

JUNE 2024 · 2024年6月



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**TORONTO
JAPANESE
FILM 2024
FESTIVAL**



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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 July/August issue is:

Thursday, June 6, 2024.

次号締切日:2024年6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

Toronto Japanese Garden Club Annual Plant Sale • トロントジャパニーズガーデンクラブの毎年恒例プラントセール

Sunday June 2, 10:00am – 2:00pm
6月2日(日) 午前10時~午後2時

Wynford Seniors • ウィンフォードシニア

Wednesday June 5, 10:30am
6月5日(水) 午前10時半

Please contact Bev (bfujimoto50@yahoo.ca) for info.
お問い合わせは: ベブ・フジモトまで (bfujimoto50@yahoo.ca)

Toronto Japanese Film Festival • トロント日本映画祭

June 6 - 20 • 6月6日 - 20日
See page 10 for details
詳細は10頁をご覧ください。

Sumi-e Art Graduation Ceremony • 墨絵アート卒業式

Saturday June 8, 11am to 1:00pm
6月8日(土) 午前11時~午後1時
See sumieartistsofcanada.org for details.
詳細は: sumieartistsofcanada.org

JCCC Karaoke Club • JCCCカラオケクラブ

Wednesday June 12 & 26, 10:00am
6月12, 26日(水) 午前10時

JCCC Closed – Canada Day • JCCC閉館 - カナダデー

Monday July 1 • 7月1日(月)

JCSurvivors Health & Wellness Fund Info Sessions

JCサバイバー・ヘルス&ウェルネス基金説明会

Tuesday June 6, 13 & 27, 10:00am to 3:00pm
6月6, 13, 27日(火) 午前10時~午後3時

Contact Mark Uyeda (mark.uyeda@jcwellness.org) for info.
お問い合わせは: ベブ・フジモトまで (mark.uyeda@jcwellness.org)

Ongoing / 開催中

JCCC Library • 図書館

The Library is now open.
Please check the JCCC website for the schedule of this month.

JCCCライブラリーは現在週3~4回オープン、貸出/閲覧が可能です。

スケジュールはJCCCウェブサイトで確認してください。

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。

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。

Heritage Hallway • ヘリテージホール
60 Years of Friendship Through Culture
文化が育んだ60年のフレンドシップ
May 2023 to June 2024 • 2023年5月~2024年6月

JCCC Gallery • JCCCギャラリー
CONTACT Photography Festival - Body/Armour
コンタクトフォトフェスティバル参加展示
April 28 to July 31, 2024 • 2024年4月28日~7月31日

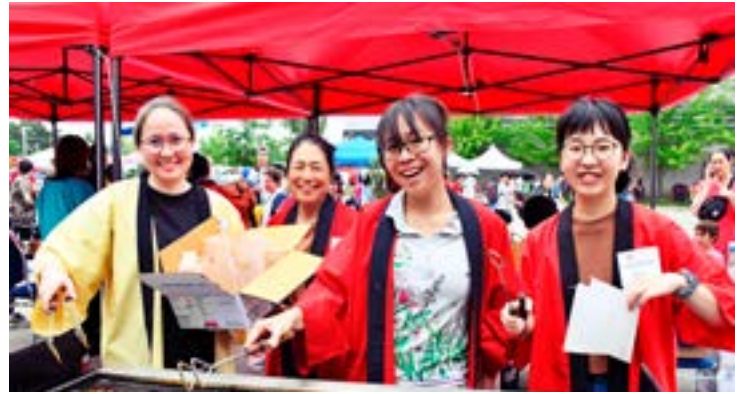
UPCOMING EVENTS

Natsu Matsuri and Bon Odori Festival

Are you ready to eat, be entertained, and dance!?

On Saturday July 13th, 2024, the traditional summer festivities of Natsu Matsuri and the Bon Odori Festival will be back! The JCCC invites everyone to enjoy a lively festival atmosphere with games, great food and spectacular performances. Many community organizations, including the Toronto Buddhist Church, come together to make this a unique event. Weather permitting, the event takes place outside in the parking lot or in the Kobayashi Hall. You will have an opportunity to join in on the Bon Odori so bring your dancing shoes! We look forward to another year of this exciting JCCC and Community tradition. We hope to see lots of new and familiar faces. We'll see you there!

2024年7月13日(土)、毎年恒例の夏祭り・盆踊りがやってきます! ゲームやおいしい食べ物、華やかなパフォーマンス、賑やかなお祭りの雰囲気を楽しんでいただけるよう、準備が進んでいます。トロント仏教会をはじめ、多くのコミュニティ団体がこのイベントを盛り上げます。盆踊りに参加する機会もありますので、楽しみにしててください! 初参加の方、お馴染みの方、皆様のご参加をお待ちしております。



Bon Odori Practices at the TBC

Spring is here and Bon Odori practices have begun at the Toronto Buddhist Church! Obon is a traditional Buddhist event to honour one's ancestors.

Come out and learn Japanese folk dances with step-by-step instructions. Everyone is welcome and no experience is needed. It's best to attend from the beginning as new dances are introduced throughout the course of the practices.

