



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

NOVEMBER 2025 ・ 2025年11月



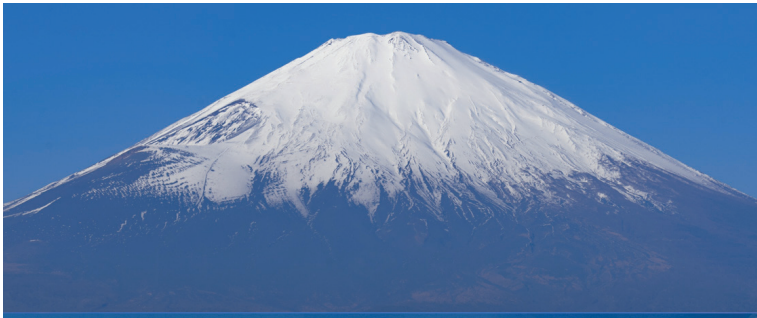
WHAT'S ON

KYOHEI SORITA CONCERT 2025: NOVEMBER 12
反田恭平コンサート 2025:11月12日

LOUISE NOGUCHI ARTIST TALK: NOVEMBER 20
ルイーズ・ノグチ アーティストトーク:11月20日

KEEP THE LANTERN LIT 2025: DECEMBER 6

ISSEI DAY RECAP / CELEBRATING OUR 63RD ISSEI DAY!
一世デー振り返り / 第63回一世デーを祝して



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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 December & January issue is:
Thursday, November 6, 2025.
次号締切日: 2025年11月6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

Nihoncha Matsuri 2025

日本茶祭り 2025

Sunday, November 2, @10:30am - 6:30pm

11月2日(日)午前10時30分 - 午後6時30分

Ticket: General Admission / \$20 + HST & ticket service fee

.....

Sumi-e Artists of Canada Exhibition and Sale

墨絵カナダエキシビション&セール

Saturday & Sunday, November 8 & 9, @12:00pm - 5:00pm

11月8, 9日(土, 日)正午 - 午後5時

See sumieartistsofcanada.org for details

.....

Kyohei Sorita Concert 2025

反田恭平コンサート 2025

Wednesday, November 12, @7:30pm

11月12日(水)午後7時30分

.....

Louise Noguchi Artist Talk

ルイーズ・ノグチ アーティストトーク

Thursday, November 20, @7:00pm

11月20日(木)午後7時

.....

The Samurai in Our Closet

Sunday, November 30, @2:00pm - 4:00pm

11月30日(日)午後2時 - 4時

.....

Keep the Lantern Lit 2025

Saturday, December 6, @12:00pm - 9:00pm

12月6日(土)正午 - 午後9時

.....

NOTE:

We have canceled the November film *BLAZING FISTS*

11月27日に予定しておりました、*BLUE FIGHT ~蒼き若者たちのブレイキングダウン~*は中止となりました。ご了承ください。

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:

- 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

Between Community and Culture

The Japanese Canadian Cultural Centre has always occupied a place somewhere between that of a community centre that of a cultural centre. From its founding, however, the JCCC was imagined as more than a gathering place for Japanese Canadians. It was framed as an open house where neighbours could come to understand one another through beauty, story, and shared experience. It was built, quite literally, on friendship through culture.

Over the years, that balance between community and culture has shifted and moved. For some, the Centre is a kind of home, somewhere familiar and steady where friends can be seen. Others have looked to it as a stage where new ideas, art, and expressions of identity can unfold. For too many, the Centre is seen as belonging to other generations, other language speakers, or those with other experiences and so they seek out other places where meaning might be found.

Our task now is to discern, again, where we are called to stand among demands for culture and community.

The world around us is volatile. Families are stretched thin; technology moves faster than reflection; belonging is harder to find. In such times, culture is essential infrastructure for navigating a messy world. Culture gives us ways to make meaning when familiar maps no longer work. It helps us remember that beauty, ritual, and imagination are not luxuries but the very means by which people find coherence and friendship amid change.

As we look to the coming seasons, the JCCC will lean into its original mandate as a cultural centre that welcomes community through the shared act of meaning-making. We will continue to be a place where everyone can meet, where laughter fills the hall, and where care for one another endures. But we will also recommit to our founding vision: that culture itself - Japanese and Japanese Canadian, traditional and contemporary - can be a bridge, a form of care, and a way of being at home in an uncertain world.

The tension between community and culture will always remain, and that is as it should be. It keeps us honest, curious, and alive to the needs of our time. Our challenge is not to choose one over the other, but to move wisely within that tension. We will be making decisions that speak to this direction, and we hope you will be curious and open to our explanations about why.

