divorce if she finds out. But instead, she gently takes his hand and says warmly: "I'll be your 'hand' from today". Tamotsu decides he must learn so he can write her a love letter to express his gratitude for always being by his side. Once retired, he struggles to master the pen but remains resolute in his efforts as their 35th anniversary approaches.

A heartwarming true story about a husband and the wife who taught him the meaning of happiness.

Director: Renpei Tsukamoto

Starring: Tsurube Shofukutei, Tomoyo Harada, Daiki Shigeoka, Mone Kamishiraishi



PETALS AND MEMORIES 花まんま



INTERNATIONAL PREMIERE

Having lost their parents at a young age, siblings Toshiki and Fumiko have lived together in Osaka ever since with older brother, as promised to his deceased father, continuing to protect his younger sister. Now with Fumiko getting married to a colleague at the university where she works, Toshiki is relieved that the burden he has carried is finally being lifted. However, Fumiko has a long-buried secret she has yet to share with him. Based on Minato Shukawa's Naoki Prize-winning novel, Hana Manma is powerful and mysterious tale about memory and the unbreakable bond that exists between siblings. Bring you handkerchiefs!

Director: Tetsu Maeda

Starring: Ryohei Suzuki, Kasumi Arimura, Ougi Suzuka

MEET THE DIRECTOR!

CELLS AT WORK! はたらく細胞



CANADIAN PREMIERE

The director of *Thermae Romae* and *Fly Me to Saitama* introduces the "smallest" heroes in movie history... The blood cells! The body contains 37 trillion of these tiny fighters.

Niko is a high school student with a healthy lifestyle; therefore, the cells in her body are always working happily. However, her beloved father Shigeru lives an erratic, unhealthy lifestyle, steadily breaking down the morale of his blood cells. Father and daughter are close and live a lively daily life; however, the bacteria that are trying to invade their bodies begin to move... The greatest battle in history is about to take place inside the human body with the future of the Urushizaki family at stake! Fast paced, endlessly inventive and ultimately quite moving, the film is a perfect transfer of manga to live-action!

Director Hideki Takeuchi in attendance.

Starring: Mei Nagano, Takeru Satoh, Mana Ashida, Sadao Abe, Koji Yamamoto, Riisa Naka



SHE TAUGHT ME SERENDIPITY 今日の空が一番好き、とまだ言えない僕は

NORTH AMERICAN PREMIERE



From the director of TJFF favourites *Tremble All You Want* and *Hold Me Back*, comes a magical blend of comedy, drama and romance. Konishi is a college student working part-time in a traditional bathhouse. He meets the elegant Sakurada who seems connected through a series of serendipitous coincidences. She casually mentions that she wants to enjoy every single day of her life and always thinks: "Today's sky is my favorite." Exactly the same words Konishi's beloved grandmother used to say before she passed away six months earlier...

All is sunny until a shocking event takes place, altering Konishi and Sakurada's destinies forever. This delicate dance of vulnerability and connection will move you deeply.

Director Akiko Ohku in attendance.

Starring: Riku Hagiwara, Yuumi Kawai, Aoi Ito



RIVER RETURNS 光る川

CANADIAN PREMIERE



It's the summer of 1958. A young boy named Yucha lives in a riverside village constantly threatened by typhoons. He hears the local legend of Oyo, a broken-hearted girl who drowned herself in a river pool deep in the mountains. It is said that her grief has been causing great floods every few decades ever since. As a deadly typhoon approaches, Yucha embarks on a perilous journey to a haunted mountain pool, determined to calm her sorrowful spirit in order to save his village. A gentle and gorgeously photographed fantasy drama on the themes of spirituality, humanity and the natural world. Winner of the Youth Jury Award for Best Feature Film at Spain's Gijón International Film Festival 2024.

Director Masakazu Kaneko in attendance.

Starring: Asuka Hanamura, Yo Aoi, Sanetoshi Ariyama, Tomomitsu Adachi, Kinuo Yamada,



CRITICAL AND AUDIENCE FAVOURITES!



TEKI COMETH 敵



TORONTO PREMIERE

Gisuke is a retired French literature professor and a widower. He spends his days tending to his house and garden and enjoying visits from former students, especially Yasuko, for whom he cooks elaborate meals. With only six years of savings left, he quietly plans to eventually take his own life, leaving just enough money for his funeral. One day, Gisuke finds a post on the internet stating, "An enemy is coming from the north." He ignores it but the more he sees it, the more he feels an ominous feeling growing.

With a sly sense of humour and arresting visuals, Yoshida's film is a brilliant literary adaptation and a poignant character study that defies easy definition. **Tokyo International Film Festival – Winner: Best Film, Best Director, Best Actor**.

Director: Daihachi Yoshida

Starring: Kyoze Nagatsuka, Kumi Takiuchi, Asuka Kurosawa, Yuumi Kawai, Satoru Matsuo, Takashi Matsuo

LAST MILE ラストマイル

NORTH AMERICAN PREMIERE

Set against the backdrop of the biggest event in the logistics industry, "Black Friday," the story kicks off with a shocking incident: a package delivered from a global shopping site explodes, triggering a series of mysterious bombings across Japan. Elena Funato, the new head of a major logistics center where the bombs originated, must deal with the unprecedented crisis. Who planted the bombs? For what purpose? How many bombs are left? As characters race against time to halt the bombings without stopping the lifeblood of global infrastructure, the hidden truths of their world begin to surface, presenting a gripping exploration of societal veins intertwined with danger and suspense. This edge-of-your-seat thriller with a stellar cast ruled the Japanese box office in 2024! Nominated for Japanese Academy Awards for Best Film, Director and Actress.