Practices are held every Tuesday and Friday night from 8:00 – 9:30pm at the Toronto Buddhist Church. They will continue until the Bon Festival on Saturday, July 13, 2024, 7:00 pm at the Japanese Canadian Cultural Centre.

For more information, please contact the Toronto Buddhist Church.

春になり、トロント仏教会では盆踊りの練習が始まった! お盆は先祖を敬う伝統的な仏教行事。

日本の伝統的な踊りをステップ・バイ・ステップで学びましょう。どなたでも大歓迎。練習の中で新しい踊りが紹介されるので、最初から参加するのがベストです。

練習は毎週火曜日と金曜日の夜8時から9時半まで、トロント仏教会で行なわれる。2024年7月13日(土)19:00から日系文化会館で行われるお盆まで続く。

詳細はトロント仏教会まで。

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

UPCOMING EVENTS

The JCCC is Hiring! • 求人募集

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

We are looking for an individual to take on a 14-15 month Maternity Leave Contract Opportunity.

Position: Rental Assistant

Term: 14-15 month contract, from August 2024

Please check the JCCC website for details. Please send resume to hr@jccc.on.ca. Only successful candidates will be contacted. Job posting closes June 15, 2024. Please refer to Job Posting 300245.

JCCCでは現在、産休代替のための契約社員を募集中です!

職種: レンタルアシスタント

期間: 2024年8月から約14-15か月

詳細はJCCCウェブサイトをご覧ください。

応募は2024年6月15日までにタイトルに Job Posting 300245 を記載の上、hr@jccc.on.caまでご送付ください。

Cooking for Active Seniors



Our July Cooking for Active Seniors class is scheduled for Thursday July 18, 2024 from 11:00am - 3:00pm. The focus for this session is on salmon - making Salmon Poke Bowls, a twist on a Salmon Sushi, plus simple pickles.

Registration is limited to 16 participants, closes the Thursday prior to the class and can be completed at Reception (416-441-2345) with payment ensuring your spot.

Cost is: JCCC members \$25.00 (+HST), non-members \$30.00 (+HST)
Contact Reception to register.

Farewell Shino! Welcome Adrian!

The JCCC would like to bid farewell to Shino, our daytime Receptionist. Shino has been with us for almost 2 years and was a huge part of the success of our re-opening after the pandemic shut downs. We wish Shino all the best as she continues her career.

As you may have noticed, our evening Receptionist, Yasuko, has moved into the role of daytime Receptionist. Please stop by to say hello to Yasuko. Over the coming months we will be adding more part-time Receptionists to our staff to continue with our evening and weekend coverage.



Welcome Adrian, the JCCC's new Accounting Manager!

Adrian is an experienced finance professional with a proven track record in diverse organizations, including a Fortune 200 company and the technology sector. He began his career in public accounting at PwC and later obtained his CPA designation while at Grant Thornton.

Originally from Calgary, Adrian relocated to Toronto in 2020, embarking on new adventures with his wife and two young sons. He also previously lived and taught English in Fukuoka, Japan. Outside of his work in finance, Adrian is an avid hockey player and

enjoys traveling with his family, with favorite destinations including Mexico and Japan. He is thrilled to be a part of the JCCC community and looks forward to connecting with fellow members.

Rock and Roll Live At Kobayashi Hall

The Extraordinary Mr. Jimmy Brings the Live Experience of Led Zeppelin Music to the Stage and Screen at the Kobayashi Hall This Summer!

On Sunday, June 16 the Toronto Japanese Film Festival will present a special screening of the much talked about music documentary, Mr. Jimmy. The captivating film follows the story of Akio Sakurai, a Japanese guitarist who has dedicated his life to honoring superstar guitarist Jimmy Page and the musical legacy of Led Zeppelin. This extraordinary story of passion, music and the pursuit of dreams merges rock-and-roll with the meticulousness of Japanese craftsman in a film that has been delighting music fans everywhere.

Akio Sakurai and his band, collectively known as Mr. Jimmy, will be making their Canadian debut with a three-night residency in the Kobayashi Hall August 8th, 9th and 10th. The shows will be a faithful recreation of the three-night residency that Led Zeppelin held at Madison Square Garden in 1973 that led to the hit live album and film *The Song Remains the Same*, with a few surprises. Sakurai's passion, virtuosity, and attention to detail will transport our audiences to the front rows of an iconic moment in rock and roll history. From painstakingly correct vintage instruments, amplifiers, lighting and stage gear, this is a once-in-a-lifetime opportunity. The JCCC is proud to go the extra mile to present Mr. Jimmy exactly as the band is meant to be seen and experienced.



Check future newsletters or our [website](https://www.jccc.on.ca) for more details.

Membership pays - email tickets@jccc.on.ca to receive your promo code for this event.



JCCC BAZAAR 2024 ・ バザー大盛況!

Wow! What a day! Forecasted as rain, the day ended up being a beautiful sunny summer-like day. People brought their comfy shoes and great energy. Before the noon opening, there was a long line of people anticipating to get a deal of a lifetime. Meanwhile, inside, hundreds of dedicated volunteers prepared to welcome the thousands of visitors. The day was filled with bargains, yummy food, and overall an amazing energy throughout the Centre. We would like to thank all that came through, and a huge special thanks to all the volunteers that worked tirelessly all month to make this day a success.

