



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

OCTOBER 2025 ・ 2025年10月



JCCC Original Photographic collection, 2001.9.116

WHAT'S ON

NUIT BLANCHE 2025: OCTOBER 4
THE SHAPE OF LOSS, LOUISE NOGUCHI

ISSEI DAY 2025: OCTOBER 5
一世デー2025: 10月5日

MONTHLY FILM: OCTOBER 9
10月映画上映会: 10月9日
UNREACHABLE
片思い世界

JCCC CLOSED - JCCC閉館
THANKSGIVING: OCTOBER 13
サンクスギビング: 10月13日



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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 November 2025 issue is:

Thursday, October 8, 2025.

次号締切日: 2025年10月8日(木)

Please email to newsletter@jccc.on.ca

Japanese Canadian Cultural Centre

6 Sakura Way, Toronto, M3C 1Z5

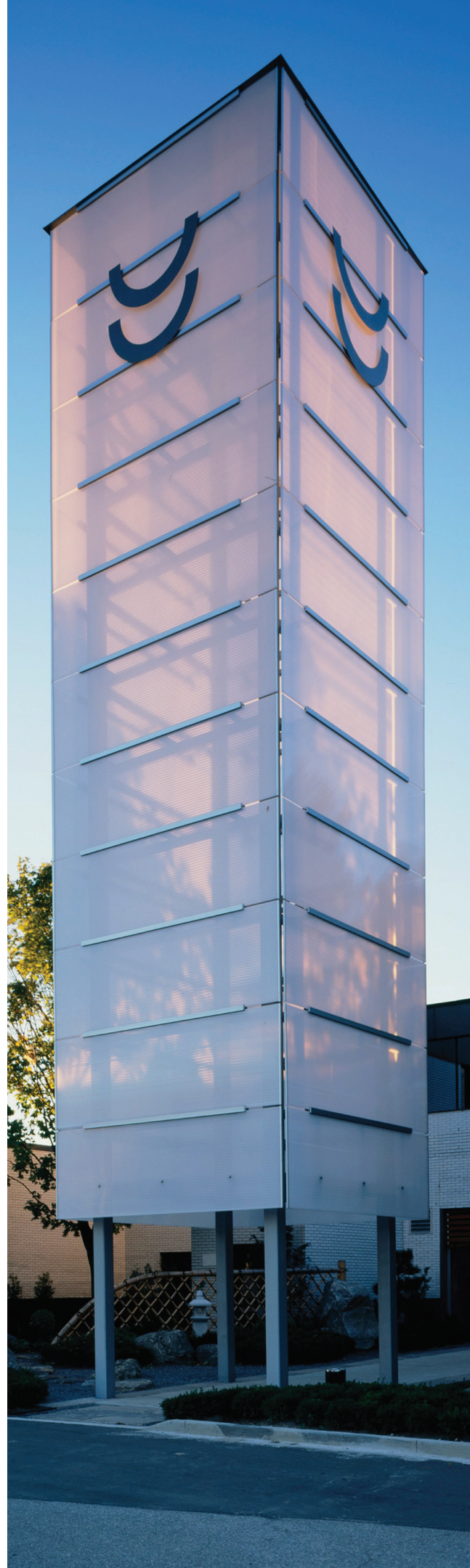
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Photo, right: KPMB Architects



What's On at the JCCC

Upcoming Events | 近日開催イベント

Sumi-e Art Workshop: A Bug's Life 墨絵ワークショップ

Saturday, October 4, @9:30am - 12:00pm
10月4日(土)午前9時30分 - 正午

See sumieartistsofcanada.org for details

Nuit Blanche

Saturday, October 4, @7:00pm - 7:00am
10月4日(土)午後7時 - 朝7時

Issei Day 一世の日

Sunday, October 5, @2:00pm - 4:30pm
10月5日(日)午後2時 - 4時30分

October Film Screening 10月映画上映会

Thursday, October 9, @7:00pm
10月9日(木)午後7時
Unreachable / 片思い世界

Thanksgiving • JCCC CLOSED サンクスギビング・JCCC閉館

Monday, October 13
10月13日(月)

Kyohei Sorita Concert 2025

Wednesday, November 12, @7:30pm
11月12日(水)午後7時30分

Activities:

Ayamekai

October 3, 10, 17, 31 @7:00pm-10:30pm

Himawari Buyo-kai

October 2, 16, 23 @12:00pm-3:00pm

JCCC Ping Pong Club

October 1, 8, 15, 22, 29 @10:00am-2:00pm

JCCC Karaoke Club

October 8, 22 @10:00am-2:00pm

Ongoing | 開催中

JCCC Library • 図書館

ライブラリーでは閲覧日、貸出日にお手伝いして下さるボランティアの方を募集しています。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)

CLOSED:

- October 28, 30
- November 1
- December 25, 27, 30
- January 1, 3

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。

Louise Noguchi: *The Shape of Loss*
October 4 to January 23, 2026

A Message from Executive Director, Jerrold McGrath

Last night, a smallish earthquake struck near my in-law's home in Aichi, Japan. On the Richter scale, it registered 4.1, a cold, precise number expressing the energy released 50 km below the earth's surface. Yet on the Japanese Shindo scale, it was only a 2.0, a gentle shaking for those indoors that might cause a light to sway. So, we have two ways of measuring the same event: one universal, distant, and abstract; the other rooted in lived experience, in the trembling of a particular house, the swaying of a particular tree, the way a particular community feels the ground move under its feet.



In my five months at the JCCC, I keep returning to different versions of this difference. Richter gives us the earthquake as a single figure, as though the whole world shook equally. Shindo reminds us that the earth does not move the same way for everyone and that the meaning of a quake depends on where you stand, what you touch, and where you call home. The Shindo scale does not try to erase local difference in the pursuit of objectivity. Instead, it invites us to pay attention to how the same force ripples through many lives unevenly, leaving behind traces as messy and unexpected as the land itself.

