



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

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VOL. 51 ISSUE 2

SAKURAFEST

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FEBRUARY FILM

GHOST CAT ANZU

2月映画上映会

化け猫あんずちゃん

FEBRUARY 2025

2025年2月





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Contact the JCCC ・ お問い合わせ

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

For general enquiries by telephone, please call 416-441-2345 during our operating hours (Tues - Fri 10am-8pm, Sat-Mon 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(火～金、午前10時～午後8時、月、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 March 2025 issue is:

Thursday, February 6, 2025.

次号締切日: 2025年2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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What's On at the JCCC

Upcoming Events / 近日開催イベント

JCCC Karaoke Club • JCCCカラオケクラブ

Wednesday February 12 & 19, 10:00am
2月12, 19日 (水) 午前10時

Sumi-e Art Workshop • 墨絵ワークショップ

Year of the Snake • 巳年
Saturday February 8, 9:30am to 12:00pm
2月8日(土) 午前9時半~正午

See sumieartistsofcanada.org for details.

詳細は: sumieartistsofcanada.org

Artsu Matsuri Artist Walk and Talk

Saturday February 8, 2:00pm
2月8日(土) 午後2時

See [page13](#) for details.

詳細は [13頁](#) をご覧ください。

February Film Screening • 2月映画上映会

Sunday February 16, 2:00pm
2月16日(木) 午後2時
Ghost Cat Anzu, see [page12](#) for details.
「化け猫あんずちゃん」 詳細は [12頁](#) をご覧ください。

Family Day • ファミリーデー

JCCC CLOSED • JCCC閉館

Monday February 17
2月17日(月)

Cooking for Active Seniors

Thursday March 27, 11:00am
3月27日(木) 午前11時

See [page8](#) for details.

詳細は [8頁](#) をご覧ください。

Haru Matsuri • 春祭り

Saturday March 1 & Sunday March 2, Noon to 5:00pm
3月1, 2日(土, 日) 正午 - 午後5時

See [page7](#) for details.

詳細は [7頁](#) をご覧ください。

Ongoing / 開催中

JCCC Library • 図書館

ライブラリーでは閲覧日、貸出日にお手伝いくださるボランティアを募集しています。ご興味のある方(要日本語)はharukoi@jccc.on.caまでご連絡ください。

JCCC LIBRARY SCHEDULE • JCCCライブラリースケジュール
NEW HOURS!!

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)

The Library will be open for Haru Matsuri on March 2.

The Library will be closed on March 29, April 19 & 29.

Exhibitions • 館内展示

Moriyama Nikkei Heritage Centre

森山日系ヘリテージセンター

Maru: Immigration Stories.

Contact heritage@jccc.on.ca for a guided tour.

丸: 日系移民物語。ツアーガイドをご希望の方はheritage@jccc.on.caまでご連絡ください。

JCCC Gallery • JCCCギャラリー

Artsu Matsuri 2025 • アーツ祭り

January 12 to March 14, 2025 • 2025年1月12日-3月14日

See [page13](#) for details.

詳細は [13頁](#) をご覧ください。



Connections Conference held at the JCCC on December 7, 2024

While reviewing applications from young Japanese Canadians (JCs) for grants from the Japanese Canadian Legacies Society (JCLS) in the Scholarships Funding Stream of the JCLS, it was apparent that many young JCs know very little of their family and JC community histories.

We speculate, and our lived experience, is that most of our Nisei elders have chosen not to share their internment-era stories with their Sansei children, and hence there has been little sharing of these stories with subsequent generations, being the Yonsei and Gosei. And so, the Heritage Department of the Japanese Canadian Cultural Centre (JCCC) applied to and received a grant of \$40,000 from the JCLS in the Community Projects Funding Stream to be used to fund the holding of a one-day conference at the JCCC called “Connections – Exploring our Japanese Canadian Stories” at which these stories might be shared among family members and the broader JC community.

The purpose of the Conference was to:

“...bring JCs of all generations together to promote understanding of and healing from the intergenerational trauma caused by the internment of JCs during WWII. The full-day event is designed to provide attendees with access to tools, techniques and resources that may be used to promote family discussions, and to help JC attendees better understand their family histories and the impact on themselves and their families.”

Approximately 150 people attended the Conference and about 220 people were present throughout the day, that total including presenters, facilitators, JCCC staff and volunteers, and the Conference organizers.

The Conference consisted of an opening plenary session, six small-group sessions held in the morning and afternoon, a bento lunch enjoyed by all, and a closing plenary session, after which an informal reception where participants had an opportunity to continue their conversations, meet with friends and family, and discuss lessons learned at the Conference.

The opening plenary session was led by Susanne Tabata, CEO of the JCLS, and included opening remarks from the Toronto Consul-General of Japan, Takeshi Matsunaga, a welcome from JCCC Executive Director, James Heron, and a short interview by Lisa Uyeda, Collections Manager at the Nikkei National Museum & Cultural Centre, of Ms. Tabata, who described the purpose and aims of the JCLS, and the history and discussions that led to its creation.

At Session 1 – Exploring your Family through the Custodian Case Files, after the presenters (Mike Abe, Tomoko Shida and Lisa Uyeda) demonstrated how to search the database, participants were highly engaged and curious, asking questions of the presenters, sharing pieces of their family history with others, and discovering previously unknown aspects of those histories.

At Session 2 – Children’s Books that Give Insight into our Japanese Canadian History, author Lara Okihiro read an excerpt from her book “Obaasan’s Boots” (co-authored with Janis Bridger), after which participants joined small-group discussions, and shared memories of growing up JC (and as mixed race JCs), including memories of family dinners with chow mein, rice with gravy (!) and inarizushi. These conversations were inspired by Ms. Okihiro’s reading and demonstrated the power of books to initiate conversations about identity and family history.



Photos courtesy of: Leon Balaban: Session 5; a performance by Brian and Annie; Session 3.



Connections Conference (con't)



At Session 3 – Preserving Memories – Exploring Internment Era Artifacts, Theresa Takasaki facilitated the session, where attendees shared various family artifacts and related stories from that era, including photographs, Hina dolls, the handwritten lyrics to the songs of the time, a high school geometry protractor, a postcard ordering one family to report at Slocan, a food stamp booklet, and a grandfather's leather notepad kept in his keepsake cigar box from 1941. Participants emphasized the value they place on these family heirlooms, and how they represented very many feelings, including those of resilience, loss and sacrifice.

At Session 4 – Perspectives: A Multigenerational Conversation with One Japanese Canadian Family, Elizabeth Fujita-Kwan facilitated the Fujimoto/Yamashita Family sharing of their family history, and the discoveries made of that history and its influence on them, over time and generations. Attendees remarked that discussing private, family histories with one another fostered a profound and welcome sense of shared history and community.