コミュニティとカルチャーのあいだで

カナダ日系文化会館(JCCC)は、これまでも「コミュニティセンター」と「カルチャーセンター」のあいだにある場所として歩んできました。しかし設立当初から、JCCCは単に日系カナダ人の集う場所というだけではなく、美しさや物語、体験を通じてお互いを理解しあう「ひらかれた家」として考えられていました。まさに「文化を通じた友情」という理念の上に建てられたのです。

年月を経て、コミュニティとカルチャーのバランスは少しずつ変化してきました。ある人にとってJCCCは、安心して集える「もうひとつの家」のような存在です。一方で、新しいアイデアやアート、アイデンティティの表現が生まれる「舞台」として見る人もいます。また、「JCCCは他の世代の人たちの場所」「言葉や経験が違う人の場所」と感じて、距離を感じてしまう方もいます。

今、私たちの課題は、あらためてこの二つの価値のあいだで、どこに立つべきかを考えることです。

世界は大きく揺れ動いています。家族の時間は少なくなり、テクノロジーは私たちの考える速度を追い越し、「つながり」を感じるのが難しくなっています。そんな時代にこそ、文化は私たちがこの複雑な世界を進むための大切な「道しるべ」になります。文化は、これまでの地図が通用しない時に、新しい意味を見いだす力を与えてくれます。美しさや儀式、想像力はぜいたくではなく、変化の中で人と人とがつながり、心のよりどころを見つけるための手段なのです。

これからの季節に向けて、JCCCは改めて「文化センター」としての原点に立ち返り、文化を通じてコミュニティを迎え入れる場所でありたいと思います。人々が出会い、笑い声が響き合い、お互いを思いやる心が続く場所でありながらも、文化そのもの—日本の文化も、日系カナダ人の文化も、伝統も、現代の表現も——が橋となり、ケアのかたちとなり、不確かな世界の中で「自分の居場所」を見つける助けとなることを願っています。

コミュニティとカルチャーのあいだの緊張は、これからも続くでしょう。しかし、それこそがJCCCを正直で、探求心があり、時代の声に耳を傾ける存在にしてくれるのだと思います。私たちは、この方向性を意識した決断を重ねていきます。その理由や思いを、ぜひ皆さんにも知っていただけたらうれしく思います。—— ジェロルド・マクグラス カナダ日系文化会館 エグゼクティブ・ディレクター



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.

.....

November 2 - Nihoncha Matsuri 2025

Drink, learn, and enjoy Japanese tea to the last drop. Celebrate the Japanese Tea Festival and discover the charm of Japanese culture through the art of tea.

.....

November 12 - Kyohei Sorita Concert 2025

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 20 - Louise Noguchi Artist Talk

This 12 hours, co-created performance paid tribute to Japanese Canadian fishers whose boats and livelihoods were unjustly seized during WWII.

.....

November 30 at 2pm - The 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.

.....

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

Saturday, December 6, 2025



A Japanese Canadian Cultural Centre 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.

Keep the Lantern Lit — celebrating community, sustaining our future

How It Works:

When purchasing your Keep the Lantern Lit package, please choose one of the following three options. Detailed instructions for each option are available on our website.

1. Eat & Watch at the JCCC
 - Join us at the JCCC for an evening of activities starting at 5:30pm, followed by the screening of the film in Kobayashi Hall at 7:00pm.
2. Pick-Up at the JCCC & Watch at Home
 - Pick up your gourmet bento at the JCCC between 3:00pm – 5:00pm.
3. Home Delivery (GTA) & Watch at Home
 - Have your package delivered to your door between 12:00pm – 5:00pm (delivery times cannot be guaranteed).

2025年12月6日、カナダ日系文化会館の代表的なファンドレイジングイベントがこの冬、再び開催されます！ご自宅でゆっくりと、またはJCCCにお越しいただき、友情・文化・つながりを分かち合う特別なひとときをご一緒しましょう。

今年の「Keep the Lantern Lit」では、レストラン銀杏の美味しいお弁当、スペシャルギフト、そして心温まる文化の催しをお届けします。このイベントを通じて、JCCCがこれからも変わらず輝き続けられるよう、皆さまの温かいご支援をどうぞよろしくお願いいたします。

参加方法:

「Keep the Lantern Lit」パッケージをご購入の際、以下の3つのオプションからお選びください。各オプションの詳細はJCCCのウェブサイトにてご確認ください。

1. JCCCにてお食事&映画鑑賞
 - 午後5時30分よりJCCCでのアクティビティにご参加いただき、午後7時から小林ホールにて映画上映をお楽しみください。
2. ピックアップ @JCCC&自宅で映画鑑賞
 - 午後3時～5時の間にJCCCにてお弁当をお受け取りください。
3. ご自宅へ配送(GTA内)&自宅で映画鑑賞
 - 正午12時～午後5時の間にご自宅までパッケージをお届けします(配達時間の指定はできません)。



Celebrating Our 63rd Issei Day!

This year marked the 63rd Issei Day — JCCC's longest-running event. Nearly 300 seniors joined us to celebrate together, filling the hall with laughter, smiles, and so much warmth.

We were delighted to welcome four amazing guests who have all celebrated their 100th birthdays and beyond! Also, nearly 60 attendees were in their 90s! It was absolutely inspiring to see everyone so cheerful, full of energy, and enjoying the day to the fullest.

The celebration included a delicious bento lunch, lively performances, and so many heartwarming reunions among friends. It truly felt like a big family gathering.

We are deeply grateful to all the seniors who joined us, and to the volunteers and staff who made the day so special. Thank you to everyone who continues to make this beautiful tradition possible. We can't wait to celebrate again next year!

