



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

IN THIS ISSUE

VOL. 51 ISSUE 3

SAKURAFEST

さくらフェス

RON KORB IN THE KOBAYASHI HALL

ロン・コーブIN小林ホール

WHAT'S ON

HARU MATSURI

春祭り

MARCH FILM - THE MAKING OF A JAPANESE

3月映画上映会 — 小学校～それは
小さな社会～

COOKING FOR ACTIVE SENIORS

MARCH 2025
2025年3月





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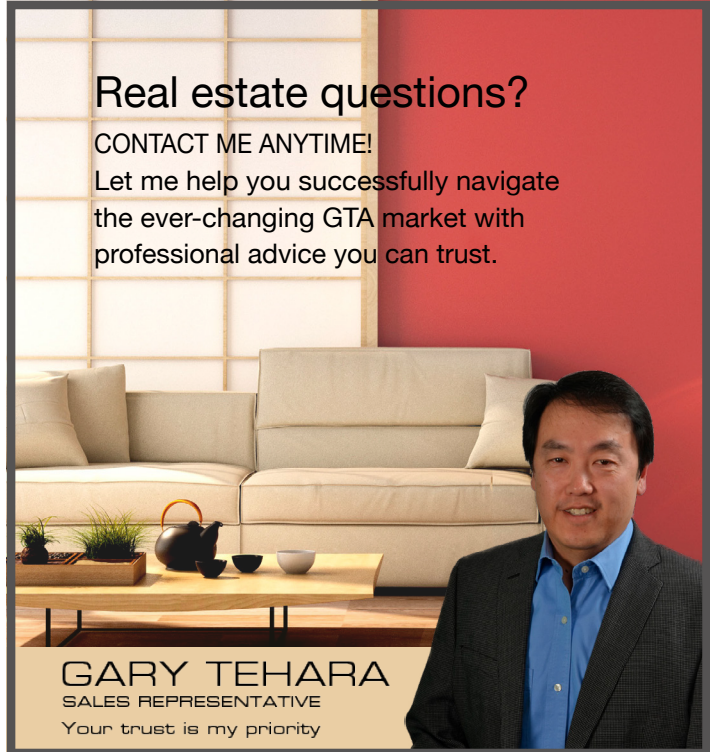
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Contact the JCCC ・ お問い合わせ

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時日～月、午前10時～午後5時)にご連絡ください。

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Claire Forsyth clairef@jccc.on.ca	AudioVisual Archivist	416-441-2345 ext.303

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 April 2025 issue is:

Thursday, March 6, 2025.

次号締切日: 2025年3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

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

JCCC Karaoke Club • JCCCカラオケクラブ

Wednesday March 5 & 19, 10:00am
3月5, 19日(水) 午前10時

Sumi-e Art Workshop • 墨絵ワークショップ

Saturday March 8, 9:30am to 12:00pm
3月8日(土) 午前9時半 - 正午

See sumieartistsofcanada.org for details.
詳細は: sumieartistsofcanada.org

March Film Screening • 3月映画上映会

Sunday March 16, 2:00pm
3月16日(日) 午後2時

The Making of a Japanese
「小学校〜それは小さな社会〜」
see [page 12](#) for details.

詳細は [12 頁](#) をご覧ください。

Cooking for Active Seniors

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

See [page 7](#) for details.
詳細は [7 頁](#) をご覧ください。

JCCC Annual Bazaar

Saturday May 3, Noon to 4:00pm
5月3日(土) 正午 - 午後4時

See [page 10](#) for details.
詳細は [10 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、貸出日にお手伝いいただけ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

Upcoming Exhibits

CONTACT Photography Festival
コンタクトフォトフェスティバル参加展示

Phase in my Journey by Walter Borchenko

April 5 to June 20, 2025 • 2025年5月5日 - 6月20日

See [page 13](#) for details.

詳細は [13 頁](#) をご覧ください。

A Spectacular Start to 2025 ・ 2025年の素敵なスタート

お正月会2025は、文化、伝統、そしてコミュニティの活気あふれるお祝いであり、2025年の始まりを祝うために、さまざまな場所から訪れた人々を魅了しました。日本を代表する様々なエキサイティングなステージ、伝統的な餅つき、そして迫力満点の獅子舞が披露され、誰もが楽しめる内容が揃っていました。

中でも特に愛されている伝統のひとつ、餅つきは子供たちにも楽しめる体験でした。また、獅子舞(ししまい)は、かみつかれることで新年の幸運をもたらしてくれるといわれ、訪れた人々に喜ばれました。

さらに、トロント都道府県・連合会の協力のもと、さまざまな日本の都道府県を代表するブースが出展されました。来場者は、各地域の文化的な展見学し、日本各地の多様な伝統について学ぶ貴重な機会を得ることができました。

This year's New Year's Festival was a vibrant celebration of culture, tradition, and community, drawing visitors from all over to mark the start of 2025. Held at the heart of the city, the event showcased an exciting lineup of new performers, traditional mochi pounding, and the exhilarating lion dance, offering something for everyone.

One of the festival's most beloved traditions, mochi pounding, was a hands-on experience for the kids, as well as the shishimai lion dance which brought good fortune to those that were bit.

With the support of the Toronto Japanese Prefectural Association, there were many booths representing various prefectures of Japan. Festival-goers had the opportunity to explore unique cultural displays and learn more about the diverse traditions from different areas of Japan.