Director: Ayuko Tsukahara

Starring: Hikari Mitsushima, Masaki Okada, Dean Fujioka, Sadao Abe



HAKKENDEN: FICTION AND REALITY 八犬伝



CANADIAN PREMIERE

During the Edo period, legendary author Takizawa Bakin spends 28 years writing his masterpiece Nanso Hatomi Hakkenden, one of Japan's greatest works. In it, a group of warriors who, each carrying a magical prayer orb, embark on a harsh journey to fight the curse laid upon a powerful clan. He recounts his fantasy epic to his dear friend, the artist Hokusai but as the story finally approaches its climax, he begins to lose his sight. His devoted daughter must step in to help. The film blends an intimate story of an artist and his family with the spectacular tale of action and adventure he struggles to put on the page. Featuring delicate performances from a cast of some of Japan's finest actors as well as dizzyingly huge special effects battles.

Director: Fumihiko Sori

Starring: Koji Yakusho, Seiyo Uchino, Tao Tsuchiya, Keisuke Watanabe, Shinobu Terajima

MUROMACHI OUTSIDERS 室町無頼

NORTH AMERICAN PREMIERE

Kyoto, 1461. A devastating famine and plague simultaneously strike leaving the Kamo River banks strewn with 80,000 dead. The ruling powers remain inept and uncaring, enjoying their wealth. Seeing the hellish landscape of Kyoto, Hasuda Hyoe rallies a motley crew of outlaws – including a young loner skilled in martial arts, a master spearman, a strongman with an iron club, and a Korean female archer – to rise up, spark riots and launch an unprecedented attack against the Shogun's colossal authority. Based on true events and adapted from the award winning novel Muromachi Burai by Ryosuke Itagaki. A vibrant swashbuckler with charismatic performances and plenty of thunderous action.

Director: Yu Irie

Starring: Yo Oizumi, Kento Nagao, Wakana Matsumoto, Kazuki Kitamura, Akira Emoto, Shinichi Tsutsumi



SEPPUKU: THE SUN GOES DOWN 陽が落ちる

NORTH AMERICAN PREMIERE



Kyuzo, a retainer for the Shogun, is under house arrest for the crime of accidentally scratching the shogun's bow. The film observes the family's inner thoughts and struggles as Kyuzo awaits the imminent order to perform ritual suicide. His wife Yoshino has 24 hours to prepare for her husband's seppuku but, for the sake of her husband and ancestors' honour, and for all the members of the household, she must maintain daily life with the calm dignity of a samurai's wife.

This subtle, deeply moving study of devotion pitted against duty leads to the final stunning resolution and is built around a quietly devastating central performance by Yuka Takeshima.

Winner of 4 awards at the London and Edinburgh International Film Festivals 2025 including Best Foreign Language Feature, Best Director of a Foreign Language Film and Best Costumes.

Director: Yuji Kakizaki

Starring: Yuka Takeshima, Masayuki Deai, Yasuyuki Maekawa, Ema Fujisawa, Yuka Sasada
Director and cast will be in attendance at this Summer Showcase Screening.

BUSHIDO [GOBANGIRI] 碁盤斬り

TORONTO PREMIERE



A ronin, Yanagida, is grieving the recent loss of his wife. Exiled from his hometown in Hikone, he lives with his daughter, Okinu, in a modest tenement in Edo. Despite his circumstances, Yanagida upholds his pride as a samurai. His only solace lies in playing Go, a 2,500-year-old strategy game he approaches with humility—an expression of his true character. Life seems peaceful until a wrongful accusation by an old clan acquaintance shatters his quiet existence, forcing him to take up his sword once more in pursuit of justice. This epic yet elegiac jidaigeki is both a call to the sword and the hankie. Inspired by a classic rakugo yarn.

Director: Kazuya Shiraishi

Starring: Tsuyoshi Kusanagi, Kaya Kiyohara, Taishi Nakagawa, Kyoko Koizumi, Takumi Saitoh
Preceded by a performance by the JCCC Kyowa Taiko traditional drumming ensemble.

TICKETS AND PASSES

SINGLE TICKETS

JCCC Member:
(\$12.39+HST)

\$14

Non-member:
(\$17.70+HST)

\$20

5 FILM PASS

(100 available)

JCCC Member:
(\$53.10+HST)

\$60

Non-member:
(\$79.65+HST)

\$90

10 FILM PASS

(100 available)

JCCC Member:
(\$106.19+HST)

\$120

Non-member:
(\$154.87+HST)

\$175

OPENING & CLOSING NIGHT TICKETS

JCCC Member:
(\$17.70+HST)

\$20

Non-member:
(\$22.12+HST)

\$25

We will announce our line-up and guests shortly. The festival will run **June 12 to 26, 2025**.

Tickets will go on sale **Wednesday May 7, 2025 at 10:00am**. All multi-film passes will include access to Opening and Closing night festivities and a generous gift from our lead sponsor SHISEIDO CANADA.

PACK 1 | 100 QTY

Value \$89



COMPONENTS

- Deep Cleansing Foam, 15ml
- Treatment Softener, 30ml
- Ultimate Power Infusing Concentrate, 5ml
- Ultimate Power Infusing Hand Cream, 40ml
- White Lucent Brightening Gel Cream, 15ml
- Gold Woven Pouch

PACK 2 | 100 QTY

Value \$157



COMPONENTS

- Ultimune, 30ml
- Eudermine, 70ml
- Shiseido Tote Bag

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

Membership Pays! Become a JCCC Member today to take advantage of Member Pricing! For as little as \$20 a year, Members receive access to JCCC Classes and Workshops, Special Events and Festivals, Gift Shop discounts and More!