第63回一世デーを祝して

JCCCの中でも最も長く続いているイベント「一世デー」は、今年で第63回目を迎えました。今年はなんと約300名のシニアの皆さんが集まり、笑顔と笑い声に包まれたあたたかい時間となりました。参加者の中には100歳を超える方が4名、そして90代の方が約60名もいらっしゃいました！皆さん本当にお元気で、楽しそうに過ごされている姿がとても印象的でした。

当日は、美味しいお弁当や楽しいパフォーマンス、そして懐かしい再会の場面など、まるで大家族のような雰囲気に包まれました。

ご参加くださったシニアの皆さま、そして支えてくださったボランティア・スタッフの皆さま、本当にありがとうございました。

この素晴らしい伝統を、これからも大切に続けていきたいと思います。

来年の一世デーも、どうぞお楽しみに！



27th Annual JCCC Family & Friends Golf Tournament 2025

The JCCC held the 27th Annual Family & Friends Golf Tournament on Sunday September 14th at Rolling Hills Golf Club. It was a beautiful sunny and warm day and we had a full turnout with 144 golfers again!

The funds raised from the tournament will be used to support Heritage Initiatives and Programming at the JCCC. These are all events that involve getting the community and multi-generations together to learn about Japanese Canadian history. Thank you all for your generosity in supporting this fundraising event.

We encourage everyone to join us next year for another great day!! Please note that this tournament is a Texas Scramble Format (Best Ball). A Texas Scramble is where everyone tees off, then you pick the "best drive" and the other 3 players pick up their balls and play from there, and so on. This allows novice to experienced players to get on the golf course together and have fun in a non-threatening atmosphere. The Hole-in-One Contest for \$10,000 was again generously sponsored by Matt Shintani of Arbor Memorial. Unfortunately, no big winner this time... but we did have a hole in one on another hole by Corrine Hustler - congratulations Corrine!

A special thank you and appreciation to all our sponsors this year:

Platinum Level and Title Sponsor: Marty Kobayashi of iA Private Wealth, who supplied the snacks and gift bags at the course and many of the prizes.

Gold: Fidelity Investments, Dynamic Funds, Sharon Marubashi Family, Matt Shintani, Doug & Elaine Shimada, June Harada, Shin Family, Margie Uyeda Family, Amemori/Reid Family, Chris, Kristin & Brooke Kobayashi-Reid, Nakagawa Family (Karen Webb), Steve Saito & Family, Koyata Family, Nagamatsu Family, Akiyama Family, Williams & Partners LLP.

Bronze: Doreen Oyagi, Gary Tehara, Walter & Reiko Schlichtig, Tosh & Miyoko Shigeishi

In Memoriam Holes: Dawna Kobayashi (dedicated to the late Tak & Pollie Nishino), Matt & Sharon Shintani (In memory of Kay & Koji Morishita / Soc & Helen Shintani),

Prize /Fundraising Donations: Marty Kobayashi of iA Private Wealth, Laura and Steve Hirano, Leili Marubashi & Adrian Devlin, Terri Savoury

Thank you also to Keo Shibatani who made a generous donation for the prizes for the Senior's Closest to the Pin and Longest Drives.

A very, very special thank you to the JCCC volunteers for making the fantastic buffet dinner. This really helped to offset costs and we can't thank them enough for all the hard work put into it. Much appreciation to Jan Nobuto and Dawna Kobayashi for coordinating all the food and the musubi.

And the winners are...

Consul General Cup (Best Score - Everyone related): Jim, Ryan, Sarah and Ray Yakura

iA Private Wealth Cup (Best Score - Group): Matt Shintani, Brandon Morishita, Lyle Oikawa, Richard Shimoda

Roy and Kay Shin Memorial Cup (Best Score with a Grandparent/Grandchild): Iso Amemori with grandson's Christopher Kobayashi-Reid, Dan Reid, Jeff Cockburn

Longest Drive-Mens: Brandon Morishita, Ladies: Julia Chang

Closest to the Pin-Mens: Ryan Yakura, Ladies: Taryn Saito

Senior Mens Longest Drive: Peter Hustler

Senior Ladies Longest Drive: Terri Savoury

Senior Closest to the Pin-Mens: Peter Hustler, Ladies: Terri Savoury

All the golfers received iA Private Wealth logo golf balls courtesy of Marty Kobayashi.

Be sure to sign up next year! We sold out in 2 days this year due to the overwhelming responses. Thank you all for your support and we hope to see you "on the links" next year!



TWO OF THE GREAT WOMEN OF NIKKEI BASEBALL AT THE JCCC

Thank you Ayami Sato!



On October 19 hundreds of community members attended a special screening of *SEE HER BE HER* in the Kobayashi Hall. The documentary follows the lives of seven women baseball stars from around the globe, showcasing their dedication and competition in the Women's Baseball World Cup including Japan's Ayami Sato, star pitcher of the Toronto Maple Leafs professional men's team.