Photos courtesy of: John Fuentes, Leon Balaban.

Artsu Matsuri Walk and Talk Highlights Artists

On February 8, 2025, almost 50 visitors filled an already jumpacked Gallery for the highlight of the Artsu Matsuri show, the Artists Walk and Talk.

Almost 20 artists were present to talk about their work, their passion and their inspiration. MC'd by Arts Committee member Mui Ling Teh, the artists were on hand to answer questions and mingle with the guests. An extraordinary amount of work goes into each piece, as well as into organizing and mounting such a multifaceted Gallery show.

Congratulations to all who participated!



Photos courtesy of: Stuart Lowe..

New Year, New-ish Logo



You may have noticed some subtle changes to our logo over the last month. Of course, we have been completely faithful to Stanley Shikatani's original design, but we wanted to address a couple of inconsistencies and potential misunderstandings.

First, we wanted to bring more consistency concerning the colour. It is something that has shifted subtly, often unconsciously, over the years. We looked to the Canadian and Japanese flags and discovered that both use exactly the same shade of red (Pantone 032 according to official government sites) and so the choice was obvious for symbolic reasons.

We also added the word Canada 「カナダ」 to the Japanese translation. Originally it had simply stated "Nikkei Cultural Centre" without identifying to Japanese audiences that we were, in fact, Canadian. As we embrace more opportunities and initiatives in Japan we felt that was a necessary distinction to make.

Of course, we will not be retiring the old logo immediately. In an effort to be environmentally conscious, we will continue to use existing print materials and stationary until they run out. You will also notice subtle changes as we roll out the use of the new colour across all of our platforms. We hope this all makes sense and thank you, as always, for your patience and support.

ライブラリーつれづれ・News from the Library

毎週火、木、土と開館しているライブラリーは、ボランティアを中心に運営されています。シフトの曜日が違うと交流の機会もなかなかないので、昨年末にコロナ禍以来久しぶりに全体ミーティングを開催し、14人のメンバーが集いました。活動内容や今後の計画等について熱心に議論した後は、久しぶりの再会に近況を報告し合ったりと和気あいあいでした。

ミーティングでは雑誌、コミック誌の定期購読が提案として出ましたが、検討の結果、送料が高額化している現状では予算的に難しく、代わりに雑誌の定期的なドネーションを呼びかけることにしました(こちらは後日詳細をお知らせします)。

もう一つの提案が、ライブラリーを談話の場として開放したらどうかという事でした。ライブラリー利用者が減っており、せっかくのスペースがもったいないし、まず談話室として利用して貰うことにより、スペースの存在自体を認識し、ライブラリー本来の利用に繋がると期待できます。1月末より試験的に第一と第三火曜日の11時から3時の時間帯、ライブラリーのテーブル席を雑談エリアとして使えるように設定しました。もちろんライブラリー機能はそのままです。セルフサービスになりますが、お茶のご用意もあります。これを機に皆様のご利用をお待ちしております。(雅)

The library, which is open every Tuesday, Thursday, and Saturday, is run mainly by volunteers. At the end of last year, we held a general meeting for the first time since the pandemic, and 14 members gathered. After enthusiastically discussing activities, future plans, and other topics, the group enjoyed a friendly social, reporting back to each other on what they had been up to in the past couple of years.

During the meeting new magazine and comic magazine subscriptions were proposed, but after discussion, it was decided to call for periodic magazine donations instead (details will be announced at a later date), as it is difficult in the current budgetary climate with shipping costs becoming increasingly expensive.

Another suggestion was to open the library to the public as a place for discussion. We are hoping that by having people use the library as a chat room first, they will become aware of the existence of the space itself, which will lead them to use the library as it should be used. The library tables can be used as a chatting area on the first and third Tuesdays of the month from 11:00 to 3:00. Of course, the library functionality will remain unchanged. Tea will be available, although it will be self-service. We look forward to your use of this opportunity.

Masashi

Welcome New Staff

Karen Suzuki

My name is Karen Suzuki and I'm the new Sedai Outreach and Education Coordinator! I feel honoured to be a part of the JCCC Heritage team, helping to grow and hone the Sedai collection. I am a hapa/yonsei from London, ON, but I've lived in Toronto, working in theatre, film and television throughout my adult life. I spend my spare time practicing kung fu, taiko and cheering for the Habs. I look forward to meeting you as I learn more about this vibrant and diverse community.



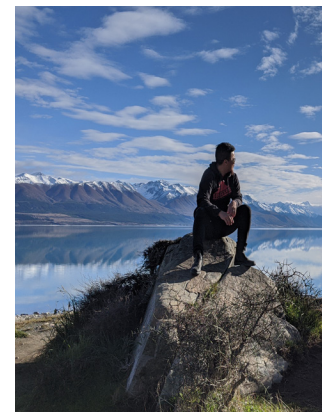
Eric Sakamoto

I'm Eric and I work as a Porter with the Maintenance team. I am a beginner in Japanese and in my spare time I read, build models, and draw.



Erik Sano

My name is Erik and I work as a Porter with the Maintenance team! I am a Japanese Canadian, lifelong Torontonionian, and an enjoyer of all life's adventures



Jaeden Sasaki

My name is Jaeden and I work as a Porter with the Maintenance team! I joined the JCCC because I have always enjoyed spending time at the Centre and wanted to become more involved in the community. Outside of work, I enjoy playing hockey and have recently taken up golf.