雨の予報でしたが、奇跡的に夏のような晴天に恵まれました。正午の開場前には、お得なお買い物を期待する人々の長い列ができていて、一方、館内では何百人ものボランティアさん達が、来場者を迎える準備をしていました。掘り出し物、おいしい食べ物、会館全体が素晴らしいエネルギーに

包まれた一日でした。この日を成功させるために、一ヶ月間以上絶え間なく頑張っていたいただいたボランティアの皆様へ心から感謝します。JCCCのイベントは、ボランティアのサポートなしには成り立ちません。本当にありがとうございました。



The JCCC wishes to thank the following Organizations and Companies for supporting the 2024 Annual Bazaar.

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Ohana Hula
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Plant Harada
Sakura Kai
Sandown Market
Sanko Trading Co.
Sleeman Breweries Ltd.
Taro's Fish
The Japanese Paper Place
Wi Fashions
Wismettac
Wynford Seniors
Zen Japanese Restaurant

AN UNFORGETTABLE EVENING WITH HAYATO SUMINO



Photos by Katsuhiro Kojima

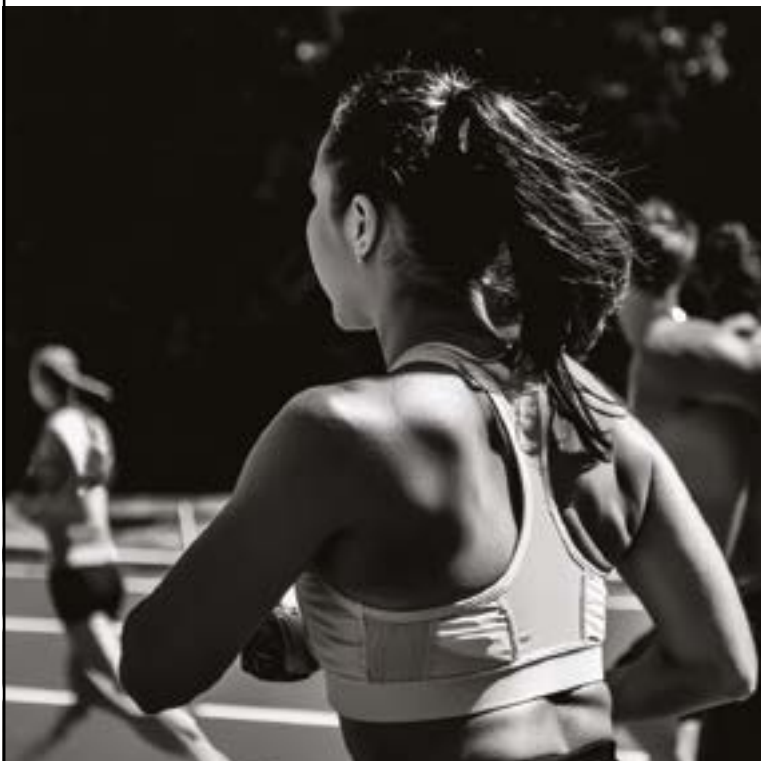
Hayato Sumino's May 9th concert in the Kobayashi Hall thrilled a sold-out crowd of 500 and drew 3 standing ovations. The event attracted audience members not only from Toronto but also Saskatoon, New York, Boston and Japan! The first half of the show focussed on Bach and Chopin but things became much more playful after the interval with selections of Kapustin, Gershwin and Sumino's own compositions. For his encore he played Joe Hisaishi's Howl's Moving Castle theme. An unforgettable evening. The JCCC thanks our friends at Bravo Niagara! without whose support and coordination the evening could have never taken place.

小林ホール全体を感動の渦に巻きこんだ角野隼人氏のコンサート。市内のみならず、サスカトゥーン、ニューヨーク、ボストン、そして日本からの観客を前に美しいピアノの旋律が響きわたりました。コンサート前半はバッハとショパンが中心、後半はジャズの要素を取り入れたカプースチン、ガーシュイン、角野氏の自作曲、と遊び心に満ちた内容で観客を魅了。アンコールは多くの人に親しみのある久石譲氏の『ハウルの動く城』で締めくくられ、人々の心に感動の余韻を残しました。今回の公演コーディネーター、Bravo Niagara!に感謝を申し上げます。



JAPANESE
CANADIAN
LEGACIES

CALLING ALL HIGH-PERFORMANCE/HIGH-LEVEL ATHLETES & COACHES Community Fund Sports Applications Open (intake 2)



The Sports stream of the Community Fund encourages and enhances sport performance and leadership amongst Japanese Canadian Descendants by supporting High-Performance/High-Level Athletes and High-Performance Coaches with funds towards their development and pursuit of sport excellence. These categories are designed for high-performance individuals pursuing sport excellence.

