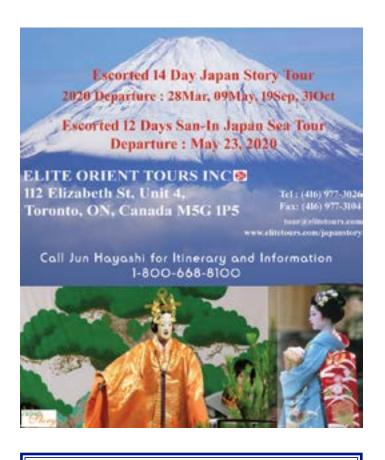


The Toronto Japanese Film Festival 2020 2020 トロント日本映画祭まもなく開催

> Issei Day 一世の日





Brokerage

入れ歯のエンドウ

Keito Endo, B. Sc., DD, RDT

Tel: (416) 536-2209

2340 Dundas St. W.,

(Across Dundas West Subway Station)

Inside The Crossways Mall

(416) 532-1100

# Office Space Available for Lease at JCCC

We have 1 or 2 office space(s) available or possibly coming available for lease at JCCC: 1 for 684 sf.f. and the other 1,911 sf. If interested, please contact our property manager, Nao Seko at:

(416) 444-9900 ext 227 Bus:

Cell: (416) 579-6921

email: nseko@masamigroup.ca



& GIFTS

128 Harbord Street Toronto, Ontario M55 1G8

416-967-9797

www.thingsjapanese.ca



#### Dear Readers.

For the safety of our members, community and friends - and in accordance Ontario public health directives - the JCCC is continues to be closed to the public until further notice.

During this time, the JCCC will be distributing our newsletter online only. Please feel free to share our newsletter as it contains helpful information about the community as well as JCCC offerings during this time of social isolation. Our website, www.jccc.on.ca, as well as our social media pages will have the most up-to-date information.

Please note that this closure does not apply to private businesses operating at our 6 Garamond Court location. Please contact them directly for updates on their status. Those business can be accessed through the JCCC east entrance.

We thank you for your understanding and support, and look forward to welcoming you again in the near future.

Please stay well.

## 2019 - 2020 JCCC Board of Directors

President Gary Kawaguchi Past President/Advisor Marty Kobayashi Jan Nobuto VP, Heritage VP, Management Brian Toda Secretary Sharon Marubashi Finance Chair Jonathan Carter Co - VP. NJCC Miki Rushton Co - VP, NJCC Jiro Fukushima Directors Ann Ashley Karen Gordon Mark Hashimoto Chris Hope Kristin Kobayashi-Reid Keiichi Kubo

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Advisors

# Janice Fukakusa

#### SUBMISSION DEADLINE

Deadline for the next issue is: Tuesday September 15, 2020. 次号の締め切りは2020年9月15日(火)です。

Your news is welcome! Please email to newsletter@jccc.on.ca

Editors: James Heron, Kathy Tazumi, Yoko Tsumagari

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For updates, please connect with us on





# Message from JCCC

I hope this finds everyone safe and healthy. In my last message I mentioned we were targeting the week after Labour Day for reopening. In discussion with the board of directors, the JCCC has decided to delay that just a little bit. With the reopening of schools and questions of a potential second wave we thought it was best to monitor conditions just a little longer before setting a firm reopening date. We apologize for the inconvenience. Your safety is our first concern.

Our online content remains popular and continues to grow. The Best of TJFF film series drew big audiences and the Toronto Japanese Film Festival Online Version starts on October 3 with 22 great films. October again finds the TJFF presenting outdoor screenings - and introducing the JCCC and the Japanese Canadian experience - in Tokyo's spectacular Hibiya Midtown complex near the Imperial Palace. New offerings from the virtual JCCC include koto lessons and online children programs in partnership with instructors in Japan, while further seminars in Japanese beer, shochu, sake and whisky are in the planning stages. With our Sakura Gala pushed into 2021 we are planning an online gala dinner to bring the community together. In Heritage, we are working to ensure that our valuable interviews collected through the JCCC Sedai Oral History and Archival Collection are well preserved for generations to come; as well as making these wonderful stories available online. We have also successfully established partnership with the University of Toronto's Faculty of Information under the Master of Practicum program, which brings talented young minds to JCCC projects through internships. Finally, we are very excited to announce our new exhibition, Maru: Immigration Stories due to launch this November in the Moriyama Nikkei Heritage Centre and virtually on Google Art and Culture that will explore a variety of Nikkei stories across the Americas.

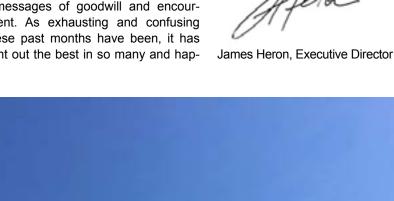
Outdoor martial arts practices commenced in mid-August as we wait for a safe window to move back into the dojos.

redesigned through the endless energy and goodwill of our volunteers. Many of the businesses at 6 Garamond Court like Kaiseki-Yuzen Hashimoto Restaurant, Kiai Acupuncture Clinic and Tokyo Beauty Studio are open and accessible through our east entrance.

Since March, we have received countless messages of goodwill and encouragement. As exhausting and confusing as these past months have been, it has brought out the best in so many and happily confirms just how much the Centre means to so many people.

Our front garden has been beautifully We are getting close. Thank you and see

Thank you and see you soon.





<sup>\*\*</sup>Please note that the reopening applies to our tenants as of July 31 so it is recommended that you touch base with businesses like Hashimoto Restaurant, Kiai Acupuncture Clinic and Tokyo Beauty Studio to confirm their dates. They will be accessible through our east entrance.

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# JCCC News

# JCCC's Rock Garden

- Breathe in Calmness

Take a look at the beautiful rock garden that has taken form thanks to the work of committed volunteers.





# Issei Day 一世の日

Don't forget to order your Issei Day Bento.

As the COVID-19 situation remains delicate, the JCCC will be honouring Issei Day this year through the distribution of a FREE bentos to our seniors, who are 70 years or older, for them to enjoy at home. We will be setting up 5 locations throughout the GTA where you can book a time to pick up your bento. These locations will be:

- JCCC (Don Mills Road and Eglinton Avenue East)
- 2. Momiji Health Care Society (Kingston Road and Markham Road)
- Japanese Gospel Church of Toronto (McNicoll Avenue and Midland Avenue)
- 4. Toronto Buddhist Church (Sheppard Avenue West and Allen Road) and
- 5. Kyoda Plastics (Dixie Road and 401).

Please visit our website at <a href="www.jccc.on.ca">www.jccc.on.ca</a> to find the registration link. Pick a preferred pick up location and time then fill in the form with your information (name, address, birthdate). If a family member or friend is picking up on your behalf, please make a note in the "Pick up instructions" section to let us know or we won't be able to release your bento to them.

Bentos will be distributed on **Sunday**, **September 27**. Our Issei Day complimentary bentos are available to those 70 and over. The number of bento and time slots are limited so please make sure that you register carefully. Don't delay! Supplies are limited! The deadline to register is **Monday**, **September 21**.

If you have any problems with the registration, or you have any questions or concerns, please contact us at jccc@jccc. on.ca or 416-441-2345 ext. 222.





Available for <u>pick up only</u> on September 27, 2020, at 5 locations across the GTA

Registrants must be 70 years or older Registration deadline is Monday September 21, 2020

To register and for more information visit the JCCC website at www.jccc.on.ca



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# THE TORONTO JAPANESE FILM FESTIVAL MOVES ONLINE FOR 2020

Films from the program will also be screened in Tokyo as part of TJFF in Hibiya!



Japanese Canadian Cultural Centre's 9th annual Toronto Japanese Film Festival will be held online from October 3 to 22 featuring 22 films using a state-of-the-art online viewing platform, SHIFT72. Screenings will also take place live in Japan during the same period in Tokyo Hibiya Midtown Centre. The festival has now grown into one of the largest film events of its kind in the world and is recognized by the Japanese film industry as a vital conduit for bringing Japanese film beyond Japan.

The festival's highlight Centerpiece screening is the Canadian Premiere of FUKUSHIMA 50, Setsurō Wakamatsu's harrowing drama of the employees tasked with handling the meltdown of the Fukushima Nuclear Power Plant after the 2011 Tōhoku earthquake and tsunami disaster starring Ken Watanabe and Koichi Sato.

Our festival also presents Canadian premieres of major award winners. Mitsuhito Fujii's THE JOURNALIST which won the Japanese Academy Awards for Best Film, Best Actor (Tori Matsuzaka) and Best Actress (Eun-kyung Shim);

Hirohiko Arai's intense erotic odyssey IT FEELS SO GOOD (Kinema Junpo Awards for Film and Best Actress and Best Film Awards from Eiga Geijutsu Magazine and the Yokohama Film Festival); Nobuhiro Suwa's haunting VOICES IN THE WIND (Special Mention, Berlin International Film Festival) about a young women hitchhiking across from Hiroshima to Tohoku to an actual pilgrimage spot called the "wind phone": a disconnected telephone booth where 3.11 mourners go to speak with people they've lost.

TJFF is programmed to reflect the rich diversity of the world 4th largest film industry. North American and Canadian premieres include Kazuya Shiraishi's latest masterpiece ONE NIGHT, Yukiko Mishima's erotic drama THE SHAPE OF RED, Renpei Tsukamoto's foodie-friendly mother-daughter dramedy BENTO HARRASSMENT; Takumi Saitoh's hallucinogenic COMPLY+-ANCE, Isshin Inudo's reimagining of the Jack Nicholson/ Morgan Freeman buddy comedy THE BUCKET LIST with two if Japan's top female performers Sayuri Yoshinaga and Yuki Amami, and Takahisa Zeze's devastating mystery and exploration of the limits of trust, THE PROMISED LAND based on Shuichi Yoshida's crime stories.

Japan's most beloved comedy film series celebrates its 50th anniversary with its 50th film in Yoji Yamada's TORA-SAN, WISH YOU WERE HERE while Masaharu Fukuyama and Yuriko Ishida burn up the screen in Hiroshi Nishitani's international story of romance and classical music AT THE END OF THE MATINEE. The samurai are also well-represented in lavish period comedies like Isshin Inudo's SAMURAI SHIFTERS, and Yoshihiro Nakamura's 47 RONIN IN DEBT.