Positions Required at the JCCC

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

The Japanese Canadian Cultural Centre is seeking part-time Receptionists to hire immediately. The Receptionist ensures an excellent experience for all community members and visitors in a friendly and caring manner. Your appreciation of exceptional customer service will be reflected in your warm professionalism as the initial point of contact for JCCC inquiries. Job duties focus on greeting and directing visitors, answering telephone and email inquiries, membership and event registration, processing payments (including a small retail shop), and other light administrative duties.

Hours: Thursday 12:30-8:30pm; Saturday 9:30am-5:30pm.
Flexible time is preferred.

Key Responsibilities:

- Greet JCCC visitors and provide information
- Assist customers with various transactions – registrations, purchases, donations, invoice payments, etc.
- Answer, screen, and forward incoming telephone calls
- Manage JCCC email
- Coordinate courier pickup/drop-offs and directing deliveries

Required Skills:

- Excellent English communication skills (Japanese is an asset)
- Excellent customer service and organizational skills
- Attention to detail and ability to work independently
- Basic computer/math skills
- Ability to work effectively in a fast paced environment

Please send resume to hr@jccc.on.ca. Please indicate which days you are available for work. Only successful candidates will be contacted. Job posting closes March 20, 2024.

Please refer to Job Posting 300251.

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.



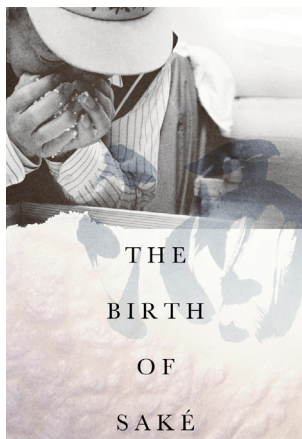
SakuraFest at the JCCC

Plans for the JCCC's newest event are well underway. Details will be available soon on our website, but for now, we are pleased to tell you that SakuraFest will feature 4 movies, a Sake Tasting Seminar by Ozawa Canada, multiple art workshops, book talks, a children's dance workshop, and many other events.

SakuraFest will also host the opening of our latest temporary exhibit in the MNHC, Third Places, on April 20, 2025.

As the JCCC Annual Bazaar will also fall during SakuraFest, we are planning to incorporate elements of Hanami and Sakura in our decor.

Keep watching the Newsletter and website for more details!



さくらフェス

さくらフェスの計画は順調に進んでいます! 詳細は近日中にウェブサイトで開催されますが、現時点では、4本の映画上映、Ozawa Canada様によるお酒セミナー、複数のワークショップ、ブックトーク、子供向けダンスワークショップなど、様々なイベントを予定しております。

また、さくらフェスでは、2025年4月20日にMNHCで開催される最新の特別展「サード・プレイス」のオープニングも予定されています。

さらにさらに、JCCCバザーも桜フェス期間中に開催されるため、装飾には花見や桜を取り入れる予定です。



SHISEIDO
GINZA TOKYO

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 JCCC member; \$45 +HST 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
Gourmet Matcha (green tea) and traditional Japanese sweets will be available.

Save the Date! BAZAAR 2025

今年のバザーは2025年5月3日(土曜日)開催決定! 色々なお買い得品、様々な日本の食べ物をお楽しみいただけます。今年は桜フェス時期と重なるため、特に賑やかな一日になることが予想されます。今年も4月1日(火曜日)からドネーションを受付始めます。大きな家具や西洋服はお受けできませんが、羽織、着物、浴衣などの日本の衣類は受け付けています。

詳細については、日付が近づきましたらjccc.on.caをご覧ください!

The JCCC Annual Bazaar will take place on Saturday May 3, 2025. The traditional bargains, food and fun will all be back again. With Bazaar taking place during our SakuraFest we expect the day to be extra busy. If you have items that you would like to donate, we will be accepting new and used items beginning Tuesday April 1. We are unable to accept large furniture and western clothing. Japanese clothing, including haori, kimono and yukata, will be accepted for our Things Japanese section.

Please watch jccc.on.ca for more details closer to the date!



Bazaar 2024 - Photos by Leon Balaban.

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!

Only 8 large fridges are still available at this great price!

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.

Get yours now before they are gone!



Sample photos only, sizes and colours vary.

JCCC 2025 BAZAAR

Saturday May 3
12:00pm - 4:00pm

Featuring:

Baked Goods, Toys, Books,
White Elephant,
Japanese Tableware,
Silent Auction and
a Cornucopia of Bargains!!



Dining Room and Snack Bar
featuring
delicious Sushi, Udon, Manju, and much,
much more!

Cash Sales – No ATM on site

Help the JCCC help the environment. Please bring your reusable bags.