In Session 5 – Tell Me Your Story So I Know Mine, hosted by Vidhya Elango, the Nisei presenters, Keo Shibatani and Nori Kanashiro, and Sansei presenters, Lillian Michiko Blakey and Bruce Kuwabara, confirmed that they have not shared in detail their internment era stories with their Sansei and Yonsei children and grandchildren, and that those younger JCs have not expressed much of a desire to hear those stories, although they were hopeful that the attendance of some of those younger family members at the Conference might spur intergenerational conversation on the topic.

In Session 6 – Artistic Pursuits – the Impact of Family Stories, hosted by Doug Shimada, the presenters, Vanessa Matsui, Emma Nishimura and Alexis Spieldenner, shared the stories of their JC elders and explained and demonstrated how those stories influenced and are directly reflected in their art, and emphasized the emotional healing they had achieved through learning their family histories, and the need to balance the representation of those histories in their public art, while protecting the privacy of their elders.

In the closing plenary session, Ms. Tabata interviewed two Yonsei artists, Brian Kobayakawa and Annie Sumi, who spoke of the influence of their family histories on their music. Following their interview, Brian and Annie performed four of their musical pieces, bringing closure to this part of the Conference.

But that was not the end – following the closing plenary session, an informal reception was held, with many of the attendees taking an opportunity to share their experiences and learnings with new and old friends and family members. Kobayashi Hall was abuzz for more than an hour after the formal closing.

As was hoped for, Conference attendees included a broad range of Sansei, Yonsei and some Nisei and Gosei, and inspired and facilitated the sharing of many sometimes deeply personal JC stories and connections within the community. Mission accomplished!

Thanks go from the organizers of the Conference to the JCLS for the funding received, to Past Wrongs, Future Choices, the Nikkei Voice and the JCCC for the coverage by those organizations of certain essential costs of the Conference, and to the staff, volunteers and board of directors of the JCCC for their generous assistance.

Keep the Lantern Lit 2024 a Great Success



Photos courtesy of: Frank Moritsugu by Cary Rothbart; Ginko General Manager Erin by Karen Webb; Kitchen volunteers by Izumi Kusaka.

Thanks to the JCCC's generous members, friends, staff and over 80 volunteers, our 4th "Keep the Lantern Lit" (KTLL) fundraiser was a success!

On Saturday, November 16, 2024 the team wrapped and distributed 362 bento and daifuku mochi. In addition to Ginko's outstanding bento, Sasaki Pastry's delicious daifuku mochi, this year's KTLL package included a deluxe Shiseido package valued at \$299, and a jar of Heiwa honey from the JCCC's rooftop apiary, plus access to TJFF's people's choice film, "Life is Climbing" and the popular "Takano Tofu".

Now that people are anxious to gather again, we offered guests the option to enjoy their KTLL packages together in Kobayashi Hall and watch the inspiring "Life is Climbing" on the big screen. Those guests were also treated to special handcrafted movie snacks, activities and a cash bar with a very popular flight of sake thanks to Ozawa Canada. It was lovely to enjoy the evening with about 70 of you.

Many guests chose to have their KTLL package delivered. Our 19 friendly volunteer drivers, who included several current and past board members and our President, Chris Hope, drove packages as far west as Milton & Bolton, east to Ajax & Pickering and as far north as Aurora. They reported that our guests are the nicest people you could meet! Thank you!

The JCCC is grateful to Shiseido (Canada) who blew us away with an incredibly generous and "awesome" gift package and the beautiful furoshiki that wrapped the bento and mochi. Thank you, Shiseido!

Thank you to our valued and very generous suppliers. Despite current high inflation, Ginko Restaurant provided a very delicious and hardy bento below their costs.

In addition to our corporate sponsors, Shiseido (Canada) and Ozawa Canada, special thanks also to generous sponsors, Dr Kazuhiro Yasufuku and Art Ito.

Finally thank you to the KTLL 2024 committee of Yoko Minoda, Sharon Marubashi, Kathy Wale, Karen Gordon, Jan Nobuto, James Heron, Elaine Shigeshi, Demetre Vasilounis and Ann Ashely. This fundraiser was a true community effort to share the JCCC's friendship through culture.

Arigato Gozaimasu for all of you who supported "Keep the Lantern Lit 2024"!

Karen Webb
Chair, Keep the Lantern Lit Committee



HARU MATSURI 春祭り 2025!

March 1 & 2, 2025 • 2025年3月1,2日(土,日)

12:00pm to 5:00pm • 正午~午後5時

JCCCの春祭りでは様々なアクティビティ、エンターテインメント、展示を通じて、日本の春の祭りを体験できます。このイベントでは、JCCCが提供する文化・武道クラスやクラブの数々をご紹介します。詳細は2月に入ってからウェブサイトをご確認ください!

Haru Matsuri will be happening on March 1 & 2, 2025.

Please watch jccc.on.ca for more details closer to the date! The JCCC will be opening their doors to everyone as they enjoy a weekend filled with activities, entertainment and exhibits all associated with festivities across Japan in the Spring. At this festival, the JCCC highlights our many offerings of cultural classes and clubs and events. Put it in your calendar now!



ライブラリーからの嬉しいお知らせ! Happy News from the Library!

新しい試みとして、ライブラリー開館時間内にライブラリーを談話室として開放することになりました。談話室としてご利用いただける日は、毎月第1、第3火曜日の午前11時から午後3時です。

ご友人との待ち合わせの場所として、ご歓談の場として等々、ご予約なしにどなたでもご利用いただけます(スペースに限りがあるため、テーブル席に就けるのは少人数となります)。お茶を用意してお待ちしております。皆様お気軽にお立ち寄りください。

新年より以下のスケジュールで開館しています。

The library will be open on the following schedule for 2025.

火曜日: 午前11時~午後3時
木曜日: 午前11時~午後3時
土曜日: 午後1~午後5時

Tuesday: 11:00 a.m. - 3:00 p.m.
Thursday: 11:00 a.m. - 3:00 p.m.
Saturday: 1:00 p.m. - 5:00 p.m.

休館日などの情報は[JCCCウェブサイト](http://jccc.on.ca)をご覧ください。

Please visit the [JCCC website](http://jccc.on.ca) for information on library closings.

As a new initiative, the library will be open as a common room during library hours. The common room will be open on the first and third Tuesdays of each month from 11:00 a.m. to 3:00 p.m.

(Due to the limited space, only a small number of people can be seated at tables.) Tea will be served. Please feel free to drop by!

SakuraFest at the JCCC

With over 100 Sakura trees at the JCCC, it is time to celebrate this fleeting beautiful time of year!

