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CULTURAL CENTRE  
日系文化会館



**JCCC Family & Friends Golf Tournament**  
**JCCC ファミリーゴルフトーナメント**

**JCCC Fundraising Movie Screening: Mixed Match**  
**ファンレイジング映画上映会**  
**「Mixed Match」**

**Shin-Ijusha 50th Anniversary Event**  
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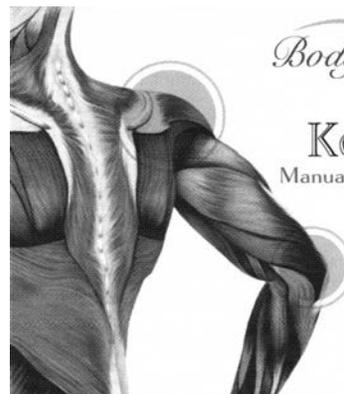
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### JCCC Staff

<b>James Heron</b> <i>Executive Director</i> jamesh@jccc.on.ca	416-441-2345 ext.224
<b>Kathy Tazumi</b> <i>Accounting/General Administration Manager</i> kathyt@jccc.on.ca	416-441-2345 ext.229
<b>Christine Takasaki</b> <i>Community Events Coordinator</i> christinet@jccc.on.ca	416-441-2345 ext.221
<b>Haruko Ishihara</b> <i>Community Rentals Coordinator</i> harukoi@jccc.on.ca	416-441-2345 ext.228
<b>Christine Seki</b> <i>Corporate Rentals/Programming and Business Development</i> christines@jccc.on.ca	416-441-2345 ext.231
<b>Sally Kumagawa</b> <i>Donations/Memberships/Classes Database Administrator</i> sallyk@jccc.on.ca	416-441-2345 ext.223
<b>Elizabeth Fujita-Kwan</b> <i>Heritage and Sedai Project</i> elizabeth.fujita@jccc.on.ca	416-441-2345 ext.303
<b>Constantin Dutescu</b> <i>Operations and Technical Coordinator</i> constantind@jccc.on.ca	416-460-3522
<b>Maki Klotz</b> <i>Newsletter/Receptionist/Office Assistant</i> makis@jccc.on.ca	416-441-2345 ext.227
<b>Yuki Nakata</b> <i>Volunteer Coordinator</i> yukih@jccc.on.ca	416-441-2345 ext.235
<b>Yoshie Watanabe</b> <i>JCCC Reception Desk</i> jccc@jccc.on.ca	416-441-2345 ext. 222
<b>Yayoi Kawabe</b> <i>JCCC Website</i> jccc@jccc.on.ca	416-441-2345 ext. 222

## SUBMISSION DEADLINE

Deadline for the October issue is:

Friday September 8, 2017.

10月号の締め切りは2017年9月8日(金)です。

Your news is welcome! Please contact:

newsletter@jccc.on.ca tel 416-441-2345 ext.227

The Japanese Canadian Cultural Centre Newsletter

Editors: James Heron, Kathy Tazumi, Maki Klotz

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## Calendar of Events

### September

Mon	4	JCCC Closed – Labour Day
Wed	6	"Gateway to Promise" Book Talk
Sat	9	JCCC Karaoke Club
Sat	9	"Gateway to Promise" Book Talk
Sun	17	JCCC Golf Tournament
Sun	17	Kumihimo Workshop
Mon	18	Fall Cultural Classes Start
Tue	19	Seniors' Supper Club
Wed	20	Origami Workshop
Sat	23	JCCC Karaoke Club
Mon	25	Japanese Cooking Workshop
Thu	28	JCCC Movie Night "Mixed Match"

### October

Sun	1	Issei Day
Sat	7	JCCC Karaoke Club
Mon	9	JCCC Closed – Thanksgiving Day
Thu	12	Shin-Ijusha 50th Anniversary Event
Sun	15	Kumihimo Workshop
Tue	17	Seniors' Supper Club
Wed	18	Origami Workshop
Sat	21	JCCC Karaoke Club
Sun	22	Arigato Day
Mon	23	Japanese Cooking Workshop
Thu	26	JCCC Movie Night "Yoko the Cherry Blossom"

### November

Fri	3	Nikkei Veterans Luncheon
Sat	4	JCCC Karaoke Club
Thu	16	JCCC Movie Night
Sat	18	JCCC Karaoke Club
Sun	19	Kumihimo Workshop
Wed	22	Origami Workshop
Mon	27	Japanese Cooking Workshop

## Japanese Canadian Cultural Centre

6 Garamond Court, Toronto, M3C 1Z5

Ph: 416-441-2345 Fax: 416-441-2347

www.jccc.on.ca

# JCCC Upcoming Events

## September Movie Night: MIXED MATCH

An Important Film from Japanese-Canadian Filmmaker Jeff Chiba Stearns



The Aplastic Anemia & Myelodysplasia Association of Canada and the JCCC present a fundraising screening of award-winning Japanese Canadian filmmaker Jeff Chiba Stearns' documentary. His film explores the crisis in identifying bone marrow and cord blood donors to donate to patients of mixed ethnicity suffering from life threatening blood diseases such as leukemia. 30,000 North Americans annually are diagnosed with life threatening blood diseases and for many, a bone marrow transplant is the only chance at survival. Of the seven million registered bone marrow

donors in the US, less than 3% are multiethnic. Finding a multiethnic marrow match in the public registry is akin to finding a needle in a haystack.

Mixed Match tells an important human story from the perspective of youth who are discovering their identities through their deadly illnesses and how their multiethnic backgrounds threaten their chances at survival.

This powerful film raises critical awareness about the need for multiethnic donors worldwide.

Sushi will be on sale prior to the screening.

Date: **Thursday September 28, 2017**

Time: 7:00pm

Tickets: \$10 (JCCC member); \$12 (general)



## JCCC Family & Friends Golf Tournament

The JCCC is hosting the 21st Annual Family & Friends Golf Tournament on **Sunday September 17, 2017** at Rolling Hills Golf Club.

This is a chance for families and friends to share a fun day of golf – all skill levels welcome and there are lots of prizes to be won! After a great day of golfing, there will be presentations and dinner back at the JCCC. We encourage everyone to join with grandparents, aunts, uncles, brothers, sisters, moms and dads, or just a group of friends.

We will continue this year with the shotgun start at 10am, in an all Scramble format with shared carts included in the cost. Thank you all for your feedback as we looked for ways to make it a more enjoyable tournament.

Application forms are available at the JCCC reception area. We also welcome hole sponsors – corporate or family. Some sponsor levels include your green fees and contribute to Heritage programming at the JCCC. Our biggest sponsor, HollisWealth (Marty Kobayashi), is also generously providing refreshments while out on the course!

For more information, please contact the JCCC at 416-441-2345 or contact Sharon Marubashi (Co-chair) at 647-291-4751 or email [marubashi@rogers.com](mailto:marubashi@rogers.com) and Dawna Kobayashi (Co-chair) at [dawna.kobayashi@sympatico.ca](mailto:dawna.kobayashi@sympatico.ca)



## Issei Day – A Tribute to Our Seniors



The Board of Directors of the Japanese Canadian Cultural Centre extends an invitation to Issei Day on **Sunday October 1, 2017** and would like to welcome all who are 70 years of age and older.

This year will be the 55th year of celebrating Issei Day. Last year approximately 350 Issei, Nisei, Sansei and Ijusha gathered in the Kobayashi Hall to celebrate this annual event. We are also happy to have the sponsorship and support of the Momiji Health Care Society for a second year.

The day is full of activities, with entertainment including songs, odori and sing-alongs.

As usual there will be a wonderful and tasty bento served during the intermission.

