

AUGUST 2025 ・ 2025年8月



WHAT'S ON

JCCC CLOSED - JCCC閉館
CIVIC HOLIDAY: AUGUST 4
シビックホリデー: 8月4日
LABOUR DAY: SEPTEMBER 1
レイバーデー: 9月1日

AUGUST MONTHLY FILM: AUGUST 10
HIROSHIMA PIANO & OKURIMONO
8月映画上映会: 8月10日
おかあさんの被爆ピアノ&おくりもの

IN THIS ISSUE

NATSU MATSURI & BON ODORI WRAP UP
夏祭り・盆踊り大盛況!

THANK YOU JAMES!
ありがとうジェームスさん!

TORONTOJFF AWARD WINNERS
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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。
一般的なお質問は、**416-441-2345**内線222に電話、メッセージを残してください。
開館時間内(月～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 September 2025 issue is:
Thursday, August 7, 2025.
次号締切日: 2025年8月7日(木)
Please email to newsletter@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

Civic Holiday • JCCC CLOSED

シビックホリデー • JCCC閉館

Monday, August 4

8月4日 (月)

JCCC Karaoke Club • JCCCカラオケクラブ

Wednesday, August 6 & 20, 10:00am

8月6, 20日 (水) 午前10時

Augus Film Screening • 8月映画上映会

Sunday, August 10, 1:30pm & 4:00pm

8月10日(日) 午後1時30分, 午後4時

Hiroshima Piano / おかあさんの被爆ピアノ

Okurimono / おくりもの

See page 10 for details. 詳細はページ10をご覧ください。

Arigato Day • ありがとうデー

Sunday, August 24 • 8月24日(日)

See page 7 for details. 詳細はページ7をご覧ください。

Labour Day • JCCC CLOSED

レイバーデー • JCCC閉館

Monday, September 1

9月1日 (月)

September Film Screening • 9月映画上映会

Wednesday, September 11, 7:00pm

9月11日(水) 午後7時

Onde as Ondras (Where the Waves Break)

Annual General Meeting • 年次総会

Monday, September 22, 7:30pm

9月22日 (月) 午後7時30分

Issei Day • 一世の日

Sunday, October 5

10月5日 (日)

Registration opens: Wednesday, September 3

登録開始: 9月3日 (水)

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.

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丸: 日系移民物語。ツアーガイドをご希望の方は

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JCCC Gallery • JCCCギャラリー

Shifting Skies, Changing Forms

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July 9 to September 5, 2025 • 2025年7月9日—9月5日

See page 14 for details.

A Message from Executive Director, Jerrold McGrath



I am writing this message a few days prior to Natsu Matsuri and Bon Odori at the Japanese Canadian Cultural Centre. It's an event my family and I have attended whenever possible since 2016.

When we lived in Japan, we had a small apartment in a neighborhood in Nagoya called Kanayama. Although close to the large and ancient Atsuta Shrine, Kanayama hosts a number of small matsuri with deep local roots. These festivals tend to be community-organized and preserve neighborhood bonds that are often fraying elsewhere in urban Japan. My first experience of Bon Odori was there, when the owner of my local dry cleaner invited us into the circle. We were quite surprised to find that he was also the taiko drummer.

The dance ran from sunset to sunrise, and I felt welcomed in a way that is still quite precious to me (I did not make it until dawn).

As we prepared for the JCCC Natsu Matsuri we started looking into the Archives. We found videos and photos from the old JCCC site, from unlabeled parks, and a few from the internment camp at New Denver in 1944.

The situation for Japanese Canadians forcibly relocated to internment sites was harsh. Yet they leveraged their scarce resources to build a large yagura and continued a centuries-long tradition. Bon Odori has long been a cathartic celebration of impermanence and community, and the image was a haunting and joyous reminder of this.

We live in a very different world than that of 15th Century Japan or the BC interior in the 1940s. We have our own dangers and challenges that include a changing climate, political volatility across the globe, and incredible changes in the technologies that surround us.

However, matsuri can still serve as rehearsals for how to be together through uncertainty, across difference, in shared motion. Whether through dance, music, food, or quiet acts of remembrance, matsuri make space for us to inhabit multiple times at once: the histories we carry, the present we co-create, and the futures we gesture toward. They remind us that culture is not only what is preserved, but also what is practiced—again and again, in community.

As I reflect on my short time as Executive Director at the JCCC, I want to thank everyone who has danced, cooked, volunteered, or simply showed up. These acts matter. In a world that often feels fragmented, matsuri offer us a way to move, literally and figuratively, toward one another. May that spirit stay with us through the seasons ahead.