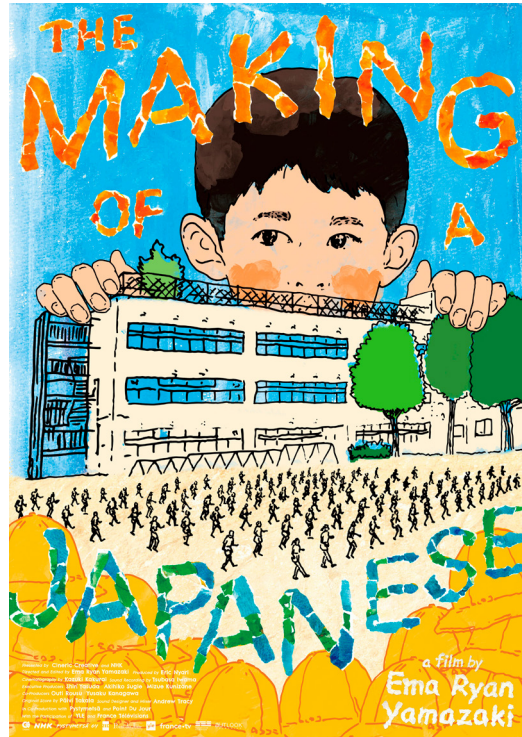
For more information, call JCCC at 416. 441. 2345



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

**Enjoy our delicious
Japanese foods!!**

6 Sakura Way, Toronto
Don Mills and Eglinton, off Wynford Dr.
www.jccc.on.ca



March Film: The Making of a Japanese
Sunday March 16, 2:00pm

Admission

INDIVIDUAL TICKETS \$8.85 +HST (\$10) JCCC member; \$10.62 +HST (\$12) non-member.

"A warm and engaging portrait of Japanese schoolchildren" - Japan Times

What are the traits necessary to become part of Japanese society? Following 1st and 6th graders at a public elementary school in Tokyo for a year, we observe a school system that might differ from other countries. Alongside studying, the kids learn about self-discipline, community spirit and good manners. The fine balance between individualism and being respectful towards others is tested on a daily basis.

The film highlights telling details in the fabric of school life, like the way students pause at the threshold of a classroom before entering, or grade each other on how tidily they place their footwear in the shoe cupboard. These rules are part of a system that assigns a surprising amount of responsibility from a young age: even first graders are expected to clean classrooms, serve meals at lunchtime and learn to function efficiently as a group.

THE MAKING OF A JAPANESE elevates the important childhood years and is a fascinating watch about the big dramas of everyday life. By Japanese American film maker Ema Ryan Yamazaki.





Sedai Corner

The JCCC is pleased to announce a major development in our Sedai Oral History project.

With the generous support of the Japanese Canadian Legacies Society, the Sedai Project has received funding for the next two years to allow us to bring the Sedai Oral History Collection up to date. The project has four main focuses: preservation, outreach and education, expansion of the collection, and communications. The project is being managed in the Heritage Department, with the help of a Steering Committee.

The first stage of the project included the hiring of Claire, our Audiovisual Archivist, and Karen, our Sedai Outreach and Education Coordinator. Though both are very new to the JCCC, they have been very busy reviewing and auditing the collection. Claire has been working on ensuring that ongoing storage and preservation meets the highest possible standards. Karen has been preparing for community outreach, especially to some of those who received JCLS funding for their own family interviews and research.

Additionally, the project includes funding to rapidly add transcripts and metadata of interviews that are already in the collection, increasing access to materials for research, education, and exhibit purposes. Previously, the pace of transcription was limited to what our summer students could accomplish. Our hope is that by the end of the project, we will have most of the transcription of the current collection completed, something that was previously project to take up to 10 years.

We hope that you will follow along on our Sedai journey. We have many exciting things planned for the next 2 years. Please watch the Sedai Corner in the Newsletter to see what is happening next!

CONTACT Photography Festival Phase in my Journey

The JCCC Arts Committee is pleased to announce that we will be participating in the CONTACT Photography Festival once again! Phase in my Journey, featuring artist Walter Borchenko and curated by Shin Sugino, will be on view from April 5 to June 30, 2025

The show features a 20-year retrospective of the photographer's work and showcases the Canadian-born photographer's Modernist photographic aesthetic. Printed on hand-made Awagami Japanese paper, the exhibit celebrates Borchenko's innovative vision and dedication to the Modernist Tradition.

Please join us on April 5 from 2:00pm to 4:00pm pm for the opening reception. Details on more programming to follow!



Grassy Brook Talbot River Road September 2024

Martial Arts News

Congratulations to all the martial arts participants! Rollout of the M365 registration portal has been completed with all 8 martial arts. Your patience and understanding has been greatly appreciated by the Martial Arts Administrative Team. Arigato gozaimasu!



While we encourage you to access the portal for all your martial arts registrations and your JCCC membership renewals, we are also happy to help you out at our reception desk should you require any assistance or if you would like to pay by cash, debit or cheque.

March is registration month for Judo and Kendo. Please make sure to register by the March 20th deadline.

ATTENTION JCCC STUDENTS!!

Your Spring Programs guide is now available. 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!



Cultural Arts News

The JCCC Winter Term Cultural Programs are currently in full swing!

Exciting news for those who missed out on the Winter Classes. Our Spring 2025 Cultural Programs at the Japanese Canadian Cultural Centre are just around the corner. We offer a full array of enriching courses.

Be sure to check out the JCCC website and the Spring 2025 Classes and Activities Brochure for updates and details. Programs are scheduled to begin in April 2025 with registration starting in early March. Don't miss out! Sign up soon!

All our Spring programs will offer Beginner classes (for new students) including Chado – Tea Ceremony and Taiko Drumming. The Japanese Language course will add an Advanced 1 level to its current offerings.