Other screenings include Koki Mitani's smash political farce HIT ME ANYONE ONE MORE TIME, Kiyoshi Kurosawa's TO THE ENDS OF THE EARTH, Naofumi Higuchi's THE MASTER OF FUNERALS, Tsutomu Hanabusa's PROJECT DREAM - HOW TO BUILD MAZINGER Z'S HANGAR , Soichiro Komatsu's documentary FUZJKO: THE PIANIST OF SILENCE AND SOLITUDE, Koichiro Miki's THE TRAVELLING CAT CHRONICLES, and anime hits DETECTIVE CONAN: FIST OF THE BLUE SAPPHIRE and s/b SUMIKKO GURASHI: THE MOVIE.

Tickets for all Toronto Japanese Film Festival (TJFF) screenings are priced at CDN\$9.99. Please enjoy the films at home with your family. Some films do address adult themes so please check age recommendations.

Films are presented on a Video-on-Demand basis through our online platform partner SHIFT72. E-Tickets will go on sale on **Wednesday, September 23** starting at 00:00AM (EDT) and continue through to the end of festival on **October 22** at 11:59pm. The process is quite simple; just go to the Toronto Japanese Film Festival website at www.torontojff.com and follow the prompts

Visit the Toronto Japanese Film Festival website at www.torontojff.com For the programs, see here.

# JCCC News



You may have been received JCCC's new monthly e-bulletin KOKUBAN. KOKUBAN means blackboard in Japanese, and the JCCC hopes to dedicate the contents of KOKUBAN to learning about the people of our community, the history of our community, as well as fun facts about our community. As much as the JCCC is a vibrant gathering place filled with activities and events, it is also an engine for research, studies and preservation of the essence of our community. It is the wish of the JCCC that through KOKUBAN, we can continue to share the depth of our work with you all.

And with this, the JCCC is extremely grateful and appreciate of all the comments and feedback we have received. Members of the community have reached out to us in response to the stories in KOKUBAN, and has propelled the deepening of our understanding on many pieces of history of this community.

For your convenience, current and past issues of KOKUBAN will now be available on **our website**.

# JCCC VIRTUAL LIBRARY

Despite temporary closure of the JCCC, the JCCC Library continues to provide on-line book reading/storytelling on the JCCC YouTube channel. New content is uploaded weekly. Please visit the site for new videos.

Please check in regularly on our **online channels** regarding the latest updates on re-opening

of the JCCC and the JCCC Library.

閉じこもり生活でいまこそもっと本が読みたい!というこの時に、ライブラリーが閉館を余儀なくされているのは、仕方がないとはいえ、残念な状況ですね。再オープンができるようになりましたら、JCCCウェブサイトやSNSにてお知らせを流しますので、もうしばらくお待ちください。

よみ聞かせやブックリーディングをJCCC Youtubeチャンネルで配信していますので、 良かったらのぞいてみてください。現在は週 一回のペースです。







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# JCCC News



# **JCCC** Annual General Meeting Notice

The membership of the Japanese Canadian Cultural Centre is hereby given notice of the 2020 Annual General Meeting on **Monday, September 28 2020** at 7:30pm at the JCCC, 6 Garamond Court, Toronto ON M3C 1Z5.

This meeting will be in person with the health directive guidelines being followed

Any member who is unable to be present in person can sign a Proxy Form. Members may only vote in person or by completing the Proxy Form. This form can be filled in and returned online by following this link: https://jccc.on.ca/agm-2020-proxy.

All online forms must be completed by **Sunday, September 27 2020** at 11:59pm.

For any questions, please contact JCCC Board Secretary Sharon Marubashi at **sharon.marubashi@jccc.on.ca**.

# Farewell to the 5 Generations Exhibit





As we are preparing for the opening of a new exhibit in the Moriyama Nikkei Heritage Centre (MNHC), it is a little bittersweet that we must say goodbye to the 5 Generations exhibit that has been on display in the MNHC for the past 6 years.

Originally commissioned in the 1990's of in the 1990's by the Multicultural Historic Society of Ontario, the 5 Generations exhibit opened at the Royal Ontario Museum in 1993. The exhibit told both the general story of Japanese Canadian history as well as some of the specific experiences of Japanese Canadians.

The exhibit was later installed in the Toyota Heritage Hallway at the JCCC in 2003. The exhibit's popularity and tie to the Japanese Canadian community in

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Toronto has made it a perfect introduction to Japanese Canadian history for visitors to the JCCC for many years.

With the inception of the Moriyama Nikkei Heritage Centre in 2013, it was decided that 5 Generations would be an ideal opening exhibit. David Fujiwara returned in his role as architect to redesign what had been the Japan Information Centre of the Consulate General of Japan into the new Moriyama Nikkei Heritage Centre. He also revisited his role as curator to expand the exhibit to include more stories from the ijusha community and to feature some of the artifacts housed within the JCCC's Archive and Collection.

Over the past 6 years, the 5 Generations exhibit has been the backdrop

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for our Archive volunteers, school visits, guest lecturers, book launches and social events.

The 5 Generations exhibit will continue its legacy online on JCCC's website at www.jccc.on.ca. And it is with much excitement that we announce the next permanent exhibit, Maru: Immigration Stories. Maru will carry the stories of the 5 Generations further by capturing not only the Canadian experience, but will tell the stories of Japanese emigrants from their beginnings in Japan, to their travel throughout the Americas. For more information and updates on Maru, please check our website, social media, and newsletter.



# Notice of Annual General Meeting — Monday, September 28 2020

Members of the Japanese Canadian Cultural Centre are requested to attend the Annual General Meeting on Monday September 28 2020 at 7:30 pm at the JCCC, 6 Garamond Court, Toronto, Ontario M3C 1Z5.

## **AGENDA**

1)	Approve Minutes of AGM – September 30 2019	Sharon Marubas
2)	Report from the Treasurer	Jonathan Carter
3)	Appointment of Auditor for the ensuing year	Jonathan Carter
4)	Appreciation to Retiring Board Members	Gary Kawaguchi
5)	Approve Nominations to the Board	Sharon Marubas
6)	Message on COVID and the JCCC	Gary Kawaguchi

Any member who will not be present in person can sign the attached Proxy Form. Members may only vote in person or by completing the Proxy Form. This form can be filled in and returned online by following this link: <a href="https://jccc.on.ca/agm-2020-proxy">https://jccc.on.ca/agm-2020-proxy</a>.

Dated at Toronto, Ontario, this 24th day of August 2020.

By order of the Board of Directors, Sharon Marubashi, Secretary

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		Sharon Marubashi, Secretary		
In accordance with the By-Laws of the JCCC, Proxies may be exercised by any member of the JCCC Board of Directors or any other member of the JCCC in good standing. Any such member may exercise a maximum of 5 proxy votes.				
I/We* hereby appoint as proxy for each of the undersigned to vote for the undersigned on all matters to be put before the Annual General Meeting of the members of the JCCC to be held at 7:30 pm on Monday, September 28 2020 at any and all adjournments thereof.				
Dated this day of, 2020.				
Membership No.	Signature of 1 <sup>st</sup> Member	Signature of 2 <sup>nd</sup> Member		
	Please Print Name	Please Print Name		

6 Garamond Court, Toronto, Ontario M3C 1Z5 Tel 416.441.2345 Fax 416.441.2347 www.jccc.on.ca

<sup>\*</sup> Family membership entitles each of the 2 adults in the same family and residing at the same address to exercise one vote each. You may leave the appointment name blank; your proxies will be exercised by a member of the JCCC Executive Committee or JCCC Board of Directors.

# JCCC Programs



Even as many activities around us are starting to resume, there is still a lot of anxiety about resuming social interactions. With so much to be concerned about, there's no better time to pick up a new skill than from the comforts of your home. Renowned Koto performer and instructor Linda Kakō Caplan is partnering with the JCCC, and kindly offering JCCC members the opportunity to take one-on-one koto lessons at a special discounted rate. Don't miss your chance to learn from a grandmaster. Students of all levels are welcome, from beginner to advanced.

\*NOTE: Students must arrange their own access to a koto and must also have their own set of tsume (picks).



#### **SCHEDULE / FEE**

LESSONS AT YOUR CONVENIENCE:
Private one-hour lessons will be conducted by Skype. Once the JCCC

confirms a student's registration with the teacher, a mutually-workable day and time for lessons will be arranged between the student and the teacher. Course level and content will be determined by each student's level of proficiency. Curriculum may include contemporary, folk, and classical repertoire.

There is no dress code. However, for those who enjoy wearing kimono, feel free to put on your favourite kimono, yukata, or haori for your lessons.

#### FEE

Private lessons are \$50\* each and must be purchased in 4-lesson blocks (\$200). The teacher is offering this special lesson fee through to the end of 2020, available only to those who register directly through the JCCC. \*Regular price is \$90/lesson.

#### **REGISTRATION**

Koto lessons are open to JCCC members. If you don't yet have a membership, please contact us at jccc@jccc.on.ca and we can assist you.

#### **TERMS AND CONDITIONS**

- Fees are non-refundable.
- Each 4-lesson block must be booked and used within 6 weeks from date of first lesson in each block.
- Lessons may be rescheduled with at least two days prior notice, but missed or cancelled lessons by students will be forfeited. Lessons cancelled by teacher will be re-booked.

#### **INSTRUCTOR**

Linda Kakō Caplan holds the rank Tsukasa of Tobiume Daishihan (Grandmaster) from the Ikuta-ryū Chikushikai koto and shamisen school headquartered in Fukuoka, Japan. She has performed in Canada, Japan, and the US for decades. Caplan directed the York University Japanese Music Ensemble from its inception in 2004 until 2014, and also taught the World Music koto and shamisen courses at York from 2006 to 2016. She has been teaching students of all levels across North America in person since 1987 and online since 2000.

**REGISTER NOW** https://jccc.on.ca/online-private-koto-lessons-linda-kako-caplan

# JCCC Programs

# **JCCC Martial Arts Update**

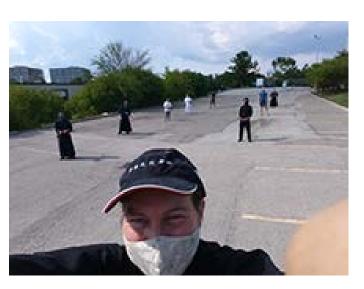


After almost 6 months of suspension due to the COVID-19 restrictions, the JCCC is cautiously beginning our martial arts programs onsite.