Other films include:

CLOUD
クラウド

LIVING IN TWO WORLDS
ぼくが生きてる、ふたつの世界

GIVE IT ALL
がんばっていきまっしょい

BETWEEN PICTURES: THE LENS OF TAMIO
WAKAYAMA

THE VOW FROM HIROSHIMA
ヒロシマへの誓い 〜サーロー節子とともに〜

SUNSET SUNRISE
サンセット・サンライズ

GRAND MAISON PARIS
グランメゾンパリ

合気道
Aikido

杖道
Jōdo

空手
Karate

Don't forget to check your club's summer schedule!

As we head into registration for the summer months, please be aware that some clubs may be reducing the number of class/practices in a week and/or cancelling classes on long weekends. More information on each specific club and their summer hours are on each discipline's specific martial art page of our website.

May is registration month for Aikido, Jodo and Karate. Please check your fees for the upcoming Series as summer fees have returned.

We also want to inform our participants of laido and Jodo that classes are cancelled during the May Long Weekend (on Saturday May 17 and Sunday May 18). The JCCC is closed on Monday May 19 and all classes are cancelled.



Our Martial Arts have been busy outside the JCCC!

The JCCC Martial Arts Clubs have been busy showing off their skills outside of the JCCC!

On March 30, our JCCC Shito-Ryu Itosu-kai Karate and JCCC laido students provided a short demonstration to the Canadian National Japanese Speech Contest attendees at York University. MC'd by Christine Takasaki, the two clubs demonstrated their kata and forms to the packed house in York U's Vari Hall, while providing a little bit of history about each club and the JCCC. To learn more about Martial Arts at the JCCC, visit <https://jccc.on.ca/programs/martial-arts>



JCCC Mumon Kai (laido) instructors and participants.



JCCC Karate instructors and students.

JCCC Shito-Ryu Itosu-kai Karate students, in preparation to attend the World Itosu-Ryu Invitational Karate tournament this August in Chiba, Japan, recently participated in a World Karate Commission (WKC) tournament in Brampton. JCCC Karateka participants (Paul Takasaki, Timothy Takasaki, Richard Takasaki, Mia Nemeth, Avery Nemeth, Stephanie Huff, Kieran George, Shea Denstedt-Huff, and Jasmine Asumi Kong) did very well and after a full day of competition, Paul Takasaki, placed 3rd in Senior men's kata. Paul, along with Mia Nemeth and Avery Nemeth who both finished in the top 8 of their divisions, received invitations to participate at the WKC National qualifier tournament in Gatineau Quebec, May 16-18, for a place on the Canadian WKC team to the world tournament being held later this year in the USA. Special thanks to Peter Jones and Tim Chan for supporting our students in Brampton.

読んでから観るか、観てから読むか。 映画祭を2倍楽しむ読書のススメ。

壮大な時代劇からじんわり沁みるヒューマンストーリーまで、今年もJCCC日本映画祭の季節がやってきました。ライブラリーでは、映画祭上映作の原作を多く取り揃えています。読んでから観ても、観てから読んでも、味わい深い物語の数々。映画の楽しみが2倍に広がる、おすすめの本をご紹介します。

1) 室町無頼(上・下) 垣根涼介(新潮文庫)

時は室町中期、応仁の乱前夜。大飢饉と疫病が都を襲う。生き延びた天涯孤独の少年・才蔵は市中警護役に武術の才を見出され、やがて蓮田兵衛に預けられることに。兵衛は己の腕と才覚だけで混沌の世を泳ぐ自由人。その教えと凄絶な棒術修業の果てに、才蔵は生きる力を身に着けていく。そしてついに、命をかけた蜂起の日がやって来る――。

2) 花まんま 朱川湊人(文春文庫)

昭和30～40年代の大阪下町を舞台に、ノスタルジックな思い出を紡ぐ短篇集。表題作「花まんま」は、早くに両親を亡くした兄妹の物語。「どんなことがあっても妹を守る」という父との約束を守り続けた兄の俊樹は、妹・フミ子の結婚が決まり一息つくも、フミ子は封印していたある重大な秘密を思い出してしまう。第133回直木賞受賞。

3) 八犬伝(上・下) 山田風太郎(角川文庫)

江戸の人気作家・滝沢馬琴は、友人で絵師の葛飾北斎に構想中の物語を語り始める。宿縁に導かれた八人の犬士が悪と戦う「南総里見八犬伝」だ。北斎も魅了した同作は人気を集め、異例の長期連載となるが、28年の歳月のうちには息子の死や自身の失明など数多の困難が馬琴を襲う。物語の「虚の世界」と執筆への執念を燃やす馬琴の「実の世界」、二つを緻密に交錯させた傑作。

Read before you watch? or Watch before you read?

The Library has lots of titles that have been made into movies!

Here are some books that will double your enjoyment of the films shown at TorontoJFF this year.

(1) Muromachi Muyori (First and Second) Ryosuke Kakine (Shincho Bunko)

The time is the middle of Muromachi, on the eve of the Onin War. A great famine and plague hit the capital. Saizo, a boy who survived the famine and the plague, is discovered by the city guard to have a talent for martial arts, and is eventually entrusted to Hasuda Hyoue. He is a free man who swims in a world of chaos with only his skill and talent. Through his teachings and fierce training in the art of stick fighting, Saizo learns to have the strength to live. Finally, the day of the uprising comes.