This year, the JCCC is introducing SakuraFest - a month long celebration of Sakura! Beginning on April 17, 2025 with **Ohanami: A Celebration of Sakura**; featuring flutist Ron Korb with his ensemble and friends, SakuraFest will include a variety of workshops, concerts and events meant to enhance the natural beauty of the Sakura blooms. We will be closing out our Sakura celebrations on the weekend of May10-11 with two great Japanese films Naoko Yamada's latest anime masterpiece *THE COLORS WITHIN* [きみの色] and the Canadian premiere of Kazuya Shirai's thrilling samurai swashbuckler *11 REBELS* [十一人の賊軍].

Although we are still in the planning stages, watch our website, www.jccc.on.ca and next month's Newsletter for more details. If you are interested in helping us plan events, please contact Yoko Minoda at yokomi@jccc.on.ca.



さくらフェス

JCCCにある100本以上の桜の木、この美しい季節を祝う時がやってきました!

今年JCCCでは初の試みの「Sakura Fest」を開催します。桜を祝う1ヶ月間のイベント。2025年4月17日から始まる「お花見：桜の祝典」では、フルーティストのロン・コープさんと彼のアンサンブルによる演奏から始まり、Sakura Festでは、桜をさらに引き立てるさまざまなワークショップ、コンサート、イベント等が開催される予定です。5月10日と11日にかけての週末はカナダ初上映の2本の素晴らしい日本映画、山田尚子監督の最新傑作アニメ「THE COLORS WITHIN [きみの色]」と、白石和彌監督のスリリングな侍アクション映画「11 REBELS [十一人の賊軍]」でさくらフェスを締めくくります。

現在はまだ企画段階にありますので、詳細については当ウェブサイト (www.jccc.on.ca) や来月のニュースレターをご覧ください。イベントの企画に興味のある方は、蓑田洋子 (yokomi@jccc.on.ca) までご連絡ください。



COMING SOON TO THE KOBAYASHI HALL

The Japanese Canadian Cultural Centre Presents
Grammy Flutist and Japanese Master Woodwind Artist

RON KORB
OHANAMI - CELEBRATION OF SAKURA
A Musical Celebration of the Cherry Blossoms with Traditional Japanese Melodies and Original Compositions

Thurs. April 17
7:30 PM
KOBAYASHI HALL
Japanese Canadian Cultural Centre
6 Sakura Way, Toronto
ON M3C 1Z5
(Doors open 7 pm)

Acclaimed Japanese Canadian Grammy flutist Ron Korb and his ensemble perform a rich musical interpretation of a traditional "Ohanami" (cherry blossom viewing party). The concert also includes koto & shamisen artist Aiko Fujii, the JCCC's Kyowa Taiko traditional drum troupe, and Odori Dancers.

Ticket: \$45+hst (General Admission)
\$40+hst (JCCC Members)

 JAPANESE CANADIAN CULTURAL CENTRE
カナダ日系文化会館
WWW.JCCC.ON.CA

*The Japanese Canadian Cultural Centre presents
Grammy Flutist and Japanese Master Woodwind Artist*

Ron Korb: OHANAMI: A CELEBRATION OF SAKURA

Thursday April 17, 7:00pm

Admission

\$40 +HST (**\$45.20**) JCCC member; \$45 +HST (**\$50.85**) non-member

*A Musical Celebration of the Cherry Blossoms
with Traditional Japanese Melodies and Original Compositions*

Acclaimed Japanese Canadian recording artist and composer Ron Korb is a master of Japanese woodwinds. He has performed on numerous Grammy Award-winning albums and his own work has received many Grammy nominations.

The evening is a rich musical interpretation of a traditional "Ohanami" (cherry blossom viewing party). Ron and his ensemble will be joined by koto and shamisen artist Aiko Fujii and the JCCC's Kyowa Taiko traditional drum troupe and Odori Dancers.

April 17, 2025: Doors Open 7:00pm; Performance 7:30pm

Congratulations Gary and James!

Written with information from the Office of the Consulate-General of Japan

The JCCC is proud to offer our sincere congratulations to Gary Kawaguchi and James Heron. Over the past several months, Gary and James have been separately honoured with very prestigious awards.

Gary Kawaguchi Awarded The Order of the Rising Sun, Gold and Silver Rays!

On Sept. 12, a conferment ceremony of The Order of the Rising, Gold and Silver Rays, for Mr. Gary Kawaguchi, former President of the Japanese Canadian Cultural Centre (JCCC), was held at the Official Residence of the Consul-General of Japan in Toronto, Mr. Matsunaga Takeshi.

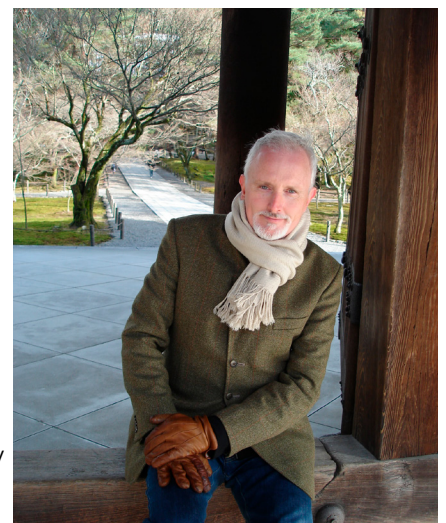
Mr. Kawaguchi volunteered on the Board of Directors of the JCCC for 30 years (1992-2022) and served as its President from 2009 to 2022. He continues to serve today as Advisor and Past President. Founded in 1963, the JCCC is a not-for-profit organization open to anyone who wishes to experience Japanese culture through its festivals, concerts, classes on traditional arts and special events.



James Heron Awarded the Japanese Foreign Minister's Commendation!

Mr. James Heron, Executive Director of the Japanese Canadian Cultural Centre, was recently conferred the Japanese Foreign Minister's Commendation. In a ceremony on January 16, 2025, at his official residence, Consul-General of Japan in Toronto Matsunaga Takeshi handed over the Foreign Minister's Commendation to Mr. Heron in recognition of his outstanding contributions to the promotion of Japanese culture in Canada.

Mr. Heron, as the Centre's Executive Director in the past quarter century, oversees all aspects of the operation of the JCCC, a not-for-profit organization which serves 5,200 members and attracts over 210,000 visitors to its festivals, concerts, martial arts tournaments and special events annually. He welcomed Their Majesties the Emperor and Empress of Japan to the JCCC in 2009 during their state visit to Canada. Subsequent to the Great East Japan Earthquake of 2011, the JCCC raised \$1.5 million for scholarships in the stricken northeastern region of Japan. Mr. Heron also founded the JCCC's Toronto Japanese Film Festival in 2012 and acts as its Director/Programmer for the ongoing annual event.



The Foreign Minister's Commendations are awarded to individuals and groups with outstanding achievements in international fields, in order to acknowledge their contributions to the promotion of friendship between Japan and other countries and areas. The Commendations also aim to promote the understanding and support of the Japanese public for the activities of the recipients.

Cooking for Active Seniors

This second round of classes will focus on preparing a main dish and side dish for an easy meal, but still creating recipes that will serve about two people.