The screening was attended by two Nikkei women whose names are synonymous with baseball in Canada: Ayami Sato herself who answered questions from the community and took countless selfies with fans after the film; and Pat Adachi, author of *The Asahi: A Legend in Baseball* (1992), the book widely credited as sparking a popular revival of interest in the prewar Japanese Canadian Vancouver baseball team, the Asahi. Pat is 105 years old. Executive

director Jerrold McGrath was quoted as saying, "At our recent film screening and celebration of baseball player Ayami Sato, we had Pat Adachi join us as well as a new arrival to our community born in December of 2024. Very few cultural institutions in Toronto or anywhere for that matter can boast having a 104-year age difference between the youngest and oldest participant at a cultural event. This is how culture moves and intergenerational events are critical going forward."



10月19日コバヤシホールにて特別上映会「SEE HER BE HER」が開催され、多くの方々が集まりました。

このドキュメンタリーは、世界各国から集まった7人の女子野球選手たちの姿を追い、女子野球ワールドカップでの戦い、そして競技に懸ける情熱と努力を描いています。なかでも、日本出身で男子プロ野球チーム「トロント・メープルリーフス」に所属するエースピッチャー、里綾実選手も登場し、大きな注目を集めました。

上映会当日は、カナダ野球界でその名を知られる日系女性お二人が会場に足を運びました。ひとりには里綾実選手ご本人。上映後には観客からの質問に丁寧に答え、ファンとの記念撮影にも気さくに応じてくださいました。そしてもうひとり、戦前のバンクーバー日系野球チーム「アサヒ」について記した書籍『アサヒ：伝説の野球チーム』（1992年）の著者、パット・アダチさん。アダチさんの著書は、アサヒに対する関心を再び呼び起こし、チームの歴史を次世代へと伝えるきっかけとなりました。現在、パットさんは105歳を迎えられています。

イベントについて、当館の館長である、ジェロルド マクグラスは次のように語っています。「今回の上映会では、里綾実選手に加え、105歳のパット・アダチさん、そして2024年12月に生まれたばかりの赤ちゃんも参加してくれました。最年少と最年長の参加者の年齢差は実に104歳。トロントでも、そして世界中を見渡しても、これほど世代を超えた交流が生まれる文化イベントはめったにありません。文化はこうして受け継がれていくもの。世代をつなぐ場を作っていくことは、これからの私たちにとって非常に大切なことです。」

JCCCにお越しいただいた皆さまに、心より感謝申し上げます。



JCCC Annual General Meeting: Highlights from 2025

On Monday September 22 2025, the JCCC held its Annual General Meeting, at the JCCC in Shokokai Court. The meeting was chaired by VP Karen Webb. Chris Hope, JCCC President, was unable to attend the meeting as he was in Japan for business as well as representing the JCCC as he continues to network and increase the Centre's profile globally.

The meeting included a finance presentation that provided an overview regarding how the JCCC has progressed operationally and financially in the past year. The JCCC continues to operate with a break-even budget, and fiscal 2025 marked a record high for its operational performance. But as positive the overall results are, financial management is still a delicate balance. The Centre continues to deal with significant operating cost increases and continues to retire pandemic-related debt --- all the while pushing forward with the completion of major, once-in-a-generation, capital improvements. Recent projects have included facility improvements and renovations that have been augmented with grants and sponsorships, and the regrading and repaving of the parking and outdoor festival lot was completed with grant support from the Japanese Canadian Legacies Society.

We are pleased to announce the 2025-2026 Board of Directors. Every year, new Directors and renewing Directors are nominated for a 3-year term, with all members of the board subject to a nine-year term limit. The slate of new (returning) directors approved this year is: Sharon Marubashi, David Moritsugu, Jan Nobuto, Kathy Wale, Karen Webb.

Continuing in their terms as board members are: Karen Gordon, Chris Hope, Ian Nagamatsu, Jon Nagamatsu, Linda Ono, Sho Ozawa, Elaine Shigeishi, Alexis Spieldenner, Brian Toda and Demetre Vasilounis.

After the close of business of the AGM, the new Board met and elected the Executive Committee for 2025-2026: President Chris Hope, VP Management Jon Nagamatsu, VP Heritage Karen Webb, Finance Chair Linda Ono, and Secretary Sharon Marubashi.

The JCCC Board of Directors also thanks every JCCC member for your ongoing financial and volunteer support.

The JCCC is continuing to focus on building for the future, increasing general audience and community engagement, and working on strategic planning initiatives. The centre can attribute its successes to date to a dedicated and hardworking staff, its incredible and generous volunteer base, implementing fundraising programs, cost control initiatives, strong financial support from the JCCC Foundation, and strong relationships with our banking partners. On the fundraising side, back by popular demand, the Keep the Lantern Lit Fundraiser is underway, and we are planning to host the 2026 Sakura Gala in May.

We have a busy year ahead, but we are very optimistic about the future – and the potential, for the JCCC. New Executive Director Jerrold McGrath presented his overview on the future programming, organizational structural changes and more, with a new collective vision for the centre.



CALL FOR ARTISTS!

Friendship through Culture (2026) / 文化がわかる。心がかよう。(2026)

JCCC Community Arts Exhibition

The Japanese Canadian Cultural Centre invites artists, makers, and community members to participate in our 2026 community arts exhibition, Friendship through Culture (2026).