(2) Hanamanma by Minato Aikawa (Bunshun Bunko)

A collection of short stories spinning nostalgic memories set in downtown Osaka in the Showa 30s and 40s. The title story "Hana-manma" is about a brother and sister who lost their parents early. Toshiki has kept his promise to his father to protect his younger sister no matter what, but when Fumiko's marriage is finalized, he takes a breather. Winner of the 133rd Naoki Prize.

(3) Hakkenden (First and Second) Futaro Yamada (Kadokawa Bunko)

Takizawa Bakin, a popular Edo writer, begins to tell his friend and painter, Katsushika Hokusai, a story he is conceiving. The story is "Nanso Satomi Hakkenden," in which eight dogmen, guided by a destiny, fight against evil. The story, which fascinated Hokusai as well, became so popular that it was serialized for an unusually long period of time, but over the course of 28 years, Bakin faced numerous difficulties, including the death of his son and the loss of his own sight. This is a masterpiece that closely interweaves the "imaginary world" of the story with the "real world" of Bakin's obsessive devotion to writing.

Sedai Corner

Back in March, we proudly announced the launch of the Japanese Canadian Legacies Society Sedai Grant—and we're thrilled to share that this grant is helping us take Sedai to the next level!

Over the next two years, this space will be your go-to hub for updates on all things Sedai: from preservation efforts to community outreach, film projects, and more. Here's a look at what we've been up to so far:

Preservation

We're laying the groundwork to ensure the stories we've gathered through Sedai are preserved for generations to come. Claire has been hard at work digitizing our earliest interview tapes—carefully auditing, packaging, and sending them off to trusted digitization experts in the community.

At the same time, we're upgrading our digital and physical storage systems to make sure your stories are kept safe and accessible. Another important step? Making more interviews available to the public. Our Heritage team will be connecting with past interviewees and their families to finalize permissions so we can share these stories far and wide. We also have a team of dedicated transcriptionists working on getting interviews transcribed so they can be easily accessed!



Outreach

One of the pillars of Sedai is community connection. Karen is leading the way by developing Oral History Workshop curricula, tailored for both individuals and community organizations. After a pilot session this June, she'll be rolling out workshops across the community, providing resources and support for those interested in conducting their own oral histories. Stay tuned—your chance to join one might be just around the corner!

Activation & Expansion

This is where things get really exciting! Our winter intern, Lenora, collaborated with local artist Hitoshi Murakami to create a powerful video about Sedai. This video will premiere at the Toronto Japanese Film Festival, opening a spotlight on our stories in a brand-new way.

And there's more—we're also opening the door for community members to donate their own interview footage. Starting June 1, you'll be able to fill out a submission form on our website and contribute to the growing Sedai archive.

Stay Connected

To keep up with everything happening in Sedai, we've added a dedicated [Sedai Outreach](#) page on the JCCC website. This is where you'll find the latest updates, ways to get involved, and upcoming events.

We're just getting started—and we can't wait to grow, learn, and share this journey with you. Let's keep the legacy alive, together.

Third Places is Now Open!

Join the JCCC Heritage Department 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.

Phase in My Journey Photography Exhibit

Opening Reception Recap and Doors Open Artist Talk

Our spring photography exhibit, Phase in My Journey, opened on April 5 as part of the CONTACT Photography Festival. Featuring the work of photographer Walter Borchenko, the show is a 20-year retrospective of the photographer's Modernist photographic aesthetic. Printed on hand-made Awagami Japanese paper and shot on PhaseOne equipment, the exhibit celebrates Borchenko's innovative vision and dedication to the Modernist Tradition.

Borchenko was in attendance and discussed his artistic journey and process and curator Shin Sugino presented curatorial remarks. A representative from sponsor PhaseOne also spoke. As Phase in My Journey is the very first exhibit to be shot solely using PhaseOne equipment, a representative from PhaseOne spoke. PhaseOne also sponsored the exhibit.

If you missed the reception and want to hear from the artist, attend our artist talk on May 24th at 2PM as part of Doors Open!



Walter Borchenko



Shin Sugino

Shifting Skies, Changing Forms

An Exhibition of Japanese Canadian Legacies Arts Fund Recipients

July 9th to September 5th 2025

Opening Reception July 9th at 6:30pm

The JCCC Gallery would like to extend our congratulations to the recipients of the recent Japanese Canadian Legacies Arts grant.

Shifting Skies, Changing Forms evocatively represents how the exhibition's artists examine personal and family histories and translate these experiences through generations. They explore history, identity, transformation, and reconstruction, not only of historical materials but also of our understanding of how this difficult and complex past has influenced identity, sense of self, and artistic expression.

The artists are:

Emiko Tatebe Berman
Suzanne Ruth Liska
Tamiko Potts
Roddy Isao Tasaka

Gail Burgin
Barbara "Miiko" Nishimura-Gravlin
Stephanie Akiko Takagi
The Kimono Remake Project

Attention Artsu Matsuri artists and fans!

We have selected our theme for next year's show.

AKASHIRO

A Celebration of Japanese and Canadian Identity in Art

A Community Art Show Coming in February 2026

Red and white—two colours, two nations, one shared identity. Inspired by the colours of both the Japanese and Canadian flags, AKASHIRO (from the Japanese words aka for red and shiro for white) explores the intersections of Japanese and Canadian culture through art. This exhibition invites artists from the JCCC community to reflect on their experiences, traditions, and personal connections to these two vibrant cultures.



Jerrold Tanaka,

"My Japanese Canadian Heritage",

Artsu Matsuri 2025.