The JCCC has been working with the martial arts programs to find ways to keep running programs during the closure. Many programs have been offering zoom classes as a way to keep their participants engaged and fit. As of this newsletter, the JCCC is excited to be offering some programs outside on JCCC property.

Each martial art has taken the time to work with the JCCC administration to form plans for participants safety. The outdoor programs are limited in size and follow new registration processes.

All students whose memberships with the programs were active at the time of closing in March should have received an email outlining the new protocol for martial arts outdoor



classes. Additionally, if their particular martial art is running an outdoor class, they should have received another email inviting their participation in this first phase of reopening.

All classes will require participants to register online ahead of time in order to attend.

The following programs are currently offering outdoor classes:

- Kendo Sunday 10:00 11:30 am
- Naginata Sunday 3:00 5:00 pm
- Karate (Beginner white, yellow and orange belts) Tuesday
   6:30 7:30 pm
- Karate (Advanced blue, green, and brown belts) Thursday
   6:30 7:30 pm
- Kyudo Saturday 9:30 12:30 pm
- laido Saturday 3:30 5:00 pm

\*Aikido will also be starting outdoor classes at the JCCC shortly. Please stay tuned for details.

If you are a current student, you should have received the invitation to attend classes. If you have not, please email us at **onlineclasses@jccc.on.ca** and we contact you as soon as possible.

As we run these programs and evaluate the safety procedures, the JCCC will also be working towards opening classes within the building.

We appreciate everyone's patience and understanding as we work towards a safe return to martial arts programming.

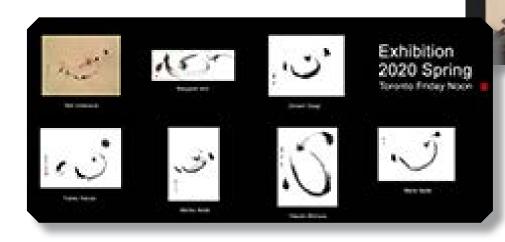
We look forward to seeing you soon!

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# JCCC Programs

Maeda-sensei completes Spring classes online. More information on future Shodo coming soon.

http://www.norikomaeda.com/



# How to renew JCCC membership during the closure

\$33.90

"Friendship Through Culture" is the JCCC's mission. You can renew your membership in any of the following ways: Regardless of whether times are good or tough, our community has persevered with our commitment to build friendships, promote culture and serve our community.

These are unprecedented times and the JCCC Board and Staff are working hard to ensure that the JCCC will always be there for you and the community. But this will take 2. your help.

We hope that you will renew your membership and because of these times, if you are able, we ask that you please consider renewing at one of the Supporting Member 3. levels.

# **Membership Types and Annual Fees\***

Individual (18 or older)

	,	
Regular	Family	\$56.50
	(including children 17 and younger)	
Senior	Individual	\$22.60
(65 or older)	Couple	\$39.55
Supporting Member**	Partner	\$150
	Leader	\$500
	Ambassador	\$1,000

- In support of the JCCC, renew your membership now, understanding that the JCCC facility is closed, but many initiatives are continuing online.
- Pay for your membership renewal now, but have your membership activated beginning when the Centre resumes its operations.
- Renew my membership when the Centre resumes operations.

Payments can be made by cheque to;

Japanese Canadian Cultural Centre 6 Garamond Court Toronto ON M3C 1Z5

or you can call the JCCC at 416-441-2345 ext. 222 to leave a message, and our staff will return your call to process your payment by phone.

\*All prices include tax where applicable.

\*\*For supporting membership, an income tax receipt will be issued for the highest allowable amount within CRA guidelines.

13<sup>th</sup> Japanese Calligraphy Competition in Canada Award Presentation | Nov. 8, 2020 | 2PM The ceremony will be broadcast via Zoom To register email shodocanada@gmail.com **Exhibition** | https://shodocanada.com Competition organized by SHODO CANADA Follow us @ [6] F/shodocanada

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

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For more information and to register, please visit jccc.on.ca or email us at jponline@jccc.on.ca

# A Recipe from our Seniors' Supper Club

# - Mapo Tofu -

This month's recipe is a throwback right to the beginnings of our program. This recipe for Mapo Tofu was brought to us by Jason Kwan, one of our original volunteer chefs. He taught our first group of Seniors' Supper Club participants in 2015.

This recipe is quick to prepare and won't heat up your house in the warmth of the summer weather we are experiencing.

## Ingredients (Serves 2)

210 grams firm tofu

2 tbsp sliced green onions (2 stalks)

1 tbsp shoyu (soy sauce)

1 tbsp oyster sauce

1/2 tsp chili paste (optional)

1/2 tsp cornstarch

2 tbsp water

225 grams lean ground pork

1/4 cup water Hot,

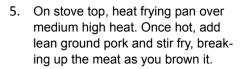
cooked rice

#### **Equipment**

Large non stick frying pan
Cutting board
Sharp vegetable knife
Small mixing bowls
Measuring cups and spoons
Wooden spoons

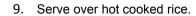
#### Instructions

- 1. Drain water from tofu. Using your sharp vegetable knife, cut the tofu into 1/2 inch cubes. Set aside.
- 2. Trim both ends and any discoloured parts from green onions, then thinly slice. Set aside.
- 3. Measure shoyu, oyster sauce, 1/4 cup of water and optional chili paste into a small bowl. Set aside.
- In a separate bowl, combine cool 2 tbsp water and corn starch to create a slurry. Make sure that all of the cornstarch is combined with the water.



- 6. When meat is browned and no pink remains, add reserved shoyu mixture and stir well coating all of the meat.
- Add the cubed tofu and green onions and stir into the browned meat.
- Reduce heat to medium. Add the cornstarch mixture to thicken the sauce and simmer over medium heat for 5 minutes. Stir the mixture while it thickens to blend with all ingredients.

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- Store any left over Mapo Tofu in the refrigerator. Leftovers should be eaten or discarded within 3 days. Reheat in a frying pan or in the microwave.
- Alternately, leftovers may be frozen for up to 2 months. Allow to defrost over night in the refrigerator, then reheat as above.



# Archiving at Home – Part 5

By Theressa Takasaki,

Heritage Manager
- Archive, Collections and Programming



Picture: Mrs. Nakagawa and Mrs. Fujioka at house in Slocan. 1942

A while back, the JCCC encouraged you to use the time you had while being at home due to the ongoing pandemic to journal your thoughts during this crazy time or to begin recording your family history. One of our regular Archives volunteers, Roy Nakagawa, took this advice to heart and has been recording his family history with his son Ron. We began the Nakagawa's story in the August issue, and will end it in the October issue. This is part two.

#### Community in Hiding (part 2)

As told by Roy Nakagawa and documented by Ron Nakagawa

By July 1942, my family was relocated to Slocan City. Slocan was located on the shores of Slocan Lake at the mouth of Slocan River. It was a beautiful place surrounded by mountains. The town consisted of two city blocks of old buildings and some smaller dwellings scattered in about a 1/2 square mile. The buildings were all occupied so we lived in a log cabin by the river a few hundred yards

away. The cabin had just one bedroom that my sister and my parents occupied. I slept in the main room.

That year, I worked as Dad's helper because there was no school. Dad's job was to install running water in the old buildings in Slocan. Temporary housing had to be set up for the families as they awaited housing as more and more Japanese were interned. Some lived in temporary accommodations in a hockey rink between Slocan and Bay Farm. Other families had to live in tents until the first snowfall.

We were able to move from our cabin into a small empty house next to the grocery store in Slocan. Some people thought it was unfair that we had a whole house. Dad decided to invite a family friend to live with us. Mrs. Fujioka was alone and occupied the bed in the main room. She was quite happy to share our house and meals. Mom was quite sick that year so the arrangement worked out quite well.

Once the buildings in Slocan were done, Dad and I went to install the plumbing in the shacks being built in Lemon Creek. Each shack had three rooms. There was an entrance into the middle room that included a shared kitchen. The two outer rooms were used as bedrooms, one for each family. The bedrooms had space for two double bunk beds. Sinks were provided with septic. Drinking water was piped into stands outside along the road, one for every six to eight houses. These were the same types of shacks that were built just outside of Slocan at Bay Farm and Popoff.

By early 1943, my sister started attending grade five. Pinecrest School was set up in a new building for grades

one to eight. The teachers were Japanese high school graduates who completed training programs organized in the other internment camps. The government did not build a high school. I kept taking correspondence courses and was tutored by some older kids. My job helping Dad was no longer needed after Lemon Creek. My first year in Slocan was otherwise wasted.

By fall 1943, Catholic nuns from Quebec came to start a high school. An existing Catholic Church was converted into a school for grades nine to twelve. When the school opened, I was in grade nine. There were 35 kids in my class. I was able to take grade ten algebra and geometry because of my correspondence courses. It was a pivotal point in my academic career. A year later when I entered grade ten in Regina, I had to retake grade ten algebra and geometry. I felt good when the other kids were amazed at my abilities. That inspired me to go from being an average student to being the top of the class for all my subjects. My parents' dream of me becoming an engineer was suddenly possible. For this, I am forever grateful to the Sisters of Assumption from Quebec.

Life was getting back to normal. Mom, however, missed going to church. She insisted that I get confirmed at a United Church. That Easter, a friend and I walked to the United Church in Lemon Creek. We walked seven miles there and back to attend the Easter service and be confirmed. We walked so far that day, I don't remember what we ate for Easter lunch that year.

Continued in the October issue of the JCCC newsletter.



Picture: High school students in Slocan, 1944

# Sedai Features

Issei Transmigration from Hawaii to Canada



Kay Kazue (Yamamto) Honda. 2010-043. Sedai Oral History Collection.

On April 16, 1907, an anxiety filled telegram reached Tokyo from Vancouver's Consul Kishirō Morikawa fearing that an unprecedented plan to transmigrate 3,000 Japanese labourers from Hawaii to the West Coast of Canada would jeopardize the well-being of existing Japanese community in Canada. His concern was there would not be enough jobs for the incoming immigrants. This fear was not reciprocated by officials in Tokyo and Morikawa was instructed not to intervene with the mass transmigration of Japanese immigrants from Hawaii.

Morikawa's pleas would prove to be legitimate when an anti-Asian riot would ensue on the same year after Morikawa's telegram, which lead to the government of Canada tightening its immigration Act in 1908.