Classes are limited to 16 persons to ensure participants can actively participate in making each of the recipes. After the cooking is done, everyone gets to taste the food they cooked during the class time, enjoy the company of each other, and discuss the recipes made.

Classes are as follows:

Thursday March 27, 2025 - Peanut Noodles and Chicken with Miso Salad

Thursday May 22, 2025 - Salmon Miso Yaki and Green Beans Shira'ae

Thursday July 17, 2025 - Summer Somen with Toppings and Sunomono

*Please note we will apprise registrants of any date or menu changes should they arise.

Registration: Classes are limited to 16 participants. Cost is: JCCC members \$25.00 plus HST, non-members \$30.00 plus HST. Registration for each class date closes the Thursday prior to the class and can be completed at Reception (416-441-2345) with payment securing your spot.



Compact Fridges for Sale – Bazaar Special!

The JCCC has received a delivery of used, but in good working condition, compact fridges of varying brands. These mini fridges are of great value as they are typically retail from \$150-\$400! This shipment was allocated to the JCCC Bazaar, but due to limited storage space at the JCCC we are offering the mini fridges for sale now at bargain JCCC Bazaar prices!

Two sizes are available:

Small: up to 24 inches high, \$40

Large: up to 34 inches high, \$50

They are in good, second hand condition and are ideal for use as a beverage fridge in your basement, garage, bar, TV room or any other location in your home. They are perfect for university students to use as a dorm fridge! If you are interested, please contact the Receptionist at jccc@jccc.on.ca or 416-441-2345 for viewing.

There are only a few refrigerators left at this great price! Get yours now before they are gone!



Sample photos only, sizes and colours vary.

JOIN US FOR
FAMILY DAY!



FAMILY SPECIAL
MEMBERS \$26
NON-MEMBERS \$30
SEE BELOW FOR DETAILS

February Film: GHOST CAT ANZU

Sunday February 16, 2:00pm

Admission

FAMILY SPECIAL!! 2 adults, 2 kids \$23.01 +HST (**\$26**) JCCC member; \$26.55 +HST (**\$30**) non-member
INDIVIDUAL TICKETS \$8.85 +HST (**\$10**) JCCC member; \$10.62 +HST (**\$12**) non-member;
\$5.31 +HST (**\$6**) kids 14 & under

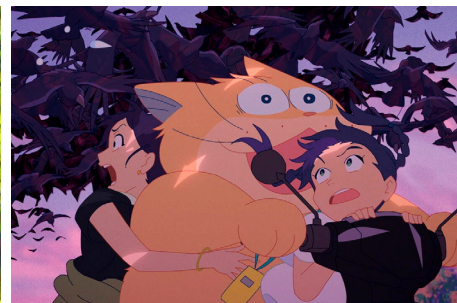
This film is rated PG and may contain scenes unsuitable for small children.

Precocious 'tween Karin finds herself abandoned by her father in rural Japan. Living in a temple with her grandfather, she meets Anzu, a giant "ghost cat" and notorious layabout tasked with looking after her. Distrustful of her new guardian, Karin sabotages Anzu's odd jobs for the townsfolk and befriends the eccentric local forest spirits. In an effort to win Karin over, Anzu accidentally makes a deal with the devil, and all Hell breaks loose.

Ghost Cat Anzu is co-directed by renowned artist Yoko Kuno, who makes her sort of a slacker variation on TOTORO, tackling the similar theme of a troubled kid's summertime coming-of-age in a countryside inhabited by supernatural creatures. The bucolic charm of its setting is offset with bone-dry deadpan wit and an emotional tone that is tender, sometimes painful. Based on the manga by Takashi Imashiro, the French-Japanese co-production is co-directed by animator Yoko Kuno, a veteran of the CRAYON SHIN-CHAN movies, and live-action notable Nobuhiro Yamashita OF LINDA, LINDA LINDA and ONE SECOND AHEAD, ONE SECOND BEHIND.

Co-produced by Shin-Ei Animation and Miyu Productions with music by legendary musician Keiichi Suzuki (EarthBound)

Starring Munetaka Aoki, Noa Goto, Miwako Ichikawa, Mirai Moriyama and Keiichi Suzuki



Artsu Matsuri 2025 Now Open!

Following a vibrant and eventful year, the JCCC Gallery proudly began 2025 with its biennial community exhibition, Artsu Matsuri. The show opened on January 12, 2025, reuniting artists from past exhibitions while introducing new talent. An Artist Walk and Talk event is set for February 8, 2025 at 2:00pm.

This exhibition celebrates the creativity of artists of Japanese and Japanese Canadian descent, as well as members of the JCCC community. With over 50 artists participating this year, the Artist Walk and Talk promises to be a dynamic and inspiring experience.

Artsu Matsuri will conclude on March 14, 2025.

Artsu Matsuri

An exhibition of work by Japanese Canadian Artists



Photos courtesy of Stuart Lowe: *My Granddaughters' Request* by Ken Sugamori; James Heron & Joy Takahashi enjoying Artsu Matsuri, *My Japanese Canadian Heritage* by Jerrold Tanaka.

Spirit Place: The Magnificent Woodcut Art of Naoko Matsubara Closes

The JCCC Art Gallery's popular fall exhibit Spirit Place: The Magnificent Woodcut Art of Naoko Matsubara has closed as of January 3rd, 2025.

The show drew thousands of visitors, who were thrilled to hear Matsubara in conversation with Japanese Canadian architect Bruce Kuwabara at the opening reception and for an artist talk during Nuit Blanche, Toronto's all-night art festival. Many visitors came simply to bask in the beauty of the vibrant prints!

The exhibit could not have taken place without the efforts of the JCCC Arts Committee, Abbozzo Gallery, Beatriz Cifuentes, and of course, Naoko Matsubara.



Martial Arts News

Akemashite Omedeto Gozaimasu! Happy New Year!

While it has been a whole month since the start of 2025, this is the first issue of the newsletter since that occasion.

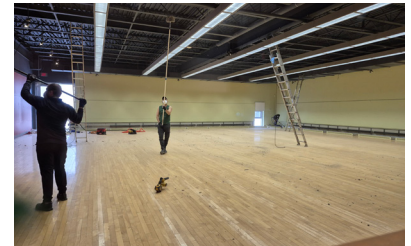
The Martial Arts Admin team hopes that everyone had a wonderful winter break. While you were off, there was some special activities occurring.

Both dojos were cleaned top to bottom. We had the biggest dust bunnies ever!

Karate held a special session at 11:00 pm on Saturday December 29th as the Headquarters of the Itosu Kai held their first ever International Seminar via zoom.

The Kendo program held a 1-day intensive camp for Junior participants. While there were a lot of Kendo instructionals and practice occurring, they still had some time for fun too!

February is registration month for Aikido, Jodo and Karate. Please make sure to register by the February 20th deadline.