The program begins at 2:00pm and concludes around 5:00 pm. To ensure that we are able to accommodate everyone with seating and a bento, we require that everyone pre-register at 416-441-2345 by **Friday September 22**. It is wonderful to see so many of our seniors come to this event, but we are close to our maximum capacity. We want to ensure everyone is able to sit, relax and enjoy the afternoon. Don't delay and register today!

We look forward to seeing you.



CELEBRATING  
50 YEARS OF



NEW JAPANESE IMMIGRATION



**Thurs. Oct. 12, 2017 @ 6:30pm**

Cocktails from 6:00pm  
JCCC Kobayashi Hall

**EVERYONE WELCOME!** 😊

**Some presentations in Japanese  
but please join us for the good  
food, fun and friendship!!**

VIP Greetings / Kagami biraki Ceremony  
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Commemorative Book

**Tickets: \$20 incl. tax**  
Must be 18 yrs old and over



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Tickets available at 416.441.2345 or JCCC Reception  
Please buy your tickets before Sept. 30. Spaces are limited!  
See facebook page at :facebook.com/pg/TorontoNJCC/events/



## Arigato Day 2017

The spirit of community and volunteerism is the foundation on which the JCCC is built. Throughout the year many individuals and groups selflessly support the many programs and special events operated by the JCCC. As a small token of our gratitude, the JCCC Board of Directors invites JCCC volunteers to join us at Arigato Day.

On **Sunday October 22, 2017** at 3:00pm, Arigato Day will start with an informal social time with some Bingo games and prizes to be won! Take this opportunity to relax and have some fun with other volunteers. You will have the opportunity to meet the newly elected Board of Directors as they serve everyone a delicious dinner. The event will finish with an award ceremony, recognizing of the 2017 recipients of the Ontario Volunteer Service Awards sponsored by the Government of Ontario, and our own Nisei Veteran Awards.

Invitations will be mailed to those who have volunteered in 2016 and 2017. If you are a recent volunteer who has not filled out a volunteer profile, or if you are concerned you are not on the list, please contact Yukiko Nakata at [volunteer@jccc.on.ca](mailto:volunteer@jccc.on.ca) or 416-441-2345 ext 235.

Registration is required so that we can make sure to accommodate everyone. Please contact JCCC reception at 416-441-2345 to RSVP or use an on-line form from <http://www.jccc.on.ca/en/volunteer/> by **Friday October 13, 2017**.

## 7th Annual Fuyu Matsuri – Winter Festival 2017

Quickly becoming one of the most popular events of the year, Fuyu Matsuri - Winter Festival is coming on **Sunday December 3, 2017!**

Fuyu Matsuri will once again feature many of the great activities such as Christmas ornament making, gingerbread cookie decorating, lots of interactive games, the much anticipated photo with Santa, Christmas shopping in our Marketplace (Shotengai), pampering yourself with relaxing treatments in our Wellness Room (Iyashi no ba), and of course many delicious foods like our Japanese winter favourite, oden! And don't forget the great prizes that await you at the Reindeer Raffle and Silent Auction.

Mark the date in your calendars and keep an eye out for more details to follow in the October and November issues of the JCCC newsletter.

Date: **Sunday December 3, 2017**

Time: 11:00am – 4:00pm

Place: Japanese Canadian Cultural Centre (Main Floor)

We are currently looking for vendors for our Fuyu Matsuri Food Corner, Marketplace, and Wellness Room. Vendor application deadlines are **Thursday October 5, 2017** for the Food Corner and **Thursday October 26, 2017** for the Marketplace and Wellness Room.

Please contact Yukiko Nakata at [yuki@jccc.on.ca](mailto:yuki@jccc.on.ca) for further information.

Volunteers are needed for this event. Volunteer registration begins in mid-October and must be done through the website. All persons interested in volunteering for Fuyu Matsuri must sign up through the JCCC website at <http://www.jccc.on.ca/en/volunteer/> by **Thursday November 16, 2017**.

## Kamp Kodomo 2017

It was another wonderful summer with the Kamp Kodomo. All three weeks of Kamp had groups of children who created new friendships. We were very honoured to have some children (and their parents) who traveled great distances each day to participate in our programs.

Throughout the weeks, all of the children were involved in many different activities that kept them active, energized and engrossed in Japanese culture. This summer featured many of our favourite workshops, like laido, and Ikebana. Unfortunately, our overly rainy weather of late created another missed opportunity for the Toronto Zoo, but the children enjoyed visits to the Ontario Science Centre, the ROM and Ripley's Aquarium.



We were very happy to offer some new programming too. The children enjoyed some Aikido sessions with Sensei Camber. We also saw the linking of two JCCC programs when Kamp Kodomo joined the Seniors Supper Club for lunch. The Seniors Supper Club made

Curry Udon and the Kamp made Strawberry Shortcake Parfaits. The two groups then sat down and enjoyed a meal together. We look forward to trying this exchange again in the future. Finally, the children had the opportunity to create a new display in one of our rotational display cabinets. Please visit the second floor to see a retrospective display of Kamp Kodomo from the beginning to the present. It will be on display until October 2017.

The success of Kamp Kodomo Summer 2017 could not have been possible without the dedication, enthusiasm and patience of the staff and many volunteers who helped at the camp. Without their help, Kamp Kodomo would not have been as much fun, nor would it have run as smoothly as it did! A special thank you to our head teacher Jaclyn, who brought her enthusiasm for games and activities to our program. Another thank you to our volunteers: Ayaka, Erica, Erin, Kouta and Serena. Together you helped to make the camper's experience memorable. As well, many thanks to the dedicated instructors who rearranged their busy schedules or took time off of work to come and teach the campers. Your support of Kamp Kodomo

and the JCCC is an inspiration. Thanks to: JCCC Aikido Club, JCCC laido, Ikenobo Ikebana, Discover Japan, and the JCCC Heritage group including their summer students Milen and Esther.

We hope that everyone will join us for Kamp Kodomo March Break 2018!



## Natsu Matsuri /Obon Festival Weekend: Festival Fun in the Sun!

This year's wet weather had dominated Toronto for weeks and the week leading up to this year's Natsu Matsuri/Obon festival was no different. We were hoping that the weather would pass over before our festival and we were very lucky to have a perfect day for the event. This window of opportunity allowed many families and other visitors to enjoy a wonderful day of traditional Japanese festival activities.

During the afternoon there were games and activities for the children, including fishing and yoyo balloons. There were many food vendors with choices including a somen bar, shave ice, yakitori, takoyaki and ice cream.

The beer garden enjoyed many visitors and we were honoured to feature Kirin Beer. We also saw the return of our signature drink, the "Natsumi." Visitors were also able to sample a variety of Gekkeikan sakes and plum wine.

At 7pm everyone headed outside for the Obon dancing. Many of our guests enjoyed the display of Minyo as well as joining in the audience participation numbers. It was a beautiful sight to see hundreds of Canadian flags during the dances "Wonderful Canada" and "Canada Ondo," as our festival celebrated Canada 150.



Photos courtesy Leon Balaban



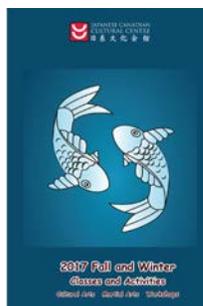
This festival is always a special one because of the tremendous co-operative effort by many community organizations. A very special thanks go out to Select Wines Merchant Corp, Kirin Beer, and Gekkeikan Sake for their sponsorship. Thank you too to Mr. Ishii, our wonderful vendors and entertainers, the Toronto Buddhist Temple, JP Canada, the Consulate General of Japan, all our wonderful volunteers and Constantin (our dedicated A/V technician extraordinaire).