This way of seeing has something to teach. Reality is rarely a single, measurable thing. Rather, it is more often a fabric of relationships, sensations, and histories. The Shindo scale relies on perspective and on how things feel as much as what they are. Where Richter embodies the modern dream of reducing the world to a single truth, Shindo leans toward the lived, the plural, and (importantly) the human. It speaks to a sensibility that is in no rush to flatten difference but asks us to seek meaning in the particular, in the way people and places hold experience differently.

For the Nikkei diaspora, this is a lived reality. The experience of being Japanese Canadian has always shifted with the time periods, sites, ecologies, and communities in which people take root. Trying to provide a single, immutable definition of the Japanese Canadian story is bound to create frustration. Here at the Japanese Canadian Cultural Centre, our question becomes: how do we make space for a wildly diverse and living Japanese Canadian culture that reflects the conditions here, now, and going forward? How do we live this together, across generations, histories, and identities?

Our Fall calendar offers many ways to respond to this question. And our programming calendar for 2026 will focus on how we can invite everyone to gather, to renew, to celebrate, to connect, and to commit ourselves to making a home together. Like the Shindo scale, we begin from what we see, what we feel, and the ground we share beneath our feet. We hope to see you there.

昨夜、愛知に住む義理の実家の近くで、小さな地震がありました。マグニチュードでは4.1。地中50キロで発生したエネルギーを、正確な数字で示しています。しかし、日本の震度スケールでは震度2。室内にいる人が軽く揺れを感じ、照明がわずかに揺れる程度の地震でした。同じ地震でも、マグニチュードと震度では捉え方がまったく違います。一つは世界共通の、遠くて抽象的な指標。もう一つは、家の揺れや木の揺れ、地域の人々がどう感じたかという、体感に基づいた指標です。

JCCCで過ごした5か月間、私はこの「違い」について何度も考えさせられました。マグニチュードは地震の大きさをひとつの数字で表しますが、震度は地球が誰にとっても同じように動くわけではないことを思い出させてくれます。揺れの感じ方は、どこに立っているか、何に触れているか、そしてどこを「ホーム」と呼ぶかによって変わります。震度はそのばらつきや複雑さに目を向けるよう促します。震度は、ただ正確な数字を出すために地域ごとの違いをなくすのではなく、むしろ、同じ地震でも人それぞれの生活に異なる影響を与え、地核のように予想できない複雑な痕跡を残すことに目を向けるよう教えてくれます。

この見方から、私たちは大切なことを学べます。現実というものは、ひとつの数字や基準だけで語れるものではありません。むしろ、それは関係性、感覚、歴史の織りなす布のようなものです。震度は物事の「あり方」と同じくらい「感じ方」にも依存しています。マグニチュードが、世界をひとつの真実や尺度で測ろうとする近代的な考え方を表しているとすれば、震度は「経験」や「多様性」、そして何より「人間」に寄り添った考え方と言えるでしょう。

日系ディアスポラにとって、これは身近に感じられる現実です。日系カナダ人の経験は時代や場所、生きる環境やコミュニティによって常に変わり続けてきました。そのため、日系カナダ人の物語を一つの決まった形で表そうとすると、必ず行き詰まってしまいます。そこで我々JCCCはこう考えています：今ここで、そしてこれからも続く広く多様に生きる日系カナダ文化の居場所をどうやって作っていくか？世代や歴史、アイデンティティの垣根を超えて、どうやって共に生きていくか？

秋のイベントカレンダーにはこの問いに応えるためのさまざまな機会が予定されています。そして2026年のプログラムでは、みんなで集まり、つながり合い、祝い合い、支え合いながら、一緒に「ホーム」をつくっていくことをテーマにしています。そして、私たちの足元から何を見て、何を感じるかということから始めましょう。震度のように。皆さんとお会いできることを楽しみにしています。

Autumn & Winter at the JCCC: A Season of Film, Music, Art, and Community

As the weather turns cooler and the days grow shorter, the Japanese Canadian Cultural Centre invites you to come together for a warm and welcoming season of events. From film screenings and concerts to cultural celebrations and community gatherings, there's something for everyone this autumn and winter. Join us to connect, reflect, and celebrate.

.....

October 4-5 – Nuit Blanche with Louise Noguchi: *The Shape of Loss*

Renowned Japanese Canadian artist Louise Noguchi's *The Shape of Loss* is a collaborative Nuit Blanche performance translating the WWII-era seizure of 1,137 Nikkei fishing boats into life-sized drawings accompanied by oral histories, with the resulting works on view at the JCCC Gallery until January 18, 2026, and an artist talk on November 20 at 7 pm.

.....

October 5 - Issei Day

A cherished annual gathering honouring the Japanese Canadian pioneers who built the foundations of our community. This day features performances, food, and shared stories that connect generations and remind us of the resilience that sustains our culture.

.....

October 9 - *Unreachable*

In a dreamlike Tokyo tale, three young women (Suzu Hirose, Hana Sugisaki, Kaya Kiyohara) bound by a mysterious 12-year secret face the unraveling of their makeshift sisterhood when unrequited love threatens their fragile harmony, in Yuji Sakamoto's delicately crafted and emotionally resonant drama.

.....

October 19 Online Sedai Oral History Workshop

A free online workshop that explores oral histories and how to preserve Japanese Canadian stories. Learn about recording equipment, interviewing techniques and asking for consent. Takes place via Zoom.

.....

November 12 – Kyohei Sorita in Concert

Internationally acclaimed pianist Kyohei Sorita returns to Toronto for an evening of breathtaking artistry. Known for his expressive interpretations and technical brilliance, Sorita's performance promises an unforgettable night for classical music lovers. Tickets are on sale now!

.....

November 27 – *BLAZING FISTS*

Blazing Fists is a high-energy MMA action film and coming-of-age story from cult director Takashi Miike, blending anime-style flair, intense fight sequences, and heartfelt friendship, inspired by Mikuru Asakura's real-life journey.

.....

November 30 at 2pm - Samurai in Our Closet Live Event

Mandy Shintani and researcher Susan Yatabe will share behind-the-scenes insights from their podcast *Samurai in our Closet*, which incorporates 70+ interviews with Japanese Canadians.