This year's exhibition explores the evolving meanings of a phrase that has long shaped Japanese Canadian cultural life. What first emerged as a gentle expression of survival and resilience in the face of discrimination has shifted over time into an open, if complex, practice of belonging. Today, "friendship through culture" carries multiple potential interpretations - diasporic, generational, newly arrived, hybrid - and asks us how culture can both preserve memory and create new ways of living together.

We welcome submissions in all media (painting, photography, textiles, sculpture, installation, video, digital works, craft, etc.). Works may be offered for sale through a consignment agreement.

To submit, please fill out the following Google Form: <https://forms.gle/6Vb74cRFtYr1bTkc6>

If you are having issues with the form, please contact gallery@jccc.on.ca

IMPORTANT DATES:

- **Submission deadline:** January 9 2026, 11:59pm
* *Absolutely no late submissions will be accepted.*
- **Notice of submission status:** By January 23, 2026
- **Artwork intake:** February 21 2026 between 10:00am and 12:00pm (general intake).
* *Arrangements can be made to drop work off at the JCCC in advance of February 21. Work not dropped off by the intake day will not be hung.*
- **Show dates:** March 1 – May 29, 2026
- **Opening Reception:** March 1, 2:00pm - 4:00pm
- **Artist talk:** TBD
- **Deinstallation and pick up:** TBD

IMPORTANT NOTES:

- While this is an open, non-juried exhibition, the Art Committee reserves the right to refuse works that are unsafe, discriminatory, or otherwise unsuitable for display in the JCCC gallery.
- While we make every effort to accommodate all submissions, gallery space is limited, and not all submissions may be accepted.
- Artists may submit up to 3 pieces that fit the criteria. The Arts Committee may select any number of your submissions to be included in the show.
- Chosen work must be submitted to the gallery in condition ready for hanging.
- If works are for sale, the JCCC takes a 25% commission via a consignment agreement.
- Please fill out the Google Form [here](https://forms.gle/6Vb74cRFtYr1bTkc6): by **January 9, 2026 at 11:59pm**. Absolutely no late submissions will be accepted.

Sedai Corner



Workshops – Shintani Gallery September 28

I had the pleasure of attending Karen Suzuki's workshop on Oral History at Shintani Gallery on September 28.

As an archivist, I usually work behind the scenes. Helping preserve records for the long term, I rarely get the opportunity to experience the planning to create new records.

This planning included all aspects of the oral history process, from what to consider when interviewing family and community members, to how to approach difficult topics, to how to center the interviewee and de-center yourself. The workshop also included thoughtful discussion around consent and how these records may be used, now and in the distant future.

Karen created a welcoming space for learning and practicing oral history skills; guiding participants through set up, framing of questions and interview techniques. Within a diverse group of participants, they practiced interviewing each other, becoming more comfortable on both sides of the recording device.

The purpose of Sedai is to preserve the stories of the Japanese Canadian community so that all can learn from the experiences of others. By sharing our Sedai techniques, we hope to encourage the community to continue gathering the different threads that make up our rich tapestry.

Claire Forsyth - Audio Visual Archivist

Watch our website for information on upcoming workshops!



Photo credits: Workshop photos taken at Shintani Gallery, The White & Red Show, September 2025

The Shape of Loss - Nuit Blanche Recap

From sunrise to sunset on October 4, the JCCC Gallery played host to Louise Noguchi's moving, participatory artwork, The Shape of Loss, as part of the all-night city-wide arts festival, Nuit Blanche.

Over 12 hours, nine artists drew the outlines of fishing boats confiscated from Japanese Canadians following the bombing of Pearl Harbour. 13 announcers read the name of each boat, often sharing the story of their family's boats. As each boat was drawn, the canvas blackened, the lines of each boat coalescing into one amorphous form -- the shape of loss. The durational, all-night performance was visited by hundreds of visitors who sipped tea and watched as the performance unfolded.



Photo credits: Neill Sturgess

The drawn boats will be on view until The Shape of Loss closes on January 23, 2026.

To learn more about the artist's inspiration and process, attend Louise Noguchi's Artist Talk, taking place on November 20 at 7:00pm in Heritage Lounge.

More details will be available on the JCCC website.

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 2:00 pm**, the JCCC presents a special live event on the podcast The Samurai in Our Closet.

Mandy Shintani's father George hid a 450-year-old samurai sword that was never spoken of, in their family closet. In her podcast, she retraces her father's remarkable life to uncover the untold stories of Japanese Canadians—from his childhood in Vancouver's vibrant Japantown, his teen years interned in a remote ghost town, to where he received his samurai sword while serving with the Canadian Intelligence Corps in Singapore at only 20. She explores how the next generation is recovering these stories to ultimately better understand our grandparents, our parents, and ourselves.

Join us for this one-hour presentation with Mandy and researcher Susan Yatabe to hear behind-the-scenes insights from 70+ interviews, including from the Sedai Oral History Collection, readings from interviewees from the podcast, as well as excerpts from the project Experiences of an Internment Camp Teacher, a moving story based on Susan's mother. A Q&A will follow the talk.

Join us for this beautiful tribute to the JC community—light refreshments will be served. The podcast can be found at www.thesamuraiinourcloset.com.