数日後に開催されるカナダ日系文化会館の夏祭り・盆踊りを前に、このメッセージを書いています。私たち家族は、2016年からこのイベントに可能な限り参加してきました。

日本に住んでいた頃、私たちは名古屋市の金山という町にある小さなアパートで暮らしていました。歴史ある大きな熱田神宮のすぐ近くにあり、金山では地域に根ざした小さな祭りが数多く開催されています。これらの祭りは地域の人々によって運営されており、都市化が進む中で薄れがちな近所同士の絆を今なお保ち続けています。

私が初めて盆踊りを体験したのも、その金山の町でした。地元のクリーニング店の店主が、私たちを踊りの輪に招いてくれたのです。そして、その方が太鼓を叩く中心的な存在であったことに、私たちはとても驚かされました。その盆踊りは日没から夜明けまで続き、私は最後まで踊りきることはできませんでしたが、そのとき感じた温かな歓迎の気持ちは、今も大切な記憶として残っています。

今年のJCCCの夏祭りに向けて、私たちはアーカイブの資料を調べてみました。昔のJCCCの写真やビデオや公園で撮られたもの、そして1944年にブリティッシュ・コロンビア州ニュー・デンバーの強制収容所で撮られた貴重な映像も見つかりました。

当時、日系カナダ人は非常に厳しい状況に置かれていましたが、限られた資源の中で立派なやぐらを建て、何百年も続く伝統を守り続けていました。盆踊りは、無常を受け入れ、共同体のつながりを祝う行事でもあります。その映像は、悲しみと喜びが重なった、忘れがたいものでした。

私たちは、15世紀の日本や1940年代のカナダとは全く異なる時代に生きています。気候変動、世界的な政治不安、そして目まぐるしく進化するテクノロジーに直面する現代においても、私たちには乗り越えるべき課題が数多くあります。しかし、祭りは今でも、異なる背景を持つ人々が不確実な時代をともに生き抜くためのリハーサル場となり得ます。踊りや音楽、食べ物、そして静かな祈りや思い出すという行為を通して、私たちは過去、今、これからを同時に感じることができます。文化は「残すもの」であると同時に、「繰り返し行うもの」でもあるのだと、改めて思います。何度も、何度も、コミュニティの中で。

JCCCの館長として過ごした短い時間を振り返りながら、盆踊りを一緒に踊ってくださった方々、料理を作ってくださいました方々、ボランティアとして支えてくださった皆さん、そして会場に足を運んでくださったすべての方に、心から感謝しています。どんな関わり方であっても、それぞれに意味があったと思います。分断や不安の多い今だからこそ、祭りは私たちが「共にあること」を思い出させてくれる大切な時間です。その思いが、これからの季節にも、皆さんの中に静かに息づいていきますように。

“Thank You” Doesn’t Even Begin to Cover It

It was 40 years ago in 1985 that, out of curiosity, I paid a casual visit to the JCCC to see what Kendo was all about. That was the first domino for me in terms of Japanese culture.

I joined JCCC Kendo the following week and by the end of the year I had secured a 1-year teaching contract in Japan so I could pursue my new-found interest in all things Japanese. I stayed there for 11 years. February 5, 2025 also marked the beginning of my 25th year as the Executive Director of the Cultural Centre.

My years at the JCCC have provided an incredibly satisfying career. I have been given so many exciting opportunities like hosting Their Majesties the Emperor and Empress of Japan, being part of the team that built the Kobayashi Hall, Moriyama Nikkei Heritage Centre and the 2nd floor expansion. Additional highlights for me include launching the Sakura Gala, Ishizue Awards, the Heritage Committee and the Toronto Japanese Film Festival, as well as welcoming so many extraordinary artists, filmmakers and performers to share Japanese culture with Canadians. I hope these activities made people feel more welcome here and prouder of their Centre. I am also blessed to have been given the chance to continue as the Director of the Toronto Japanese Film Festival and screening program going forward.

Pinned above my desk is a note I received from Connie Sugiyama in the days before my retirement. As you know, Connie is a respected community leader, JCCC advisor, the founder of the Sedai Project. I hope it is not immodest of me to include this but these kind words mean a lot to me and remind me that, in the end, I have been useful.

“James. You have created a wonderful, lasting legacy at the JCCC, especially with the TJFF, and you should be very proud of yourself as I am of you. Decades ago when I wrote the original “case for support” for the inaugural Building Together Capital Campaign, it was largely aspirational but the JCCC has become everything we then imagined and more and we must all be grateful for your efforts in building the programming and the membership of the JCCC and sustaining the mission and vision of the issei and nisei founders.”

I look forward to watching the JCCC continue to expand, evolve and engage under the leadership of Jerrold McGrath. He is a brilliant guy. The JCCC is in good hands.

At the end of the day, all I can really say is that I have been a very lucky guy. I have been able to dedicate most of my working life and career to a culture, and to a community, that I love and for whom I have endless respect and admiration.

I’ve been able to do this because I have been surrounded by a great many dedicated, tireless and enthusiastic people: visionary presidents like Sid Ikeda, Steve Oikawa, Marty Kobayashi, Gary Kawaguchi and Chris Hope, the Board, the staff, the volunteers and of course, the members, the broader Japanese community and its many friends. Everyone has been so supportive and kind. The words “thank you” cannot begin to satisfactorily express the gratitude I feel.

Thank you so much for the trust, encouragement and patience you have shown me and for allowing me to be part of this extraordinary institution. It has been a huge privilege.

See you at the JCCC soon!

James



Toronto Japanese Film Festival Closes with the Announcement of the 2025 Award Winners

We are proud to announce that our 2025 edition attracted the biggest audiences and most positive audience reactions in the festival's 14-year history. The closing night featured the announcement of our Grand Jury and Audience Choice Awards.

Two weeks of great films, enthusiastic audiences, lively performances, and visiting film makers make the annual festival one of the JCCC's premiere events. We thank all the great people – volunteers, film buffs, sponsors, and staff – who make the festival happen each year and look forward to our 2026 edition.