This month's Sedai feature revisits this period of upheaval in the history of Japanese Canadian through Kay Honda's interview. Kay speaks about her family's history, specifically how her grandfather and father migrated from

Japan to Hawaii as contract workers in pineapple plantations. After the death of her grandfather, Kay's father, a teenager at that time alongside thousands of other Japanese laborers in Hawaii would transmigrate to Canada.

The history of Japanese Canadians is intertwined with the rest of the Japanese diaspora across the world as their lives were ruled by changing governmental policies and the issei's common desire to make a better life for themselves and their families. This November, the Moriyama Nikkei Heritage Centre at the JCCC will be launching a new permanent exhibition that tells the stories of Nikkei Communities in the Americas. In anticipation of the exhibition, we will be sharing snippets of stories from these communities on the JCCC Newsletter and e-bulletin KOKUBAN. For more updates on the exhibition, be sure to keep a look out for information on the JCCC website and social media platforms. To watch the interview. click here.



This senbazuru will be a reflection of the community's collective wish for the health and wellbeing of everyone.

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# Pat Adachi's 100th Birthday Like Winning the World Series

by Dale Vaillancourt



Mom/ Grandma Pat Adachi's 100th birthday was August 2020.

As a tribute to her love of baseball, we associate our family's story to winning the World Series. The battle was pitting strengths to see if the entire Team Adachi could celebrate with their matriarch by overcoming the massive power of Team COVID. The secret to our win? Our Mom is a great catcher and without a doubt, our team's Most Valuable Player.

Team Adachi mates: Dennis, the eldest, is married to Mary. They have a daughter and son-in-law Jennifer and Gord. Dale is the eldest daughter; next is Kathy and Shen. Michael is a dear family friend. Five players live out of town or province.

Team COVID: A pervasive roster throughout the city of Toronto and McCowan Retirement Residence where our Mom resides.

Ball seasons run for eight months and Team Adachi originally planned to peak with a birthday event of many family and friends. But COVID-19 forced us into a holding pattern. McCowan quickly safeguarded all residents and allowed no

But our mentally and physically tough catcher kept her skills sharp. With social distancing in mind, Mom played solitary scrabble games, led seniors' exercise classes, and walked alone twice a day. Family members would consistently call and relay how they too were keeping fit.

A strategist and forward thinker, she unobtrusively helped us develop our skills, team play, and how we interact. With COVID still in mind, she asked two of us to assess another living arrangement. The newer location and services might facilitate family visits with the demands of her anticipated later needs. Mom well knows that a smart fielder, for example, runs towards instead of backwards to be correctly positioned for a solid subsequent play. She wanted her team to understand and practice brainball or intelligent tactics.

Similarly, when she used regular mail to exchange health research findings or asked us to use our networks to contact others, we sometimes electronically discussed her request amongst ourselves. We were learning the value of not only a solid foundation but pairing our strengths for future plays. Our discreet back catcher knew that in any game, the strengths and all-out focus of one teammate can make up for another who temporarily slips.

This act of backing up another took place as team COVID constantly forced our hand with their imposed protocols. Late in the season, McCowan allowed no mingling and only two social distance visitors at a time for 20 minutes. Because of slippery COVID unknowns, McCowan was being forced to allow only a limited birthday celebration. Team Adachi was intent on a whole team one.

Along the road to our championship, setbacks happened. Every family member experienced COVID infection, surgery possibilities, or unusually high workplace stress. Fortunately, these challenges were not at the same time, so a healthy player adeptly assumed a new or additional role to compensate for a downed one.

While Dale was ill, Kathy took on the lead to innovate a surprise family gift for Mom called Love Notes for Mom/ Grandma. We each had to create and return an artistic package that reflected our thoughts about Mom and in time for Kathy to complete it. The race was on because team COVID not only reduced inventory, but the postal service was devastatingly slow. Barely recovered, Jenn took the lead to set up practice sessions and host a Zoom meeting that would include the entire family.

Kathy had a sore leg and assumed she would carry her awkward load of parcels to Mom's via the TTC. But Dale and Shen worked out a detailed COVID-proof schedule for Michael, who was happy to drive. When Shen fell ill and Mom's planned day was getting so busy, Den and Mary proposed a Zoom call deferral. Dale took on Shen's responsibilities. And like all great catchers. Mom has a high pain threshold and confidence in her players. She opted to continue on with the existing

plan. Team COVID was leading the series 3 games to 2.

Shen resourcefully suggested she and Dale connect via Michael's phone while he and Kathy sat surgically masked, gloved, and virus-free across a table from our matriarch. Mom opened the Love Notes package Kathy aptly decorated in Blue Jays blue and white. Inside were our family's notes of sentiment, praise, and lovingly displayed through poetry, pictures, and animation. Mom laughed as she donned Kathy's gifted Blue Jays cap and Dale sported a funny mask phone filter. We had hit a home run. Games were tied at three apiece.

It's the final game and the bottom of the 9th. Despite some initial hiccups that we laugh about now, we did it. The entire Adachi team managed to get on Zoom, topped off with Gord sporting a surgical mask with a huge painted smile. It was a wonderfully warm way to interact with Mom after all these long months of practice. She laughed heartily, we sang happy birthday, waved to each other, joked, and relished we had our Mom/ Grandma finally in sight with all.

We knew that behind this World Series win was our catcher's smart subtle leadership. Because of the pandemic, she too endured excessive stresses of her own, maybe even more than the rest of us. Nevertheless, she kept a watchful eve on the whole field and buoyed us when needed. To play at the calibre that Mom needed to make this final game a success and beat Team COVID, we had to indeed grow, bear down, focus, and support one another. We had truly achieved a Championship victory that only could have been influenced by the Most Valuable Player on our team - our exceptional catcher Mom/Grandma, at

Thanks for the win, Mom. We did it!



Photos: Courtesy of Kathy Adachi

The JCCC is extremely grateful for the generosity of all who have made donations during this time. The outpouring of support, commitment and kind words of encouragement we have received is a testament to our motto. Friendship through Culture.

Contributions will go towards the sustainment of the JCCC despite the temporary closure of the building. All donations help ensure that we will have the ability to execute all of our programs and events once the facility reopens. We very much look forward to welcoming you back to the Centre. Thank you.

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In the face of the COVID-19 outbreak, the Japanese Canadian Cultural Centre (JCCC) is facing unprecedented operating challenges and we need your help.

The JCCC Emergency Appeal is our request for your financial support to weather this unprecedented crisis.

We closed the JCCC on March 16 cancelling all progams, classes and events planned to the end of August.

During this closure the JCCC has no new revenue but still has operational costs to bear. Please consider supporting the JCCC Emergency Appeal. We know these are tough times for everyone so we welcome any donation.

http://www.jccc.on.ca/en/donate/emergency appeal.php

Thank you for your support.

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Ms. Satoko Sakai	In appreciation of Taeko's mask	Mr. Michael and Mrs. Naomi Tomczak		
Mr. Yao Ryan Sakauye	Mrs. Ayako Sugino	Mr. Sebastian Toncu and		
In recognition of Darrell Sakauye	Miss Gwen Sugiyama	Ms. Keiko Simose		
Ms. Tanya Sakharov	Mr. George Suyama	Mr. Harry Tonogai		
Mr. Eben Haezer Saputra	Ms. Barbara Suzuki	Mr. Matheus Torres		
Mr. Jon Sasaki	Mr. Robert Suzuki	Mr. Wayne and		
Mr. and Mrs. Shiro Sasaki	Mr. and Mrs. Krisztian Szabo	Mrs. Susan Towle (Hatanaka)		
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Ms. Judy Sheridan	Mr. Bill Takaki	In honour of Mona Forzley		
Jonathan Shida, Family &	Ms. Toshie Takakura	Mr. Paul Uchikata		
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Mrs. Lily Shigetomi	Ms. Ayumi Takarada	Ms. Tomoko Uramaru		
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Mrs. Angela Shintani-Sandrowicz	Mr. Lindsay Takashima	Mr. Alexander Vasolla		
In celebration of Yuriko Shintani.	Mr. Richard & Mrs. Stacey Takashima	M Veerasingam		
Happy 80th Birthday!	Mr. Russell Takashima	Mr. Jason Venditti		
Marni and Martin Shintani	Mr. Terence Takashima	Ms. Erin Vermeulen		
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Mr. and Mrs. David Shipp	Ms. Ai Takayama Cawthra	Mrs. Lori Wakabayashi		
Dr. Seiko Shirafuji	Ms. April Takeda	Mrs. Kathy Wale		
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Ms. Lela Simovic	Ms. Kathryn Tamaki	Mr. Gary Wesseling		
Mr. Mikhail Smirnov	Mr. and Mrs. Bill Tanaka	Ms. Blair Whatmore		
Mr. Dan Smith	Mr. Cornell (Cory) Tanaka	Ms. Crystal Whitney		

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#### **EMERGENCY APPEAL DONATIONS TO THE JCCC**

As of August 24, 2020

The JCCC gratefully acknowledges the following donations:

Mr. Derrick Wiedel Mr. Elvin Wingay Ms. Hiromi Winters

In appreciation of Taeko's mask

Ms. Alanna Wong Ms. Jessica Wong Mr. Jonathan Wong

Mr. and Mrs. Duncan Wood

Dr. Astri Wright

In honour of Melody Cornell

Mr. Jim Wright & Ms. Rika Murota

Mr. Ken Yamaguchi

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Mr. Anthony Yao

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Mr. and Mrs. Takehiko Yoshida

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Mr. Toshi and Mrs. Donna Yoshimatsu

Mr and Mrs Mark Yoshimura

Mr Paul Yu

Mrs. Min Zhou

Mo Zhu

Mr. Aliaksandr Zhukau

Mrs. Lily Zou

#### In Memoriam

In memoryr of a student in Japan

In memory of Anthony "Tony"

Tonegawa

Ms. Gayatri Anand

Mrs. Chris & Mr. Mark Asadoorian

Ms. Bonnie Curran

Dodie Muir

In memory of Alice Sakaguchi

Ms. Chervl Grieve

In memory of Andrew Siu

Mrs. Susan Siu

In memory of Arnold Takamori

Ms. Mayumi Lashbrook

In memory of Ayako Takeda Myers

Mr. Frank Myers

In memory of Banjiro & Tsurue Eto,

Fred & Mary Kato

Mr. Beniamin Eto

In memory of Bert Nasu

Ms. Leslie Brindley

Ms. Alison Nasu

In memory of Betty Kiyoye Sugiman

Ms. Momoye Sugiman

In memory of Bruce Ettinger

Mrs. Diane Carter

In memory of Carol & Miki Doi

Mr. Robert and Mrs. Laura Doi

In memory of Connie Mende

Mrs. Janice Bennink

In memory of Corteo Ms. Maria Jose Garcia

In memory of Dixie & Ina

Mr. Alan Florence

In memory of Faye Harafuji

Mr. Edward Kennedy

In memory of Frank Obara (2015)