Register for free tickets [here!](#)



DONATIONS TO THE JCCC

AS OF SEPTEMBER 30, 2025

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous
Mr. Thomas Cameron
In appreciation of Ayami Sato & Mayo Hirano
Ms. Christine Chiba
Mr. & Mrs. Ray Edamura
Mrs. Gwen Edamura
Mr. David Jody Hamade
Mr. & Mrs. James Heron
Ms. Kathleen Karbownia
Ms. Meg Karper
In honour of the Otani Family
Mrs. & Mr. Nonie Keen
Mr. & Mrs. Herbert Kikuta
Ms. Dawna Kobayashi
Dr. & Mrs. Garry Kotack
Mrs. Sharon Marubashi
Ms. Dale Nakamura
Ms. Linda Ono
Mr. George Pachovsky & Ms. Michiko Sugatani
Dr. Elaine Sano
Ms. Kozue Sawahara
Ms. Jennifer Shimoda
Mrs. Mary Shimoda
Miss Bridgette Sterling
In recognition of Mikao Usui
Ms. Carrol Suzuki
Mr. Terence Takashima
Mr. Michael Tam
In support of JCCC Judo Kai Judoka
Mr. Robert & Mrs. Frances Tanaka
Mr. Rick & Mrs. Kathy Tazumi
Mr. John & Ms. Karen Webb
Mrs. Irina Werner
In appreciation of the JCCC Kendo Club
Mr. Glenn & Mrs. Sheri Yamamoto

Corporate & Organization

Williams & Partners Forensic Accountants
Family & Friends Golf Tournament

Emergency Appeal

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

Family & Friends Golf Tournament

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Ms. Dawna Kobayashi
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Mrs. Margie Uyeda
Mr. John & Ms. Karen Webb

Friends of Moriyama Nikkei Heritage Centre

Mrs. Donna Yoshimatsu

In Memoriam

In Memory of Bert Nasu
Ms. Alison Nasu
In memory of Carl Sumo Uchikura
Mrs. Viola Arima
In memory of Frank Moritsugu
R Ann Rowland
In memory of Gene Shinya
Mrs. Gloria Wakida
In memory of George Ono
Mr. Darrell & Mrs. Donna Curry
Mr. & Mrs. David Ono
Mrs. & Mr. Keiko Shigetomi
Mr. Paul & Mrs. Theresa Takasaki
Mr. & Mrs. Richard Takashima
Mr. Russ Takashima & Ms. Frances Akiko Nakamura
Mr. Terence Takashima
Mr. Yukio Tannoch
Ms. Patricia Tsuji
In memory of Harry Nagata
Mrs. Viola Arima
In memory of Kaz Nishio
Mrs. Fujiye Ono & Mrs. Linda Ono
In memory of Ken Iwasa
Ms. Beverley Oda
In memory of Mas Mori
Brian Fujioka & Mary, Kara & Bill Towns, Lauren Fujioka & Anthony Chau & family
In memory of Shirley Matsunaga
Anonymous
In memory of Sid Ikeda
Ms. Miiko Barbara Gravlin
In memory of Sumiko Nakawatase
Mrs. Gail Michelakos
In memory of Tad (Tadaaki) Oyagi
Mr. & Mrs. Randy Oyagi
In memory of Tomoki Kawabe
Mr. Stanley Nakagawa
In memory of Yukie Asa
JCCC Kendo Club

Heritage

Ms. Miiko Barbara Gravlin

In honour of Lloyd Ito

In memory of George Ono

Ms. Kathryn Okawara

In memory of Harold & Kimiye Takayama

Mr. Christopher Takayama

In memory of Mas Mori

Mr. & Mrs. Gary Sawayama

In memory of Yukie Asa

The Nonoyama Family

The Cranes

Dr. Seiko Shirafuji

Supporting Members

Leader

Mrs. Sharon Marubashi

Issei Day donations are greatly appreciated.

The individuals name will not be
published in the newsletter.

Thank you, JCCC

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 Gytoku 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

George, Lulu & Jasmine Ono, the Ono 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

THE CRANES: THE NATIONAL TRIBUTE TO JAPANESE CANADIAN LIFE

APRIL 1, 2016 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

443 In memory of parents Barron and Mary Wakabayashi
444 In memory of Shizuko Kadoguchi – Ikenobo Ikebana
445 Sadakichi & Yukie Arai Ocean Falls BC 1921*
446 *Teiko Doug June Tom Dick Kay Mary Shirley Arai*
447 In memory of Taka Tanaka 1916-2011, Minoru & Keiko
448 To Honour Parents Carol & Miki Doi-Laura & Bob Doi
449-450 Team Sansei Canada 40th anniversary 2022
In memory of Glenn Sora (LW) and Brian Mori (D)