.....

December 6 – Keep the Lantern Lit

Our year-end fundraising event returns for 2025, bringing together gourmet food, film, and community spirit to help sustain the JCCC for the year ahead. It's an evening where generosity, friendship, and culture illuminate the long winter nights. Limited edition packages are on sale now.

.....

December 12 - God Said This Live Reading

God Said This is a provocative and surprisingly funny dramatic play about Japanese American family facing mortality in very different ways. The script, written by Leah Nakano Winkler, will be read by a live cast at the JCCC More information to come!

Kyohei Sorita Concert 2025

Bravo Niagara and the Japanese Canadian Cultural Centre proudly present the return of internationally acclaimed pianist Kyohei Sorita.-



Kyohei Sorita returns to the JCCC!

After his sold out concert in 2023, Kyohei Sorita is back for another unforgettable night of world class music.

Kyohei Sorita is a celebrated Japanese pianist recognized for his extraordinary talent and vibrant performances. Born in Tokyo, Sorita has achieved significant acclaim on both national and international stages. In 2021, he won the second prize at the 18th International Chopin Piano Competition, marking the first time in half a century that a Japanese pianist received this prestigious honour.

His rise to prominence began in 2012, when he won the first prize at the 81st Japan Music Competition, receiving additional accolades such as the Nomura Prize, Iguchi Prize, Kawai Prize, and Iwatani Prize. His subsequent debut recital at Suntory Hall in 2016 sold out immediately.

Sorita is also the founder, producer and conductor of the Japan National Orchestra, has his own record label NOVA, and produces the music salon "Solistiade" to create a space for young musicians and their fans to connect. He was selected for the Forbes 30 Under 30 Asia List – Class of 2024

Full bio is available here: <https://kyoheisorita.com/en/bio-en/>.

Tickets:

- \$65 General admission
 - \$55 JCCC Members and Bravo Niagara! Members
 - \$30 Limited 'Under 30'
- HST not included*

Program:

Busoni/Brahms: 11 Chorale Preludes, Op. 122 No. 8 "Es ist ein' Ros' entsprungen"

Brahms: Piano Sonata No. 3 in F minor, Op. 5

Intermission

Chopin: Four Scherzos

No. 1 in B minor, Op. 20

No. 2 in B-flat minor, Op. 31

No. 3 in C-sharp minor, Op. 39

No. 4 in E major, Op. 54

Concert Sponsors and Supporter:

Bravo Niagara Maestro Series Sponsor: Audi Niagara

Bravo Niagara is a not-for-profit organization based in the Niagara region. For more information about their concert series, visit bravoniagara.org.



Keep the Lantern Lit Returns for 2025

Save the Date! Saturday, December 6, 2025 at 2:00pm

A Japanese Canadian Cultural Centre’s signature fundraising event returns this winter! On December 6, 2025, join us for a night of friendship, culture, and connection — whether in the comfort of your own home or gathered together at the JCCC.

This year’s Keep the Lantern Lit will once again feature gourmet Japanese cuisine, special gifts, and unique cultural experiences that warm the season and help the JCCC shine bright all year.

Mark your calendar now, and watch for full event details and ticket information coming soon.

Packages are available now and only 350 are produced so make sure to grab one fast!

Go to our website (www.jccc.on.ca) to find out more or to order yours.

Keep the Lantern Lit — celebrating community, sustaining our future.



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THE JCCC COMMEMORATES THE 80TH ANNIVERSARY OF THE ATOMIC BOMBINGS

On Sunday August 10 the JCCC held our commemoration event on the 80th anniversary of the atomic bombings of Hiroshima and Nagasaki.

The event began with a screening of Toshihiro Goto’s deeply moving HIROSHIMA PIANO, winner of the Peace Prize at the 17th Japanese Film Festival of Los Angeles.

Following the film we enjoyed a kamishibai story telling called *Sadako’s Wish – Child of the Atomic Bomb*, expertly told by Mona Choudbari. There was also origami folding with Mui-Ling Teh and a visit from Setsuko Thurlow who signed copies of her new book *Never Silent*.

Setsuko even stayed for the second screening, Laurence Lévesque’s award winning OKURIMONO. It is the story of Japanese Canadian Noriko Oi who embarks on an emotionally charged journey back to Nagasaki, her childhood city, to unravel the tightly kept secrets of her family’s past.

It was a busy day and the JCCC thanks the Rengokai, Hiroshima Kenjin-kai and the Hiroshima-Nagasaki Day Coalition for their support.

We thank all who attended. Remembering the events of 80 years ago is never easy but is always very important.



Arigato Day Recap: Celebrating the Heart of Our Community

On a warm and joyful evening, more than 250 dedicated JCCC volunteers came together to celebrate Arigato Day—a heartfelt event honoring the incredible contributions of those who generously give their time and energy to support our community.

We enjoyed a delicious dinner, shared stories, and joined in a lively quiz that sparked friendly competition and plenty of smiles.

We were also proud to present the Ontario Volunteer Service Awards (OVSA) and the Nisei Veteran Award.

Honouring the spirit of our Nisei Veterans, this award is given to students from our Martial Arts and Dance programs who embody the ideals of Loyalty, Integrity, Perseverance, Good Citizenship, Determination, Courage, Service and Participation. This year's awards were presented by Karen Webb, VP Heritage, to Rion Chiu of the Sakura-Kai Dance Group, Filip Ivanovski of the JCCC Kendo Club and Haruka Kadota of the JCCC Aikikai.

In addition, OVSA is an award that recognizes volunteers for providing committed and dedicated service to an organization. This year, JCCC proudly nominated 25 volunteers across three OVSA categories. Our honourees were:

Andrew Jaimes, Yoshiko Shimizu, Marianne Suess, Les Takahashi, Russ Takashima, Joanne Shimotakahara, Mai Shimoza-to, Mika Shimoza-to, Richard Takasaki, Sally Kumagawa, Mark Hashimoto, Kenji Maruyama, Linda Ono, John Ota, Takehiko Yoshida, Rita Huang, Ana Yamamoto, Sakura Yee, Michelle Chow, Jasjit Dhillon, Kim Foo, Nellie Kuwahara, Ivan Mauric, Ruby Tezuka, and Kevin Dong.