Our **2025 GRAND JURY PRIZE FOR BEST FILM** is awarded to **Daihachi Yoshida's** extraordinary **TEKI COMETH**. It triumphed among a strong line-up this year and is, as one jury member commented, "a film that begins as spare, Ozu-esque drama about the lonely days of a retired French literature professor but segues into something more dreamlike and disturbing as the protagonist's inner fears, desires and regrets come to the fore. Director Yoshida joined us by video to thank the closing night audience. We wish the film every success in this year's Japanese Academy Prize race



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Also roundly praised by our judges and earning the **SPECIAL MENTION AWARD** was **Masakazu Kaneko's** stunning **RIVER RETURNS**. Our judges unanimously agreed the film receive special attention with one judge saying of the film: "an elliptical fable, **Masakazu Kaneko's** gorgeously lensed fairy tale is a poignant and timely reminder of the responsibility we owe to nature along with the ever presence of a seemingly distant past. Time too is an endless river in which ancient hurts can be healed and the injustices of another era overcome." Director Kaneko was here and accepted the award in the hall.



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The **KOBAYASHI AUDIENCE CHOICE AWARD** is presented to the film chosen as the festival favorite by audiences based on ballots completed at the end of each screening. This year's winner is **Susan Stricker's THE VOW FROM HIROSHIMA**, an intimate and moving portrait of **Setsuko Thurlow**, the passionate anti-nuclear arms activist and survivor of the atomic bomb in Hiroshima. We were honoured to have **Setsuko Thurlow** in attendance along with director **Susan Strickler**, and producer and fellow documentary subject **Mitchie Takeuchi**. The screening was followed by a fascinating panel discussion featuring celebrated broadcast journalist Mary Ito as moderator.



Volunteer Spotlight

Looking back Toronto Japanese Film Festival 2025

We've just wrapped up the 14th Toronto Japanese Film Festival (TorontoJFF), and what an incredible journey it's been! Over the 14-day festival, 50 dedicated volunteers contributed their time and energy, filling a total of 153 volunteer shifts — amounting to an impressive 486.15 volunteer hours!

If you're doing the math, that means many of our volunteers came back again and again. Some even volunteered almost every single day! This strong return rate speaks volumes about the commitment and passion of our TorontoJFF volunteers.

Our TorontoJFF volunteer team is a beautiful blend of experience and new energy. Every year, we welcome fresh faces, while many others have been with us since the very first year of the festival. A large portion of the team has been volunteering at TorontoJFF for over five years, creating a dynamic mix of backgrounds, ages, and experiences. But no matter where we come from, we all share one thing in common: a love for film.

It was truly an amazing two weeks working alongside each and every one of you.

From the bottom of my heart, thank you for being part of the TorontoJFF team. — Izumi, Volunteer Coordinator

第14回トロント日本映画祭 2025 を振り返って

第14回トロント日本映画祭が無事に終了しました。今年も素晴らしい時間をありがとうございました！14日間にわたる映画祭の期間中、合計50名のボランティアの皆さんが参加してくださり153のシフトを埋めてくれました。総ボランティア時間はなんと486.15時間にものぼります！153のシフトを50人で埋めるということは2週間の内、何度もボランティアをしてくださった方がたくさんいたということです！中にはほぼ毎日来てくださった方もいらっしゃいました。

TorontoJFFのボランティアチームはリピーターの方々を中心に構成されており、それに加えて毎年新しい仲間も迎え入れています。中には映画祭初年度からずっと参加してくださっている方もいて、5年以上の経験を持つベテランの方も多いです。年齢や背景、経験もさまざま。でも共通しているのはみんな映画が大好きということが感じとれます。

この2週間、皆さんと一緒に活動できたことを心から嬉しく思います。

本当にありがとうございました！ — ボランティアコーディネーター 和泉



Photo by Leon Balaban

Save the Date – Arigato Day is Coming!

Our annual volunteer appreciation event, Arigato Day, will be held on Sunday, August 24. It's our way of saying thank you to JCCC volunteers! Registration will open soon—stay tuned for more details!

ありがとうデー開催のお知らせ

今年のボランティア感謝イベント「ありがとうデー」は、8月24日(日)に開催されます。楽しい企画が盛りだくさんです。参加登録は近日開始予定ですので、どうぞ楽しみに！

Natsu Matsuri & Bon Odori 2025: A Rolling Success!

On Saturday, July 12, the JCCC hosted its annual summer festival, Natsu Matsuri & Bon Odori, drawing thousands to celebrate Japanese culture and heritage. Over 20 vendors offered delicious Japanese foods, crafts, and interactive activities. Festivalgoers enjoyed spectacular performances by the JCCC's affiliated dance and music groups, including Sakura Kai, Ayame Kai, Himawari Buyo Kai, and Kyowa Taiko, while children took part in festival games like kingyo sukui, water balloon yo-yos, and fan decorating.

A festival highlight was the two-hour crowd favorite Bon Odori led by the Toronto Buddhist Church, where hundreds of community members danced together despite the sweltering heat. This year also marked the second run of Kids Summer Dance, featuring yukata rentals, dressing services, and simple Bon Odori lessons for the little ones.