If you wish to be notified when class registration begins, be sure to put your name on the notification list through the JCCC website at [Notification Request for JCCC Cultural and Recreational Classes & Workshops](#).

Volunteer Spotlight: David L.

In this month's Volunteer Spotlight, we are thrilled to feature David L., a dedicated long-term volunteer who has been with the Japanese Canadian Cultural Centre (JCCC) since 2012. His journey with us has been nothing short of inspiring, and his contributions have helped shape the success of numerous JCCC events.

今月のボランティア・スポットライトでは、2012年からカナダ日系文化会館(JCCC)で長年にわたり献身的にボランティア活動をしているデイヴィッド・レオポルドさんをご紹介します。彼のJCCCとの関わりは多くのJCCCイベントの成功に大きな影響を与えてきました。



JCCCでどれくらいの期間ボランティア活動をしていますか？

2012年からボランティア活動を始めました。

どのようなボランティア活動を行ってきましたか？

TJFF、冬祭りコミッティメンバー、バザール、ニュー・ブランシュ、キーパザランタンリット、一世デーなど、たくさんのイベントで活動しました。

どのようにJCCCでのボランティア活動に関わることになったのですか？ 2011年に初めて日本を訪れた後、もっと日本文化を学びたいと思うようになりました。そして友人にJCCCに連絡してみることを勧められました。今思えばそれは素晴らしい提案でした！

ボランティア活動をしてきた中で、特に印象に残った経験や思い出を教えてください。

たくさんの素晴らしい経験があり、どれを選ぶべきか悩むほどです。特に印象に残っているのは、初めて参加したバザールでのボランティアです。すごく楽しくて、素晴らしいボランティアの仲間たちと一緒に働きました。このイベントがJCCCにとってどれほど重要なものか、当時は知りませんでした。もう一つは、2024年のTJFFでボランティアリーダーとして招かれたことです。責任を任されることを光栄に思い、その役割を果たすことができ本当に嬉しかったです。私の12年間のボランティア活動の中でも、大きなハイライトとなりました。

JCCCでのボランティア活動を一言で表すと？

素晴らしい！

David, we look forward to continuing to work with you. And with heartfelt gratitude, we sincerely thank you for your amazing 12 years of volunteer service.

デイヴィッドさん、これからもよろしくお願ひいたします。そして、12年間の素晴らしいボランティア活動に感謝の気持ちを込めて、心からお礼を申し上げます。

How long have you been volunteering at JCCC?

I started volunteering in 2012.

What type of volunteer work have you done?

I have worked most of the events including TJFF, Fuyu Matsuri Committee member, Bazaar, Nuit Blanche, Keep the Lantern Lit, Issei Day, and much more.

How did you get involved with volunteering at JCCC?

After my first trip to Japan in 2011, I wanted to learn more about Japanese culture. A friend of mine suggested I contact the JCCC. What a wonderful suggestion it was!

Can you share a memorable moment or experience from your time volunteering?

I recall so many memorable & wonderful experiences it's difficult to choose one. Two that really stand out are my first volunteer experience with the Bazaar. It was so much fun, and I worked alongside some very special volunteers. I had no idea how significant this event was. The second one was when I was asked to be a lead volunteer for the 2024 TJFF. I felt so honored to be asked and given that responsibility. It was truly a highlight in my twelve years of volunteering.

Describe in ONE word your volunteer experience at JCCC.

OUTSTANDING!

DONATIONS

DONATIONS TO THE JCCC

AS OF FEBRUARY 2, 2025

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

JCCC

Anonymous	19
Ms. Sheung Man (Maris) Chan	20
Mrs. Karen S. Dmytryshyn	50
Mrs. Gwen Edamura	100
Mr. Ray Edamura	100
Mrs. Marie Ikeda	2,000
Mr. John Nagahara & Mrs. Amy Hanada-Nagahara	15
Mr. Paul Nakamura & Ms. Silvina Rocca	50
Rev Kensho Hashimoto	100
Ms. Meg Karper	10
In honour of The Otani Family	
Mrs. Rose Kelly	20
Mr. Jim Kobayashi & Ms. Karen Yamada	100
Mr. Stephen Kuwahara	100
Ms. Amy Nishio	100
Mr. Richard Shimoda	250
Mr. Ray & Mrs. Nancy Sora	60
Mr. David & Mrs. Kelly Akemi Tingle	50
Mr. Blake & Mrs. Christine Tohana	100
Ms. Patricia Tsuji	400
Mr. Tak & Mrs. Fumiko Yoshida	3,600
Oshogatsukai	

Chris Kano Taiko Studio

Ms. Carrol Suzuki	100
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Corporate & Foundation

Charities Aid Foundation Canada	
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Ms. Martha Arima	30
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Mr. Regan Takenaka	25
In memory of Tony & Kimi Takenaka	
Ms. Karen Tanino	50
In memory of Ken & Ruth Tanino	
Mrs. Donna Yoshimatsu	150

In Memoriam

<i>In memory of Bert Nasu</i>	
Ms. Leslie Brindley	100

In memory of Daisy Yachiyo Asada

Mr. Glen Kawaguchi	50
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In memory of Diane Tonegawa

<i>Goodale</i>	
Mr. Michael Udvardy &	100

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In memory of George Tsushima