JCCC Karateka attending the December 29th International Zoom session. Photo courtesy of Mark Uyeda.

Kendo Junior Camp Intensive.

ATTENTION JCCC STUDENTS!!

Your Spring Programs guide is available with this Newsletter. Check it out today for new course offerings, schedules and pricing! Classes fill up fast, so make sure you know when your registration dates are happening!



DONATIONS

DONATIONS TO THE JCCC

AS OF DECEMBER 31, 2024

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Ms. Susan Aihoshi	20	Mr. Martin Kobayashi	1,305	Mr. Robert &	100
Anonymous	50	Kokugo Kyoshitsu Japanese School	100	Mrs. Frances Tanaka	
Anonymous	100	Ms. Gail Kondo	100	Mr. & Mrs. David Tsubouchi	2,500
Anonymous	250	Mrs. Helen Koyama	100	Mr. Jimmy Live	
Anonymous	300	Ms. Judy Kudo	100	Mr. Michael Jackman &	200
Anonymous	500	Ms. Karen Kuwahara	200	Ms. Donna Tsuji	
Ms. Katie Azuma	16	Ms. Christine Lafazanos	20	Ms. Agnes Vant Bosch	20
Ms. Laurie Barker	100	Mr. Stephen Lau	300	Mr. David & Mrs. Kathy Wale	200
In celebration of Kathi Adachi		Mrs. Jane Liu	20	Mr. Jack & Ms. Karen Webb	22
Mr. Lawrence & Ms. Gail Blackman	15	Ms. Jennifer Lovelock	25	Mrs. Irina Werner	100
Ms. K Sheila Carleton	200	Ms. Eri Maeda	100	In appreciation for the JCCC Kendo Club	
Mrs. Mitsuko Dazai	200	Ms. Adel Majd	10	Mr. Adrian Wong	200
Mr. & Mrs. Ray Edamura	100	Mrs. Sharon Marubashi	22	Mr. & Mrs. Duncan Wood	50
Mr. & Mrs. Benjamin Eto	100	Mr. Christopher Masuda &	100	Ms. Harumi Yamamoto	100
Ms. Jean Fisher	20	Ms. Margaret Widgery			
Mr. Michael Leider &	20	Mr. & Mrs. Masaru Matsubara	300	Corporate	
Ms. Karen Fisher		Mr. Darren Morita	50	GreenShield	
Mrs. & Mr. Yukie Fuchigami	100	Mr. David Moriyama	100	Fidelity Investments Canada ULC	
Mr. Robert Gossage	100	Mr. Ian Nagamatsu &	200	JCCC Family Golf	
Mr. Andrew Greene	250	Ms. Carole Matear		<i>In memory of Takehiro Andy Ozawa</i>	
Mr. Gary Hamasaki &	110	Mr. Ronald Nakagawa	100	Azuma Foods	
Ms. Gloria Baxter		Mr. Stanley Nakagawa	50	Ocean Food Company Ltd	
Mr. John Nagahara &	30	Ms. Jane Nakamura	50		
Mrs. Amy Hanada-Nagahara		Mr. Ron Nakashima &	75	Emergency Appeal	
Ms. Deanne Harada	150	Mrs. Sarah Min Nakashima		Ms. Martha Arima	60
Rev Kensho Hashimoto	700	Mrs. Grace Neely	50	Mr. William Cruz	100
Mr. Eric Hatashita	50	Mrs. Rumi Nguyen	100	Mrs. Elinor J. Dunlop	70
Mr. & Mrs. James Hiraishi	100	Mr. & Mrs. Joe Fumihiko Nishikaze	10,000	Mr. Patrick Dunlop	20
Ms. Olivia Mariko Hsuen-Ferris	50	Dr. & Mrs. Shizuhiko Nishisato	150	Mr. Robbie Grant	50
In honour of Hsuen Family		Mr. Tim Bishop &	100	Mrs. Jan Nobuto	200
Mr. Sergio Huaco	20	Ms. Mika Nonoyama		Mr. Regan Takenaka	50
Mr. Kevin Hyatt		Mr. Ron Ono	100	In memory of Tony & Kimi Takenaka	
Mr. Akio Ikebata	50	Mr. & Mrs. John Pasia	50	Ms. Karen Tanino	100
Mrs. Chiyo Inamoto	50	Mr. & Mrs. Walter Schlichtig	100	In memory of Ken & Ruth Tanino	
JCCC Karaoke Club	1,000	Mr. Steve Seko	150	Mrs. Donna Yoshimatsu	300
JCCC Token Kai	400	Mr. Andrew Shibata	250		
Mr. Lyndon Kanashiro	30	Mr. Keo & Mrs. Eiko Shibatani	1,500	In Memoriam	
Ms. Meg Karper	20	Mr. & Mrs. Kazuki Shikaze	500	<i>In memory of Ako &</i>	
Martin Kashino	50	Mr. Ken Shino	500	<i>Toki Matsubayashi</i>	
Ms. Debra Katsumi	200	Ms. Sono Sugie	27	Mr. Bruce Matsubayashi	25
Mr. & Mrs. Warren Kawaguchi	100	Mrs. Yoshiye Suyama	300	<i>In memory of Arnold Arai</i>	
Mrs. Barbara Kawasoe	56	Mr. Victor & Mrs. Bev Suzuki		Mrs. Irene & Mr. Frank Foulkes	
Mrs. Rose Kelly	40	Mr. Lindsay Takashima	1,000	Mrs. Katherine Hartmann	40
Mr. Ray & Ms. Mary Kinoshita	150	Mr. & Mrs. Richard Takashima	100	Mr. John & Mrs. Judy Hayami	200
Mr. John Spencer &	100	Mr. Terence Takashima	550	Mr. Steve & Mrs. Laura Hirano	
Mrs. Dana Kinoshita Spencer		Ms. Kathryn Tamaki	1,000	& family	
		Mr. Bill Tanaka & Mrs. Jean Tanaka	50		