CATEGORY 1A: High-Performance Athletes

Up to \$5,000 towards development and pursuit of sport excellence

CATEGORY 1B: High-Level Athletes

Up to \$2,500 towards development and pursuit of sport excellence

CATEGORY 2: High-Performance Coaches

Up to \$5,000 towards development and pursuit of sport excellence

Guidelines and Application Forms:

jclegaciesfund.com/funding-streams/sports

Deadline for applications: Saturday, June 15

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TORONTO JAPANESE FILM FESTIVAL RETURNS JUNE 6 TO 20

TorontoJFF is programmed to reflect the rich diversity of the world's 4th largest film industry and the 2024 edition will feature 23 films including the International Premieres of Kosai Sekine's mystery drama **STAY MUM**「かくしごと」starring Anne Watanabe and Eiji Okuda, Toshiyuki Teruya's heartwarming Okinawa-based comedy **KANASANDO**「かなさんどー」and Alice Il Shin's **LANDSCAPES OF HOME**「故郷の風景」an investigation of Japanese Canadian struggle from a new perspective, redefining what it means to find home against a backdrop of war and loss.



The opening night film is North American Premiere of Hayato Kawai's comic retelling of the 47 Ronin story **DON'T LOSE YOUR HEAD!**「身代わり忠臣蔵」. Other North American Premieres are Isao Yukisada's lavish anti-war actioner **REVOLVER LILY**「リボルバー・リリー」with a fierce turn by Haruka Ayase as an assassin battling militarist factions within the government, Sho Miyake's gentle tale of friendship amid mental-health struggles, **ALL THE LONG NIGHTS**「夜明けのすべて」, Yoshiyuki Kishi's winner of the Audience Award and Best Director at the 36th Tokyo International Film Festival, **(AB)NORMAL DESIRE**「正欲」, Toshiro Saiga's up-beat musical comedy set among the traditional hot-spring inns of the famous Kaga Onsen region, **THE DANCING OKAMI**「レディ加賀」and Izuru Narushima's story of loneliness, connection and identity, **52-HERTZ WHALES**「52ヘルツのクジラたち」.

Also making their North American premieres are Keisuke Yoshida's kidnapping drama **MISSING**「ミッシング」featuring a career-best turn by Satomi Ishihara as a desperate mother fighting fading media interest in the disappearance of her daughter, Hiroaki Matsuyama's light-on-its-feet detective thriller **DON'T CALL IT MYSTERY**「ミステリと言う勿れ」, Eiji Uchida's edge-of-your-seat stalker shocker **MATCHED**「マッチング」and Takehisa Zeze's **ONE LAST BLOOM**「春に散る」a boxing drama so authentic that it inspired star Ryusei Yokohama to actually qualify as a pro boxer.



The closing night film is the Canadian Premiere Mitsuhiro Mihara's heartwarming foodie flick, **TAKANO TOFU**「高野豆腐店の春」about a troubled generational succession of a traditional tofu maker.



Other Canadian premieres are 91-year-old master Yoji Yamada's 90th work **MOM, IS THAT YOU?!**「こんにちは、母さん」, Nobuhiro Yamashita's feel-good surrealist romantic comedy **ONE SECOND AHEAD, ONE SECOND BEHIND**「1秒先の彼」, a remake of Taiwanese hit "My Missing Valentine" and Takayuki Hamana's hit family anime **THE KLUTZY WITCH**「らくだい魔女 フウカと闇の魔女」.

Also announced is a special edition of Hayao Miyazaki's Academy Award-winner **THE BOY AND THE HERON**「君たちはどう生きるか」featuring an introduction from composer Joe Hisaishi and a drawing session with animation director Takeshi Honda, Keiko Tsuruoka's heartfelt blend of traditional arts, family conflict and the issue of traditional gender roles, **TSUGARU LACQUER**

GIRL「バカ塗りの娘」, and Sokichi Nakara's inspiring and edge-of-your-seat documentary **LIFE IS CLIMBING**「ライフ・イズ・クライミング!」with the director in leads Koichi Kobayashi and Naoya Suzuki (four-time IFSC Para-climbing World Champions) in attendance.

Daishi Matsunaga's intense yet nuanced 2SLGBTQ+ romance **EGOIST**「エゴイスト」makes its Toronto premiere as does Ryo Takebayashi's hilariously bonkers time-loop comedy **MONDAYS: SEE YOU "THIS" WEEK MONDAY**「このタイムループ、上司に気づかせないと終わらない」. Returning after its premiere at TIFF 2023 is Kei Chika-ura's **GREAT ABSENCE**「大いなる不在」, a delicately devastating excavating a life — and a love story — wrapped in the torn tissue of mental deterioration. Peter Michael Dowd's **MR. JIMMY**「ミスタージミー」documents the life of Akio Sakurai who has dedicated his life to honoring Led Zeppelin's superstar guitarist Jimmy Page. For 30 years, he recreated vintage Zeppelin concerts note-for-note in small Tokyo clubs, until the real Jimmy Page stopped by one night and changed Akio's life forever. Merging the passion of rock-and-roll with the meticulousness of the Japanese craftsman, it is an auditory delight for music fans everywhere and an extraordinary story of passion, music and the pursuit of dreams.



The festival takes place entirely at the Japanese Canadian Cultural Centre where visitors can also enjoy Japanese food, art and historical exhibitions, martial arts practices and a range of pre-screening musical performances.

Multi-film passes and individual tickets for all Toronto Japanese Film Festival screenings are on sale now. Keep watching www.torontojff.com for further announcements.