Whether influenced by their Japanese Canadian heritage or as Canadians immersed in Japanese culture, artists will showcase works that highlight the fusion, contrast, and harmony between these identities. Through a diverse range of media and interpretations, AKASHIRO is a celebration of heritage, belonging, and the ways in which these two cultures continue to shape and inspire each other.

Join us in discovering how red and white—aka and shiro—come together in artistic expression, weaving together stories of identity, tradition, and cross-cultural connection.

The Call for Artists will appear closer to the date of the exhibition.

Save the Date! Nuit Blanche: Sat. Oct. 4, 2025

The JCCC art gallery is proud to showcase an art installation by acclaimed Japanese Canadian artist, Louise Noguchi. The installation titled "The Shape of Loss" will represent the intangible loss of identity along with the monumental loss of property and livelihood associated with the confiscation of 1337 fishing boats by the Canadian government during WWII. A community of artists led by Noguchi will draw the lifesize hulls of each of the confiscated boats during the all night Nuit Blanche event this coming October. It will be an evening of powerful performance based art you won't want to miss.



Currently on view at the Art Gallery of Ontario, is an exhibit titled "Louise Noguchi: Selected Works, 1986-2000" featuring 3 works by Noguchi from the AGO's collection. The AGO exhibit runs until the end of July.

Louise Noguchi with Fruits of Belief: The Grand Landscape, 1986. Hardware, oil paint, oil stain, black and white photograph mounted on wood construction, wood, fibreglass, resin, epoxy glue, overall dimensions: 106.7 x 655.3 x 259.1 cm. Art Gallery of Ontario. Gift from the Phyllis Kurtz Fine Fund, 1988. Artwork © Louise Noguchi. Photo AGO. 88/335

Link to AGO interview with Foyer:

<https://readfoyer.com/article/unpacking-identity-louise-noguchi>

Nuit Blanche link:

<https://www.toronto.ca/explore-enjoy/festivals-events/nuitblanche/>

DONATIONS

DONATIONS TO THE JCCC

AS OF MARCH 31, 2025

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	30
Anonymous	28
Anonymous	100
In honour of Gary Kawaguchi & Gayle Taguchi	
Anonymous	1,000
SakuraFest	
Mrs. Gale Durocher	25
Ms. Jessie Ebata	2,000
Mr. & Mrs. Ray Edamura	100
Ms. Lynn Eplett	100
In honour of Gary Kawaguchi	
Mr. Manfred Hubert & Ms. Vida Ghaem Maghami	50
Rev. Kensho Hashimoto	100
Mrs. Susan Hidaka	100
Mr. & Mrs. Brian Imada	50
Ms. Ellen Ishikawa	100
Ms. Margaret Iwata	150
Mrs. Betty Kagayama	50
Ms. Pauline Kan	100
Ms. Meg Karper	10
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Mrs. Rose Kelly	10
Ms. Alice Korman	50
Ms. Jennifer Lamore	10
Mr. & Mrs. Glenn Lee	125
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Mr. Allan T. Masukawa	50
Mrs. Kay Matsumoto	100
Mr. Leslie Merson	100
Mr. & Mrs. Ken Miyasaki	100
Ms. Laurie-Ann Nakagawa	100
Mrs. Jessica Y. Nakamura	77
Mrs. Ruth Naruse	100
Mrs. Patti Nishimura	50
Mr. & Mrs. Kenzo Sekiya	50

Mrs. Kathleen Y Tanaka	100
Mr. Richard Kenno & Dr. Jane Toyota	200
Mr. Katsuo Yamaguchi	27

Chris Kano Taiko Studio

Mrs. Carolyn Crouch	100
In memory of Agnes Kanda & Theresa Kodama	

Corporate

Anonymous

Emergency Appeal

Ms. Martha Arima	30
Mr. William Cruz	50
In memory of Roman T Yap	
Mrs. Elinor J. Dunlop	35
Mr. Patrick Dunlop	10
Mr. Robbie Grant	25
Mrs. Jan Nobuto	100
Mr. Regan Takenaka	25
In memory of Tony & Kimi Takenaka	
Ms. Karen Tanino	50
In memory of Ken & Ruth Tanino	
Mrs. Donna Yoshimatsu	150

In Memoriam

In memory of Agnes Kanda

Mr. Grant McMillen	100
Ms. Christine Nakatsu	100
Mr. & Mrs. Benjamin Eto	50
Mr. Steve Kishimoto	25
Mrs. Eiko Kiyonaga	100
Ms. Patricia Kurita	100
Mr. Harry & Mrs. Kathlyn Nagata	50
Ms. Linda Sakamoto	50
Mrs. Jean Tanaka	100
Mrs. Karen Tanaka-Inata	100
Mr. & Mrs. Wayne Yatabe	100

In memory of Betty Shinozaki

Mr. David & Ms. Rita Shimozaawa	100
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In memory of Betty Ura

Mr. Craig & Mrs. Norma Fleming	35
Mrs. Kyoko Iwamura & Mr. James Kobayashi	100
Mrs. Marlene MacKenzie	50
Mr. Robert & Mrs. Dianne Wesseling	500

In memory of Betty Ura,

Doreen Nakashima, & Tad Oyagi

Anonymous	50
-----------	----

In memory of George Tsushima

Alan & Ruthie Kondo & family; Gary, Laurie & Naomi Tehara	1,000
--	-------

In memory of George Uyeyama

Mr. Grant Uyeyama	200
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In memory of Harry & Yuki Kondo