Mr. Jonathon Obara

In memory of Fumiko Ito & Tsugio Ito

Ms. Margaret Fulford

In memory of Fusae & Mitsuo Ohashi

Ms. Beverley Ohashi

In memory of George Toshio Sato

Ms. Sharon Eiko Fune

Ms. Jov Sato

Mrs. Sandra Tateishi-Kotack &

Dr. Garry Kotack Mrs. Jane Masukawa

In memory of Geri & Richard Shiozaki

Mr. Jesse Shiozaki

In memory of Harry K. Nishio

Miss Amy Nishio

In memory of Haruko Nakashima

Mr. Glen Nakashima and

Ms. Banasha Shah

Mr. Peter Hov

In memory of Kay Morishita

Ms. Janet Aitken

In memory of Ken and Ruth Tanino

In memory of Kaneko (Connie) Hoy

Ms. Karen Tanino

In memory of Kilo Aida and George

Obokata

Ms. Elizabeth Obokata

In memory of K. Moranaka Mr. and Mrs. Frank Nishioka

In memory of Kimi Fukushima

Nobuko: Gord. Cathy. Jenn: Bob:

Larry, Judy; Ed, Karen

In memory of Kimiye Hayashi

Mrs. Kav Doi

In memory of Kuniko (Kay) Iwasa

Mr. John and Mrs. Kiyo Tohana

In memory of Kunio & Larry Suyama Mr. David Saxby

In memory of Lawrence Heron

Mr. Gary Kawaguchi & Ms. Gayle Taguchi

Mr. Toby and Mrs. Haruko Ishihara

In memory of Margaret Mori and Joyce Nishio

Mr. Greig Nishio & Ms. Carolynne Mori

In memory of Masaaki Dazai

Mrs. Aiko Murphy

Mrs. Mitsuko Dazai In memory of Masami Tsukamoto

Anonymous

In memory of Masayasu Mine

Mrs. Mari Rutka

In memory of Michi Ueda

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I memory of Muneo and Martha Miike

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Ms. Johann Cooper

Mr Ron Davies

Ms. Karen Sasaki

Ms. Joy Reiko Takahashi In memory of Roman T Yap

Anonymous

In memory of Roy and Lillie Yano

Ms. Lillian Michiko Blakey

In memory of Sadao Kitagawa

Mr. Michael Kitagawa

In memory of Saichi Otani

Mr. Karl Otani and Mrs. Sawako Elston

In memory of Shigeo Stanley Kishimoto

Ms. Joyce Hayward

In memory of Shirley Mitsuko Edamura

Mr. Henry Edamura

Mr. George Evans In memory of Sidney Shigeru and

Sachiko Oue

Mr. & Mrs. Theurer Britton

In memory of Shoko Inokuchi

In memory of Sugar Sato Mr. Gord Sato

In memory of T. E Nishioka

Mr. and Mrs. Frank Nishioka

In memory of Tad Miura

Mr. Steve and Mrs. Laura Hirano In memory of Tom Oyagi

Mrs. Doreen Oyagi

#### **EMERGENCY APPEAL DONATIONS TO THE JCCC**

As of August 24, 2020

The JCCC gratefully acknowledges the following donations:

In memory of Tom, May & Bill Oyagi

Mr. and Mrs. George Oyagi

In memory of Tony and Kimi Takenaka

Mr. Regan Takenaka In memory of Tosh and Terry Sakura

Ms. JoAnne Sakura

In memory of Toshio Ryoji

Mr. Hideo Matsumoto In memory of Mr & Mrs Toyoshi

Hiramatsu

Ms. Marion Yanase

In memory of Tsutomu Tanaka Mr. Akira Fukuri

In memory of Yuriko Inouye

The Sanaye Inouye Family In memory of Yoshikatsu Nagami

Mr. Tony & Mrs. Kumiye Gardiner In memory of Zoya (Sophia) Karpa

Miss Su Yen Chong Hiroko Barall Room

Ms. Eiko Giese

Mrs Sonoe Howard

Ms. Yoko Hvde

Mr. Yosh (Yoshitaka) Inouye

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Ms. Fumiko Ouchi Grafen

Ms. Fumiko Shiba Mrs. Kimiko Teh Mrs. Nagiko Watanabe

Dr. Seiko Shirafuji

JCCC Aikikai

Anonymous Mr. & Mrs. Ilia Averbouch

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Mr. Valentin Iliescu

Mr. Adrian Pop Ms. Gurneet Singh

Mr. Aliaksandr Zhukau

JCCC Kyudo Club Seikyu Kai

Mr. Harold David Marsden

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Mr. Michael Suen Ms. Mie Takahashi

Urara Minbu Kai

Mrs. Michiko Abe Kozlowski Mrs. Harue Clipsham

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Ms. Yoshiko Nakao Mr. Eizo Oka Mrs. Noriko Oka

Mrs. Kimiko Teh

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The JCCC gratefully acknowledges the following donations:

<u>JCCC</u>		<u>In Memoriam</u>		<u>Heritage</u>	
Mrs. Betty Aihoshi	50	In memory of Dennis Ohashi		Masayuki Roy Uyenaka and	50
Mr. Omar Aleman Matinez	16	Mr. Jerome Ohashi	100	his daughter Laura	
Mrs. Shirley Doi	50	In memory of Hideko Hedy Arai		In memory of Anthony Tonegawa	
Mr. Richard Iwasa	47	Mrs. Yuriko Takeuchi	50	Mr. Christopher and	100
Ms. Meg Karper	10	In memory of Kay Morishita		Mrs. Kristin Kobayashi-Reid	
In honour of The Otani Family		Mr. Rick and Mrs. Kathy Tazumi	100	In honour of Jonathan Carter &	
Mr. Kim & Mrs. Shirley Shikaze	100	In memory of Kimi Fukushima		Julia Katsivo	
		Mr. Ken Fukushima	600		
<b>Organizations</b>		In memory of Mitsuko Mickey Tar	nouye	Support Member	
St. Andrew's Japanese Anglican		Mrs. Doris Fujioka	20	Partner	
Congregation		In memory of Ritz Kinoshita		Mr. Raymond Leung	150
In memory of Dr V Jeanne Ikeda		Mrs. Fujiye Ono	100		
		In memory of Thomas Arai			

2,000

Mrs. Betty Lou T. Arai

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# Warning from Japanese Social Services:

# A rise in fraudulent and problematic activities on online classified advertising services and online bulletin boards

by Takanori Kuge, M.Ed Counselling Counsellor / Psychotherapist

JSS is a non-profit charitable organization providing counselling and information services mainly for the Japanese community in GTA. Although the issues brought in to JSS are quite diverse, in the last few years we have noticed a troubling rise in dangerous activity stemming from online classified advertising services and online bulletin boards, such as Craigslist, Kijiji, eMaple, JPCanada and etc. In order to raise awareness, we would like to share the following information.

# Most Common Types of fraudulent and problematic activities

#### Employment

- Posts or advertisements for wellpaying jobs for Japanese women, such as SPA staff, massage or esthetician roles (these are often actually prostitution, which is illegal)
- Posts or advertisements of the businesses saying that "No workpermit required" (working without a valid work permit is illegal) \*In some cases, a person with a valid work permit unknowingly works "underthe-table" – Be careful if your hourly wage is lower than Ontario's minimum wages, you get paid only in cash and/ or your employer does not issue a pay stub, T4 or Record of Employment.
- Posts or advertisements of the business to seek a "trading assistant," in which the assistant is asked to open a new bank account and unknowingly gets involved in money laundering.

## - Housing

 Posts or advertisements for rooms for rent, where a "fake landlord (swindler)" says he/she lives outside of Toronto and requires a deposit of the first & last months' rent to be transferred (these are often fraudulent)

- Swindlers (fake landlords) show pictures of an exceptionally clean and nice room to lure the targets and say that there are competitors who want to move in the room to pressure the target
- Posts or advertisements for rooms for rent, where a fake landlord (swindler) takes the targets to a lobby of a real condo or a nice house but says he/ she cannot show the room with some excuses ("due to COVID 19" for instance) and requires a deposit of the first & last months' rent to be paid (these are most likely fraudulent)
- Posts or advertisements for rooms for rent, where a fake landlord who really is a tenant sublets the rooms of the house solely to Japanese youths and takes advantage of them in many ways: arbitrarily increases the rent, arbitrarily kicks out the tenants, refuses to refund the security deposit and arbitrarily harasses the tenants

#### - Other

 Posts or advertisements to sell expensive winter jackets (e.g., Canada Goose) and/or suits (e.g., Armani) – in many cases these are fraudulent

# Common Types of Situations Faced by Japanese People Living in Toronto

- Sexual Harassment (unwanted touching, unwanted advances of a sexual nature, etc.)
- Workplace Issues (underpayment, illegal employment practices, withholding of tips, etc.)
- Sexual Assault (including sexual acts on a person too intoxicated to consent)
- Revenge Pornography
- Domestic Violence
- Housing-Related Issues (unsafe conditions, withholding deposits, etc.)

- Fraud (Canada Revenue Agency Scams, identity theft, etc.)
- Theft
- Privacy-Related Issues
- Mental Health Issues



## Where to go for Help

#### Contacting the administrators/management of the services:

If you find fraudulent and dangerous postings/advertisements on or originating from online classified advertising services and online bulletin boards such as Craigslist, Kijiji, eMaple, JPCanada and etc, please contact the administrator of the services. You could find information to contact them on their websites.

# 2. Contacting the Police or the Governmental Agencies

– Possible Criminal Actions If you have been a victim of any of the possible criminal actions, please consult with the police. In case of emergency, you should call 911. Non-emergency line of Toronto Police is 416-808-2222. If needed, ask for a Japanese interpreter (Interpreters could be provided by the police free of charge). You could call

Issues related to Employment
 Employment Standards Information
 Centre (under Ministry of Labour of Ontario)

GTA: 416-326-7160 Canada-wide: 1-800-531-5551 TTY: 1-866-567-8893

Issues related to Housing
 Tenant Hotline: 416-921-9494

If you would like any information on the above, please contact Japanese Social Services. Our counselors are here to help.