Mrs. Marie Ikeda	100
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Mr. Glen Kawaguchi	50
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Ms. Julie Naruse	100
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Mrs. Kim Wray	50
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Dr. Tammy Wright	100
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Mr. Herb Sakaguchi	100
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Mr. Yukio Tannoch	100
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In memory of Kay Fujiwara

Mr. David Fujiwara &	50
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Ms. Maria Rosa Maggi	
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Ms. Denise Kamo	200
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Ms. Donna Miyasaki	50
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In memory of Leonard Shimoda

Taida Supronas & Brian Hunter	100
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In memory of Paul Kuwahara

Nellie, Alan, Gail and Kathy	100
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In memory of Shirley & Bob Takagi

Ms. Kara Takagi	100
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In memory of Teruko Terry Shin

Mr. Kent MacDonald	100
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Heritage

Anonymous	49
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Ms. Jane Wheeler	75
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In memory of George Tsushima

Mr. Brian Kai &	50
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Ms. Deidre Yatabe Piercey

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Mr. Shawn Idenouye	250
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In memory of Toru Idenouye

Operation Tatami

Mr. James Barnes	300
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Partner

Mrs. Michiko Abe Kozlowski	172
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Mr. David Manu &	150
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Ms. Miki Takegawa

DONATIONS

OPERATION TATAMI 2024 INSCRIPTIONS

DECEMBER 2023 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

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
Camber Muir
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
Michael Tam
Kai Taniguchi Wong & Kyo Taniguchi Wong
Harry Tonogai
Jonathan Wong

Green Keiko Mat

Anonymous
Toshi & Mary-Beth Arima
Langke and Jake B.
James and Masayo Heron
In Memory of Sensei Frank Idenouye
In Memory of Sensei Ken Ikeda
Kadota Family
In Memory of Sensei Glenn Kawano
Ichiye and Yoshikazu "Ted" Kimura
Shane Sachiyo and Yuji Le Gros
Masaru Matsubara
K. Nagao
In loving memory of Yumi Nakamura
Sensei-Obata, Matsubara, Adrian, Camber
In Memory of Mack Makoto Oikawa 3rd Dan
Kevin And Nancy Roxby
Anca And Dan Rusu
In Memory of Jack Shigetomi
Michael Tam

DONATIONS TO THE FRIENDS OF THE MORIYAMA NIKKEI HERITAGE CENTRE INSCRIPTIONS

APRIL 1, 2020 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES
THE FOLLOWING DONATIONS:

Individuals/Couples

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

Nagata Shachu, Haneum, and Eunji Kim

Don't miss Nagata Shachu's season's finale concert featuring a collaboration with Haneum, an ensemble formed in 2017 by members of The Korean Traditional Music Association of Canada. Composed of musicians who studied traditional Korean music, and western jazz, Haneum aims to create and perform music that reflects the identity of its Korean-Canadian musicians. Haneum is Korean for "One Sound", "Korean Sound" or the "Tone of the Soul". Joining Haneum and also performing solo is Korean drummer/percussionist Eunji Kim (Kklily). Kklily is a graduate of the Korean National University of Arts majoring in percussion and traditional arts. In 2017 she won the Grand Prize in the Gang Gam-chan Festival National High Court Pansori Contest. Kklily has performed in Korea, Denmark, Sweden, Mongolia, France and Germany. Since moving to Canada in 2022, she has performed at various festivals and events throughout Toronto and is an artist and teacher of The Korean Dance Studies Society of Canada.

Nagata Shachu, Haneum, and Eunji Kim
Saturday, March 29 at 8 pm
Harbourfront Centre Theatre,
231 Queens Quay W, Toronto



Tickets: <https://harbourfrontcentre.com/event/nagata-shachu-and-haneum/>

健やかな老後をめざして その81

皮膚トラブルにどう対処する!?

一般的に、冬には皮膚が乾燥しやすいために様々なトラブルが生じますが、もっとも多いトラブルはかゆみと言えるでしょう。私も、皮膚のケアに関しては健康課題の第一番目に挙げるほど苦労しています。湿度の高い日本から乾燥度の高いカナダへ51歳で移住し、環境への適応がなかなか難しかったためです。

皮膚が乾燥する状態が続くと、皮膚のバリア(水分の蒸発や異物の侵入を防ぐ)機能が低下します。そうすると外部の刺激を受けやすくなり、深い場所にある知覚神経が表面へと伸びてきて、わずかな刺激にも反応する「敏感肌」になり、かゆみを感じます。シニアになるとバリア機能や免疫力が低下するので、多くの人々がかゆみを感じるようになります。また「アトピー性皮膚炎」がある場合は、外からの刺激に免疫細胞が反応して炎症を引き起こす物質を放出し、それが知覚神経に届いてかゆみが生じます。さらに、炎症を引き起こす物質はバリア機能も低下させるので、悪循環に陥ることになるのです。成人になってから発症する人もいます。敏感肌でもアトピー性皮膚炎でも、まず毎日のスキンケアが大切です。なぜなら、薬は炎症を抑えることはできても保湿することはできないからです。しっかりと保湿剤を塗ることで、水分の蒸発を防ぎ、水分量を保持することが大切です。保湿剤には主にヘパリン類似物質、尿素と白色ワセリンとがあります。におい、べたつき、刺激感などには違いがあるので、実際に使ってみて、自分に合ったものを選びましょう。洗顔・入浴後や乾燥したと感じた時にすぐ適切な量をしっかりと塗ります。