We hope to see everyone next year!

### JCCC Library Schedule

TUE  
10am – 2pm (lending hours)  
WED/SAT  
1pm – 5pm (lending hours)  
THURS/FRI  
10am – 2pm (non-lending hours)  
SUN/MON  
Closed  
Closed on Sep. 1 and 2

### JCCC Fall Classes



Looking to try something new this fall? The JCCC offers a wide range of courses and workshops which are sure to suit your interests. Our fall classes start in mid-September, so be sure to pick up a class brochure, or visit our website at [www.jccc.on.ca](http://www.jccc.on.ca) to learn more. Registration has started. Please contact us in person, or call 416-441-2345 to sign up.

### Haiku Corner

昼寝して手の動きやむ団扇かな  
*Hirune shite te no ugokiyamu uchiwa kana*

太祇  
*Taigi*

A nap in the day-time;  
The hand stops moving  
The fan.



## Heritage Corner

Through the assistance of both Canada Summer Jobs and Young Canada Works, the Moriyama Nikkei Heritage Centre has been fortunate to hire two summer students for each for the past six years. The JCCC is grateful for this assistance as it allows us to continue making Japanese Canadian history available to the general public, through our online database which can be found at [nikkeimuseum.org](http://nikkeimuseum.org). This year's students, Milen and Esther, have brought with them a passion for learning, endless energy, and cheerful dispositions.

"This summer I had the pleasure of being the Archives Assistant in the Moriyama Nikkei Heritage Centre under the Young Canada Works and Canada Summer Jobs programs. As a history student at the University of Toronto, I had applied to many museum and archival related positions this summer in hopes of learning about new avenues of work other than academia. I had never heard of the Japanese Canadian Cultural Centre but after doing some research, I thought it'd be a great learning experience for me. My time here has been beyond amazing, from the insightful volunteers to the incredible archival collections. This experience has both problematized and evolved my understanding of Canadian history and the discipline of history in general. I am grateful for Theresa and Elizabeth, and to all the Heritage volunteers for being so welcoming and teaching me how to maintain cultural communities relevant to our multicultural society. As the year continues, I hope I can bring awareness of the 75th anniversary of Japanese Canadian Internment on my own campus through different projects I work on."

Milen



*Left to Right: Milen, MP Yasmin Ratansi, Esther*

"Fridays were the days I always look forward to, but this past summer I found myself waiting for every Tuesday and Wednesday just to see the volunteer groups come in one by one with their wide smiles and welcoming hellos. The Japanese Canadian Cultural Centre has opened my eyes to new perspectives of the world that not even the education system has been able to do thus far. What I've learned here during my time is nothing that I knew from reading textbooks at school. I had the pleasure of hearing firsthand about the lives that individuals had to endure during their time in internment camps. Not only that, I've had the pleasure of cooking with them as well for the Senior Supper Club. The presence of the volunteers, as well as Elizabeth and Theresa, has been a great added joy in my life, and I know I will still be thinking about them even when I'm off to UBC. Thank you JCCC – thank you for being a part of my journey."

Esther

## Ashes: Recollections Of A Sansei – Part I

By Laura S. Uyenaka

"The assistance of Joy Kogawa in the preparation of this article is acknowledged. The title "Ashes" was Joy's idea. The author assumes responsibility for the content."

Among my memories of growing up in a middle class neighbourhood in Toronto is the mystery surrounding my grandfather, Joichi Uyenaka who died in Grandview Hospital on May 20, 1942 after order-in-council PC 1486 had forced obaasan, his wife Osame and their children into the Hastings Park and Lemon Creek internment camps. Jiichan had been dying of liver cancer for years. The Adventist Association ordered a cremation; however, no burial took place. What became of his ashes? My inquiries have not elicited any response.

I first met Joy Kogawa in 2016 after an operatic performance of Naomi's Road. Joy's daughter and I were classmates at the U. of T. before redress. Joy reconnected us through e-mail and, as we corresponded, I had a flashback to French class when the teaching assistant would call me "Deidre". I guess we all looked the same to him. If not for redress, would we not all still look the same to a hakujiin?

Joy and I got acquainted over dinner a few weeks later. Joy was intrigued by my family history and lamented my grandfather's missing ashes. Obaasan, despite her loss, lived into her 90s. Upon release from Lemon Creek, stoically she raised 6 children alone in Toronto, far from her privileged life in B.C. before the family home, import-export business, car and family heirlooms were confiscated. The Uyenakas had settled on Vancouver Island by 1927, after sailing from Yokohama, Japan on the Empress of Japan



*Joy Kogawa and Laura Uyenaka*

in the illustrious company of the explorer Roald Amundsen. Life around the Woodfibre sawmill and my father's honours standing had been topics of long ago dinner table conversations of my childhood. Had Bachan known, in preparing for Hastings Park, that she would not see her dying husband or her home again, would she have acted differently or packed anything else into that one suitcase? My nisei parents told us little about their lives in or before Lemon Creek. Through my child's eyes, our family photo album started in 1942 whereas my childhood neighbours – Shona & Gary, Carol, Marion, Kevin & Diane, the Ball children – had family photos dating back to infancy and beyond.

On my mother's side, obaasan Seki Nakauchi, widowed in 1950, kept the urn containing her husband's ashes on a makeshift altar in her bedroom. During childhood visits I saw her offer gohan at the altar in keeping with the Buddhist belief in a nirvana where the deceased are transformed into buddhas. By 1976 when she died, the assimilation of the nisei and sansei was complete: the spouses were buried in one plot after the sansei ceased observing the issei's Shinto religion. My Nakauchi grandparents were reunited in death and the cycle of life was complete whereas Obaasan Uyenaka is alone in death, just as she had lived alone for almost 50 years after Lemon Creek, without the closure that jiichan's ashes would have brought.

I showed Joy a photograph of my late mother Yoshiko taken in Cumberland, the mining community where she was born in 1931. Post-war my parents revisited B.C. only after 1970, with two of my brothers and I in tow. Mother still remembered the crisp B.C. apples of her youth with the innocence of the 11 year old she had been before the racism of wartime changed her life and Canadian history irreversibly. She searched in vain for the apple orchards which the locals say grew from cores tossed by emigrant miners from Japan. Thirty years later, mother still recalled the haunts of her youth, but the apple orchards had given way to development. In her selective memory the orchards would bear their fruit eternally. "Yoshiko" who entered Lemon Creek became "Gloria" in the post-war whitewash. My father "Masayuki" became "Roy" in the dispersal period as the nisei were forced to assimilate or face exclusion.

[Part II will follow in the next edition]

## Community News

### Japonica at Momiji

Interested in all things Japanese? Join us at Momiji for a NEW event offering finds from our inventory of donated Japanese 'treasures'. The sale will feature kokeshi, bamboo, lacquer, Ikebana, tableware and a selection of gently or never-used soft goods including kimono, furoshiki and bags. Many of the objects are mid-century and a few are pre-war. Plus Café – Refreshments - Obento, lunch, teas, coffee, home-baked sweets.



Date: **Saturday September 30, 2017**  
 Time: 11:00am to 3:30pm  
 Place: Momiji Centre 3555 Kingston Road, Scarborough  
 Facebook.com/MomijiHealthCareSociety/  
 Email enquiries – japonica@momiji.on.ca

### Lunch'n Learn with the Wynford Seniors Club

While there are an abundance of resources out there for seniors including their families, friends or support network, it can be hard to know what services are right for you or your loved ones especially if there are issues around elder care or wellness. Join us to learn about the resources available to seniors who may feel vulnerable or have safety concerns.