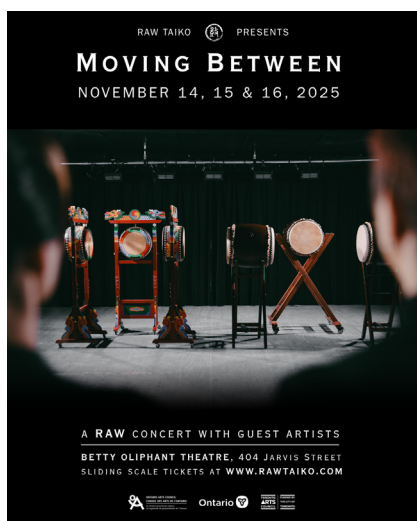
Mr and Mrs Brian Wakabayshi
Ikenobo Ikebana Society of Toronto
Mr Richard Arai
Mr Richard Arai
Mr & Mrs Minoru Tanaka
Mr & Mrs Robert Doi
Mr. Robert Fukumoto
Mr. Gary Kawaguchi
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Mr. Gary Kawaguchi Mr. Dan Maeda
Ms. Theresa Maeda
Mr. Gary Nasu
Mr. Reginald Nasu
Mr. Craig Okazaki
Mr. Stephen Saito
Mr. Gregory Sora
Mr. Steven Sumi
Oberon Capital Corporation
Dr. Seiko Shirafuji

451 Jamie Herman and Masako Katsuki

452 一刻も早く核兵器開発・使用禁止が実現し、世界恒久平和が実現しますように。白藤青潮&Duff Dwyer

RAW TAIKO: MOVING BETWEEN

This November 14, 15 & 16, RAW Taiko returns to the Betty Oliphant Theatre with a concert line-up of original compositions by RAW members and collaborators!



Moving Between uses drums, dance, and storytelling to animate memories of transformation – how we make our lives between perception and experience, in cycles of holding and breathing, in social and cultural entanglements, and across our generous range of feeling. Resonating at a frequency between our boisterous and our quiet rage, this concert features RAW Taiko in collaboration with guest artists Jihyun Back (TO) and Valerie Hongoh (MTL), and showcases musical expressions that thoughtfully combine Korean percussion and dance, with taiko.

DATES:

- FRI November 14th, 8:00pm ET
- SAT November 15th, 8:00pm ET
- SUN November 16th, 2:00pm ET

**Families with young children encouraged to attend this matinee showtime*

LOCATION:

Betty Oliphant Theatre, 404 Jarvis Street, Toronto

TICKETS:

\$25 - \$55 + HST

健やかな老後をめざして その88

～女性と骨粗しょう症～

骨は常に活発な新陳代謝を行っています。骨芽細胞による骨形成と破骨細胞による骨破壊を繰り返しているのです(骨代謝)。ところが、加齢などによりその働きのバランスがくずれ、破骨細胞の働きが上回ると骨量が減って骨がスカスカになり、ちょっとした衝撃でも骨折しやすくなります。そういった状態を骨粗しょう症といいます。

男女ともに骨量は20歳頃が最大で、その後は減っていきます。20歳頃にどの程度の骨量であるかが非常に大事!となると、10代は食事や運動をおろそかにしてはいけませんね。若年成人(20～44歳)の平均を100とした時、あなたの骨密度(カルシウム量)が70%以下であれば骨粗しょう症の可能性があります。特に女性の場合、閉経後は骨を強くする働きをもつ女性ホルモン(エストロゲン)の分泌が急減します。これこそが、中高年女性が骨粗しょう症に注意しなければいけない理由です。また「母親の骨密度との(体質的)関連性がある」との研究報告もあります。

さて、骨粗しょう症があるかどうかは検査してみないとわかりません。45歳の時、職場の産婦人科医の研究に協力して簡便な検査を受けた際「あなたの年齢平均よりやや低い(91%)」と言われました。仕事に多忙で食事や運動はまったく頭になかった日々だったので、その結果は予想されるものでした。74歳となった今「血液自己免疫疾患のために戸外活動に制限がある(寒さに体を暴露してはいけない)生活なので、骨粗しょう症と診断されても仕方がない」と覚悟しながら、最先端の機器を用いて腰椎と大腿骨の2か所の骨密度を測定しました。

その結果は若年成人の78%(やや少ないレベル、黄色信号)でした。ところが同年齢の平均と比べると腰椎は96%、大腿骨は104%でした。45歳の時よりも良好でした。51歳でカナダへ移住して以来、個人の暮らしを尊重する生活スタイルによってゆとりが生まれ、生活習慣に関心を注ぐようになったからだと思います。自宅でできる骨強化運動(朝夕の軽いジャンプ&かかと落とし運動)が骨量維持に影響している、と感じています。

もちろん食事全般に関心を払っています。骨の材料になるカルシウム(牛乳、大豆製品、干しえび、小魚など)、カルシウムの吸収を助けるビタミンD(さけ、うなぎ、さんま、干しいたけ、乾燥きくらげ、卵など)とビタミンC(レモン、いちご、パセリ、パプリカ、ごーや、ピーマンなど)、カルシウムを骨に定着させるビタミンK(納豆、ブロッコリー、にら、ほうれん草、キャベツなど)を摂取するように努力しています。毎年の健康診断では、栄養状態の指標である総蛋白・アルブミン量・フェリチン(鉄分)・電解質の値は良好です。それは、適切な食生活を示す1つの証しと言えるでしょう。また、ビタミンDは15～30分ほどの日光浴(紫外線)でも体内で合成されます。驚くことに40～50代の半数がビタミンD不足と言われ、さらに注意が必要なのは加齢と共に不足していく点です。カルシウムも吸収率が落ちていきます。若い頃からカルシウムとビタミンD摂取にもっと関心を注ぎましょう!