# ジャパニーズ・ソーシャル・サービス(JSS)より

# オンライン掲示板や個人広告サイトの利用に関する注意喚起

by 公家孝典 カウンセラー/サイコセラピスト

JSSはカウンセリング・情報提供サービスを行っている非営利の相談機関(詳しくはhttps://jss.ca/をご参照ください)で、日々たくさんの相談が寄せられます。

今日の私たちの生活はインターネット抜きでは成り立たないと言っても過言ではないほど、インターネットに依存したものになってきています。これにともない、ここ数年オンライン掲示板、個人広告サイト(Kijiji、CraigslistやeMaple、JPCanadaなどの日系の電子掲示板)および種々のSNSなどインターネットを利用した様々な手口の悪質な行為により被害を受けた方たちからの相談が増えています。この度は、この場をお借りして、皆様に注意喚起をさせていただきます。以下の注意事項を読んでいただくことで、皆様が危険やトラブルに巻き込まれる可能性を少しでも減らすことができれば何よりです。

#### <よく見られる悪質な広告の例>

- スパ、マッサージ、エステなどの店員募集の求人広告で非常に高額な給料をうたっているもの (これらのほとんどは性風俗・売春のビジネスでカナダでは違法です。)
- ・ 求人広告で連絡してみると、「ワークパートミットなしでも働ける」というものや、明らかにオンタリオ州の最低賃金を下回るもの(ワークパーミットなしでの就労は違法です。)\*「給料は現金のみでしか払えない」、「給与明細(Pay Stub)は発行しない」、「タックスリターン用のT4やRecord of Employment (ROE) は発行できない」というビジネスは要注意
- ・ コンドや一軒家の部屋貸しの広告で、連絡してみると大家が現在は州外や海外に住んでいるため最初と最後の月の分の家賃、セキュリティーデポジットの振り込み、電子送金を求めるもの。(送金すると、さらなる送金を求める連絡が来て、その後連絡が取れなくなります一完全に詐欺です。)
- ・ コンドや一軒家の部屋貸しの広告で、連絡するとその部屋の"大家の振りをした人物"が、ネット上の写真しか見られない段階で、最初と最後の月のレントなどの

デポジットを要求してくるもの(最近はコロナを理由に「写真しか見せられない」という手口も確認されている)。また、別の手口では、物件の入り口等(コンドのロビーとか)まで連れていき、「現在の住人と連絡が取れないから中は見せられない」などと言って、実際に部屋を見せないが、手付金を要求してくるもの。どちらの手口も、高級コンドに連れて行ったり、きれいな部屋の写真を見せたりして、他にも希望者がいることをにおわせてプレッシャーをかけ、急いで手付金を払わせようとする手口が多い。)

- 自分が借りている一軒家の部屋を日本 人限定で貸し出し、嫌がらせをしたり、急 に追い出す、セキュリティデポジットを返 さない、などの行為をはたらいている人 物がいる
- カナダグースのウィンタージャケットやアルマーニのスーツなどを格安で買えるという詐欺の広告
- ビジネスの手伝いという名目の求人広告で、銀行口座を開設させマネーロンダリングの手伝いをさせる詐欺

#### <JSSに多く寄せられる相談>

トロントで暮らす日本人が直面しやすい問題

- セクシャルハラスメント(by 大家、雇用 主、同僚、クラスメートなど)
- 性的暴行(酩酊状態での同意のない性 的行為も含む)
- リベンジポルノ
- ドメスティックバイオレンス
- 雇用問題(最低賃金以下での労働、賃金 未払い、無休トレーニング、サービス残業 など)
- 賃貸に関する問題(詐欺、不当なセキュリティーデポジットの要求、セキュリティーデポジットの無返却、違法な生活環境ー例:室温が21度以下など)
- 詐欺(賃貸、物の売買、CRA(Canada Revenue Agency)を装った振り込め詐 欺など)
- 盗難
- メンタルヘルスに関する相談

#### <問題に巻き込まれたら/被害にあったら>

- ・ オンライン掲示板、個人広告サイト (Kijiji、CraigslistやeMaple、JPCanada などの日系の電子掲示板) および種々の SNSなどインターネットを通じて詐欺や 違法な活動の被害にあった場合で、その 加害者が継続的に投稿している場合に は、さらなる被害者が出る確率を減らす ために、各サービスの管理者に連絡して どのような被害にあったのかを説明し広 告の削除依頼を出しましょう。
- 明らかな犯罪行為の被害にあった場合には、直ちに警察に相談しましょう。ケースによっては、日本語の話せる通訳サービスをつけてもらえるはずです。緊急の場合=911/緊急でない場合=416-808-2222

#### 雇用に関する問題の相談機関:

Employment Standards Information Centre (under Ministry of Labour of Ontario)

- -GTA: 416-326-7160
- -Canada-wide: 1-800-531-5551
- -TTY: 1-866-567-8893

#### 賃貸に関する問題の相談機関:

テナント・ホットライン: 416-921-9494

警察に相談するべき問題かどうかわからない場合や、どこに相談すればいい問題なのかわからないような場合にはJSS (416-385-9200)までお電話ください。

★ 警察や担当の公的機関に相談してもすべての問題が解決できるわけではないので、 まずは被害にあわないように気を付けることが大切です。皆様のトロントでの生活が楽しく、快適なものになることを願っております。



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# JCCC Volunteer News

# Implementation of the new JCCC Volunteer Database System ボランティアデータベースソフトウェア導入

By Volunteer Committee

With safety as a primary concern for all our members and visitors, the JCCC has no choice but to suspend most of our volunteer activities for this year. Nonetheless, the volunteer committee remains hard at work in implementing a new system so that when the JCCC is ready to host events and welcome volunteers once again, we will be able to do it in a manner that is safe and efficient. VolunteerHub is a new database that will allow volunteers to find opportunities, register and manage their profiles electronically, making the volunteer experience at the JCCC safer and more efficient. Information on the progress of this system will be updated in future newsletters. We look forward to your support as we move to improve the JCCC volunteer database system.

『ニューノーマル』に直面している今、JCCC はコミュニティの皆様の安全第一を考慮し、年内はJCCC恒例イベントを中止いたします。残念ながら、JCCCで行うことはできませんが、オンラインなど別の形で開催できないか検討しております。

このような状況の中ではありますが、ボランティアコミティでは、『VolunteerHub』というボランティア管理システムの導入を進めてまいりました。データを管理しやすくするためのソフトウェアの構成、オンライン申込フォームの設定、現在に至るまでのデータ取り込み作業など、大掛かりなプロジェクトではありますが、これらの作業が完了すれば、ボランティア募集要項の共有、事前登録、イベント当日のサイン・インとアウト、全てのデータ集計と管理をより効率的で安全に行う事ができます。



また、クラウドベースのシステム管理により、JCCCウェブサイトから直接『VolunteerHub』にアクセスできるようになります。これにより、各イベントで毎回決まったエリアを担当してくださるクラブやグループの代表の方は、直接自分達のグループのボランティア管理を行う事が可能になります。

この『VolunteerHub』をスムーズに活用していけるように、引き続き尽力致します。しばらくの間は新しいシステムに馴染んで頂く為に、何かとご不便をおかけする事もございますが、ご理解とご協力のほどどうぞよろしくお願い致します。ニュースレターで、引き続き進行状況をお知らせしてまいります。

# Volunteer Spotlight Meet Debbie K.



by courtesy of Mika Fukuma

Debbie is a volunteer who works "behind the scenes" most of the time. But she plays an important role and is at most major events. Both she and her family have a long history here at the JCCC.

In this space, we will be shining a "spotlight" on one of our many dedicated JCCC volunteers.

How long have you been a volunteer here at the JCCC?

If performing odori at the JCCC during the 1960's Tanabata Festival and the 1970's-1980's Metro Caravan counts, then sometime in the late 1960's would probably be the start of 'fun' JCCC volunteer activities and involvement.

How did you get involved with volunteering at the JCCC? The 'working' volunteer phase started in 1987 when Naotoshi Seko recruited for teams of Cash/money counting people for JCCC events, especially during the JCCC's Tokyo Pavillion entry at Metro Caravan time. Even though my father Kunio Suyama was then JCCC Executive Director, it was Nao Seko who brought me in. To this day I always look forward to JCCC events where accounting for the cash received is a part of the day.

#### What type of volunteer work have you done?

Although I have been helping mainly with the cash counting at various JCCC events, there are times where I'd be helping with food preparation and other tasks as requested.



# **Ready To Serve**

At Kaiseki Yu-zen Hashimoto, we care for our customers heath and safety by providing Japanese hospitality, *Omotenashi* and ensure that by creating a social and physically distanced dining experience that is curated to each guest.

We look forward to serving you again in person as it's time to dine again and experience A Moment Together, *Ichigo-Ichie*.



# **Social Distance Care Box**

Traditional Japanese Meal At The Comfort Of Your Home Focusing On The Beautiful Culinary Techniques Of Kaiseki Cuisine

Summer Is Calling Care Box \$150.00



A5 Miyazaki Wagyu Care Box \$150.00



Dinner Course Case Box \$300.00





Please visit www.kaiseki.ca for more details or email us at rsvp@kaiseki.ca



# Back to School Cute, Unique and Stunning Stationery!

by Wendy Shi, Sweven Media

Have you started shopping for school yet? It may be challenging when it comes to picking school supplies as the school start date is getting closer, but don't worry, this year I made myself a shopping list so that I will have all I need for the new semester!



The first thing is to prepare different colour pens and highlighters. These are important to make my study more efficient and organized when I take notes.



One of my favourite pencils is this nostalgic multipoint push up pencil, when one lead becomes dull, all I need to do is to pull it out and push it into the other end of the pencil to reveal the next pre-sharpened tip. Super easy to use!



I also like to prepare some wooden pencils for my art class as it gives me a different writing experience than the mechanical pencils. But the wooden pencil leads are easily cracked in my pencil case without caps. Putting on caps for them will help to protect the leads.



Sticky notes are always convenient for labeling and organizing for different subjects. And there are always cute ones I can find. I will never say no to them.