This year, the event placed renewed emphasis on the cultural and historical significance of Matsuri and Obon. New features included a traditional yagura stage adorned with chochin lanterns, and educational content shared through social media. More guests wore yukata than ever before, and we are thrilled to see the community embracing the Japanese roots of this cherished tradition.



Thank you to the wonderful volunteers, vendors, performers, the Toronto Buddhist Church, and JCCC staff for making this event such a success. We can't wait to do it all again in 2026!

大盛況!! 夏祭り・盆踊り 2025

7月12日(土) 猛暑の中、毎年恒例の夏祭り「夏まつり&盆踊り」が開催されました。今年もたくさんの新しい顔ぶれや常連の方々が集まり、日本の文化と伝統を一緒にお祝いする楽しい夜となりました。

20以上のブースでは、日本の美味しい食べ物や職人さんの手作りグッズ、楽しいアクティビティが並び、大人も子どもも大満足! さくら会、あやめ会、ひまわり舞踊会、響和太鼓といったJCCCのグループによる見ごたえたっぷりのパフォーマンスも大盛り上がりでした。金魚すくいやヨーヨー釣り、うちわ作りなど、子どもたちは縁日気分を満喫していました。

夜のメインイベントは、みんなが楽しみにしている仏教会率いる2時間の盆踊り。暑さにも負けず、たくさんの人たちが輪になって踊り続け、とても賑やかな雰囲気でした。今年は「子供夏祭り踊り」も2年目を迎え、浴衣のレンタルや着付け、子ども向けの簡単な盆踊りレッスンを行いました。

今年は「まつり」や「お盆」の文化的・歴史的な意味にももっと注目してもらえるように工夫しました。会場には提灯や紅白幕で飾られたやぐらが登場し、SNSでも盆踊りの歴史や背景について発信しました。そのおかげか、浴衣姿の参加者が過去最多となり、お盆の伝統に興味を持ってくれる方も増え、地域の皆さんがこの大切な文化を温かく受け入れてくれているのがとても嬉しかったです。



このイベントを支えてくれた仏教会、ボランティア、スタッフ、パフォーマー、出店者の皆さまに心から感謝します。一緒に暑中楽しんでくださって本当にありがとうございました! 来年2026年も、またぜひ遊びに来てくださいね!



Echoes for the Future:

Commemorating 80 years since Hiroshima & Nagasaki

This August marks the 80th anniversary of the bombing of Hiroshima and Nagasaki, killing hundreds of thousands of people and forever altering the lives of countless others. Eighty years later, the threat of nuclear weapons persists despite the efforts of peace advocates and hibakusha—survivors of the bombings—who have shared their stories in pursuit of nuclear disarmament. Honouring their voices and the legacy of peace movements is essential to building a safer future.

To mark the occasion, the JCCC will be screening two movies on Sunday August 10. **Hiroshima Piano** at 1:30pm. The film tells the story of a piano that survived the devastation and the man who restored and played it throughout Japan, bringing a moment of joy from the devastation. **Okurimono** will be screened at 4:00pm. The film follows Noriko, a child of Nagasaki, back to her hometown from Canada, and the discoveries she makes while there.

In addition to our film screenings, **Echoes for the Future**, a temporary exhibit about the devastating effects of nuclear weapons and the international movement for nuclear disarmament will be available in the Heritage Court until the end of August. This exhibit, created in collaboration with Anzu Hara, Setsuko Thurlow, and the Hiroshima-Nagasaki Day Coalition combines didactic panels with symbols of peace and hope for the future.

Nobel Peace Prize laureate Setsuko Thurlow was only 13 when the atomic bomb devastated Hiroshima and buried her in rubble. A lifelong advocate for peace and nuclear disarmament, she continues to share her story.



Hiroshima Piano

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

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

Starring Shiro Sano, Tomu Muto, Yoko Moriguchi, Ichirota Miyakawa "The sound of the piano has not been changed by the atomic bomb!"

Sunday, August 10, 2025 at 1:30PM

Okurimono

"Laurence Lévesque presents us with another poetic and graceful work in Okurimono, a reflection on what we leave behind for future generations" - Visions du Réel Film Fest Report

At the age of 60, Japanese Canadian Noriko Oi embarks on an emotionally charged journey back to Nagasaki, her childhood city, to unravel the tightly kept secrets of her family's past. Decades after the death of her mother, Mitsuko, and facing the sale of her ancestral home, Oi seizes a poignant opportunity to piece together a mother's history that was never shared with her. Oi discovers letters and stories that weave a rich tapestry of her mother's life and untold narratives of her native Japan. The film navigates the delicate realms of unspeakable pain and intergenerational trauma with grace, painting a poignant picture of closure.

Sunday, August 10, 2025 at 4PM



Classes & Courses Registration Process Update

The JCCC Programs Team is working on registration processes to make it easier for our members and new participants.

Effective immediately, the JCCC has updated the Registration process for Cultural, Recreational and Martial Arts classes and courses.

1. Registration will open a minimum of 4 weeks prior to the first class.
2. Priority Registration will be offered to currently enrolled participants for the first 2 weeks of a registration period
3. General Registration will be opened to all participants, including new participants after Priority Registration.
4. Registration will close 1 week after the first class or when all spaces are filled.