Please join us in congratulating both award recipients!

The evening was not only a celebration, but also a reminder of the power of collective kindness. Each volunteer plays a vital role in making our programs thrive, and Arigato Day was our way of saying a sincere thank you.

ありがとうデー: コミュニティの心を祝う

心地よい夕べに250名以上のJCCCボランティアの皆さんが集まり、ありがとうデーを祝いました。

このイベントは、JCCCコミュニティを支えるために惜しみなく時間とエネルギーを注いでくださる皆さまの貢献に心から感謝を表すものです。

当日は、美味しい夕食を楽しみながら思い出を語り合い、クイズ大会では笑顔と盛り上がりで包まれました。また、この日にはOntario Volunteer Service Awards (OVSA) と Nisei Veteran Award の授与も行われました。

Nisei Veteran Award は、忠誠心・誠実さ・忍耐力・市民性・決断力・勇気・奉仕・参加の精神を体現する武道・舞踊プログラムの生徒に贈られる賞です。今年は Karen Webb (JCCC VP Heritage) より、以下の3名に授与されました。

Rion Chiu (Sakura-Kai Dance Group), Filip Ivanovski (JCCC Kendo Club), Haruka Kadota (JCCC Aikikai)

さらに今年は、JCCCから3つのカテゴリーで合計25名のボランティアをOVSAに推薦しました。受賞者は以下の通りです:

Andrew Jaimes, Yoshiko Shimizu, Marianne Suess, Les Takahashi, Russ Takashima, Joanne Shimotakahara, Mai Shimoza-to, Mika Shimoza-to, Richard Takasaki, Sally Kumagawa, Mark Hashimoto, Kenji Maruyama, Linda Ono, John Ota, Takehiko Yoshida, Rita Huang, Ana Yamamoto, Sakura Yee, Michelle Chow, Jasjit Dhillon, Kim Foo, Nellie Kuwahara, Ivan Mauric, Ruby Tezuka, Kevin Dong.

受賞された皆さん、おめでとうございます!

ありがとうデーは皆さんの温かい善意が集まって生まれる力を改めて実感するひとときでもありました。ボランティア一人ひとりがJCCCの活動を支える大切な存在であり、ありがとうデーはその想いを込めた心からの感謝の場です。

最後に、受賞者の額縁を寄付してくださった Tak Yoshida さん、そして数多くの素晴らしい植物を賞品としてご提供くださった Hiroshi Harada さんに、特別な感謝を申し上げます。

October Film:
Unreachable | 片思い世界 | NORTH AMERICAN PREMIERE



"A delicate, dreamlike fantasy built around luminous performances from three of Japanese top young actresses" – Nikkei Voice

Misaki, Yuka and Sakura (Suzu Hirose, Hana Sugisaki, Kaya Kiyohara) live together in a rambling old house in a corner of Tokyo. They have the rapport of siblings: sleeping in the same bedroom, sharing confidences and brushing their teeth together in front of the mirror each morning but they are not sisters. The secret bond that has held them together in this strange isolation for 12 years is about to be challenged by unrequited love. To its credit Yuji Sakamoto's script delivers a "big reveal" in its opening 30 minutes that would be the closing note in most other films, then goes on to explore the implications of their situation. It is a delicate, dreamlike fantasy built around luminous performances from three of Japanese top young actresses (Suzu Hirose, Hana Sugisaki, Kaya Kiyohara) with Ryusei Yokohama (Kokuho, Faceless) thrown in to the beguiling mix.



Director: Nobuhiro Doi
Starring: Suzu Hirose, Hana Sugisaki, Kaya Kiyohara, Ryusei Yokohama, Karin Ono

Thursday, October 9, 2025 at 7:00pm

November Film:
BLAZING FISTS | BLUE FIGHT ~蒼き若者たちのブレイキングダウン~ | TORONTO PREMIERE

A turbocharged Mixed Martial Arts action film and coming-of-age story is the latest masterpiece from cult director Takashi Miike!

Ikuto and Ryoma are released from a juvenile corrections facility with a commitment to redeem themselves and rebuild their lives on "Breaking Down", a popular martial arts competition show. As they train for their audition, the two run afoul of several local gangs and are soon fighting for more than just a trophy.

Inspired by "Street Legend", the rags-to-riches autobiography of legendary MMA fighter Mikuru Asakura, who appears as himself in the film. Blazing Fists incorporates elements of anime and manga, with a moving story of friendship, bone-crushing fight sequences and humour.



Director: Takashi Miike
Starring: Danhi Kinoshita, Kaname Yoshizawa, Gackt, Mariko Shinoda, Anna Tsuchiya, Chikashi Kuon, Kyosuke Yabe, Takayuki Yamada



Thursday, November 27, 2025 at 7:00pm

Where the Waves Break Blog by Nicole (nicsandpoeces.wordpress.com)

Where the Waves Break: A Beautiful Voyage of Identity

Between airports, languages, and shifting identities, I've often found myself wondering: where exactly is "home"? That sense of being suspended between the culture you've left behind and the one you're still learning to inhabit is a reality many migrants share. It's this very experience that the documentary *Where the Waves Break* (*Onde as Ondas Quebram*) explores, focusing on the fascinating story of the Nikkei (Japanese) diaspora. The film's director, Inara Chayamiti, masterfully weaves together Japanese and Brazilian identities through powerful language and imagery, making a conscious choice to balance both cultures.



Conversations Across Generations

Throughout the film, director Inara's personal quest for identity unfolds through intimate interview snippets with her family across different generations. She admits, "I always thought I was a typical Brazilian... but the Japanese root is a huge part—it's like half of it." It wasn't until she moved to the Netherlands that she began to truly question her identity, realizing that her feelings were a universal part of the human experience.