私の場合、専門家のアドバイスを参考に様々な保湿剤を試みました。さらに冷気と乾燥から両下肢を守るために膝までのソックス、スパッツとスラックス、レッグウォーマーを身に着けて外出しました。しかし、カナダで暮らす日々が苦しいと思うほどに、かゆみと痛みは年ごとにひどくなり「もうどこにも出かけたくない」とさえ思うようになりました!ところが、

鹿児島産ジェルタイプのキダチアロエ液汁を使ったところ、10年も苦しみ続けていたのに、その年の冬に50%ほど改善したのです。かゆみや痛みが半減……私にとってはすごいことでした!2年目には70~80%改善。アロエのもつ十分な保湿効果、かゆみを感じた時すぐに塗るとかゆみが止まること、夜中にかかなくなったことの3点が大きな理由でした。かゆくて皮膚をかくと、バリア機能がさらに破壊されて、知覚神経が増えたり伸びたりします。この悪循環を「イッチー - スクラッチ サイクル」といいます。ですから「手でかかない」ことは大きな改善につながるのですね。

アトピー性皮膚炎がある場合は、その治療の基本は塗り薬です。根気強く治療に向き合うことが求められます。塗る量がたりないと、かゆみが残ってついついかいて……

つかいてしまい、症状が悪化することにもなりかねません。治療効果を確実にするためには、自己判断で減薬や休薬をせずに担当医とよく相談しましょう。

さて私のトラブルですが、当然ながら保湿剤はももとの原因(皮脂欠乏性湿疹)を完全にくい止めることはできないので、湿疹はやはり出現。ところが2017年に報告したように、ナノバブル水素水を飲用し始めると湿疹が出なくなったのです。劇的な変化と言ってもよいほどに!また、同様に苦しんでいたドライアイも解消され、処方薬が必要でなくなりました。水素水のもつ「活性酸素を除去し、細胞を活性化する作用」によるものと考えられます。10年間もかゆみやドライアイで苦しんだのに、その後13年は高齢になったにもかかわらず症状が出ていないのです。細胞を元気に保つ水素水の働きにただただ感謝するばかりです。

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)



COMMUNITY

JSS プログラム: 2025年3月・JSS Programs March 2025

以下は2025年3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. モミジ&JSS オンライン講座シリーズ 2025年3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

「骨の健康 – Part 2」3月12日(水)15時(日本語&英語)

Bone Health – Part 2 : Wed. Mar 12, 3pm (English & Japanese)

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、骨の健康とその維持について重要なポイントを学んでいきます。骨粗しょう症は、骨密度の低下や骨の質の変化によって、骨折のリスクが高まる病気です。本ワークショップ第2弾では、転倒予防や、栄養・運動が骨の健康に与える影響について詳しく学んでいきます。

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. In this second part of the workshop, we will learn about fall prevention and impact of nutrition & physical activity.

※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

「自宅で楽しむ!家庭菜園オンラインセミナー」3月26日(水)15時(日本語)

Enjoy at Home! Home Gardening Online seminar :
Wed. Mar 26, 3pm (Japanese)

今回のセミナーはこれからの季節にぴったり、家庭菜園の基本についてです。大きなお庭を持っている必要はありません。室内やバルコニーでできるものを紹介しますので興味はあるが「どうやって始めたらいいのかわからない?」という方はこのセミナーから学び、この機会に始めてみてはいかがでしょうか。

This seminar is perfect for the upcoming season and focuses on the basics of home gardening. You don't need a large garden to get started. We will introduce options that can be done indoors or on a balcony, so if you're interested but unsure of how to begin, this seminar will provide the information you need to get started.

※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)**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23期:3/10~4/14毎週月曜日)お問合せはsenior.yoga@jss.caへ