DONATIONS

Mrs. Marie Ikeda	100	Ms. Arlene Chan	100	Mrs. Shirley Isojima	100
Mr. Rick & Ms. Carolyn Miura	50	Mr. David & Ms. Janet Charelli	50	Mrs. Brenda Nakata-Gerow	100
Ms. Yuki Newbold	50	Francesco, Carolina, Isabella & Gianluca Coccimiglio	100	Ms. Fujiko Yamashita	50
Ms. Sono Sugie & Ms. Tamiko Sugie				<i>In memory of Michiyoshi Mits Sumiya</i>	
Mr. Rick & Mrs. Carol Takagi & family	100	Mrs. Luigina Coccimiglio & family	50	Mrs. Joyce Nagai	25
<i>In memory of Bob & Shirley Takagi</i>		Mr. Jack & Ms. Patty Codner	100	<i>In memory of Mikio & Kay Hayakawa</i>	
Mr. Rick & Mrs. Carol Takagi	250	Ms. Deanna Codner	25	Mr. Kevin & Ms. Erin Oikawa	100
<i>In memory of Chizuko Uyeyama</i>		Ms. Jane & Mr. Henry Dillon-Leitch & family	50	<i>In memory of Morio, Fumiko & Akemi Kumagawa</i>	
Mr. Arthur Uyeyama	100	Mr. Brian Fujioka	100	Ms. Sally Kumagawa	750
<i>In memory of Eiko Watanabe</i>		Mark, Denise, Danielle & Robert	100	<i>In memory of Sae Omae</i>	
Mr. Paul & Theresa Takasaki	40	Ms. Julia Grant	250	Mr. Garry & Mrs. Naomi Kinoshita	2,000
<i>In memory of George Tsushima</i>		Mrs. Adair Hope	100	<i>In memory of Shigeru & Yaeki Nakamura</i>	
Dr. Sarah Hulland	500	Mr. Akio Ikebata & Ms. Joanne Kataoka	40	Mr. John & Mrs. Judy Hayami	500
Mrs. Doreen Oyagi	50	Mrs. Marie Ikeda	100	<i>In memory of Shirley Mitsuko Edamura</i>	
Mr. Sanders & Ms. Helen Sakaguchi	100	Mr. Raymond Ka-Lun Kan	100	Mr. Henry Edamura	1,000
Mr. & Mrs. Leslie Takahashi	100	Ms. Kathy Keanie	100	<i>In memory of Stephen Oikawa</i>	
Mr. Terence Takashima	50	Mr. Martin Kobayashi	1,000	Ms. Marion Hope	50
Ms. Karen Tsuji	50	Mr. Christopher & Mrs. Kristin Kobayashi-Reid	99	Mrs. Mary Shimoda	100
Gale & Ron Durocher, and Teresa Tsuji & David Lamb	100	Ms. Susan Langdon	50	<i>In memory of Sumi Hinatsu</i>	
Mr. & Mrs. Mark Uyeda	100	Ms. Susan Latremoille	100	Mrs. Marlene MacKenzie	25
Wynford Seniors' Club	50	Ms. Carolyn Miles	100	<i>In memory of Tad & Mitsy Hirano</i>	
<i>In memory of Haruko Helen Shintani</i>		Mr. & Mrs. Ken Miyasaki	100	Mr. & Mrs. Steve Hirano	200
Mrs. Carol Aldred	25	Ms. Kay Nagao	20	<i>In memory of Takehiro Andy Ozawa</i>	
Mr. Matthew & Mrs. Sharon Shintani	50	Mrs. & Mr. Susan G Nash	20	Mr. & Mrs. Yonezo Fujita	50
Mr. Nori & Mrs. Blanche Kanashiro	50	Ms. Kathryn Okawara	100	Mrs. Sharon Marubashi	100
Mr. Morris & Mrs. Pamela Waintraub	100	Mr. Mike Oki	300	Mr. Jack & Ms. Karen Webb	100
<i>In memory of Henry & Joanne Sugiyama</i>		Ms. Adelaida Pampo	40	<i>In memory of Terry Burke</i>	
Ms. Constance L. Sugiyama	1,000	Ms. Joy Sato	50	Ms. Sheri Burke	25
<i>In memory of Ike & Yoriko Matsuo</i>		Ms. Lorraine Sato Gowriluk	100	<i>In memory of Teruo & Michiko Haradas</i>	
Mrs. Laurie Nishida	100	Mr. Kazuki & Mrs. Ruby Shikaze	50	Anonymous	200
<i>In memory of Irene Ohashi</i>		Ms. Lynda Sogawa	50	<i>In memory of Toshiko Usami</i>	
Mrs. Sheeba Khan	50	Mr. Bill & Mrs. Wendy Swift	100	Mr. Steve Nishimura	250
<i>In memory of Jack Gentaro Tehara</i>		Mr. Leslie & Mrs. Gayle Takahashi	100	<i>In memory of Yukio Sasaki</i>	
Mr. Leslie Merson	200	Mr. Paul & Theresa Takasaki	40	Ms. Alice Currell	100
<i>In memory of Joyce, Tom, Ian Nishio</i>		Mr. Richard Kenno & Dr. Jane Toyota	100		
Mr. Greig Nishio & Ms. Carolynne Mori	125	Mr. Peter H. Wakayama	200	Heritage	
<i>In memory of Kay Akiye (nee Tagami) Akada</i>		David, Denise, Midori and families	25	Anonymous	31
Mr. Keith Akada	100	Mrs. Kimiko Yamada	50	Anonymous	100
<i>In memory of Kay Fujita</i>		Mr. Robert & J Yamada	50	Anonymous	200
Mr. & Mrs. Harry Nagata	50	Wynford Seniors' Club	50	Anonymous	400
<i>In memory of Kay Fujiwara</i>		<i>In memory of Kenneth Kazuo Irizawa</i>		Mr. Martin Kobayashi	3,000
Mr. Michael Abe	100	Ms. Mary Sano & family	50	Mrs. Shirley Peterson	100
Kay, Keith, & Kevin Akada	50	<i>In memory of Mack & Margaret Oikawa</i>		<i>In memory of George Tsushima</i>	
		Mr. Kevin & Ms. Erin Oikawa	100	Mr. Christopher & Mrs. Kristin Kobayashi-Reid	100
		<i>In memory of Masuo Yamashita</i>		Mrs. Jan Nobuto	50
		Mrs. Barbara Hooper	250	Mr. Paul & Theresa Takasaki	50

<i>In memory of Joanne & Henry Sugiyama</i>		Keep the Lantern Lit		Mr. & Mrs. James Heron	150
Dr. James (Jim) I. Sugiyama	500	Anonymous	2,000	Mr. Gary & Ms. Teresa Isaacs	189
<i>In memory of Kay Kazue Fujiwara</i>		Mr. Arthur Ito		Ms. Arlene Kawasoe	150
Anonymous	100	Ms. Lorene Nagata & Mr. Steven Turnbull	2,000	Mr. Richard D. McDonald	150
Mr. Ken Fukushima	100			Mrs. Kay Mitsui	150
Mr. Brian Kai & Ms. Dee Dee Piercey	25	Operation Tatami		Mr. David Moritsugu	150
Mrs. Jan Nobuto	50	Mr. & Mrs. David Kimura	300	Dr. & Mrs. Shizuhiko Nishisato	150
<i>In memory of Min & Lydia Yatabe</i>				Mr. & Mrs. Walter Schlichtig	150
Mr. Brian Kai & Ms. Dee Dee Piercey	200	Support Members		Mr. & Mrs. Kazuki Shikaze	150
<i>In memory of Nancy Ayako Kimura</i>		<i>Ambassador</i>		Mr. & Mrs. Richard Takashima	150
Mr. & Mrs. David Kimura	100	Mr. Keo & Mrs. Eiko Shibatani	1,000	Ms. Joyce Wheatley	150
<i>In memory of Sue & Sam Kai</i>		<i>Leader</i>			
Mr. Brian Kai & Ms. Dee Dee Piercey	200	Mr. Grant Haynen & Ms. Dawn Maruno	539	JCCC Foundation	
<i>In memory of Yasuhiko Abe</i>		<i>Partner</i>		Anonymous	
Miss Naomi Abe	500	Mr. Gary Hamasaki & Ms. Gloria Baxter	189	Mr. Howard Ho Wun Wong	2,000
				JERF	
				Mrs. Doreen Oyagi	
				200 shares of BCE Inc	

COMMUNITY

健やかな老後をめざして その80

「気づかぬうちに」腎機能低下!