Inara's deepest motivation was "connection," a journey that began with her grandmother and evolved into a universal story. The film found its emotional core in a powerful moment when her grandmother revealed, "I suffered in silence my whole life. Now I want to talk about it."

This act of vulnerability not only became the heart of the film but also created a safe space for others to share their own stories. Ultimately, Inara's goal was to spark personal questions in the audience, prompting them to reflect on their own ancestry and sense of self.

Sea, Clouds, and Fragments

In the film, the overlapping of sea and cloud imagery serves as a powerful visual metaphor for the journeys of migration. While the sea represents the physical voyage and the uncertain path of her ancestors, the clouds symbolize the mental and emotional journey—the feeling of drifting and uncertainty that comes with leaving home.

This poetic choice stems from a deeply personal story. On her flight from Brazil to the Netherlands, Inara looked out the window and, in a magical moment, saw the clouds transform into the ocean. This vision connected her to the difficult past of her family. She recalls, "Thinking about [my ancestors and family's] trip across two and a half months on the sea, with illness and death, I felt closer to them."

The kintsugi chawan, a bowl mended with gold, is another beautiful symbol. It represents unity and celebrates imperfection. "You're okay if you feel broken or your story is imperfect," Inara explains. The gold, she adds, "is also the connection—because my ancestors left Japan thinking about the trees of gold." This metaphor shows how the process of breaking and reassembly gives our identities strength and beauty.

The film's title, *Where the Waves Break*, perfectly captures this idea. Inara noted that the Portuguese word for waves, "onde," sounds soft and fluid, while "quebram" (break) is harsh. This contrast reflects the dual nature of migration: a calming journey and a harsh, powerful force. "Break also connects with kintsugi," she says, highlighting how the title itself embodies the film's core metaphor.

A Road to Connection

Ultimately, *Where the Waves Break* reframes diasporic life not as displacement, but as a journey of forging new paths and finding new homes. It offers a truly cathartic experience, reassuring us that it's okay to be "in between." It also powerfully argues that identity is always dynamic, and the most profound lesson is to "embrace" this fluidity.

If you're ready to embark on this journey, come join us the special screening of *Where the Waves Break* at the Japanese Canadian Cultural Centre. It's a chance to connect with the film's themes and share in a conversation about identity and belonging.

UNIQLO Canada x JCCC Giveaway!

Enter for a chance to win a UNIQLO Canada x JCCC gift card!

To celebrate the launch of UNIQLO Canada new app, we're giving away 10 UNIQLO Canada gift cards.

How to enter:

Simply download the new UNIQLO Canada app and complete the entry form using the QR code.

Contest ends on October 14 at 11:59pm EST.

Winners will be selected at random and contacted via email.

By submitting this form, you agree to be contacted by JCCC for the purpose of prize fulfillment. This giveaway is open to Canadian residents only.

Good luck!



GET A CHANCE TO WIN A \$50 GIFT CARD!



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1. Download the **new UNIQLO APP!**
2. Follow @uniqlocanada and @japanesecanadianculturalcentre on Instagram
3. Complete the form for a chance to win a \$50 UNIQLO Gift card! Click here to enter.



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New Member Perks through Perkopolis

We are pleased to share that the JCCC has partnered with Perkopolis to give our members access to exclusive discounts on thousands of services and experiences - from travel and hotels in Japan to entertainment, shopping, insurance, and attractions around the world.

This is a benefit for you as part of your JCCC membership. The JCCC itself does not receive any financial return from Perkopolis. Our only goal is to enhance the value of your membership by connecting you to opportunities and savings that we believe you will enjoy.

In the coming days, you will receive an email at the address we have on file with your unique registration code and simple instructions to get started should you want to. If you don't see it, please check your spam or junk folder.

For any questions or concerns, please contact us at membership@jccc.on.ca.

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Martial Arts News

October is the Registration month for Iaido, Kyudo and Naginata. 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
Iaido	October 1-14	October 15 to November 10	November 10
Kyudo	October 1-14	October 15 to November 10	November 10
Naginata	October 1-14	October 15 to November 10	November 10

Support desks will be available from an hour before class on Saturday October 4 for Kyudo and on Sunday October 5 for Iaido and Naginata.

JCCC Karate attends the 2025 World Itosu-Ryu Karate Championships

This past August, 18 JCCC Shito-Ryu Itosu-Kai Karate black belts and students were among a team of 64 Canadian representatives that travelled to Japan and participated in the World Itosu-Ryu Karate Championships. The four-day event was held at the Bardral Urayasu Arena in Chiba prefecture and was attended by over 600 competitors, from 17 countries.

Enduring the Japanese summer was a challenge, but worthwhile as team members had time to enjoy a pre-tournament practice session, followed by two tournament competition days of Kata (forms) and Kumite (sparring). Following the tournament, a seminar with our present international Soke (leader), Sakagami Saadaki was enjoyed by many.

Concluding the four-day event, participants could attend an international friendship party, that included closing speeches, Taiko drumming, special guest singers, a fabulous dinner and omiyage exchange.

Among the international finishes, we would like to congratulate Avery Nemeth finished 2nd in 18-20yr old, Kata Dan division, Tim Chan, finishing in Top 8 in Senior Mens Kata, and Kieran George on the Mens Black Belt Team Kumite, finishing 3rd place.

Congratulations to all who participated and a special thank you to all who attended, especially the parents, for their support. We look forward to attending the next world tournament in Sri Lanka in the summer of 2028.

(submitted by Mark Uyeda)



Avery - Silver medalist



Team Canada 2025



Men's Team Canada
Bronze medalists

Nuit Blanche 2025

The Shape of Loss, Louise Noguchi

When Canada declared war on Japan in December 1941, Japanese Canadian fishermen were among the first to feel the consequences. The federal government, citing national security, ordered the confiscation of over 1,100 fishing boats owned by Japanese Canadians along the Pacific coast. Representing families' livelihoods built over decades, the vessels were seized by the Royal Canadian Navy and the RCMP, often with little notice, and turned over to the Custodian of Enemy Property. While authorities claimed the boats were being held for safekeeping, most were sold off at a fraction of their value to non-Japanese buyers, effectively stripping Japanese Canadian families of their economic base. This marked the beginning of a wider program of dispossession and internment that targeted the entire Japanese Canadian community during the war.