(The event will be held in English with a Japanese interpreter)

Date: **Wednesday October 4, 2017**  
 Time: 11:00am to 1:30pm (lunch included)  
 Place: Japanese Canadian Cultural Centre  
 Topic: Keeping yourself safe as an older person  
 Contact & RSVP: Chie (Community Outreach Coordinator), Japanese Social Services  
 Tel: 416-385-9200 Email : programs@jss.ca  
 Founded by Ontario Seniors' Secretariat



### Seniors' Conference - A Day of Learning

Join us at this conference where experts will share valuable information on a wide range of topics of interest to the wellbeing of the elderly.



11:00am-11:30am Opening (Registration start 10:30am)  
 11:30am-12:30pm Presentation  
 "Keeping safe as an older person"  
 12:30pm-1:15pm Lunch and Entertainment  
 1:30pm-3:30pm Choose the topic(s)  
 (E: English, J: Japanese)



Date: **Saturday October 14, 2017**  
 Place: Momiji Health Care Society  
 Contact & RSVP: Keiko Hoshi (CIW), Momiji Health Care Society Tel: 416-261-6683 ex.249 Email : keiko@momiji.on.ca

Session A 13:30-14:15	How to connect with community resources (J)	Managing life with arthritis and osteoporosis (E)	What you need to know about POA & will (E)	Home exercise(J)	Understanding the risk factor of dementia and maintaining a healthy brain(E&J)
Session B 14:30-15:15	How to connect with community resources (E)	Managing life with arthritis and osteoporosis (J)	What you need to know about POA & will (J)	Home exercise (E)	How to access online information, communication and support. (E&J)

# 日本書道公募展

# 10 Japanese Calligraphy Competition in Canada

Japanese Canadian Cultural Centre  
Award Presentation | **Nov. 5, 2017**  
2:00 PM  
Exhibition | **Nov. 4 - 12, 2017**  
11:00AM - 4:30PM

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Competition organized by  
**SHODO CANADA**

Supported by: The Consulate General of Japan | The Japan Foundation | The Japanese Canadian Cultural Centre



Hiroshi Yamamoto - Ruth Yamada Award, 2016

Annual  
**SUMI-E** (墨繪) *Exhibition*  
 Artists of Canada of

*Oriental Brush Paintings*

Saturday, November 11 & Sunday, November 12  
 12:00 noon - 5:00 PM

**JAPANESE CANADIAN CULTURAL CENTRE**  
**OFFICIAL EXHIBITION OPENING CEREMONY**

Saturday, November 11, 2017 - 1:00 PM

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



## Bayview United Church Food and Craft Bazaar

The Bayview United Church Food and Craft Bazaar will be held on **Saturday October 14, 2017**. The doors will open from 12:00pm to 3:00pm for Udon, Baked Goods, Pickles, Japanese Food, Crafts, and of course, a Silent Auction! We are located at 2609 Bayview Avenue (east side, north of York Mills) in Toronto. Come out and join us for some fun, food and friendship. Please come out to support your community!



## Back2feet Undefeated Atop The JC3-Pitch League

Submitted by Bob Doi

With one game remaining in the regular season, Tod Nagamatsu's Back2feet team remains undefeated on the strength of great hitting and excellent defense. The remaining 5 teams are well balanced, trading wins back and forth with losses as they endeavor to capture one of the three remaining play-off spots. It will come down to the week's final games to determine who will qualify for post-season play. The Nagamatsu clan is well represented at the top of the standings, with brother's Tod and Jon captaining the top two teams and cousin Neil on the 3rd place Cruiseshipcenters team. Games are played Sunday mornings at Risebrough Park and Highgate Park in Markham.

Please check the JC3-Pitch website for details and scheduled games. [www.JC3Pitch.com](http://www.JC3Pitch.com)

Standings as at August 10<sup>th</sup>

Team	Wins	Losses	Sponsor	Captain
Back2feet	7	0	Yim Lok	Tod Nagamatsu
JC3-Pitch Giants	4	3	Anonymous	Jon Nagamatsu
Expedia Cruiseshipcenters	3	4	Tina Takimoto	Rob Takimoto
HollisWealth	3	4	Marty Kobayashi	Derrick Terakita
Wietzes Toyota	2	5	Gary Brownlie	Alan Yu
Hoult-Hellewell Trophies	2	5	Darryl Hayashi	Glen Kawaguchi

## The Nisei Curling Club

The Nisei Curling Club is looking for new members to join us for fun Sunday evenings. We play out of the Unionville Curling Club from 7:00pm to 9:00pm. Everyone is welcome whether you are a beginner or a seasoned curler or wish to be a spare. We will teach newcomers to curl.



COME JOIN US AND  
 BECOME A PART OF THE  
**NISEI CURLING CLUB**  
 Over 50 Years in existence!

The Nisei Curling Club was established in 1963 to provide a social environment for members of the Japanese community in the sport of curling. The Nisei dominated the membership in our early years, however, as the years passed there are now Sansei, Yonsei, new immigrants from Japan, and people from all backgrounds in the Nisei Curling Club.

We stress social curling and friendly competition. It's a fun and enjoyable evening to make new friends and enjoy this Canadian sport. We have a Christmas party and year-end banquet.

The annual dues are approximately \$350 per year payable in 2 installments. Fees are pro-rated based on when you join. Spares are \$5 per night.

Unionville Curling Club, 257 Carlton Road, Unionville, is located at the southwest corner of Carlton Road and Main Street.

For more information please call Scott Clarke, President 416-473-8146; email [niseicurling@gmail.com](mailto:niseicurling@gmail.com) or for information in Japanese please call Yoshie Dutzcak at 416-258-4163 or [chippen@rogers.com](mailto:chippen@rogers.com). Please come join in the fun!



Left to Right: Christina Doi, Paul Takaoka, Justin Ogino, Larry Kimura, Hubert Chen, Brian Aida

# The 13th Annual All Community Games

Submitted by Chris Reid

On June 17, 2017, the 13th Annual All Community Games (formerly the Asian Community games) 10-pin bowling tournament took place at World Bowl in Richmond Hill. Fourteen Japanese Canadians took part this year, proudly representing our community against 66 other bowlers from various multi-cultural communities.

Since 10 pin bowling was added to the Games several years ago, the Japanese community has brought home quite a few medals and the trend continued this year. The team event went first, consisting of 4 games. In the team division, we had a 4th place finish as well as a bronze medal-winning team of Cathy Ishii, Jeff Kadohama, Dana Amemori and Captain Jeff Cockburn.



The afternoon competition was another 4 games for the doubles teams. In doubles, the duo of Garrett Amemori and Daniel Reid brought home the Silver medal, missing gold by only 19 pins.

In the singles competition, bowlers were broken into 3 divisions. In the top division, Jeff Cockburn secured a 4th place finish, Jeff Kadohama brought home a silver medal, and our first gold medalist of the day was Daniel Reid averaging 208 for 8 games.

The day was capped off by having the top four men, women, senior men and senior women bowl head to head to determine the Masters champions. In the first round, Jeff Cockburn defeated Daniel Reid 208 to 184, and Conroy Chan defeated Jeff Kadohama 175 to 172.

Daniel and Jeff Kadohama received bronze medals in the Master Class. On the women's side, Karen Martin lost her first round match to Nalini Nauth, 185 to 175, and Karen took home the Senior Women's Bronze in the Master class. The day concluded with Jeff Cockburn falling 177 to Conroy Chan's 232, resulting in a silver for our last medal of the competition.