I will also put a pair of small scissors in my pencil pouch just in case I need it. It is important that they have covers on the tip of the scissors so I don't hurt myself.



Back to School Shopping List Cute stationeries always allow me to use in creative ways. I use paper clips to organize my school work papers, my receipts, and I often use them as my bookmarks!



For a stationery addict like me, how can I forget the most important stationery – Washi Tapes! Sometimes it's hard to keep them together, now with this case, I can organize them better!



If you want to make things even easier, you can find different Back to School Sets on Oomomo's E-shop. The only thing you need to do is to pick the right set that best fits your needs.

Please visit **Oomomo E-shop** https://eshop.oomomostore.com/

Oomomo First Markham Place: 3265 Highway 7 EastMarkham

Oomomo North York: 896 Don Mills Road, North York



# SHOULD YOU SELL YOUR HOME DURING COVID-19?

Up until March, the first question people usually asked was "how's the market?". But like everything else pre-pandemic, this has changed too. What was setting up to be a record-breaking spring, almost completely shut-down for a couple of months. It wasn't until we were heading into June that pent-up demand sent sales soaring, making this summer the busiest on record.

This doesn't mean you should rush to jump into the market if you're thinking of selling. Before making this move, you need to ask a lot of questions and seriously weigh both pros and cons.

## THE PROS

- Buyer confidence continues to recover after hitting a low in April.
- Borrowing costs remain at historic lows, further fuelling pent-up demand.
- The recently announced ease in the stress test means qualifications for a mortgage could improve slightly, giving buyers even more incentive.
- Inventory shortage notably for detached houses and high-demand neighbourhoods – have been driving prices up to a premium, even resulting in some bidding wars.
- Detached sales are performing best in the 905, signalling a shift to suburban locations now that working remotely has become the new norm for many.
- A move-in ready home is not as important as before, in order to attract buyers.

#### THE CONS

- The pandemic has disproportionately impacted the self-employed and younger workers in less secure positions. This, along with the drop in immigration, may eventually slow the fundamental engine for creating housing demand.
- As government support programs change or end, their impact on the broader recovery of the economy could negatively affect the housing market.
- For condo units in the downtown core, there's now more supply than demand as investors are opting out and buyers are looking elsewhere for more space.
- Prospective buyers worried about the unknown outcome of the health crisis and its impact on the economy, may continue to keep their buying intentions on hold.

# So... should you sell your home during COVID-19?

Overall, I would say yes – with precautions. Be sure you work with a realtor who understands the uniqueness of this market and will take the time to explain how it affects your specific selling goals. Your realtor should also have a strategy for pricing, for next steps, and for 'what-ifs' in different selling situations. You also want to be sure that you are kept well-informed throughout the entire process.

And above all else, you need to have total trust that your realtor will always be negotiating for the best possible outcome – for you!

gary



Sep 2020 Vol. 46 Issue 9 30 647.987.8872

# Bento magic!

How we make people smile.

by Mariko Ishii, Toriichi Catering

Bento is a special kind of Japanese meal in a box that is not only tasty but also very healthy with balance of the ingredients and eye-catching colours or design.

## Main and side dishes together

Most of the bento has rice dishes as the main. Simply, fill half of the bento box with plain rice, onigiri (rice ball), or seasoned rice such as fried rice, omurice (fried rice covered in omelette), or takikomi gohan (seasoned with dashi and soy sauce along with mushroom, vegetables, and meat or fish). Side dishes usually contain fish or meat and some vegetables. Popular items inside the bento box include; grilled fish, tamagoyaki (Japanese omelette), meatballs, hambagu (Japanese hamburg steak), karaage (Japanese fried chicken), katsu



(fried pork), sausages, potato or pasta salad, broccoli, cherry tomato, etc.

## Memories of Bento

As I grew up in Japan, I did not need to bring a bento to school until I became a high school student because I had kyushoku in my classroom. (Kyushoku is a lunch provided by Japanese elementary and middle schools. The kyushoku system was initially implemented to improve children's nutritional health in the post-war period.) However, in special occasions like field trips and undokai (annual sports day), my mother made a bento for me. When I was in middle school, my mother made bento for me every weekend because I had basketball practices or games all day every weekend. My bento at that time was 2 onigiri and a large bento box (no rice inside). I had my bento little by little between practices or games and I did not need any other snacks. Bento is well balanced and keeps teenage athlete running all day long.



## New wave - Kyaraben

Nowadays, you can see Japanese kawaii culture in bento too. Kyaraben (character bento) is a character-shaped/ designed bento that is popular for small children.







#### About Toriichi:

Toriichi Catering makes authentic Japanese bentos for everyone to enjoy the real Japanese taste! We take bento orders once every two weeks. Our goal is to make people happy and smile with our bento.

We have 4 kinds of bento boxes; Large Bento, Small Bento, Sushi Chicken, Sushi Rolls. Items inside the bento boxes changes every time.

Please contact us at info.toriichi@gmail.com for details.



# PLAY SPORTS TO GET KIDS ACTIVE in Japanese

by Head Coach Makoto Unagami

Hello JCCC Family,

Thinking of how to get your kids to be active? We, J Athletics Canada, have an answer.

We have been running Japanese sports programs within the GTA Japanese community since 2018. We focus on developing life skills for the kids through sports. Our head coach, Makoto Unagami, has over 15 years of coaching experience in Toronto. Although we love soccer, we offer a variety of family sport events as well. (Open to all born in 2008-2016; must be 4 years and older)

If interested, please contact us at the following:

Email:info@j-athletics.com, Website: https://www.j-athletics.com/ Check our Instagram @j\_athlet1cs

\*Open to all born in 2008-2017; must be 4 years and older

#### JCCCの皆材

『スポーツは武器になる』を合言葉に日系コミュニティーでスポーツを日本語で教える活動を行っておりますJAC(ジェイアスレチックスカナダ)です。

キッズを持つご家族のみなさまいかがお過ごしでしょうか?新型コロナウイルスの心配は尽きませんが、スポーツイヤーであった2020年、オリンピック・パラリンピック開催が中止となり、ここカナダでもキッズたちが思い切って遊ぶ場所が制限されております。どうか多くのキッズがスポーツや遊びがないことが普通になってほしくないと心から感じております。

JACでは、キッズがスポーツを通して活気のあるトロントを多くので家族と作っていきたいと考えております。スポーツが持つ熱量はきっとキッズにも届いてくれると信じています。

さてJACでは、以下の日程で新シーズンのプログラム参加のスポーツキッズを募集をしております。性別、経験に関係なく、初めての一歩をJACは全力で応援します。沢山のキッズが来てくれることを心より感謝しております。

<サッカースクール・日本語運動教室 in NorthYork 毎週土曜> @McKee Public School (35 Church Ave, Northyork) 4歳から13歳までのキッズがたくさん参加しています。 9月5日-10月3日(全5回) お申し込みは<u>こちら</u>から 活動の様子は**こちら** 



# NISEI CURLING CLUB

As we enter this fall season, Nisei Curling Club will once again be looking for new members to join in a recreational sport activity which will help to shorten the dreary winter months to come. It's a great opportunity to learn the sport of curling in a friendly social environment. For Canadian golfing enthusiasts, it's a great complementary sport to hone that eye-hand co-ordination and balance essential to good golf.

Curling, which has been adopted by Canada as its "other Winter Sport", has been growing internationally, especially in the orient as Chinese, Japanese and Korean teams have started to establish themselves in international competition. This growing popularity is further evidenced by the increasing success of the Professional Curling Tour. Sadly, we're not at that level.

Due to COVID-19, all details for Nisei Curling's upcoming season have yet to be finalized but, Nisei Curling will be held on Sunday evenings at the Unionville Curling Club between 7 – 9 pm. More details will follow as soon as COVID protocols for curling at Unionville CC are finalized (still in the works). The actual starting date will be shortly after Thanksgiving.

If you'd like more information, please contact Nao Seko at: Cell 416-579-6921 / Email to nseko@masamigroup.ca We look forward to hearing from you.



## FREE PEA GRAVEL AT JCCC

We have approximately 3 – 4 cubic yards of pea gravel available for free at JCCC on a first-come, first-served basis.

The pea gravel is mixed with a little soil but can be easily separated with a hose. If interested, please bring along your own container.

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# 秋に向けての スキンケア

by Keiko Itoh, Tokyo Beauty Studio Inc

この夏沢山の日差しを浴び、心も身体もエネ ルギーチャージ&リフレッシュされた方もいら っしゃるとおもいます。紫外線を受けて痛ん だお肌の夏の疲れを引きずらないよう秋に 向けてお肌の大掃除をしましょう。

#### 黒ずみの原因

秋のお肌は古い角質を溜め込みやすくな っています。通常はお肌のターンオーバーに より古くなった角質が日々剥がれ落ちていき ますが、剥がれた古い角質と皮脂が混ざって 毛穴に詰まったものが「角栓」と言います。そ の角栓を放置すると酸化して黒ずみます。

お顔のTゾーンは(おでこと鼻)は、皮脂の分 泌も盛んで他の部位に比べると毛穴も深い ので、この部分に集中して黒ずみが目立ちや すくなります。

黒ずみの中には紫外線ダメージによるメ ラニンや、角栓を無理に絞り出そうとして炎 症を起こした色素沈着などにより毛穴が黒く 見える場合もあります。

# ディープクレンジングとは

今回ご紹介するデイープクレンジング'は 毛穴の中の角栓が酸化して黒くなったケース に対応しています。

この時期は週に一度のお肌の大掃除をし ましょう。洗顔方法を少し変えて、お鼻に詰 まっている角栓と黒ずみ、そしてお顔全体の シミの元になるメラニンの停滞を防ぐために も、古くなった角質も除去していきましょう。

お顔全体の角質の除去には、ピーリングマ スク(クレイマスク) など効果的でもあります が、お鼻の周りに集中する場合まずは擦らず 保湿を先に行ってください。

お肌に水分保持力が足りないと、皮脂が多 く分泌してしまう事があるので、油分の少な い保湿成分が多くはいいっている化粧水乳 液で保湿をすることにより、皮脂の分泌を防 ぐ事ができます。

## 毛穴パックの使い方

みなさんがよく手軽にお使いになる毛穴 パックですが、確かに一気に毛穴の汚れを取 ることはできますが、毛穴パックを剥がす時 に皮膚表面の角質も剥がれてしまい、ポッコ リと穴が開いてしまい、頻繁に使うことにより お肌に与える刺激が強いので、負担がかかり 逆に毛穴が広がってしまう事もあります。