Nuit Blanche at the Japanese Canadian Cultural Centre will see our space turned over to make visible these losses.



*Confiscated boats held at the Annieville Dyke on the Fraser River in British Columbia.
Courtesy Nikkei National Museum and Cultural Centre (NNM 2010.4.2.11.A)*

Over twelve hours, beginning at 7pm, the hull of each fishing boat confiscated during WWII will be reproduced on our gallery walls by artist Louise Noguchi with the support of a community of announcers, narrators, collaborators, and co-conspirators.

Louise Noguchi is a Japanese Canadian artist whose work interrogates cultural identity, representation, and memory through photography, video, and installation. Over her career, she has moved from examining the myths and spectacles of the West, such as cowboys and magicians, to probing the erasures and legacies of Japanese Canadian history, including internment and dispossession. Her recent practice engages directly with archival materials and historical narratives, making her a vital figure in conversations about art, memory, and Japanese Canadian experience.

The space will be turned over to lingering attention. Tea will be served, and you are invited to remain and bear witness. Texts and other materials on Japanese Canadian history will be made available in addition to other slow and reflective activities.

The drawn hulls and a time-lapse video of the performance will remain in the gallery until the show closes on January 23, 2026.

Sedai Corner

DONATIONS

We're so grateful to everyone who has offered to donate their tapes, films, and files to the Sedai Oral History Collection.

We received a variety of submissions ranging from audio cassettes from the 1970s, YouTube videos, digital recordings, and even Super8 film. These recordings include interviews with parents, grandparents, aunts and uncles, issei and nisei. One donor saw the face of a relative for the first time in a frame of 8mm film. It's a great responsibility to be entrusted with the voices and faces of loved ones and the care of their precious stories, and one we do not take lightly.

Each type of media requires specialized care to preserve for the long term. Film canisters need to be layed flat in inert storage containers, tapes are placed on their side like books on a shelf, degrading and obsolete analog media is preserved through digitization. Even digital files need special care and processing into Archival Information Packages to keep them secure and ensure that there is no loss of data integrity.

If you are interested in submitting a recording to be stewarded by the Sedai Oral History Collection, there is still time. Our next donation period will begin in Spring/Summer 2026.

WORKSHOPS

The Sedai/Heritage team has successfully run 3 workshops for the Japanese Canadian community so far. One at the JCCC on June 7, one on zoom with participants from across Canada on August 27 and one in downtown Toronto at Shintani Gallery on September 28. Each workshop means more members of our community can conduct oral histories for future generations.

We will continue to book more workshops for the fall and winter. Our next workshop will be on Zoom on Sunday, October 19, 2025, 4-6pm EDT

If your group of organization is interested in organizing your own workshop, please contact Karen Suzuki at karens@jccc.on.ca

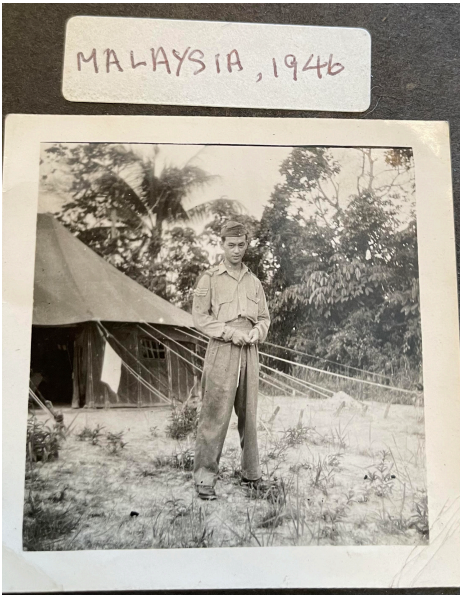
Stay informed about future workshops by completing our Expression of Interest form.

Visit our website via the QR code for more information and to register!



Images by Ava Edwards

SAVE THE DATE: The Samurai in Our Closet



What if the most powerful story you ever learned was the one your family never told you?

On Sunday, November 30 at 2 pm, the JCCC presents a special live event on the podcast The Samurai in Our Closet.

Mandy Shintani grew up with a secret: Her father George hid a 450-year-old samurai sword that was never spoken of in their family closet. Her search to understand his story became a journey into Japanese Canadian history—and ultimately, herself.

Mandy and researcher Susan Yatabe will share behind-the-scenes insights from 70+ interviews, with excerpts from the podcast and the project, Experiences of an Internment Camp Teacher.

Stay tuned for details and registration on the JCCC website. Listen to the podcast at www.thesamuraiinourcloset.com.

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Welcome Annika!



The JCCC Heritage Department would like to welcome Annika Nagashima back to the JCCC!

Annika was with us this summer for an 8-week position through Canada Summer jobs as our Archives Assistant. After a rigorous interview process, Annika has returned for our 6-month Young Canada Works at Building Careers in Heritage position.

This position is intended to offer recent graduates the opportunity to enhance their skills in the Heritage sector. Through this position, Annika will take more leadership of specific projects in the Heritage Department and build on core competencies needed for their future career.

In their off time, Annika enjoys junk journalling, books and walking with their roommate's dog.

Welcome back to the JCCC Annika!