Currently enrolled participants will still be able to register during General Registration and right up until Registration closes. However, currently enrolled participants will no longer have priority space in the program and registrations will be processed on a "first come-first serve" basis.

The new Registration process eliminates the administrative/late fees.

Registrants are encouraged to use the [JCCC Registration Portal](#) for all registrations. The JCCC Reception Desk and the Programs Team are available to assist participants with any registration challenges and can be reached by visiting in-person, calling 416-441-2345, or by sending an email to registration@jccc.on.ca for any martial art, cultural or recreational class registration.

Martial Arts News

August is the Registration month for Aikido, Jodo and Karate. Please see the chart below for registration dates and deadlines



	Priority Registration for current participants	General Registration (if the program is not at capacity)	Registration Close
Aikido	August 1 - 14	August 15 to September 10	September 10
Jodo	August 1 - 14	August 15 to September 11	September 11
Karate	August 1 - 14	August 15 to September 10	September 10

Cultural Arts News

Get ready – exciting things are coming this Fall!

We are gearing up for the Fall 2025 Cultural Program, and we cannot wait to share all that is in store.

Starting this Fall term, registration for Bunka Shishu, Ikenobo Ikebana, Sumi-e and Sogetsu Ikebana will be joining the [JCCC Registration Portal](#), making it easier and more convenient than ever to sign up. Please check the chart below to view registration dates and deadlines. Currently enrolled students will receive a Welcome email from registration@jccc.on.ca. If you do not receive your email, and are currently enrolled, please contact registration@jccc.on.ca before August 20.

Registration for Japanese Language classes will remain as is at this time.

If you wish to be notified when a specific class registration begins, be sure to add your name to the notification list through the JCCC website at jccc.on.ca/programs/cultural-classes/starting-cultural-classes.

More information is available in the Fall 2025 Classes and Activities Guide in this newsletter.

	Priority Registration for current participants	General Registration Opening Date (if class is not at capacity)	Registration Close
Bunka Shishu - Tuesday	August 13 to 27	August 28	September 24
Bunka Shishu - Friday	August 13 to 27	August 28	September 20
Chado	August 13 to 27	August 28	September 15
Hula - Monday	August 20 to September 3	September 4	September 30
Hula - Thursday	August 20 to September 3	September 4	October 3
Ikenobo - Beginner - Wednesday	August 13 to 27	August 28	October 2
Ikenobo - Advanced - Wednesday	August 13 to 27	August 28	September 18
Ikenobo - Beginner - Thursday	August 13 to 27	August 28	October 3
Ikenobo - Advanced - Thursday	August 13 to 27	August 28	September 19
Japanese Language - Tuesday classes	August 20 to September 3	September 4	October 1
Japanese Language - Wednesday classes	August 20 to September 3	September 4	October 2
Japanese Language - Thursday classes	August 20 to September 3	September 4	October 3
Sogetsu Ikebana	August 20 to September 3	September 4	October 5
Sumi-e	August 13 to 27	August 28	September 18
Taiko - Saturday classes	August 20 to September 3	September 4	October 5
Taiko - Sunday classes	August 20 to September 3	September 4	September 29

JCCC Annual General Meeting Notice

The membership of the Japanese Canadian Cultural Centre is hereby given notice of the 2025 Annual General Meeting on Monday September 22, 2025 at 7:30pm (in person) at the JCCC, 6 Sakura Way, Toronto ON M3C 1Z5.

Agenda and Proxy forms will be available in the September Newsletter or for download at jccc.on.ca.

For any questions, please contact the JCCC Board of Directors Secretary Sharon Marubashi at sharon.marubashi@jccc.on.ca

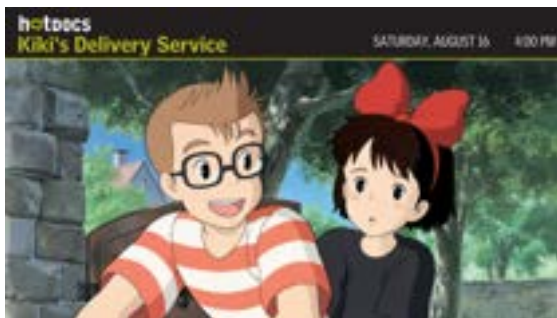
Studio Ghibli on the BIG Screen!



Hayao Miyazaki's Academy Award-winning **Spirited Away** comes to life in the first-ever stage adaptation, full of dazzling sets, captivating musical numbers and wondrous puppets portraying beloved characters. Then soar to new heights with everyone's favourite teenage witch in the anime classic **Kiki's Delivery Service**. Catch both at Hot Docs Cinema this August!

Discount Offer:

Kids tickets are only \$7.50! Save 20% off adult tickets with this code: **HDCxJCCC20**



MORE DETAILS



Japanese Canadian Legacies Update



JAPANESE
CANADIAN
LEGACIES

The JCLS, formed in June, 2022, has reached the three-year mark. Programs built under five key pillars of Education; Heritage; Seniors Health & Wellness; Community; and the Monument are all underway. Every day we hear from community members in different parts of the country who are doing incredible work. We continue to engage with individuals, families, groups and organizations who have contributed so much to honouring the legacies of Japanese Canadians. Okage sama de. – Susanne Tabata

We would like to share updates on some of our larger programs. The Japanese Canadian Survivors Health & Wellness Fund will be wrapping up this year after distributing health support grants to over 5,000 Survivors. We thank the dedicated staff and board for their continued commitment to our seniors. jcwelness.org

The Education Portal website is getting set to launch in August 2025 in time for back-to-school, hand-in-hand with the new Grade 10 BC Social Studies Curriculum that strengthens the BC Government's commitment to teaching about the Japanese Canadian Internment.