Alan & Ruthie Kondo & family; Gary, Laurie & Naomi Tehara	2,000
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In memory of Kay Fujiwara

Mr. Bill Hatanaka	100
-------------------	-----

In memory of Ken Iwasa

Mrs. Tomeko Iwasa	50
Mrs. Kerri & Mr. Will Whyte	100

In memory of Kenneth Katsuji Nakamura

Mrs. Kitty Yukie Nakamura & Family	500
---------------------------------------	-----

In memory of Marie Hirano

Mrs. April Hatanaka	50
Mrs. Margaret Love	300

In memory of Masumi Sawada

Mr. Nobby & Mrs. Kay Fujino	25
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In memory of Sumie &

Tom Takashima

Mr. Lindsay Takashima	1,000
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In memory of Teruko Terry Shin

Mr. Martin Kobayashi	100
Mrs. Kimiko Tsuji	50

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Mr. Mike & Mrs. Nancy Peng	100
In memory of Marie Hirano	

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Dr. Katherine Arima	127
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Mrs. Miyo Ito	127
Mr. & Mrs. Glenn Lee	110

Dr. Sam Misumi	127
Mr. Tim Bishop &	93
Dr. Mika Nonoyama	
Mr. Cary Rothbart &	93
Ms. Aleksandra Madejski	
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Dr. Jane Toyota	

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APRIL 1, 2020 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
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Jiro Fukushima
Clayton Gytoku 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

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DECEMBER 2023 TO PRESENT

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THE FOLLOWING DONATIONS:

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Charlie's Meat
Matthew Dales
Ken Fukushima
JCCC Judo-Kai
In Memory of Sensei Peter Hasegawa
Sid Ikeda
Adrian Iliescu
Shane Le Gros
Maison Changkeun Lee
Matsumura Family

Mazumder Family & Friends
Camber Muir
In Memory of Sensei Genichiro Nakahara
Osamu Obata Shihan & Kenji Ochi Sensei
Gerald N Okimura JCCC Judo-Kai
Ziyi Peng
George Mitsuyuki Sakata, 7Th Dan, Judo
Darrell Masumi Sakauye JCCC Judo-Kai
In Loving Memory of Mom Yvonne Scott
In Memory of Sensei Joe Serianni
Russ Takashima
Kai Taniguchi Wong & Kyo Taniguchi
Wong
Harry Tonogai
Jonathan Wong

Green Keiko Mat

James and Masayo Heron
In Memory of Sensei Ken Ikeda
Kadota Family
In Memory of Sensei Glenn Kawano
Shane Sachiyo and Yuji Le Gros
Masaru Matsubara
K. Nagao
In Memory of Mack Makoto Oikawa 3rd Dan
Kevin And Nancy Roxby
Anca And Dan Rusu

Shinichi Sawada - Oct. 19, 1940 - Feb. 28, 2025



Mr. Sawada came to Canada on a working holiday in 1971.

He fell in love with the country and decided to make it his adopted home but remained passionate about his Japanese heritage and homeland. He would return to visit family and friends in the land of the rising sun every four or five years.

He also became a regular visitor to the Japanese Canadian Cultural Centre in Toronto and was acquainted with many in the Japanese diaspora.

He is probably best remembered as the administrator of the Nipponia Home located in Beamsville near St. Catharines.

Mr. Sawada loved his time providing care for Canadian Japanese seniors.

A celebration of life and interment service will be taking place on Thursday, May 15, 2025 at the Ovington Funeral Home in Burford, Ontario. 134 King St. N0E 1A0 (Near Brantford)

Email: Keith.ovington@sympatico.ca

Website: www.keithovington.ca

Visitation: 1:00 - 2:00pm

Service/Celebration of Life: 2:00 - 3:00pm

Interment: 3:00 - 3:30pm ideas of displacement and discrimination.

トロント歌声喫茶 25周年! Toronto Utagoe 25 Years

トロント歌声喫茶の会は2000年の創立以来日系文化会館で活動を始め、この5月で25周年を迎えます。歌声喫茶はカラオケでも合唱団でもありません。懐かしい歌、思い出の歌、楽しい歌、世の中に訴える歌、などを皆で一斉に歌います。音痴でもどら声でもよい、皆で歌えば心が繋がり、友達ができ、あなたの世界が広がります。集い1回で45曲から50曲歌います。歌の合間に、歌の内容とか世間話なども楽しみ、心身ともにとても健康的な集まりです。

5月31日(土)11時から3時45分 日系文化会館2階2D。

問い合わせ:Nobby Miura nobbycosmic@gmail.com

The Toronto Utagoe has been active at the Japanese Canadian Cultural Centre since its founding in 2000. It will celebrate its 25th anniversary this May. Utagoe is not a karaoke or a choir. We all sing old songs, nostalgic songs, powerful songs, songs that appeal to the world, and more. It doesn't matter if you're tone-deaf or have a rough voice. Singing together connects hearts, makes friends, and expands your world. We sing 45 to 50 songs at each gathering. In between songs, we enjoy talking about the songs and other things. It is a very healthy activity for both body and mind.

May 31 (Sat) 11:00-3:45pm Japanese Canadian Cultural Centre, 2nd floor, 2D.

Inquiries: Nobby Miura nobbycosmic@gmail.com



Yee Hong/Momiji Golf Tournament - May 13, 2025

The Board of Directors of the Momiji Health Care Society are pleased to announce that on Tuesday May 13, 2025, Momiji will sponsor a fundraising golf tournament at Clublink's Station Creek Golf Club South Course in cooperation with the Yee Hong Wellness Foundation.