DONATIONS TO THE JCCC

AS OF AUGUST 31, 2025

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous
Ms. Ann Ashley
Ms. Jessie Ebata
Mr. Tetsuo & Mrs. Sanae Fukushima
Mr. Martin Kobayashi
TorontoJFF
Trip to Forgiveness
Mrs. Nellie Kuwahara
Ms. Sachi Imada
Mr. Stephen Lau
Mr. Steven McFarlane
Mrs. Sally Miyazaki
Mr. & Mrs. Gary Nasu
Mr. Curtis T. Okazaki
Mr. Bill & Mrs. Sharon Omotani-Newton
Miss Bridgette Sterling
In recognition of Mikao Usui
Mr. Victor & Mrs. Bev Suzuki
Mrs. Kim Tsuji
Mrs. & Mr. Margaret Widgery

Corporate & Organization

Aird & Berlis LLP
In appreciation of AJC Discover Japan

Emergency Appeal

Ms. Martha Arima
Mr. William Cruz
In memory of Roman T Yap
Mr. Patrick Dunlop
Mr. Ross Dunlop
Mr. Robbie Grant
Mrs. Jan Nobuto
Mr. Regan Takenaka
In memory of Tony & Kimi Takenaka
Mrs. Donna Yoshimatsu

Friends of Moriyama Nikkei Heritage Centre

Association for Japanese Culture

Family & Friends Golf Tournament

Mr. & Mrs. Tosh Shigeishi
Mr. & Mrs. Gary Tehara

In Memoriam

In memory of Frank Akira Moritsugu

Mrs. Mayumi K. Bailey (Yamasaki)
Ms. Jessie Ebata

Mr. Frank & Mrs. Margaret Seko

In memory of George Tsuyuki

Mrs. Linda M. Oikawa

Mr. Rick & Mrs. Kathy Tazumi

In memory of Geraldine Hiroko Aoki

Ms. Jessie Ebata

In memory of Harry Nagata

Mrs. Judith Fricker

Mrs. Corrinne Hammermeister

Mrs. Irene Kagawa

In memory of Shirley Matsunaga

Ms. Jessie Ebata

In memory of Shirley & Byron Tanaka

Mr. Craig & Mrs. Norma Fleming

Mr. Steve & Mrs. Laura Hirano

Mr. Martin Kobayashi

Mrs. Margaret Nakamura

Ms. Yuki Nakamura Newbold

Ms. Franca Passarelli

Mr. Elm Tahara

On behalf of late mother Dorothy Tahara

Ms. Joy Reiko Takahashi

In memory of Shirley Tanaka

Ms. Jessie Ebata

Mrs. Marlene MacKenzie

Mr. Martin Nishino &

Ms. Arlene Walker-Nishino

Heritage

Anonymous

Anonymous

In honour of Jonathan Carter

Mr. Brian Kai & Ms. Deidre Yatabe Piercey

In memory of Min & Lydia Yatabe

Supporting Members

Partner

Mrs. Sally Miyazaki

Correction:

Sep2025 Donation list should be:

In memory of Harry Nagata

Mr. George & Mrs. Alice Nakamura

In memory of Shirley Matsunaga

Mrs. Lily Motomura

Mr. Gary Nakashima

In memory of Shirley Tanaka

Ms. Betsy Anderson

Mrs. Mary Morita

We apologize for the error.

DONATIONS TO THE FRIENDS OF THE MORIYAMA NIKKEI HERITAGE CENTRE INSCRIPTIONS

APRIL 1, 2020 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

Individuals/Couples

Kihup Boo (夫)
In Memory of Mother Hiroko Fukushima
Jiro Fukushima
Clayton Gyotoku and Jessie Ebata
Jamie Herman and Masako Katsuki
Chinatsu ICHIDA
Hiromi ICHIDA
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

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

健やかな老後をめざして その87

～高尿酸血症：子どもや女性も要注意！～

高尿酸血症とは「プリン体の多い食事を摂り続けることにより、体内のプリン体の産生と排泄のバランスがくずれ、尿酸(uric acid)値が高くなった状態」です。診断基準は血液中の尿酸値7.0mg/dL以上。尿酸の排泄がうまくいかなくなると関節の中(足の親指の付け根、かかと、くるぶし、膝や肘など)に結晶(尿酸)が溜まっていきます。その結晶がはがれたとき、白血球が異物とみなして食べると炎症が起こり、激しい痛み(痛風発作)や腫れが現れます。関節内だけではなく、血管(心臓の冠動脈など)にも結晶が溜まることが明らかになっています。動脈硬化につながります!また、尿酸値が高い状態が続くと痛風発作が頻繁に起きたり、尿路結石ができたり、腎機能が低下したり、狭心症や心筋梗塞を起こしたり等、様々な病気のリスクが高まります。

生活習慣を見直して高尿酸血症を改善しましょう。何と言ってもまず食事です!①高エネルギー食を避け、食べ過ぎない、②プリン体を多く含む食品(アルコール、果糖、牛肉・豚肉・ホルモン、魚の干物、かつお、いか、えび等)を摂りすぎない、③尿酸値を下げる食品(コーヒー、牛乳、野菜、海藻、大豆食品、発酵食品など)を積極的に摂る、④水分を十分に摂る、を心がけましょう。

アルコールが問題になるのは、その分解過程で尿酸が作られ、しかもアルコールの利尿作用により体内から水分が排泄され、結果として血液中の尿酸が濃くなるからです。さらに、アルコールには尿酸の排泄を妨げる作用もあります。「日々のみ続けると高尿酸血症にまっしぐら」は必然といえますね。また、内臓脂肪型肥満(メタボリックシンドローム)やDM(糖尿病)も排泄を妨げる要因です。アジア人は体質的に排泄力が弱い傾向にあります。

さて、一日の目安はビール500mL、ワイン200mL(グラス一杯)、日本酒180mL(1合)、焼酎90mL、ウイスキー60mL。しかし、これはあくまでも目安です。飲みすぎないように注意し、飲まない日(休肝日)を設けましょう!