BC Heritage Sites are opening in 2025 with three completed projects already celebrated in May. These sites highlight the importance of remembering and documenting the history of Japanese Canadians in BC.

The Community Fund, which opened in May 2023, is now closed. 1,220 grants have been awarded across six streams: Scholarships, Infrastructure, Intergenerational Wellness, Community Projects, Sports, and Arts. Projects are in progress across the country, and are being serviced by our staff, with the final projects completing in March, 2027. The community-wide work in Intergenerational Wellness in particular has had an incredible impact on families and individuals, and we are preparing followup projects to support community healing

For more information and photographs on these exciting projects and more! please visit jcleagacies.com/news/.

Sedai Corner



SEDAL ORAL HISTORY WORKSHOP ARE NOW AVAILABLE!



Pilot Workshop Participants from June 7, 2025, Karen kneeling at front.

The JCCC is offering free oral history workshops for Japanese Canadians. Become an oral historian by learning what questions to ask, how to talk about consent, and what equipment to use.

Oral histories are an invaluable addition to the historical record; filling the gaps by adding the voices of ordinary people with extraordinary stories.

Meet your facilitator: Karen Suzuki has been working with the Sedai Oral History Collection since January. Before joining the JCCC Heritage Team, she worked in film and television as a VFX project manager and has produced and directed several film projects, including a documentary about being half Japanese for which she interviewed her grandparents. Karen believes in learning by doing and strives to make her workshops

as interactive and hands-on as possible. When not at the JCCC, Karen can be found teaching Wing Chun kung fu and drumming with RAW taiko.

The next workshop will on Zoom on August 27, 2025 7:00 to 9:00pm EST.

Stay informed about future workshops by filling out: [Online Sedai Workshop Registration - Google Forms](#). If your group or organization is interested in organizing your own workshop, please email Karen at karens@jccc.on.ca.

DONATIONS TO OUR ORAL HISTORY COLLECTION ARE STILL OPEN!

We are still accepting donations to the Sedai Oral History Collection until August 31, 2025!

If you have a recording of an interview with a family member or community member, consider donating a copy to Sedai. As part of the collection, we will safeguard your story for future generations following archival best practices.

Contact Audio Visual Archivist Claire Forsyth – at clairef@jccc.on.ca or 416-441-2345 ext.303 to learn more or fill out the [donation form](#). Note that we cannot take all donations, but we will get back to you!

Onde as Ondas Quebram (Where the Waves Break)

Director: Inara Chayamiti

Portuguese and Japanese with English subtitles

Wednesday, September 11th, 2025 at 7PM | Kobayashi Hall

Brazil is home to the largest Nikkei diaspora in the world — sharing similarities with other Japanese diasporas, with key differences. In the essay film “Where the Waves Break”, the Japanese Brazilian documentary filmmaker Inara Chayamiti investigates her fragmented identity by gluing together pieces of her family’s story and the Japanese Brazilian saga, marked by two diasporas between opposite sides of the world: Brazil and Japan.

Programming directly after film TBA



Shifting Skies, Changing Forms Exhibit Opening

On July 9, the JCCC Gallery's new art exhibit *Shifting Skies, Changing Forms* opened with the participation of eight artists and art collectives, to an audience of over 200.

Shifting Skies, Changing Forms is an exhibition of Japanese Canadian artists who had received the Japanese Canadian Legacies Arts grant. The artists' exploration of family histories, identity, loss, and reclamation, were moving and taken up through such diverse mediums as painting, dance, and sculpture.

The opening performance in Kobayashi Hall featured a documentary and poetry reading by Tamiko Potts, dance by Suzanne Liska, a performance by Gail Burgin, and a fashion show by the Kimono Remake Project.

After the performance, the crowd moved to the Gallery, where art by Emiko Tatebe Berman, Roddy Isao Tasaka, Barb Miiko Nishimura-Gravlin, and Stephanie Takagi were hung. Guests were able to chat with the artists as well.

Shifting Skies, Changing Forms is on view until September 5 in the JCCC Gallery.



Photos courtesy of Stuart Lowe. Left to right: Stephanie Takagi; Kobayashi Hall stage performers; Roddy Tanaka.

Thank You Summer Contractors!

Over the past 14 years, the JCCC Heritage Department has been very fortunate to receive funding through both Young Canada Works and Canada Summer Jobs to hire summer contractors to work with our collections. This year we welcomed Ava Edwards, Oliver Joncus and Annika Nagashima. As with most summers, they have all quickly become a part of the Heritage Team, helping us to increase public access to the items that we hold for the community. While it seems like they have been with us for a long time, we are saddened to report that it is time to say farewell to our summer students. All three have been working on entering collections into our database, nikkeimuseum.org; transcribing oral histories in our Sedai collection; reorganizing digital files; and helping out wherever they have been needed! In addition, we encourage you to watch for their names in our Kokuban E-newsletter!