NATSU MATSURI AND BON ODORI

JAPANESE SUMMER FESTIVAL

OUR NATSU MATSURI AND BON ODORI
SUMMER FESTIVAL - TORONTO'S ANNUAL
CELEBRATION OF JAPANESE SUMMER
TRADITIONS - HAS BEEN BRINGING THE
JAPANESE COMMUNITY AND ITS MANY
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- SOMEN NOODLE BAR そうめんバー
- CHILDREN'S GAMES キッズゲーム
- TANABATA WISHING TREE 短冊かざり



Saturday, July 13, 2024

5pm - 9pm (Bon Odori starts at 7pm)

6 Sakura Way (formerly 6 Garamond Court), Toronto, ON • 416.441.2345 • www.jccc.on.ca

PRESENTING ORGANIZATION



TORONTO BUDDHIST CHURCH
A Jodo Shintu Temple

PARTNER ORGANIZATION



JUNE 2024 VOL. 50 ISSUE 6



JAPANESE CANADIAN
CULTURAL CENTRE
日系文化会館



Body/Armour Exhibit: Opening Reception

Our spring photography exhibit, Body/Armour, opened on April 28th as part of the CONTACT Photography Festival, featuring the work of photographers Claudia Fährenkemper and Ruth Kaplan. Fährenkemper was in attendance from Germany and presented a fascinating artist talk on her photographs of Japanese samurai armour and electron microscope images of insect exoskeletons. Attendees had the chance to meet and discuss her work with her. Stephen Bulger, one of the curators of the exhibit, also presented remarks about the exhibit and the work of Ruth Kaplan, the other participating photographer.



Japanese Canadian Third Places in Toronto

Call for participants: Yonsei, Gosei, and Ijusha

The JCCC Heritage Department is doing research on Japanese Canadian third places, or sites of gathering, in Toronto to understand how Japanese Canadians have made place for themselves in the city from after WWII to the present-day. The research will culminate in an exhibition at the JCCC.



We are interested in questions such as the following: What are the places that allowed Japanese Canadians to create a sense of belonging? To make sense of an unfamiliar city? What memories do people have of these places? What is the role of Japanese Canadian places in a changing Toronto?

We hosted two focus groups in May, one for sansei, and one for yonsei and gosei. We are still interested in talking to more people from many different facets of the Japanese Canadian community, including yonsei, gosei, and ijusha (including ijusha nisei). No sessions are scheduled yet, but if you are interested in participating in some capacity, please get in touch with Vidhya Elango at vidhya@jccc.on.ca.

Martial Arts News

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

June is registration month for Judo and Kendo. Please check your fees for the upcoming Series as summer fees have returned.

We also want to inform our participants of Aikido (both the Adult and Children's classes) and Karate that classes are cancelled over the Long Weekend (on Saturday June 29 and Sunday June 30). The JCCC is closed on Monday July 1 and all classes are cancelled. .



Introducing...

After more than 8 months of hard work, the Martial Arts Administrative Team is excited to introduce our new martial arts portal powered by Members365!

This portal will allow you to complete and monitor your JCCC membership and class enrollment on your own. You will be able to update your information, check on your membership expiry date, complete your class registration/waiver forms, and register for classes from one location. The system will also send out automatic renewal notices/reminders, Series start reminders and class cancelation notices as necessary. You will also be able to track payments and find receipts should you need them. We hope that this will make everything so much easier!

We are currently beta testing with selected groups and individuals. You may see us around the dojos providing hands-on support. Feel free to check it out in preparation for your own enrollment. We are hoping for a full roll out to all martial arts participants by the Fall of 2024.

Did you know?



Did you know that Canadian Blood Services regularly hosts Blood Drives at the JCCC? It takes thousands of blood donors to save the lives of patients across Canada.

Upcoming blood drives at the JCCC are:

- Friday, August 2, 2024 from 2pm to 6pm
- Friday March 28, 2025 from 2pm to 6pm

Act now and book your summer blood donation by downloading the GiveBlood app, calling 1-888-2-DONATE (1-888-236-6283) or booking now at blood.ca.

2024 Ontario Volunteer Service Awards

Save the Date for Arigato Day!

We had the honor of attending the Ontario Volunteer Service Award Ceremony on April 15th at the Royal Ontario Museum. This year, we proudly celebrated 21 volunteers who were nominated by Volunteer committees and JCCC community leaders!

Here are the remarkable individuals recognized:

Roy Asa / 55 years of service

Paul Takasaki / 40 years of service

Shiro Kobayashi / 35 years of service

Ken Fukushima / 30 years of service

Sono Sugie / 30 years of service

John MacKenzie / 25 years of service

Megan Marubashi / 25 years of service

Evelyn Keiko Nakamura / 25 years of service

Ken Sugamori / 20 years of service

Yoko Naito / 15 years of service

Anzu Hara / 10 years of service

Namiki Mochizuki / 10 years of service

Michiko Abe-Kozlowski / 10 years of service

Mika Shitahodo / 10 years of service

Gaila Uyeda / 10 years of service

Charles Rocchi / 5 years of service

Gabriel Stamatiou / 5 years of service

Jerome Ng / 5 years of service

Jean Lee / 5 years of service

Sophia Stamatiou / 5 years of service

Timothy Takasaki / 5 years of service



Photo by Alison Stamatiou

Congratulations to each of these dedicated individuals for their outstanding commitment and contribution!