次に運動です。話しながらできる程度の有酸素運動(ウォーキング、ジョギング、ダンス、水泳など)がお勧めです。強度の有酸素運動(激しい筋トレ、短距離走、マラソンなど)は尿酸の産生を促すので控えましょう。運動時は水分補給を心がけ、こまめに休憩をとります。強いストレスを感じると尿酸値が上昇するので、あなたにとって最適なストレス解消法をもち、質の良い睡眠にも心がけましょう。

高尿酸血症は主に男性の病気と考えられてきました。ところが、女性も要注意です!女性ホルモン(エストロゲン)により尿酸値は低く抑えられているのですが、閉経後にはエストロゲン量が減るために発症リスクが高まります。70歳以降、男女の発症リスクに差はなくなっていきます。私の場合、昨年の検査で初めて6.0mg/dLを超えました(黄色信号)。ストレスの多い生活ではないし、運動の種類や程度は以前と同じだし、処方薬の変更もありません。利尿作用のある薬やサプリメントも飲んでいないし、食事内容にも変化はありません。大好きなビールを飲む頻度も量も減っています。前記①～④の項目に思いあたることがないのに、尿酸値は上昇気味!?かかりつけ医は「年のせいでしょう」と軽く答えました(笑)。年齢による排泄力の低下が考えられます。しかし、ただ年のせいにするのは簡単なこと……今後1年間は食品に注意しながら目標値6.0mg/dL未満に努めましょう。たんぱく質(アミノ酸)は排泄を助けるので、朝一杯の牛乳やヨーグルトを心がけます。

ところで気になるのは、メタボリックシンドロームに関連すると思われる子どもの高尿酸血症が増えている点です。老若男女だれもが食事を見直すことがとても大事ですね!

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)

SAVE THE DATE!

Toronto Buddhist Church Bazaar

Saturday, November 8, 2025

Please see for more details on our website, Facebook page and newsletters.

Come shop and enjoy our expanded menu items in our dining area, or take home some of our ever-popular boxed food items and don't forget about the home-baked goodies.

Come and see what's new and exciting. Hope to see you there!

Toronto Buddhist Church Bazaar
1011 Sheppard Avenue West, Toronto, ON M3H 2T7
416.534.4302 www.tbc.on.ca



TORONTO BUDDHIST CHURCH
A Jodo Shinshu Temple

iA Private Wealth Captures JC3-Pitch Title

The 2025 regular season of JC3-Pitch concluded in a tight race to the finish, with 1 win separating the top 3 teams. Andrew Lok's, Pirates of the Markham Region finished in 1st place, ending the season on a hot streak, winning 4 of their final 5 games. They then defeated Nick Chung's, 4th place, Markham Sluggers team in the semi-finals. The other semi-final game saw Evan Diep's, 2nd place, iA Private Wealth team defeat Justin Ogino's 3rd place, Thornhill Toyota squad 40-37 in a closely matched game.

The championship game featured the top two teams from the regular season. With each team hitting 13 batters every inning, the game turned into a defensive, back and forth battle, with IA Private Wealth surging late in the game to defeat the Pirates of the Markham Region, 32-26. Congratulations to iA Private Wealth, Captain Evan Diep and Sponsor Marty Kobayashi for capturing the championship trophy.

The league would like to thank the captains for their volunteerism and their sponsors (Back2feet, iA Private Wealth, Larry Kimura and Thornhill Toyota) for their continued support in the success of the league.

Final Regular Season Standings

Team	Wins	Losses	Ties
Pirates of the Markham Region	6	3	0
iA Private Wealth	5	3	1
Thornhill Toyota	5	4	0
Markham Sluggers	1	1	1



League Champions IA Private Wealth

Back Row: (Left to Right): Chris Kobayashi-Reid, Dan Reid, Sean Chu, Evan Diep (Captain), Tsao-Ling Yu, Larry Kimura,Tsai Yeh.

Front Row: (Left to Right): Katherine Kwong, Steve Yano, Abbas Noor, Abigail Wong, Garrett Amemori, Albert Chai

JSS プログラム:2025年10月 JSS Programs October 2025

以下は2025年10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 September 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10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

「高血圧対策の食事法」10月8日(水)15時(日本語&英語)

私たちの食事は、健康な心臓を保ち、高血圧を予防するうえで大きな役割を果たします。ある食品は自然に血圧を下げる一方で、気づかないうちに血圧を上げてしまうものもあります。本セミナーでは、食事と血圧の関わりをわかりやすくご紹介し、日常で取り入れたい食品や、控えたほうが良い食品について学びます。

Healthy Eating for High Blood Pressure : Wed. Oct 8, 3pm (English & Japanese)

What we put on our plates plays a key role in maintaining a healthy heart and preventing high blood pressure—also known as hypertension. This presentation will guide you through the connection between diet and blood pressure, highlighting which foods to enjoy more often and which to limit.

「よくある質問から学ぶ! 委任状と遺言状」10月22日(水)15時(日本語)

安心してカナダで暮らすためには、「もしものとき」に備えておくことが大切です。財産の管理や介護のこと、大切な人への思いをどう託すか。元氣な今だからこそ準備ができます。そのために、オンタリオ州には用意しておきたい大切な書類があります。この機会に専門の弁護士さんから一緒に学びましょう。今回は昨年に引き続きよく寄せられる質問をカバーする形でおとけします。

Powers of Attorney and Wills: Answers to Common Questions: Wed. Oct 22, 3pm (Japanese)

Preparing "just in case" is an important step toward peace of mind while live in Canada. Who will manage your property? Who will make care decisions on your behalf? How can you ensure your wishes are passed on to loved ones? These are issues best addressed while you are healthy. In Ontario, there are key documents everyone should consider. This seminar is your chance to learn about them directly from an experienced lawyer. As with last year, we will deliver it in an enhanced version, covering frequently asked questions.

※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: 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。

2. Single Mother Support Group : *Contact smsg@jss.ca

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

3. レギュラーJSSプログラム(日本語)

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

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. やさしいシニアヨガ : (第25期:9/15~10/27 毎週月曜日)
お問合せは SENIOR.YOGA@JSS.CA へ

2. **Easy Yoga for Seniors** (Term 25 : Sep 15 – Oct 27, Mondays, 10:00 - 11:30am) *Contact senior.yoga@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

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

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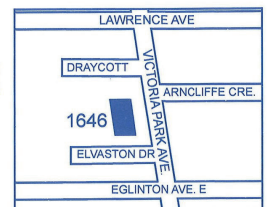
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