これまでに何度か腎機能についてお伝えしてきました。2025年に再び取りあげたのは、身近な人々の腎機能が急激に悪化、あるいは腎透析を始める事態に陥ったからです。彼ら3人には高血圧、ダイアベティス(糖尿病)、アルコールによる肝機能障害などの生活習慣病があるので、長い間ホームドクターや専門医に接してきたはずですが、ところが「クレアチニン、eGFR……それってなに?」と言った返事が返ってきたことに驚きました!彼らに詳細を尋ねると、過去にクレアチニン値(血液中の老廃物の1種)とeGFR(推算糸球体ろ過量)は検査されていました!

医療者であれば「生活習慣病、さらに幾つもの病気が重なると腎機能が低下しやすい」「たとえ病気が無くても"加齢"が大きなリスク要因である」ことを知っているはずですが、しかし、検査結果の説明が十分に行われていなかったために、彼らは問題意識をもたないままに過ごしてしまったのです。「早く気づき、意識して生活するだけでも低下の速度を緩やかにすることができた」と思うと、担当医による全体像のアセスメント不足や教育指導のお粗末さについつい憤りを感じます。

私の持病(血液自己免疫疾患)に関しても「血液に関するデータのみを重要視し、直接に診察して患者の全体像(心臓・肝臓・胆のう等の後遺症)を診ようとしなさい」専門医のあり方に何度もがっかりしています。ということで、私自身が詳細に一般状態、皮膚・眼の色、尿・便の性状などを観察し(時には撮影)、記録しています。受診時のエビデンスとして。

読者の皆さま、腎臓について良く知ることから始めましょう。まずはその役割です。腎臓は主に①血液中の老廃物や不要な水分・塩分などをろ過して、尿として排泄、②血圧を感知するセンサーがあり、血圧をコントロール、③体内の酸素濃度を感知し、低下すると「酸素を運ぶ赤血球を作れ」と指令、④カリウム、カルシウム、リンなどの濃度(酸性とアルカリ性)を適正に調節しています。あなたがイメージしている以上に重要な臓器なのです。

ところが、機能低下のサインは現れにくいのです(沈黙の臓器)!尿の異常(泡立つ、赤・黒っぽい、夜間の頻尿)や朝のむくみが出始めた頃には、すでにある程度進行していると考えられます。となると、やはり早めの検査が重要です。ホームドクター(受診中の医師)に、尿たんぱく&クレアチニン値を検査するように伝えましょう。

尿たんぱくの判定ですが、(-)は異常なし、(±)は再検査が望ましい、(1+以上)は要再検査です。50代の知人は、ダイアベティスとたんぱく尿を指摘されていたにも関わらず、忙しさゆえに数年間放置し、腎機能が急激に悪化しました。ちなみに「腎透析にいたる第1の原因はダイアベティス」との報告もあります。eGFRはクレアチニン値、年齢と性別から概算します。60であれば「腎臓の働きは正常の60%」を示します。「eGFRが60%未満」「尿たんぱくが(±)以上」のどちらか、あるいは両者が3ヶ月以上続くと「慢性腎臓病」と診断されます。機能はいったん低下すると回復が難しく、eGFR15%未満(末期腎不全の状態)になると透析や腎移植が必要になります。私は40代から結果に関心を注いできたので、兄、弟や同世代の人たちに比べると、非常に高いレベルを維持しています。

60%未満にならないためには、まず今のあなたの値を知ることです!そして、食事と運動に取り組みましょう。健康的な食生活の基本「3食を規則正しく、バランスの良い栄養、塩分控えめ、腹八分目、よく噛んでゆっくり食べる」をお勧めします。もし、腎機能低下を指摘されたら「しっかりと減塩(1日6g未満)」が大事です。さらに機能低下が進むと、たんぱくやカリウムの制限も必要になります。運動は、息切れしない程度の有酸素運動(ウォーキング、ダンス、水泳など)・筋力トレーニング・柔軟体操などを体調に合わせて20~60分/日、週に3~5日ほど続けましょう。生活習慣病予防と同様ですね!

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)



Japanese Canadian Survivors Health & Wellness Fund

January 6, 2025 – JCSHWFS Grant Distribution Mailings Resume

Happy New Year to you and your family!

Despite all the challenges of 2024, the JCSHWFS Board is pleased to announce that 7,000 grants have been awarded to over 4,000 Survivors. Over \$20 million has been distributed to date to address Japanese Canadian Survivor Health and Wellness needs.

With the Canada Post strike impacting mail across the country in December, almost two thousand cheques were held at our office in Vancouver, forcing us to find alternate distribution mechanisms to send out the cheques to those in need. Outreach Workers contacted the eldest Survivors and those of high priority to see who required their grants urgently to be sent by courier. Three separate courier batches were sent out. A volunteer was also sent to the USA Postal Service to mail those within the USA and other countries.

Once the strike ended, it took several days for Canada Post to accept new mail. On December 23, 2024, the JCSHWFS mailed out approximately 1,100 cheques. We still have over eight hundred that will be mailed out in January. We thank you for your ongoing patience.

For 2025 we continue to focus on the living Survivors' applications. Priorities also include Survivors living overseas.

The application deadline for health and wellness grants approaches on March 31, 2025. Please ensure that you share the word to eligible friends and families. Thank you for your ongoing support.