We will celebrate the OVSA recipients at Arigato Day which will be taking place on Sunday August 25th! Save the date! Details and registration information will be in the next newsletter!

Thanks a Million Bazaar Volunteers!



Photos by Manthan Patel

Nearly 300 volunteers came together to ensure the success of Bazaar 2024! From kitchen volunteers who began their day before 5am to those who stayed until 7pm for event clean-up, every single volunteer played a crucial role. We're immensely grateful for their dedication and awesomeness! It was truly inspiring to witness the collaboration between the JCCC Clubs and various community groups to make this event a reality. To the entire JCCC community, we extend our appreciation and love!

2024年バザーへは300人近いボランティアさん達が来てくださいました。朝5時前から始まったキッチンのボランティアさん方から、夜7時まで残りイベントの後片付をしてくださったボランティアさんまで、すべての方が重要な役割を果たしました。皆さんの献身と素晴らしさに、心から感謝しています!また、JCCCクラブと様々なコミュニティの方々が協力してこのイベントを実現したのを目の当たりにして、本当に感動しました。JCCCに関わる全てのコミュニティに、改めて感謝申し上げます。

Wynford Seniors Bowlers Needed!

The Wynford Seniors Bowling League is currently looking for new 5 pin bowlers, age 55 and over, to join their fun-filled and non-competitive league. No experience is necessary, as handicaps are calculated at the beginning of the season.

Bowling is either on Monday or Friday mornings, from 10:00 until noon, starting in September. The alley opens at 9:30am. Playoffs are in late April, and the season concludes with a banquet and awards ceremony in early-mid May.

The alley is located at Parkway Bowl, east end of Parkway Plaza, 67 Ellesmere Rd in Scarborough.

All you need to join is a \$10 Wynford Seniors membership! Fees are \$12 per week plus we collect fees for our Christmas and Year End tournaments.

If you are interested, the bowlers welcome you to check out the alley during the summer on Monday mornings starting June 3rd, 2024 from 10:00-12:00, where some practise for fun.

For more information or to join, please contact Dawna Kobayashi at 416-407-8102. The deadline to join is August 2, 2024.