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

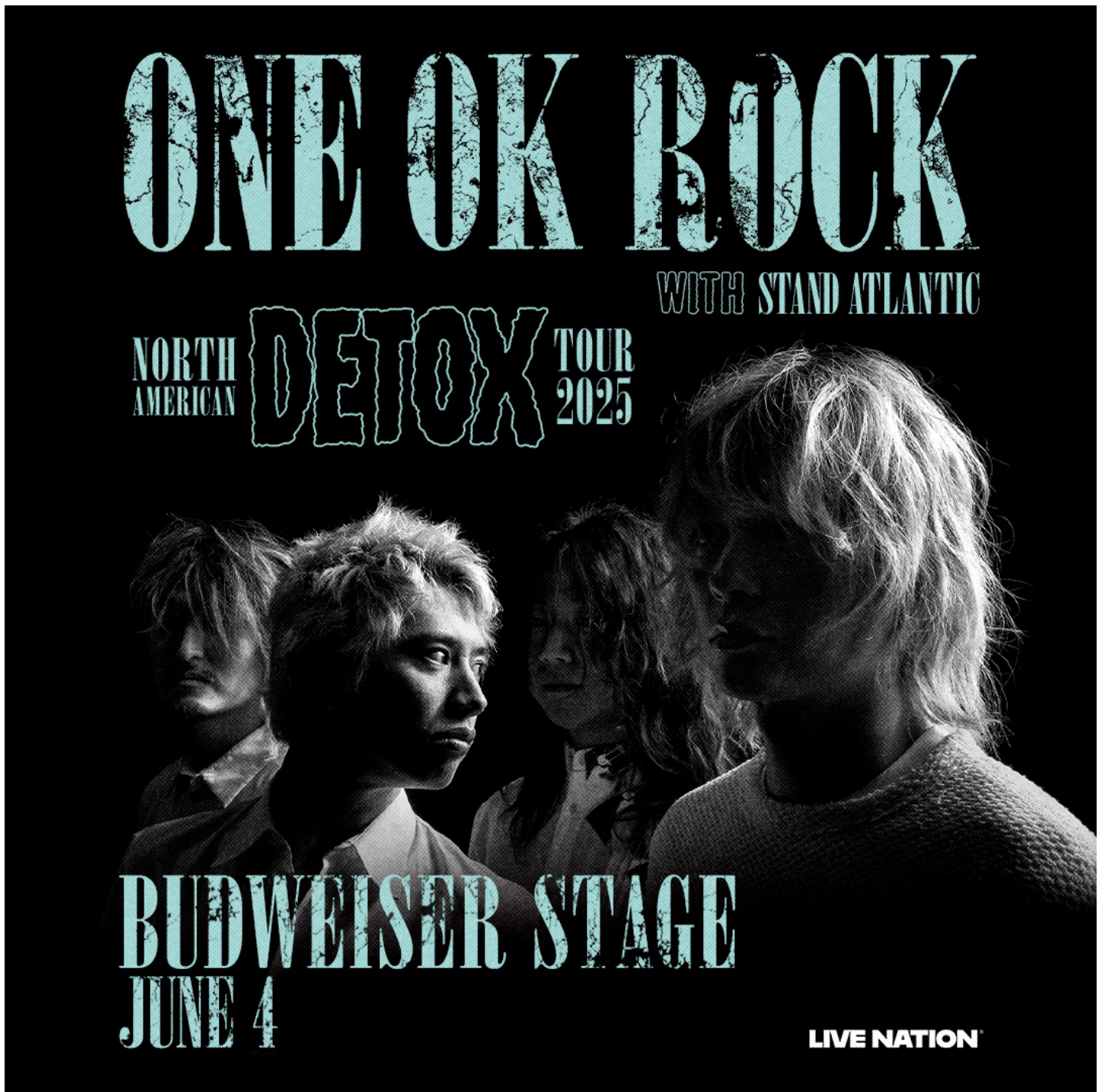
3. 懐かしい日本の歌を歌う会 : 第2・4月曜日、13時半~15時 お問合せはutanokai_b@jss.caへ

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

WE HAVE TICKETS FOR ONE OK ROCK'S DETOX North American Tour 2025

ONE OK ROCK is gearing up for an electrifying return on the road with their highly anticipated DETOX NORTH AMERICAN 2025 TOUR. This tour marks the band's most ambitious journey across the United States and Canada to date, including three arena shows, which showcase the band's growing fan base.

On June 4 they will play BUDWEISER STAGE and the JCCC has tickets for contesting! Please keep an eye on our socials for more details.





JCCC 2025

BAZAAR

**SATURDAY, MAY 3
12:00PM - 4:00PM**

*Get ready for a day full of
Delicious Japanese food and baked goods,
Toys, Books, White Elephant, Japanese Things,
Silent Auction, and so much more!*

SOME AREAS ONLY ACCEPT CASH - NO ATM ON SITE

PLEASE BRING YOUR REUSABLE BAGS.



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

6 Sakura Way, Toronto, ON M3C 1Z5
www.jccc.on.ca 416-441-2345

SakuraFest at the JCCC

April 17 to May 11, 2025



The JCCC has lots of great events planned for SakuraFest 2025. Be sure to check the JCCC website and our socials for new events, registration information and a full schedule. Below is a preview of what has been confirmed!

Ron Korb: OHANAMI: A CELEBRATION OF SAKURA

Thursday April 17, 7:00pm

Tickets on sale now!

4月17日(木)午後7時

Hanami Culture - Enjoying Hanami with Sake and Japanese Foods

With Ozawa Canada

Saturday April 19, 12:30 to 2:30pm

4月19日(土)午後12時半~午後2時半

Book Reading - *The Nail That Sticks Out* by Suzanne Hartmann

Saturday April 19, TBD

4月19日(土)

Film Screening - *The Birth of Sake*

Saturday April 19, 3:00pm

4月19日(土)午後3時

Exhibit Opening - *Third Places: Japanese Canadian Sites of Gathering*

Sunday April 20, 2:00pm

4月20日(日)午後2時

Film Screening - *The Red Shoes*

Sunday April 20, 3:00pm

4月20日(日)午後3時

Sakura Tsumami Workshop with Orika Canada

Thursday April 24, 7:00pm

4月24日(木)午前7時

JCCC Bazaar

Saturday May 4, Noon to 4:00pm

5月4日(土)正午 - 午後4時

Film Screening - *11 Rebels*

Saturday May 10, 3:00pm

5月10日(土)午後3時

Film Screening - *The Colours Within*

Sunday May 11, 3:00pm

5月11日(日)午後3時

Watch jccc.on.ca
and our socials for
more exciting event
announcements!

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