If anyone is interested in competing next year, please contact Christine Takasaki (christinet@jccc.on.ca). Full results at <http://www.zonebowlingclub.com/acg-2017>

## Correction:

Due to a formatting error in the August 2017 newsletter, the balance of the donation list should be

### JCCC

Mr. and Mrs. Kohei Okubo	500
50th Anniv. 2 <sup>nd</sup> Japanese Immigration	
Ms. Sumiko Onishi	15
Mrs. Kachiko Ono	30
Mr. Roy Sato	50
Mrs. Mimosa A. Shiga	100
Mrs. Kazuko Suzuki	50
Mr. and Mrs. Fumi Tabata	50
Mr. Regan Takenaka	100
Mr. and Mrs. Tad Tanabe	100
Mrs. Michi Ueda	20
Mrs. Pamela Waintraub	43
Mr. and Mrs. Yoshitaka Watabe	50
Ms. Yasuko Yamaga	16
Mr. and Mrs. Soichiro Yamamoto	1,000
50th Anniv. 2 <sup>nd</sup> Japanese Immigration	
Mrs. Kikue Yamashita	27

Mrs. Miye Matsuoka	20
Mrs. Kay Mitsui	25
Mrs. Mitsy Miura	30
Mrs. Lucy Mori	30
Mr. Mas Mori	25
Mr. and Mrs. Yosh Murai	25
Mrs. Setsuko Sue Nakagawa	25
Mr. Ron & Mrs. Sue Nakamura	25
Miss Susie Nakanishi	20
Mrs. Pollie Nishino	50

Mr. Tad & Mrs. Jenny Oyagi	25
Mr. and Mrs. Yasunari Shinde	30
Mr. Robert Suzuki	50
Mrs. Kikue Yamashita	30
Mr. Stanley & Mrs. Aileen Yokota	40

### In memory of Mary Katsuragi

Mr. and Mrs. Larry Furukawa	30
Mr. Clayton Gyotoku	25
Ms. Sharon Hanns	20
Mrs. Kimiye Hirabayashi	100
Mrs. Yoshi Honkawa	50
Ms. Karen Jensen	25
Mr. and Mrs. Howard Kagawa	25
Ms. Dawna Kobayashi	40
Mr. Jim & Mrs. Kyoko Kobayashi	50
Mrs. Yasuko P. Kusano	25
Mr. Carmen Matsunaga	30
Mr. and Mrs. Masami Matsuyama	20
Mr. and Mrs. Koji Morishita	50
Mrs. Claire Moriyama & Mr. Isamu Koyata	30
Mr. Hiromu Robert Motomura	20
Mrs. Sumiko J. Nakamura	20
Mr. and Mrs. Sam Noda	35
Mrs. Teruko Otani	25

### In memory of Yasuko Helen Shimoda

Mr. and Mrs. Dave Beadle	25
Mr. Herbert & Mrs. Erika Bienert	35
Ms. Debbie Gosney	50
Mr and Mrs Lloyd Hirabayashi	50
Mrs. Sanaye Inouye & Family	25
Ms. Vida Juozaitis	50
Mr. Gary Kawaguchi & Ms. Gayle Taguchi	100
Ms. Dawna Kobayashi	40
Ms. Gail A. Kondo	25
Mrs. Hisako Kondo	25
Mrs. Joyce Moore	750
Mr. and Mrs. Koji Morishita	50
Mr. Frank & Mrs. Betty Moritsugu	100
Mrs. Nancy Moritsugu	750
Mr. and Mrs. Stephen Oikawa	50
Mr. George & Mrs. Joan Reynolds	100
Mr. and Mrs. Frank Seko	40
Ms. Irene Shimoda	750
Mr. and Mrs. Len Shimoda	750
Mrs. June E. Shin	50
Ms. Louise Starkman	18
Mrs. Betty M. Ura	50

# DONATIONS TO THE JCCC

As of Aug 6, 2017

The JCCC gratefully acknowledges the following donations:

## JCCC

Mrs. Gayle Cali	50
Mrs. Midori Chijiwa	11
Mrs. Sanae Fukushima	50
Mr. and Mrs. Ritz Kinoshita	50
Mr. and Mrs. Arthur Kitamura	100
Mr. Christopher Masuda & Ms. Margaret Widgery	50
Mrs. Etsuko Matsuura	100
Mrs. Hodo-Michiko Mizoguchi Shimizu	100
Mr. and Mrs. Frank Nishioka	50
Mr. and Mrs. Ed Patrick	10
Mr. Ross H. Shin	5,000
Dr. Seiko Shirafuji	27
Ms. Grace Takenaka	100
Mr. and Mrs. Shunji Takeuchi	250
Mr. and Mrs. Takehiko Yoshida 50 <sup>th</sup> Anniv. 2 <sup>nd</sup> Japanese Immigration	1,000

## Corporate, Foundations and Government

### Donations and Sponsorships

Association of Japanese Canadian Businesses & Professionals
Estate of Mary T. Mizutani In memory of Mary Mizutani – Obon 2017
Nelson Arthur Hyland Foundation
Shiga Kenjin Kai In memory of Denise Nishimura
<b>Legacy</b> Jan and Bill Hatanaka Family Fund In honour of Takiko and Terumi Hatanaka

## Toronto Japanese Film Festival

Kado Enterprise
Japanese Spirits
Ozawa Canada Inc
Japanese Beer & Sake
Mas Precision Plastics Inc Sponsor
Subaru Canada Inc Sponsor

## Heritage

Anonymous	156
Artsu Matsuri	

## In Memoriam

<b>In memory of Denise Nishimura</b>	
Mrs. Kay Fujiwara	20
Mr. James Heron	20
Ms. Sumi Hinatsu	50
Ms. Tamayo Horiguchi	50
Mr. and Mrs. Katsu Iguchi	40
Mr. Harry Kitamura	40
Mrs. Kimiye Kuramoto	30
Mr. Colin & Mrs. Jeannie Miyazaki	100
Mrs. Sally Miyazaki	500
Mr. Frank & Mrs. Betty Moritsugu	30
Ms. Daisy Nakawatase	100
Mrs. Jan Nobuto	50
Mr. and Mrs. Stephen Oikawa	20
Mrs. Grace Omoto	50
Mr. George Takahashi	25
Mr. Terence Takashima	20

## In memory of Dick Higo

Ms. Denise Guitard	50
Ms. Donna Guitard	50
Ms. Lorraine Morimoto	75
Mr. Gaynor Reader	50

## In memory of Fred Sasaki

Mrs. Dorothy Takata	500
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## In memory of George Kitamura

Mrs. Connie Kitamura	50
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## In memory of Rose Akiyama

Mr. Mas Mori	25
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## In memory of Ruth Abe

Mrs. Doris Fujioka	20
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## In memory of Sayoko Ono

Mr. and Mrs. Jim Sakamoto	100
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## In memory of Shizuo Osawa

Mr. Masuo Yamashita	25
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## In memory of Susie Iwata

Mr. and Mrs. Leslie Iwata	50
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## In memory of Ted Izukawa

Izukawa Family

## In memory of Thomas Arai

Mrs. Betty Lou Arai	2,000
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## In memory of Tony Tatebe

Mr. and Mrs. Arthur Kobayashi	30
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## Toronto Japanese Film Festival

Ms. Grace Takenaka	100
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## Supporting Members

### Partner

Mr. and Mrs. George Iwata	150
Mrs. Toshiko Yamashita	93

## NEW!

Starting in September 2017, the JCCC Tax Receipts will have a new look. The tax receipts and thank you letters will no longer be printed separately. Look for your new income tax receipt/letter on gray stock.

## **Friends of the Moriyama Nikkei Heritage Centre Inscriptions (August 15, 2015 to present)**

You can purchase a Friends of the Moriyama Nikkei Heritage Centre inscription for yourself, a friend or a loved one, for a donation of \$500. Corporate and Group inscriptions are also available at the \$2,000 giving level.