DONATIONS

In memory of Betty Naomi Brooks

Mr. Chris & Mrs. Grace Hope 250

In memory of Charlie Smith

Mr. Chris & Mrs. Grace Hope 250

In memory of Chii & Kiyoshi Tamane

Mr. Arthur & Mrs. Tomo Ishii 100

In memory of George Uyeyama

Mr. Grant Uyeyama 100

In memory of Hiroshi Yamamoto

Ms. Naomi Linda Nakatsu 50

Ms. Joyce Wheatley 200

In memory of Katsu Iguchi

Ms. Sharon Eiko Fune 100

Veronica, Bridget & Ann 50

Mr. Reginald Russell & Family 500

Ms. Joy Sato 100

Mr. & Mrs. Gary Sawayama 50

Mr. Morris & 100

Ms. Nancy Sternberg

Dr. Garry Kotack & 100

Mrs. Sandra Tateishi-Kotack

In memory of Lily Yuriko Kai

Ms. Lilian Nguyen 50

In memory of Sally Yano

Mr. & Mrs. Kenneth Kanda 100

Mrs. Judy Maikawa 25

Mr. Robert & 50

Mrs. Chiyo Donna Mitobe

In memory of Setsuko Nakagawa

Mrs. Tamaye Harafuji 50

Mr. Guy & 50

Mrs. Brenda Troendlin

In memory of Sid Kiyoshi Ikeda

Mr. Martin Kobayashi 1,000

Ms. Naomi Linda Nakatsu 50

In memory of Tosh Sakura

Ms. JoAnne Sakura 200

Heritage

Anonymous 155

Anonymous 100

In memory of Mr. & Mrs. S. Yano

Ms. Kathryn Okawara 290

Mr. Riki & Ms. Yuriko Yamada 100

Operation Tatami 2024

Mr. & Ms. Toshimitsu Arima 300

Mr. Joseph Aubin 450

Mrs. Patricia Idenouye 300

Mr. Adrian Iliescu 100

Mr. & Mrs. Gerald Okimura 400

Mr. James Wright & 300

Ms. Rika Murota

Association for Japanese Culture 400

Support Membership

Ambassador

Dr. Seiko Shirafuji & 960

Mr Douglas Dwyer

Mr. Russ Takashima 966

Leader

Ms. Kikuye Inouye 477

Ms. Jennifer Kennedy 466

Partner

Mrs. Rose Aihoshi 127

Dr. Ray Barker 116

Mr. Olivier & Mrs. Takako Daros 93

Mrs. Carol R. Howell 150

Mr. Takashi Iwata 150

Ms. Debra Katsumi 127

Mrs. Esther Kawabe 127

Ms. Patti Kishimoto 127

Mrs. Yasuko P. Kusano 127

Mr. Mark Matsumoto & 110

Ms. Emilija Tasevska

Mrs. Mary Morita 150

Mr. Nhieu Van & 110

Mrs. Junko Nguyen

Mrs. Janice Nobuto 127

Mr. Tad Oyagi 150

Mr. Paul & 93

Mrs. Theresa Takasaki

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APRIL 1, 2020 TO PRESENT

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Hiromi ICHIDA

Keiko ICHIDA

Takako ICHIDA

Yasu ICHIDA

Yoshi ICHIDA

Yumi ICHIDA

In memory of Sanaye Inouye

Robert Yasuharu & Shizuko Hosui

Kadoguchi

Lucas, Sayaka, and Emika Koolma

In memory of Harold Hiroshi

Matsubayashi

In memory of Shichitaro & Naka Nagata

family

Dr. Seiko Shirafuji

Mr. Douglas Dwyer

Groups

Checkmate Development

Crow Creek Settlement Reunion

Gakuyukai Alumni Group 1906-1942

Hanayagi Essay Group

DONATIONS

OPERATION TATAMI 2024 INSCRIPTIONS

DECEMBER 2023 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

Yellow Competition Mat

55th Anniversary of JCCC Aikikai
Anonymous
In Memory of Sensei Bill Aoki
Des Aubin Joseph Yangmi Sylvie et Pascal
Charlie's Meat
Matthew Dales
In appreciation, "DISCOVER JAPAN" by AJC
Ken Fukushima
JCCC Judo-Kai
In Memory of Sensei Peter Hasegawa
Sid Ikeda
Adrian Iliescu
Shane Le Gros
Maison Changkeun Lee
Matsumura Family

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

Green Keiko Mat

Toshi & Mary-Beth Arima
James and Masayo Heron
In Memory of Sensei Frank Idenouye
In Memory of Sensei Ken Ikeda
Kadota Family
In Memory of Sensei Glenn Kawano
Shane Sachiyo and Yuji Le Gros
Masaru Matsubara
K. Nagao
Sensei-Obata, Matsubara, Adrian, Camber
In Memory of Mack Makoto Oikawa 3rd Dan
Kevin And Nancy Roxby
Anca And Dan Rusu

TJGC Annual Plant Sale - June 2

Time to get outside in the garden! Plan to attend Toronto Japanese Garden Club's (TJGC) annual plant sale at the Japanese Canadian Cultural Centre (JCCC) on June 2 from 10:00am to 2:00pm.

The JCCC is located at 6 Sakura Way and the plant sale will take place outside in the Heritage Garden – if it rains, we'll move indoors to the Heritage Court.

Our sale offers items you won't find at other garden centres. Look for specialty kiku (chrysanthemum) and asagao (morning glories) plus uncommon house plants and perennials. Last year our selection of Japanese herbs and vegetables were a huge hit and quickly sold out.

Arrive early for best selection and to avoid disappointment. Cash only sales. Please bring bags or boxes to carry your items home.

For more information, email TJGardenClub@gmail.com or visit our website at torontojapanesegardenclub.ca.

そろそろ庭に出たくなる季節! トロント・ジャパニーズ・ガーデン・クラブ (TJGC) 恒例の植物セールが6月2日午前10時から午後2時まで、日系文化会館 (JCCC) で開催されます。

他のガーデン・センターでは見かけないような商品もご用意しています。キクやアサガオ、珍しい観葉植物や宿根草にもご注目ください。昨年は、日本のハーブや野菜のセクションが大好評で、すぐに売り切れてしまいました。

お早めにお越しください。現金のみの販売となります。商品を持ち帰るための袋や箱をご持参ください。



健やかな老後をめざして その74 - 母の言葉

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)

「えいちゃん、人の悪口を言うと、それは必ず巡り巡って自分に返ってくるよ。悪口は言わないようにしようね」と、母が話してくれたのは一体いつだったのでしょうか？中高生の頃、うわさ話をするクラスメイトの輪になかなか加われなかった思い出があるので……母の教えはまだ幼かった頃のことでしょう。

振り返ってみると、他人の悪口を言うことは少なかったように思います。昨今の子供社会では、同じような反応や行動をしない子は容易にいじめの対象になるようですから、浮いた存在であってもいじめに遭わなかった私は、古き良き時代に育ったことに感謝しなければいけませんね。

さて、職業人として働き始めた当時「仕事に関する評価システム」はまだ確立していませんでした。スタッフナースのキャリア開発や配置転換に大きな権限をもつ中間管理職(病棟責任者)に昇進した際、はっきりと心に決めたことがありました。「聞こえてくる言葉に惑わされることなく、私自身が直接にスタッフを観察し、意思疎通に努め、判断・評価する」と!

そんな私だったので「年度末の人事異動に関しては、前もって他の職場のナース情報を集める」と言う常識(?)には無頓着でした。新米責任者の私にとって、次年度の人事計画(誰を送り出し、誰を迎えるか)を看護部長と相談するのは初めてのことでした。

新年度になってすぐ「英子さん、年度末に看護部長と面談した際にどんな事を相談したの!？」と、他部署の看護師長(友人)に訊ねられました。面談内容を彼女に伝えると「やっぱりね……。どこにも行き場のないツワモノ(ナース)がああなたの部署に集まったよ」と。つまり、22部署の看護師長たちが引き受けなかった「トラブルメーカー」が我が病棟に集結したのです。2人も!