さて、骨密度について述べてきましたが、骨粗しょう症は骨密度のみでなく、骨の質(コラーゲンの老化)も関係しています。「骨密度は改善したのに再び骨折する人々が多い」ことを疑問に思った医師による研究で明らかにされました。骨密度が建物のコンクリート部分とすれば、骨質は鉄筋部分と考えたらよいでしょうか。両者が健全でないと耐久性は保たれません。コラーゲンを考慮した食生活も大事です。

持病のために外出機会が減る私の場合、自宅内で骨に刺激が加わる運動(足踏み、一段昇降、軽いジャンプ)をもう少し強化し、1年後に再び骨の状態を測定します。まずは維持できていることを目標に!

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 @12:30pm to 4:00pm

Please join us for this year's BAZAAR.

Enjoy a hot bowl of udon or a rice bowl; or maybe fresh kakiyaki tempura or yakitori. No time to sit? Take home some of our ever-popular home made boxed items such as sushi, manju and chow mein as well as our ever popular home-baked pies and goodies!! Don't forget to check out the vendor tables and the huge white elephant area upstairs!

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

Now Hiring: Principal – Toronto Japanese Language School

The Toronto Japanese Language School is seeking candidates for the position of Principal.

The TJLS is a registered charity, originally established in 1949 to provide lessons in Japanese language and culture in the wake of the internment. Today we provide language instruction to anyone interested in the Japanese language, with over 200 students across our children's and adult divisions.



TORONTO
JAPANESE
LANGUAGE
SCHOOL

Applicants for the position should have significant experience in teaching and/or educational leadership, and be competent in both English and Japanese.

For further information about the role and directions for applying, please see the full position posting on-line at https://tjls.ca/?page_id=2891

Sumi-e Artists of Canada



Laura Beaton - Water Logged V2 - Ruth Yamada Award, 2024

Annual
SUMI-E 
Artists of Canada

Exhibit and Sale

Saturday, November 8 & Sunday, November 9
12:00 noon - 5:00 PM

JAPANESE CANADIAN CULTURAL CENTRE
6 Sakura Way, Don Mills, Ontario

OFFICIAL EXHIBITION OPENING CEREMONY
Saturday, November 8, 2025 - 1:00 PM



TEA ROOM & FREE ADMISSION
For Further information
905-882-9433 / gbist@rogers.com



JSS プログラム:2025年11月

JSS Programs November 2025

以下は2025年11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11月(水曜3時~)

登録可能な講座・過去の講座一覧などシリーズ情報は、JSSウェブサイト: モミジ・JSS: オンライン講座シリーズをご覧ください。

1. e-Learning Series

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

「ケアギバーセミナー: 家族や友人を支える毎日に喜びとユーモアを見つけよう - パート1」11月12日(水) 15時(日本語&英語)

このワークショップは、認知症とともに生きる方を支えているご家族やケアパートナーのための学びの機会です。全2回シリーズの第1回では、介護の過程で「喜び」を見つけるヒントを探ります。単なる負担としてではなく、つながりや意味を見出す時間としての介護に目を向けていきます。「診断のその先」にある日々の小さな光やつながりを感じるきっかけとなる内容です。

Finding Joy and Humour in Caregiving – Part 1 : Wed. Nov 12, 3:00pm (English & Japanese)

This educational workshop is for care partners of individuals living with dementia with a focus on looking at the lighter side of caregiving. Join us for the first session of this two-part series, where care partners will begin to explore how to find joy in the caregiving journey. This session will focus on looking beyond the diagnosis and recognizing everyday moments of lightness, connection, and meaning.

「リクエストで楽しむ秋のオンラインコンサート2025」

11月26日(水) 14時(日本語)

毎年ご好評頂いているオンラインコンサート。今年もシンガーソングライターのKIIOLAさん(以前は筒井柚紀子として活動)をお招きして開催いたします。この機会に思い出の1曲をリクエストしてみませんか?

Autumn Online Concert 2025 – Enjoying Your Requested Music : Wed. Nov 26, 2:00pm (Japanese)

An hour-long online concert is back by popular demand, featuring Toronto-based singer-songwriter Kiiola, formerly known as Yukiko Tsutsui. Don't miss this chance to request a memorable song!

※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 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26期: 11/10~12/1 毎週月曜日)
お問合せは senior.yoga@jss.ca へ

2. Easy Yoga for Seniors (Term 26 : Nov 10 – Dec 1, 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 [uta-nokai_b@jss.ca](mailto:utanokai_b@jss.ca)

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11月20日 (木) 12:00~ ランチタイムで参加しやすい!

参加ご希望の方はご連絡ください

詳細は弊社HPへ!

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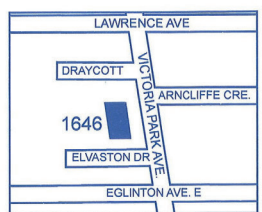
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