To make your dedication, call the JCCC or visit us online at [www.jccc.on.ca](http://www.jccc.on.ca). Proceeds will support the Moriyama Nikkei Heritage Centre's ongoing operation and programming.

### **Individuals/Couples**

In honour of Kaz and Nao Amemori  
Karen Ruth Chong and Harry Ham Sit Chong  
Susan Lem and Margaret Toy Yuen Wong Chong  
Shirley Mitsuko Edamura – In Loving Memory  
From Henry Lorie Robbie Kristi Dean  
& Families Edamura Kobayashi Sikura Shin  
Kokuryo Shintani Ross Schroeder Colman  
Masaji and Kazue Endo - In Memory  
Shinya and Masumi Godo  
Elaine Ishibashi and Keith Smithers

Sam and Margaret Ito  
Eizo and Fumi Kamitakahara - In Memory  
Koji and Elaine Kozuye Kari  
Mark and Ryan Kari  
Kiyoshi and Eiko Maikawa  
Saburo and Nancy Morita  
Nete Mowry - In Memory  
Fumiye and Masaharu Mukai - In Memory  
Asako and Tsuneharu Nakanishi - In Memory  
In Memory of Rei and Kim Nakashima  
Kimiaki and Rei Nakashima - In Memory

Ron and Judy Nishi  
Dr. Nori Nishio - In Memoriam  
Roy Chukichi and Suzu Oyagi - In Memory  
Nancy Shin - In Memory  
Emiko Sumi  
Victor and Bev Suzuki  
In Memory of Toshiko & Frank Usami  
In Memory of Ethel Midori Wakayama

### **Groups**

Asahi Baseball Ichigun  
Ayame-Kai Odori Group  
Chado Urasenke Tankokai Toronto Association  
DundeeWealth Inc. - Marty Kobayashi  
Endow Dental Arts Studio Inc  
Ghost Town Teachers Historical Society  
学校法人山口学園 global.ecc.ac.jp ECC JAPAN

華やぎエッセイグループ Hanayagi Essay Group  
Ikenobo Ikebana Society of Toronto  
Japanese Cdn Citizens Assoc Toronto Chapter  
JCCC Judo Kai  
JCCC Kendo  
JCCC Kyudo Seikyu Kai  
Nelson Arthur Hyland Foundation  
New Japanese Canadian Association

Ontario Tottori Ken Jin Kai  
Salden Foundation  
SHODO CANADA  
The Frank H. Hori Charitable Foundation  
Toronto Japanese Garden Club  
Toronto Kohaku Utagassen  
Wynford Seniors Club

## 今後の行事予定

9月

- 4 (月) JCCC休館日 - Labour Day
- 6 (水) 「Gateway to Promise」ブックトーク
- 9 (土) JCCCカラオケクラブ
- 9 (土) 「Gateway to Promise」ブックトーク
- 17 (日) JCCC ファミリーゴルフトーナメント
- 17 (日) 組み紐ワークショップ
- 18 (月) 秋季文化クラス開講
- 19 (火) シニアサパークラブ
- 20 (水) 折り紙ワークショップ
- 23 (土) JCCCカラオケクラブ
- 25 (月) 和食ワークショップ
- 28 (木) JCCC映画鑑賞会「Mixed Match」

10月

- 1 (日) 一世の日
- 7 (土) JCCCカラオケクラブ
- 9 (月) JCCC休館日 - Thanksgiving Day
- 12 (木) 新移住者50周年記念パーティー
- 15 (日) 組み紐ワークショップ
- 17 (火) シニアサパークラブ
- 18 (水) 折り紙ワークショップ
- 21 (土) JCCCカラオケクラブ
- 22 (日) ありがとうデー
- 23 (月) 和食ワークショップ
- 26 (木) JCCC映画鑑賞会「陽光桜」

11月

- 3 (金) 日系ベテランランチョン
- 4 (土) JCCCカラオケクラブ
- 16 (木) JCCC映画鑑賞会
- 18 (土) JCCCカラオケクラブ
- 19 (日) 組み紐ワークショップ
- 22 (水) 折り紙ワークショップ
- 27 (月) 和食ワークショップ

## 第7回冬まつり ウィンターフェスティバル 2017

今年でいよいよ第7回目を迎えるJCCC冬季恒例イベント『冬まつり-ウィンターフェスティバル』が**2017年12月3日(日)**に開催されます!

更に充実した『商店街(マーケットプレイス)』と『癒しの場(ウェルネスルーム)』で皆様に楽しんで頂けます。只今、出店大募集中! お申し込みについての詳細は中田由希子宛に yukih@jccc.on.ca までご連絡下さい。

フードベンダーお申込み締め切り日:**2017年10月5日(木)**

商店街と癒しの場のベンダーお申込み締め切り日:**2017年10月26日(木)**

このイベントのボランティア募集は10月中旬から開始致します。お申込みはJCCCウェブサイトのボランティアページから。締め切りは**2017年11月16日(木)**です。初めての方も、常連のボランティアの方もサイン・アップをお願い致します。(http://www.jccc.on.ca/en/volunteer/)

日時: **2017年12月3日(日)** 午前11時 - 午後4時  
(毎年日程変更がある事をお詫び申し上げます。)

場所: 日系文化会館 1階 ※更なる詳細は次号10月号にて。

## JCCC映画鑑賞会 9月の映画: Mixed Match



今月のThe Aplastic Anemia & Myelodysplasia Association of Canada とJCCCによる共同ファンドレイジング上映会では、日系カナダ人のジェフ・千葉・スターン監督によるドキュメンタリー映画「Mixed Match」を上映します。

この作品では、致命的な病気の診断から知る自身のアイデンティティーの発見と、生きる為の道を青年の視点を通して伝えるヒューマンストーリーです。この映画ではMixed Marrowへの協力と患者と彼らを支える人々の実体験をもとに、より多くの多様なドナーの必要性を世界へ訴えています。

日時: **2017年9月28日(木)** 午後7時  
チケット: \$10(JCCC会員); \$12(一般)

## ありがとうデー2017

JCCC理事会役員並びにスタッフ一同より、今年もJCCCでボランティアをして下さっている多くの皆さんに多大なる感謝を申し上げます。この度はJCCC理事より、日頃の感謝を込めて、JCCCでご活躍されている全てのボランティアの皆さまを**2017年10月22日(日)**午後3時より開催されるありがとうデーにご招待致します。

ありがとうデーでは、毎年オンタリオ州により表彰される『オンタリオボランティアサービスアワード』2017年受賞者の授与式が行われます。この賞は5年以上の長期にわたり、様々な分野で活躍して下さっている方々が受賞されます。又、JCCC独自の二世ベテランアワードの授与式も同時に行います。

2016年、2017年にボランティアをして下さいました皆様にはご招待状をお送りいたします。ボランティアプロフィールが未提出の方、又はボランティアプロフィールの提出確認をされたい方は volunteer@jccc.on.ca 又は 416-441-2345 内線235 中田由希子までご連絡下さい。

ありがとうデーにご参加申し込みの方は、受付にお電話、又はJCCCウェブサイトのオン・ライン・フォームよりご参加申し込みを**2017年10月13日(金)**までをお願い致します。

## JCCCファミリーゴルフ

毎年恒例のJCCCファミリーゴルフトーナメントが今年も**2017年9月17日(日)**にRolling Hills Golf Clubで開催されます。ご友人やご家族同士での参加はもちろん、個人参加も大歓迎です。詳細は英語ページP2をご参照ください。申込用紙は会館受付でもご用意しております。

詳細はJCCC受付416-441-2345, Sharon Marubashi 647-291-4751, email marubashi@rogers.com または, Dawna Kobayashi dawna.kobayashi@sympatico.ca までお問い合わせください。