Momiji is known for its building at Markham Road and Kingston Road in Scarborough serving its Japanese Canadian residents in an assisted living environment since 1992.

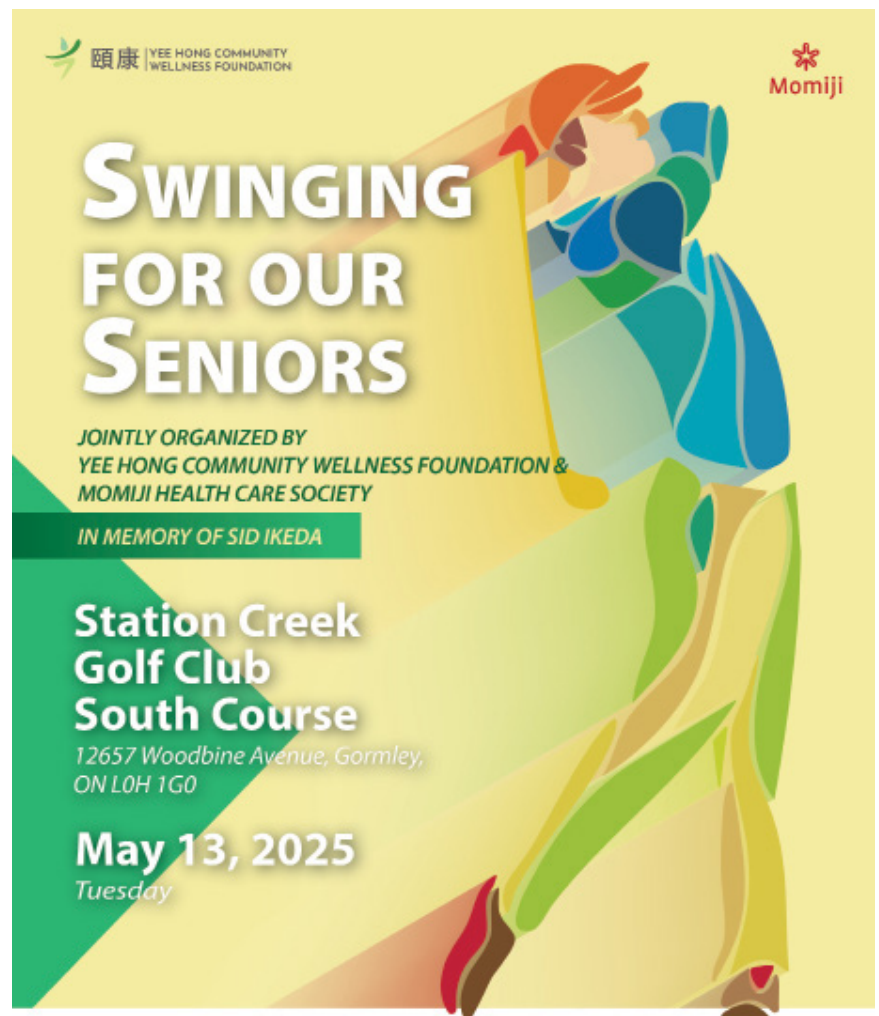
Yee Hong is known for its four long term care buildings in the GTA serving the Asian community (primarily the Chinese Canadians) with one section dedicated to Japanese Canadians at Scottfield Drive in Scarborough. One additional building is now under construction with completion in the spring of 2026.

Momiji and Yee Hong have been partners for more than 20 years to provide excellent care for Japanese Canadian seniors, meeting their medical, physical and social needs. In addition to integrated programs at Momiji and Yee Hong, the Momiji Health Care Society has outreach programs at Castlerview-Wychwood Towers and Macassa Lodge in the Japanese community across the GTHA.

In 2025, these two organizations are combining forces to present a quality golf tournament for the Asian Canadian community. The tournament day will begin with registration in the late morning, lunch, golf and cart in scramble format, dinner, prizes and presentations.

The tournament theme is "Swinging for our Seniors" and will honour the memory of Sid Ikeda, who along with Dr Joseph Wong, founder of Yee Hong, forged the agreement between the two organizations to provide 25 beds for Japanese Canadians at the Scarborough-Finch Yee Hong location. If you would like to donate to Yee Hong in memory of Sid, please go to the link <https://www.yeehong.com/inmemoryof/sid-ikeda/>

For further tournament details and registration, please see the website www.yeehong.com/golf where you can download the registration and sponsorship information. If you have not finalized your golf foursome, you can reserve your spot by emailing Katherine Hui of Yee Hong at Katherine.Hui@yeehong.com.



Inquire Today!

For sponsorship opportunities,
please contact the Foundation Office



foundation@yeehong.com



(416) 321-0777

健やかな老後をめざして その83

「おならがよく出るし、下痢になりやすい」「おなかが張ってガスがたまる」「おなかの調子が悪くて便秘ぎみ」「便を出し切れない感覚が残って不快」「いぼ痔や切れ痔がある」

上記にあげた排便トラブルを経験したことがあるのではないでしょうが? 食べてから排泄するまでの過程ですが、まず食べた物は胃で消化され、小腸に運ばれて栄養が吸収されます。残ったカスは大腸の蠕動(ぜんどう)運動によってゆっくりと運ばれ、その間に水分が吸収されて適度な柔らかさの便が作られます。そして、一定量たまると直腸に送られます。