それを知った瞬間は少しビクビクしました。しかし「もし、看護部長とそう

いった駆け引きができると思っていたら、あなたはそれをやりましたか？」と自身に問いかけましたが、答えは「いいえ」でした。ですから「これは大変だ～」と思ったものの「かれらを観察し、その変化を楽しんでいこう」との気持ちのほうが大きかった、と記憶しています。「来る者 拒まず」の精神です(笑)。

さて皆さま、その後の1年間がどうだったのか気になりますよね!予想通り、2人はけっこう癖の強いナースでした。特に困ったのは、患者と家族から「ゆっくり話を聞いてくれない、笑顔が少なく、対応が良くない」等、同僚ナースからは「あの人は夜勤を組みたくない、言葉がとてもしつこい」等の訴えでした。数ヶ月間の観察を通して、私にも色々な気づきがありました。個人面接を行うと、過去に上司よりきちんとした面談や評価を受けた経験がなかったことがわかりました。適切な指導がなければ、何が問題であるのかを本人が自覚することはできません。特に仕事の間では、適切な時機にエビデンスに基づいた指導が重要です!

一方で、かれらには他のナースに勝る能力がありました。看護技術と看護研究への関心です。問題点のみに焦点があたると、どうしても悪口になり、長所が見えなくなってしまうがちです。本人に強みと改善点の両者を認識させ、共に歩もうとすることが大切です。さて2年後、かれらは技術指導と研究のリーダーとして必要な人材に成長しました。

陰で悪口を言うか、向かい合って問題を話し合うか……どちらが共に幸せかは言うまでもありません。シニアとなった今日この頃「周りで支えてくれる家族や友人との意思疎通をますます大事にしていきたい」と思っています。

Possibilities by Nagata Shachu

Nagata Shachu's season finale concert "Possibilities" will be on Friday, June 21 at the Fleck Dance Theatre (Harbourfront Centre) when all nine members of the ensemble take to the stage in what promises to be a dramatic and thrilling end to its season. The performance will premiere several new works composed by members of the ensemble.

Nagata Shachu presents "Possibilities"

Friday, June 21, 2024

Fleck Dance Theatre (207 Queens Quay W)

JCCC members save \$5 off regular adult tickets using code NS26

Tickets: \$35-\$45 adults, \$25-\$35 seniors and students





JSS プログラム:2024年6月・JSS Programs June 2024

以下は2024年6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 June 2024 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 2024年6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

「グリセミック・インデックス(GI)と糖尿病」6月12日(水)15時(英語・日本語通訳付)

Glycemic Index and Diabetes: Wed. Jun 12, 3pm (English & Japanese)

グリセミックインデックス(GI)という言葉を知っていますか?グリセミックインデックス(GI)は、炭水化物を含む食品の血糖値に対する影響を分類します。高いグリセミックインデックス値を持つ食品は、低い値を持つ食品よりも、血糖値をより高く、速く、そして長い時間上昇させる傾向があります。グリセミックインデックスを理解することは、より健康的な食事の選択をし、血糖値をより効果的に管理するのに役立ちます。

Have you ever heard of the Glycemic Index (GI)? The glycemic index classifies foods that contain carbohydrates according to their potential to raise blood sugar. Foods with high glycemic index values tend to raise blood sugar higher, faster and for a longer time than do foods with lower values. Understanding the glycemic index can help you make healthier food choices and manage your blood sugar levels more effectively.

※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

「整理整頓の極意を学ぶ:お片付けセミナー」6月26日(水)15時(日本語)

Learning the Essence of Tidying Up: Decluttering Seminar: Wed. Jun 26, 3pm (Japanese)

このセミナーは整理整頓のコツを学べる場です。手放すものを探すのではなく、ときめくものを残していく宝探しの様なお片付け方法「こんまり流お片付け」について学んでいきます。一度身に付けると一生もののスキルです。ときめく物たちと共に心地よく過ごす方法を学んでみませんか?

In this seminar, we will learn about the "KonMari Method" of tidying up, which is like a treasure hunt where we keep only the things that spark joy rather than searching for things to let go. It's a lifelong skill once you acquire it. Let's learn how to live comfortably alongside the things that spark joy!

※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

1. Kakehashi no Kai : Contact 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。

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

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

シングルマザーおよびシングルマザーになることを視野に入れている方々を対象としたサポートグループです。

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. やさしいシニアヨガ(第19期:5/6～6/17毎週月曜日)お問合せは SENIOR.YOGA@JSS.CAへ

2. Easy Yoga for Seniors (Term 19:May 6 – Jun 17, Mondays, 10:00 - 11:30am) *Contact senior.yoga@jss.ca

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

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

*Contact utanokai_b@jss.ca



Come and volunteer with the JCCC! Scan the QR Code or email volunteer@jccc.on.ca to find out more.

Office Space Available at JCCC

Come and join the community! We have office space available for lease at the JCCC (from 672 – 2,693 sq. ft.) Please contact our property manager, Jim Abe for more details at:
Cell: 416-884-8328, email: jim@abecopml.com, or Nao Seko: 416-579-6921

JCCC Venue Rentals

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