With warm regards,
JCSHWFS Team

For enquiries, please contact our JCSHWFS General Phone/Toll-free phone or email

JCSHWFS General Phone: 250-797-6300

JCSHWFS Toll-Free phone: 1-833-368-6462

JCSHWFS Email: help@jcwelness.org

The List of Outreach Workers is available on our website: JC Wellness Outreach Workers

2025年1月6日 JCSHWFS 福祉助成金配送再開

明けましておめでとうございます。皆様には、輝かしい新年をお迎えのこととお喜び申し上げます。

JCSHWFS理事会より、2024年のチャレンジを乗り越え、7000件の福祉助成金が4000人以上の生存者の方々にお届け出来ました事をお知らせ致します。今日までに20ミリオンドル以上が日系カナダ人の健康福祉のために配布された事になります。

12月のカナダポストストライキ中、2000件以上の小切手がオフィスで足止め状態となり、助成金を最も必要としているの方々を対象に、民間の宅配業者を使い配送いたしました。最高齢者から順にアウトリーチワーカーが連絡を取り、緊急に助成金が必要な方へ宅配便での配送を始め、三度に渡り配送されました。国外在住の方々へは、ボランティアがアメリカ合衆国まで足を運び、アメリカの郵便局から郵送する手段をとりました。

ストライキ終了後、カナダポストはストライキ中に溜まった郵便物処理の為に新規郵送物を受け付けるまでに時間がかかりましたが、JCSHWFSは12月23日付で約1100件の小切手を郵送しました。残り800件以上は1月中旬に送られます。何卒ご了承のほどよろしくお願ひいたします。

2025年も、存命中の生存者の方々に優先に助成金配布に尽力して参ります。皆様からの心温まるサポートに心から感謝いたします。

JCSHWFS 福祉助成金のお申込みの締め切りは2025年3月31日です。ご家族、ご親戚やお知り合いで生存者の方がいらっしゃいましたら是非ともお声がけください。

ご家族皆様のご健康とご多幸をお祈りし、新年のご挨拶とさせていただきます。

JCSHWFS チーム

お問い合わせは、お電話かメールでお願いします。

JCSHWFS 一般用電話番号: 250-797-6300

JCSHWFS 無料電話番号: 1-833-368-6462

JCSHWFS メールアドレス: help@jcwelness.org

アウトリーチワーカー: JC Wellness Outreach Workers

18th
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Calligraphy
Competition**
in Canada

日本書道公募展

Entry Deadline | February 28, 2025

Award Presentation & Exhibition
Online October 26, 2025

Entry Forms available on website
<https://shodocanada.com>

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Competition organized by SHODO CANADA



COMMUNITY

JSS プログラム: 2025年2月・JSS Programs February 2025

以下は2025年2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 Feb 2025 programs! *Pre-registration required. Visit our [website](#) and/or contact 416-385-9200 / programs@jss.ca for more details & RSVP.

1. 子育てワークショップ: 成長と発達の基本知識と実践ガイド

2023年に開催し、ご好評いただいたジャパニーズ・ソーシャル・サービス (JSS) と トロント・パブリック・ヘルス (TPH) 共同主催の子育てワークショップを約1年ぶりに開催いたします。今回はリクエストの多かった成長と発達に関するワークショップとなります。参加には事前の登録が必要です。参加ご希望の方は [JSSのウェブサイト](#) より申込登録をお願いいたします。

1. TPH & JSS PARENTING WORKSHOP : GROWTH AND DEVELOPMENT

Japanese Social Services and Toronto Public Health are collaborating to offer a parenting workshop on growth and development in English with Japanese interpretation. The session will be held online on February 4th. To register, please visit [JSS Website](#).

2. モミジ&JSS オンライン講座シリーズ 2025年2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。

2. E-LEARNING SERIES

*Visit [JSS website](#) for the list of seminars & past recordings

Bone Health – Part 1 : Wed. Feb 12, 3pm (English & Japanese)

Explore the essentials of bone health and maintenance in this two-part online seminar series presented by Osteoporosis Canada. Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture. What do you do to keep your bone healthy? In this workshop, we will learn about the risk factors of osteoporosis and information about maintaining healthy bones.

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

Enhancing Mind and Body – Discovering New Hobbies : Wed. Feb 26, 3pm (English & Japanese)

Join us in discovering a new hobby through this seminar! This session will introduce you to journaling and pole walking. Journaling will guide you in capturing your thoughts and finding clarity in your daily reflections Pole walking offers a gentle way to stay active, helping to maintain your fitness and support a healthy lifestyle.

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

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

「心と体を活かす - 新しい趣味を見つけよう!」2月26日(水) 15時(日本語&英語)

OSTEOPOROSIS CANADAによる2回にわたるオンライン・セミナー・シリーズでは、骨の健康に関する重要な要因について学んでいきます。骨粗しょう症は、骨密度の低下と骨組織の劣化を特徴とする疾患であり、骨折のリスクを高めます。皆さんは、骨を健康に保つためにどのようなことをしていますか? このワークショップでは、骨粗しょう症のリスク要因について学び、健康な骨を維持するための情報をお伝えします。

※詳細・お申込みは [JSSウェブサイト](#) または PROGRAMS@JSS.CA まで 3. JSS家族支援プログラム

3. 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 smg@jss.ca

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

4. レギュラーJSSプログラム(日本語)**4. 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

2. やさしいシニアヨガ(第22期: 1/13~2/24毎週月曜日)お問合せは SENIOR.YOGA@JSS.CA へ


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

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

2. Easy Yoga for Seniors (Term 22 : Jan 13 – Feb 24, Mondays, 10:00 - 11:30am) *Contact senior.yoga@jss.ca

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

*Contact utanokai_b@jss.ca

The background of the entire page is a photograph of a traditional Japanese stone lantern (andon) in the foreground, partially obscured by the branches of a cherry blossom tree in full bloom. The blossoms are white with pinkish centers. In the background, a wooden building with a blue window is visible. The overall scene is bright and celebratory, representing the spring season.

Classes and Activities Spring 2025



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



The Kimono Remake Project

TKRP

Fashion Show & Sale 2025

Celebrating "Kawaru" – Transformation



One Show Only!

Saturday, March 22nd, 1pm

at



Anime Market TKRP Sale

Sat. March 22
10am – 4pm

Sun. March 23
11am – 4pm

1 day pass - \$10
2 day pass - \$18



Momiji Seniors
Centre
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M1M 3W4

Momiji Health Care Society



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Matthew Shintani



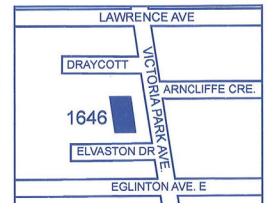
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Summer Reading List
A curated list of the best new books from Japanese Canadian and American authors this year
Summer Reading List P.9

Uncovering the life of a cultural trailblazer
Author Kyo Maclear explores the life of Cyo Fujikawa in her new children's book
Summer Reading List P. 10

NIKKEI VOICE
THE JAPANESE CANADIAN NATIONAL NEWSPAPER
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Kimono fashion show
Tofino apologizes for 1947 motion to exclude Orientals
Mission prevented Asians from owning property or businesses
Michael Abe Contributor

East meets West on the runway at Anime North's Kimono Fashion Show
Suzuki Takashi Contributor

Comedian Toshiyuki Teruya's film explores a rare Okinawan tradition
Director Toshiyuki Teruya was in Toronto for the film's premiere
Kathy Heck Staff



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