トラブルの中でも「便秘」に悩んでいる人が多いですね! 便秘のタイプは大きく分けて「排便回数が少ない(週3回未満)」「排便自体が困難である」の2つ。前者はストレスなどの影響で便が直腸にうまく送られない、あるいは、食事が少ないために便の量も少なくなることが原因です。便が大腸に長くどまると水分が吸収されすぎるので、小さく固い便が特徴です。しかし、回数が少なくてもスムーズに排便できているのであれば特に問題はありません。後者は、加齢により排便に関わる筋力の低下や直腸壁(直腸壁が膨らんだ状態)が起こり、強くなりきんでも出にくく、便が残った感じが生じます。強くなりきむと血圧が上がり、脳卒中や心筋梗塞のリスクが高まります。また、前者と後者は互いに関連し合いながら悪循環へとつながることもあるので、やはり便秘を放置してはいけません。

対策の基本は何と言っても食生活! 十分な食事量の確保にはきちんと3食を。腸がもっとも活発に動くのは朝なので、特に朝食が大事です。また、腸内環境を整えることも大切。発酵食品(ヨーグルト、納豆、みそ、キムチなど)、善玉菌を増やすオリゴ糖(玉ねぎ、乳製品、バナナ、はちみつ、納豆など)、食物繊維の豊富な物(玄米などの雑穀、アボカド、じゃがいも、ごぼう、納豆、なめこ、キウイ、葉もの野菜、海藻など)を意

～排便トラブルを何とかしたい!～

識的に摂りましょう。高齢になるとどうしても水分摂取が少なくなります。医師による制限がなければ「食事以外に1.5～2.0リットル」が目安です。排便習慣も大事! 「決まった時間にトイレに行く」「我慢しない」を心がけましょう。我慢を繰り返すと便意を感じにくくなります。決まったトイレ時間をいつにするか.....暮らし方を考えてみましょう。私の場合、朝食後60分頃に便意を感じます。上記にあげた食事内容と水分に気をつけるようになって以降、便秘に陥ることがほとんどありません。生活習慣の大切さが叫ばれていなかった若い頃、健康意識が十分でなかった.....今さらながら気づきます。反省点です。

便秘を招かないためには運動も大事! 活動が低下すると腸の働きも弱まり、全身の筋力を維持することが難しくなって便秘に陥りやすくなります。有酸素運動(ウォーキング、ダンス、ジョギング、水泳など)は腸の動きを活発にします。もちろん、家事や買い物の際に階段を使う、遠回りして歩くなど、日常生活で運動量を増やすことがもっとも簡便で継続につながりますね。私は60代までは「要領よく作業をこなす」を心がけていましたが、74歳の今は「一度にこなさず何度かに分ける(家の中を往復)」ように努めています。「台所から遠い寝室にきた際にはこれとあれを整理」ではなく「歩いて行く機会を増やす」ために作業を残します。認知機能の低下ではなく、あえて忘れるように(笑)。

様々な事柄を試みても改善しないために市販薬に頼っている人はけっこう多いかもしれません。しかし、便秘のタイプによって使用する薬は異なります。長期の市販薬使用による問題も生じます。かかりつけ医に相談することを勧めます。

マーン豊澤英子

(医学博士 老年看護スペシャリスト mernagh@rogers.com)

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. Classes have now begun.

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



Let's Ondo Again!

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



JSS プログラム:2025年5月・JSS Programs May 2025

以下は2025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](https://jss.ca/)、または416-385-9200 / PROGRAMS@JSS.CA まで。

Check out our upcoming May 2025 programs! *Pre-registration required. Visit our [website](https://jss.ca/) 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5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](https://jss.ca/):モミジ・JSS:オンライン講座シリーズをご覧ください。

「バスルームの安全対策: 安心なトイレ・入浴用具の紹介と、尿漏れに関する誤解」5月14日(水) 15時(日本語&英語)

本セッションでは、専門家のゲストスピーカーをお迎えし、高齢者が安全にトイレや入浴を行うための工夫やポイントについてお話しいただきます。また、安全に自立した生活を送るために役立つ日常生活用具(ADL機器)についてもご紹介します。さらに、尿漏れに関するよくある誤解についても取り上げ、正しい知識を学びます。

※詳細・お申込みは[JSSウェブサイト](https://jss.ca/)またはPROGRAMS@JSS.CAまで

「森林浴健康法について」5月26日(水) 15時(英語)

森林浴は日本で公式な健康法として認定され、臨床実践において、身体的、感情的、精神的な健康をサポートするための方法として取り入れられています。本セッションでは、自然の中で過ごすことがもたらす健康効果、科学的背景、森林浴の実践方法等について学んでいきます。

※詳細・お申込みは[JSSウェブサイト](https://jss.ca/)またはPROGRAMS@JSS.CAまで

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: MSG@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。

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24期:5/5~6/16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

1. e-Learning Series

*Visit [JSS website](https://jss.ca/) for the list of seminars & past recordings

Bathroom safety, Equipment and Incontinence: Wed. May 14, 3pm (English & Japanese)

In this session, our expert guest speakers will discuss recommendations to improve safety and manage toileting and bathing for seniors. You can learn about ADL equipment that can help you stay safe and independent. They will also talk about common misconceptions about urinary incontinence.

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

Introduction to Forest Bathing : Shinrin-Yoku: Wed. May 26, 3pm (English)

Shinrin-yoku, or forest bathing, has been officially recognized in Japan as a health practice and is incorporated into clinical settings to support physical, emotional, and mental well-being. In this session, we will explore the health benefits of spending time in nature, the scientific evidence behind it, and practical ways to experience forest bathing.

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

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 msg@jss.ca

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

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 24: May 5 – June 16, 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



JCCC 2025

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12:00PM - 4:00PM**

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