## 一世の日

JCCC恒例の一世の日は**2017年10月1日(日)**午後2時より開催されます。去年に引き続きモミジヘルスケア協会からのスポンサーシップ支援を受け今年も行われる一世の日は今年で55年目を迎えます。毎年70歳以上の日系コミュニティの方たちをお招きし、歌、踊りなどのエンターテイメントをお楽しみ頂いています。参加ご希望の方は、必ず**2017年9月22日(金)**までにJCCC受付416-441-2345にてお名前をご登録ください。

🇨🇦 新移住者 🇯🇵 祝  
50周年記念パーティー



日時

2017年10月12日(木)

START 6:30 pm

カクテルパーティー OPEN 6:00 pm

来賓挨拶、鏡割り、50周年記念誌寄稿文朗読、  
三味線・和太鼓演奏、ラッフル  
(SONY 65"4KスマートTVなど豪華賞品)、  
ディナー

場所

JCCC 小林ホール

チケット

20ドル (税込み)

18歳以上どなたでも参加可能。

Facebookページお問い合わせ: [facebook.com/pg/TorontoNJCC/events/](https://facebook.com/pg/TorontoNJCC/events/)

チケット・お問い合わせ: 416-441-2345

お申し込み締め切り: 2017年9月30日 (当日販売なし) 参加人数に限りあり。お早めにお申し込みください。

1967年10月にカナダ移民法施行規則改正が発効され新たな移民選考基準が導入された新移住者の年から丁度今年が50周年になります。

過去日系カナダ人が戦中戦後全財産を奪われ様々な困難があったのにも関わらず、微塵も卑屈な様子はなくみごとな佇まいで生き、このカナダに日系人が幸せに暮ることができるコミュニティを形成してきました。

私たちは先代の日系カナダ人に感謝しまたそれを後世に伝え、未来の新しい日系移民者に日系カナダ人の歴史を知ってもらい築き上げてきたコミュニティをより深い絆とともに継続、維持していくべきだと考えます。

テーマは縁(えにし)

私たちのこの運命的な繋がりを永続できるよう皆で盛大に祝いましょう!



## ウィンフォードシニアクラブとの勉強会と昼食会



勉強会の内容:「お年寄りの安全を守るためには」身の回りには様々な情報がありますが、心身の健康や日常で問題があったような時には、どこに助けを求めたら良いか困ってしまうものです。このお年寄りの安全面に関して勉強できる会に、一緒に参加してみませんか?  
※英語(日本語の通訳付)で行われます。

日時: 2017年10月4日(水) 午前11:00-午後1:30(無料、昼食付)  
場所: 日系文化会館

お問合せと申込み: Japanese Social Services、ちえまで  
電話: 416-385-9200 Email: programs@jss.ca

Funded by  
 Ontario

## JCCCライブラリー スケジュール

火曜日  
10am - 2pm (貸出し)  
水・土曜日  
1pm - 5pm (貸出し)  
木・金曜日  
10am - 2pm (閲覧のみ)  
日・月曜日 休館日



9月1日・2日は休館  
いたします。

新入荷本(小説・エッセイ・漫画)  
がたくさんあります!

## シニアのための集会: 学びの1日

シニアの方々に興味を持っていただけそうなトピックを準備しました。是非、この機会と一緒に学んでみましょう。(無料、昼食付)

11:00am-11:30am 開会(受付は10:30amより)  
11:30am-12:30pm お話し「お年寄りの安全を守るためには」  
12:30pm-1:15pm 昼食とエンターテイメント  
1:30pm-3:30pm 表より選んでください。  
(英: 英語、日: 日本語)

日時: 2017年10月14日(土)  
場所: モミジヘルスケア協会

問合せと申込み: モミジヘルスケア協会、けいこまで  
電話: 416-261-6683 ex.249 Email: keiko@momiji.on.ca

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1 部会 13:30- 14:15	地域にある情報源とどう結びつか(日)	関節炎と骨粗鬆症との付き合い方(英)	成年後見人との遺言書に関して(英)	家でできる運動(日)	認知症になるリスクと頭の健康維持の勉強会(日&英)
2 部会 14:30- 15:15	地域にある情報源とどう結びつか(英)	関節炎と骨粗鬆症との付き合い方(日)	成年後見人との遺言書に関して(日)	家でできる運動(英)	健康に関するオンライン情報やコミュニケーション(日&英)

## NJCC・新日系コミッティーニュース

### 健やかな老後をめざして その12

水素水にはもっと秘められた力があるかも!

両手で身体を洗っているのに、皮膚の変化に注意してははずなのに盲点がありました(笑)! 耳の奥に異物が成長し、痒くも痛くもなかったのが気づかなかったのです。さすがに耳を手かがみで覗くことはしていませんでした。幅1cm、高さ5mm程度、黒っぽい色、表面のブツブツ感と成長スピードからすると皮膚がんの可能性も。見たくないほどグロテスクな性状でした。



直ぐに皮膚科医を受診。「珍しい部位だ!」と言われ、写真撮影。組織検査の結果、幸いなことにかんではなく「良性角質変性症の一つ」と診断され、まずはほっとしました。「どんどん大きくなって耳から溢れだすと困ります。なるべく早く手術を!」と依頼すると、「耳は皮膚が薄いので手術で除去することはできない。塗り薬などの特効薬もない」との返答。どうしたものかと困っていると「ただ一つ、水素ガスで焼き切る方法がある」と。次回に治療法を決定することにしました。

「水素ガスで焼き切る」という言葉にヒントを得ました! 私は水素水を飲んでます。水素は何にでも働くというのではなく、身体の中の「問題のある(活性酸素が発生)場所に一極集中する」という特徴を持っています。ですから、私のように胃食道逆流症、乾燥&冷気による皮膚炎やドライアイがあれば、水素は日々これらのために働いているわけ(お蔭さまで、どの病気も薬要らずに!)、良性の角質変性症などには行き着かないだろうと思われました。

水素の力を発見した大田成男博士は「例え皮膚をきれいにしたいと水素水を飲み始めても、本人が気づかないもっと大きな健康問題があれば、そこを目がけて行くので、望む結果はすぐには出ない」と。それでは、直接に水素水で洗浄したらどうだろうかと考えました。成長を少しは抑制できるかも、との期待を込めて、朝夕シュッシュと噴霧。か〜る気持ちで始めたのに何と2週間後に全てが取れ、まさかのことに驚愕しました!そこで、色が醜く変わってしまった足の親指を(耳のついでに検査してもらい、特に治療法はないと言われた!)洗面器につけて洗い始めました。そうすると、伸び始めた部分から正常の色へ!4カ月わたる経過写真を医師に提示。彼は不思議そうな顔できれいになった耳と爪を撮影・・・。

水素水を皮膚科領域の研究に、との願いをこめて報告したのです。水素水ビジネスが話題になる中、使用者の声は医師に届きにくい現実があります。今回の結果は「細胞を活性化し、正常の働きへ近づけるといふ水素の性質に起因するのではないかと、私は考えています。1年後の今、耳も爪も正常ですよ。

さらに、50年ほど前にできたイボにも試みましたが、古いものには明らかな変化は認めませんでした。その9(3月)&その10(5月)で報告した食道や皮膚変化も考え合わせると、「増殖中、あるいは炎症中の部位に集中的に働きかける」と判断されます。あくまでも私個人の体験と見解です。

なお「自宅で生成された活性水素がどのくらいの時間あるいは日数、水の中にとどまっているかは製品によって異なる」点に注意しましょう!とどまっていなければ、容器に入れ携帯する、ご飯を炊く、スープを作る等には適しません。

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)