Oliver, Annika and Ava at the JCCC.

We hope that they have all enjoyed their time at the JCCC, and they will come back to visit with us in the future. Our students help to ensure that the important work of the JCCC Heritage Department moves forward in a consistent manner. This work would not be possible without the support of the Government of Canada through grants such as Young Canada Works and Canada Summer Jobs. Our most heartfelt appreciation goes out to these organizations for their continuing support.

DONATIONS TO THE JCCC

AS OF JUNE 30, 2025

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健やかな老後をめざして その85

～紫外線から目を守りましょう!～

最近、シニア世代ではなく50代の友人や知人から「白内障の手術を受けることになった」と聞くことがなぜか増えてきました。

白内障について説明すると、目の中には物の見え方を調節する(レンズ)役割をもつ水晶体があります。水とたんぱく質から構成され、透明で柔軟性に富んでいます。ところが、加齢に伴い徐々に白く濁り、視力が低下していくのが白内障です。80歳代では程度の差こそあれ、ほとんどの人に白内障がみられます。目のかすみ、疲れ、まぶしさ、物が二重に見える、痛みなどが主な症状です。

最近の研究は「白内障は加齢のみでなく紫外線の影響を受けており、紫外線量の多い地域では白内障発症のリスクが高まる」ことを明らかにしています!以前に比べると若い世代に白内障が増えているのは、地球環境やライフスタイルの変化により、体内に不必要な活性酸素が増えて細胞の老化を早めていることが関連していると考えられます。紫外線は、一般的によく知られている皮膚への影響(日焼け、しみ、しわ、皮膚がん)だけではなく、目の病気にも影響を与えているのです。

紫外線を浴び続けることにより起こる慢性の目の病気には、白内障のほかには瞼裂斑(けんれつはん:白目に黄色いしみが現れる)、翼状片(よくじょうへん:増殖した白目の組織が黒目に覆いかぶさるようになる)があります。これらを合併している場合もあります。こどもの美しい目と自身の目とを比べると「長い年月を生きてきたんだなあ」と実感させられます(笑)。

紫外線は老眼の進行に関係することもわかってきました。たとえ若い人でも、紫外線を浴びすぎて水晶体の柔軟性が失われると、調節機能が衰えて老眼になることがある点にも注意しましょう!その一方、紫外線は人の健康に大切な役割をもっています。皮膚に当たると、骨の形成と成長に欠かせないビタミンDを生成します。腕や足などに(日焼け止めを塗らず)毎日30分ほど日光を浴びることが大事です。

さて、紫外線の特徴ですが、紫外線は赤道に近づくほど強くなります。また、目が浴びる紫外線量は季節や時間帯による変化は少ないことがわかっています。ただし、午前10時から午後2時頃はどちらかと言えば強い時間帯です。曇りであっても紫外線は通過します。さらに雪、水面や道路面の反射光にも注意しなければいけません。

行動する際は、可能であれば紫外線量の少ない時間帯を選びましょう。目を守る基本はUVカット効果のある眼鏡・サングラス・コンタクトレンズです。紫外線は顔の横からも侵入するので、それを考慮したデザインも大切です。戸外活動の際はツバの広い帽子を深めにかぶりましょう。屋外スポーツを常に行う子どもには早いうちからの対策を!乳幼児の場合、瞳孔が大きいために紫外線が通過しやすいので、ベビーカーで散歩する・公園などで遊ぶ際には、頭上から受ける陽射しだけでなく反射光にも十分に注意しましょう。

私は、12年前(62歳)に軽度の白内障を指摘されました。最近になって再検査を受けてみたところ、あまり進行していませんでした(very good!)。偶然にも、診断された頃にナノバブル水素水を飲用し始めました。水素水のもつ特徴(体内の不必要な活性酸素を除去)がその効果を発揮し、身体の細胞が健やかであることが第一の理由と考えられます。もちろん、上記に挙げた様々な対策も続けています。

北国では、陽射しが強くなる夏に戸外活動が増えます。人々はそれをとても待ち望んでいます。青い空や美しい緑にあふれたこの季節を「紫外線に気をつけながらも」大いに楽しんでください。

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)

Toronto Japanese Garden Club's 46th Annual Show at Momiji August 24, 2025

Following last year's hugely popular Star Sapphire Festival at Momiji Health Care Society, Toronto Japanese Garden Club returns Sunday, Aug. 24, 2025, for the 46th annual Nature's Beauty show from noon to 4:30 p.m.

Momiji Health Care Society is located at 3555 Kingston Rd. Admission is \$5 per person. Momiji residents and children aged 12 and under are free.

The event features Ikebana and bonsai displays, asagao (morning glory) and other plant competitions, Japanese culture exhibits, live demonstrations with experts, plant sale, food and craft vendors (most are cash only) and more. For more info on the Garden Club, visit the website at <https://torontojapanesegardenclub.ca/>.

An Invitation to Japanese Canadians from New Westminster

If you are a Japanese Canadian who lived in New Westminster, including the Queensborough and Sapperton neighbourhoods, or a descendant whose family members lived, studied, or did business in the New Westminster area, we would love to hear from you.