国語教室 生徒さんの作品集

第三十四期卒業生

池田教室

江崎 笑

「国語教室の思い出」

私の一番好きな思い出は、運動会です。私が小さいとき、友達とさんかしたゲームでプライズをもらったことがうれしかったです。ドーナツをいっぱい食べたたり、三人四きやくをしたのがすごくおもしろかったです。次にすぎだった思い出は、ベークセルです。これは、私にとって二番目にお気に入りのイベントでした。好きな食べ物をつくさんかって、それを教室にもって行って友達と話をしながら食べるのがすごく楽しかったです。この2つが毎年とても楽しかったです。



橋本康寿

「国語教室の思い出」

僕が一番印象に残った事は、授業で折り紙をしたとき、その美しさにとりこになり折り紙にはまったことです。どんどんレベルアップして、一枚の紙から多くの人を感動させる作品を作った時は、うれしくてうれしくてみんなの喜ぶ顔やおどろく顔を見て本当に折り紙はすばらしいと実感しました。

ある時ホッケーの試合を見に行った時、前の席に座っていた小さな子供が泣いてお母さんが困っていました。大きなポスターで大きなかいじゅうを折ってあげたら、泣きやみお母さんがとても感謝してくれました。ちょっとしたことでも折り紙で人の役に立つことができうれしくなりました。

二〇一六年には、クラフトのコンテストで折り紙で折った作品がグランプリを受賞することができ、自分もびっくりしました。また、イベント会場からテ

ーブルの上にかざる折り紙の仕事してもらい、多くの人に喜んで楽しんでもらうことができました。

国語教室で得たことはたくさんあり、勉強を続けて本当に良かったと思います。これからも学んだ内容を多くの人に喜びを分けてあげたいです。

松浦眞希

「日本語が話せてよかった」



もも組から十年間、国語教室に通いました。でもお父さんの話では二才の時から運動会に連れて行ってもらったので、十二年になります。

国語教室では、なかよしの友達がいるので楽しいです。とくに休み時間にはスタツフルムに行っていて友達とカレーライスを食べるのが嬉しかったです。

毎年夏には日本に行きます。小学校の時には夏休みに島根県の学校で一年から六年まで体験

入学をしました。小さなクラスなのでみんな友達になり、学校が夏休みになっても友達の家遊びに行ったりしました。

去年の夏は学校に行かなかった。ボランテアをしました。世界一大きな砂時計のあるサンドミュージアムという博物館でした。ボランテアをしているときに、たくさんのお客さんに「がんばってね。」と言われました。それからトロントの人も来ていてびっくりしましたが、とてもいそがしかったです。いい思い出になりました。

日本では、買い物に行くのも楽しいです。去年の夏は二万円使ってしまった。

私は、日本のアニメを見るのも好きです。宮崎はやおのアニメは全部見ました。日本の映画館で「思い出のマーニー」を見たこともあります。

日本語が話せるおかげでたくさん楽しいことがあります。国語教室でお世話になった先生、どうも有難うございました。

## 沖 聡

### 「国語教室の思い出」

ぼくは、国語教室で5さいからベンキョウしています。一ばんたのしかったことはしゅうがくりょこうです。なぜかというと、ぜんぜんベンキョウがなかったからです。ぼくたちは、よ中の一時はんまでおきていました。ホテルのへやであそんだことがおもしろかったです。ウォーターパークが次におもしろかったです。水の中で友だちとバスケをしました。ナイアガラの際では、ボートにのってたくさんぬれてたのしかったです。

### 三上テイラー

### 「国語教室の思い出」

一ばんの思い出は、卒業旅行です。みんなでナイアガラの滝を散歩したり、アーケードであそんだりしました。リップリーズ・ミュージアムでは、みんなでクレイジーなダンスをしました

た。最後に友達と楽しい時間をすごせてよかったです。来年の土よう日は少しさみしいです。

### タブロウロス 力騎

### 「国語教室の思い出」

ぼくは、今年いっぱい泣いたし、いっぱいわらったし、いっぱいむかついたこともありました。けれども一番楽しかったのは、友達といっしょに学校の外で遊ぶ時でした。めちやくちゃ楽しかったです。学芸会もすぐおもしろかった。ドーナツのれつができるげきが一番楽しかったです。アドバンスクラスも行けたら行きたいと思います。



## 福田 健

### 「国語教室の思い出」

さいしょはとても緊張しました。なぜなら友達が居なかったからです。でも二年後いろんな生徒と出会っているんな楽しいことやむちやくちなことをしました。たとえば、学校でおもちゃの車でぶつかり合いをしたり、入ってはいけない所に行ったり、いろんなことをしました。

他の思い出は、よく先生にしかられたことです。なぜならぼくのクラスは、よく教室のものをこわしたり、変なところにものおいたりするからです。これがぼくの国語教室の思い出です。

### レイ リアム

### 「国語教室の思い出」

国語教室はいい日本語学校です。いい人がいるし、いい先生もいます。国語教室でいい友達をつくりました。ぼくは、六才

から国語教室に行っていて、まいしゅう土よう日が楽しいです。先生はとてもやさしいです。漢字をならったりゲームをしたりします。ぼくが一番好きなイベントはベークセールです。たくさんおいしいものを食べれます。まだアドバンスクラスに行くかわからないけど、高校になったら国語教室でボランティアをします。

### 笹原 昇吾

### 「国語教室の思い出」

国語教室で一番思い出に残ったことは、さくらぐみからずっといっしょに日本語のベンキョウをした友だちです。来年から会えなくなるのはとてもさみしいです。でもこれからもれんらくをとってずっと友だちでいたらと思います。国語教室にきて本当によかったです。九年間ありがとうございました。



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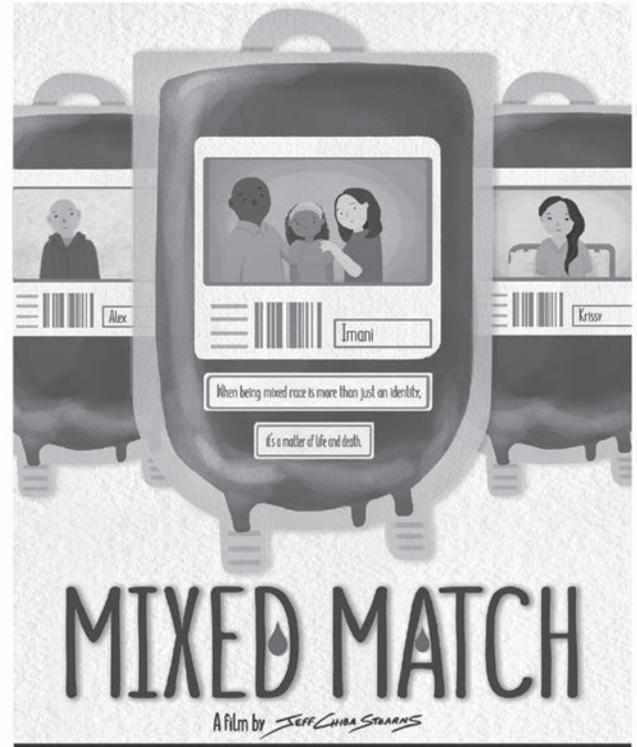


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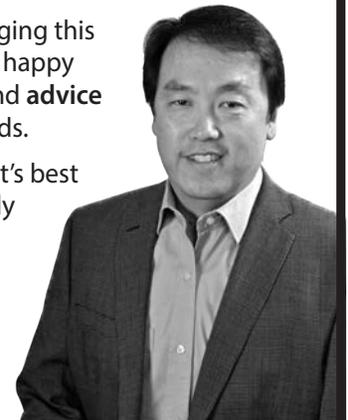
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