With the support of the Japanese Canadian Legacies Society (JCLS), the City of New Westminster Museum and Archives seeks to learn about any information – personal accounts, stories about community life, documents, photographs, or artefacts – you have as we endeavour to better understand the lived experiences of New Westminster Japanese Canadians before the Second World War. Our aim is to recover a fuller understanding of this significant and unique Japanese Canadian community and to ensure that this legacy is remembered for years to come. This research will eventually contribute to incorporating educational and commemorative information at significant sites in the community.

If you have information that might help us shine a light on this nearly forgotten history in New Westminster, please contact Lara Okihiro. Lara is happy to discuss ways of sharing, which can include opportunities for interviews, to support this important project.

Contact: Lara Okihiro

Email: newwestjcresearch@laraokihiro.ca | Phone: (+1) 647-948-9735

Thornhill Toyota Lead JC3-Pitch at Mid-Season

Thornhill Toyota, captained by Justin Ogino leads the JC3-Pitch league at the halfway point of the season. A 4-win, 1-loss start has been achieved through a combination of timely hitting and a steady defense.

Andrew Lok's Pirates of the Markham Region trail by a single game and recently handed Thornhill Toyota its only loss in week 4. Evan Diep's iA Private Wealth team sits at .500 after winning their last 2 games. Nick Chung's Markham Sluggers team are still searching for their first win of the season, despite losing a couple of nail biters, late in the last inning.

Despite the 44C, hot, sunny weather, 70 players and guests braved the heat to attend a post-game BBQ on June 22nd. Prepared and served by the Team Captains, Committee Members and some much-appreciated volunteers, everyone had their fill of jumbo hot dogs, fruit, cookies, chips and other delicious snacks.

The league would like to thank the captains for their volunteerism and our sponsors for their continued support in the success of the league.

Standings as of June 28, 2025

Team	W	L	T
Thornhill Toyota	4	1	0
Pirates of the Markham Region	3	2	0
iA Private Wealth	2	2	1
Markham Sluggers	0	4	1



Players and Guests attending the June 22 BBQ.



West End JC Bowling League

We are a 10 pin bowling league situated in west end Toronto
at Rexdale Bowlerama - Rexdale Blvd /Kipling Ave.

New Bowlers are welcome to join this league.

Our league bowls on Mondays (arrival time: 11:30 am)
September to April with a Year End Banquet held in May.
Bowling Fee is \$12.00 per week.

The 2025 - 2026 season begins with a practice day on
Monday August 25th - (12 noon)
New members are asked to come on this date, if interested to join.

We warmly welcome all JCs, whether beginners or seasoned bowlers to join us for
friendly competition, physical exercise, socialization and fun.
We are a senior's group, but younger bowlers are very welcome.

Concerned re weight of balls?We have lightweight 6, 7, 8 lb balls available.

For more information, please contact:
Jenny Shimono- Tel: (416) 233-9817 or Email: shimono@rogers.com

JCCC Karaoke Summer Social was a Melodic Success!

Thank you so much for coming to the JCCC Karaoke Party this June! It was a real pleasure to welcome both former and current Executive Directors and enjoy a great time together. Big thanks as well to all the JCCC board members for your ongoing support. We appreciate it and look forward to seeing even more people at our future events!.
Dale Okabe (President, JCCC Karaoke Club)

この6月のJCCC カラオケパーティーに旧新エグゼクティブデレクターをご招待致して楽しい時を過ごさせて頂き有り難う御座いました。JCCCの役員の皆様誠に有難うございます。これからも引き続き御支援御協力をお願い致します。また多くの方のご参加を願っております。

Dale 岡部 (JCCC karaoke 会長)



Nisei Curling Club

Nisei Curling Club, a club founded over 60 years ago by our JC Nisei forefathers and foremothers, is now looking for new and experienced curlers to join our league. We play on Sunday evenings with the season beginning after Thanksgiving in October and finishing in April. Nisei CC is a very recreational league focusing on the social element of participating in friendly team competition. And, curling (now an Olympic sport) is a great way to get away from the winter blahs. For beginners, we provide instructions to ease you into the sport.

We have a few openings and if interested, please contact Nao Seko at (416) 579-6921 or by email to nseko@masamigroup.ca.



JSS プログラム:2025年8月 | JSS Programs August 2025

以下は2025年8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 August 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8月(水曜3時～)

1. e-Learning Series

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。

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

「食品表示の読み方と食事プランニング」8月13日(水)15時(日本語&英語)

Food Label and Meal Planning: Wed. Aug 13, 3pm (English & Japanese)

食品ラベルには、栄養成分表示や原材料、アレルギーなど、私たちが食品を選ぶ際に役立つ重要な情報が記載されています。本ワークショップでは、食品ラベルの見方と食事プランニングについて学び、糖尿病の管理や健康維持に役立つ、より実践的な方法をご紹介します。

Food labels provide essential information such as nutrition facts, ingredients, and allergens etc which allows us to make informed decisions about our food choices. In this workshop, we will learn about food labels and meal planning to manage diabetes and/ or our health in more practical ways.

※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

2. JSS Family Support Programs

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。

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. シングルマザーサポートグループ: SMSG@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. 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. レギュラーJSSプログラム(日本語)

3. JSS Regular Programs

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

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

2. 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

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



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