毛穴パックを使用した後は、必ず引き締 め用化粧水(アストリンゼン)で保湿、又は whichheazel等で消毒保湿引き締めをしてく ださい。(shoppers 等で売っています)

あるいは、アイスパックで冷やすのも良い でしょう。

## ディープクレンジング まずは

# 1. 夜タイムデイープクレンジング

(週一度目安)

毛穴には日中の空気中のホコリや化粧 品などの汚れが皮脂と共に溜まっていま す。

蒸しタオルやスチーム(なければ60度く らいの熱いお湯を張った洗面器にアロマ オイル(ローズマリー、ジュニパー又はゼラ ニウム、オレンジなど、各2、3滴ずつ垂らし 湯面に顔を近づけて蒸気を浴びます。 \*顔を近づけてヤケドしないよう注意して ください。

## 2. 小鼻周りの角栓除去

(普通肌、黒ずみが目立つタイプ)

市販のゴマージュ又は お手持ちの乳 液に、粗塩を少々、指の腹を使い、鼻の側面 を上から下に軽くすり下ろす。(3回繰り返 す)

小鼻周りは、指の腹で指を上下に6回程 動かす。

(敏感肌又は炎症赤みのある方はゴマージ ュや、塩入乳液などを使用せずに、オイル タイプのクレンジング剤で、丁寧にマッサー ジをしてください。)

洗顔料で顔を洗い流した後にコットンで鼻 をはさんで、絞り込むようにして毛穴に詰ま った皮脂を押し出してみる。

お湯で洗い流した後、水で顔をパッティ ングしてください。

ウィッチへーゼルでお鼻の周りを再度コッ トンを使ってパッティング。開いた毛穴を引 き締める効果があります。

お肌の大掃除が終わったらしっかり保湿を して、美容液で栄養を与え乳液クリーム等で 水分が外に逃げないよう蓋をしてあげてくだ さい。

#### 今回ご紹介するアロマオイル

- ローズマリー 抗酸化作用
- ジュニパー 収れん作用があり抗菌殺 菌作用あり
- ゼラニウム 皮脂バランスを整える作 用・むくみ改善
- オレンジ 角質軟化作用
- フランキンセンス たるみ改善
- サイプレス 肌の引き締め効果
- サンダルウッド 皮脂バランスを整えて
- ネロリ 細胞修復作用があり、シワたる みに効果

心も身体も 心地よく過ごせますよう皆様 のご健康とご安全を願っております。



# 読書の時間

~書店が選ぶおススメ本~



# すばらしき日本語

清水由美/著

出版社名 ポプラ社 出版年月 2020年3月 店頭価格 \$18.50+TAX

日本語という言葉は、奇跡のように整 理整頓が行き届いたとても美しいことば

三十数年にわたり、海外からの留学生に 日本語を教えてきた日本語教師が、ユーモ アあふれる文章でその魅力を語ります。 日本で生まれ育った日本語ネイティブ(= 大多数の日本人)が「えつ、そうだっ たの!?」と驚く日本語のヒミツがたっぷり 詰まった一冊!

漢字仮名まじり文に五十音、あたりまえ に使っている日本語のルールは、超画期的 な発明だった!?

目下の人を呼ぶ「お前」は、本当は目上の 人を敬う言葉だった!?

「おもしろい」の反対語は「つまらない」 じゃない!?

日本語への愛にあふれた、目からウロコ の日本語講座!

# 昭和16年夏の敗戦

猪瀬直樹/著

中央公論新社 出版社名 出版年月 2020年6月 店頭価格 \$16.60+TAX

「日本必敗」これが日米開戦前夜、総力戦研 究所の若きエリートからなる模擬内閣が出し た結論だった。

にもかかわらず、日本が開戦へと突き進ん だのはなぜか。

客観的な分析を無視し、無謀な戦争へと突 入したプロセスを克明に描き、日本的組織の 構造的欠陥を衝く。

"巻末対談"石破茂×猪瀬直樹。



上記書籍は、Blue Tree Booksよりお求めいただけます。 www.bluetreebooks.com





北米の大自然の「贈り物」をそのまま日本へ

日本向けカナダ産「松茸」ギフト申込受付しております!



## **Tokyo Beauty Studio Inc**

Japanese Canadian Culture Center #245 Tel:Text (647)643-3939 www.tokyobeautystudio.com info@tokyobeautystudio.com

当サロンでは カナダと日本製の敏感なお肌 の方にもお勧め基礎化粧品 感染予防補助製品、 オーガニックの高品質な健康、免疫力向上の介助 のアロマオイルなど扱っております。

お肌のお悩み、ストレスコントロール、リラクゼ ーションについてのご相談、商品についてのご質 問などございましたら、いつでもお問い合わせく ださい。

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# コロナ禍あれこれ…

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

緊急事態宣言は徐々に緩和されていま すが、問題が解決したわけではなく、感染に 注意しながら様々な事をこなしていかねば なりません。3月から始まった"友人に会えな 浮かびました。 い、JCCCで舞踊活動ができない、心配なの で外食に行く気持ちになれない"等の状況 にやはり閉塞感を感じます…。二人生活の 我が家ですらそうなのですから、一人暮らし

の方々はさらに辛いのではないかと察しま す。いくら電話やオンラインを使って交流で きるとは言っても、直接に顔を見て、肌に触 れて、相手を感じることに勝るコミュニケー ション方法はない、とつくづく思い知らされ 禍の大変さを改めて実感しました。 普段から、私の緊急時に備えて入院に必

要な物(保険証、病歴・検査記録、着替え、整 容物品、筆記用具など)をバッグに準備し、 夫に置き場所を知らせています。私の諸々 は彼にはわからないからです(笑)。災害の 多い日本での暮らしではそれが当たり前だっ たので、すっかり身についているのでしょう ね。ところが7月下旬、彼に体調不良が生じ (発熱)、二人でドライブスルーのPCR検査 を受けました。新型コロナではなかったの ですが、体調が回復せずに数日後に緊急入 院となりました!

家族は病院に入ることができないので指 定場所に必要物品を持参しました。メッセン ジャーがやってきて、机の上に乱暴に取り出 し、消毒し、ビニール袋にメチャクチャに投 げ入れました!アルコールで拭かねばなら ない物品は仕方ないけど、着替えなどはき ちんと用途ごとに小袋に整理し、感染対策 を考えて準備したのに…その乱雑な取扱い にがっかり。カナダで暮らし始めて18年、今 さら驚く事でもないとは思うのですが、心が 萎えているときはちょっとしたことでさらに ガクッときます。

さて予想していた通り、緊急事態宣言下 における病院管理は患者と家族には厳しい ものでした。夫は自身の健康状態について 妻に説明しようとしないタイプですし、大部 屋からの電話ではなおさら口が重たくなり ます。それに状態が良くない時に喋りたくも ないでしょうし...。やっと治療が受けられるこ とに私は安心したものの、直接に彼や担当 医に会うことができないので、その後の様 子について本当に心配でした。「コロナ感染 ではなかったのに、状態が悪い時に会えな かった」という知人の言葉が走馬灯のように

そういった日々の中でとても役立ったの はオンライン交流でした。ピアノレッスンを 6月からオンラインで開始し、職場の夫とも 時々交信していたのです。入院中は、彼の都 合の良い時に連絡してもらうようにしまし た。短時間でも顔を見ることができてホッと しました!そして、面会できないというコロナ

さて、そろそろ退院かなと思っていた矢先 に別の健康問題が明らかになり、手術となり ました。「検査結果はがんではなく、入院中 に手術したほうが良い」という、担当医と夫 との話し合いで決まったのです。そして、術 後2日目に退院となりました。帰ってきた彼 を見て驚愕しました!日頃は持病もなく健康 そのものなのに、体重がすっかり落ちて歩く のもままならないほどに体力が低下してい たのです。オンラインでは、彼自身が携帯で 撮る寝顔しか見えず、ひげが生えて疲れた 感じは伝わってきても全体像はつかめませ

「食事はどうだったの?」と訊くと「まずくて とても食べれたもんじゃない!」と。入院目的 は高熱を繰りかえす原因の特定と治療、そし て栄養状態の改善でした。私はそのように 受けとめていました。ところが提供される食 事がほとんど食べれない上に、自宅ではスー プ、ミルク、100%フルーツジュースなど状態 を見ながら摂取させていたのに、病院では そういった事が食間にできません。面会不 可のために、どのような栄養状況にあるの かを具体的に知って差し入れすることもで きず、家族の支援が閉ざされていました!

こんな栄養状態で手術を受け、術後合併 症を引き起こせば、その回復は容易ではあ りません。開腹手術に比べると内視鏡手術 は身体に与える侵襲は少ないとはいえ、手 術の大小を問わず危険を伴います。

10数年前、義父も栄養状態が低下し入院 したにも関わらず、面会のたびに具体的方 法を進言しても行われなかったのです。4日 目にとうとう堪忍袋の緒が切れました!「義 父の意識がもうろうとしてきたのは、適切な 水分や栄養が不足し、脳に電解質バランス 異常が起きているせいであることは明らか です。明日の面会までに提案した方策が為 されなければ訴えます」と。皆さま、決して私 が難しい治療を要求したわけではありませ んよ。日本で医療者として働いてきた経験か ら言えば、基本的な応急処置です。

とても穏やかと言われている私が声をあ げたのは、誰が主治医なのか、面会ごとに説 明する医師が異なり、治療方針が一貫して いず、責任の所在が明確でないことに憤慨 していたせいもあります。医師たちは長期夏 休み体制だったのかもしれません!?このこ とは、オンタリオ州の医療体制とレベルは一 体全体どうなっているのか、と不思議に思っ た最初の出来事です。翌朝、病室を訪れると 提案した方法が開始されており、次第に義 父の意識ははっきりし、夕方には会話できる ようになり、2日後には自ら食べ始めました。 水分・電解質のバランス異常は、高齢者には 容易に命取りになるのです!

夫の場合に関しても、栄養状態改善と手 術の優先度に関して詳細なデータ分析が必 要です。それらデータを知らない家族の私 見として、医療者には"病気だけを診ずに、 個人の全体像を包括的にしっかりアセスメ ントしてもらいたい"と思います。

今は、術後感染症を起こさせないために 栄養状態を回復させることが大事なので、こ の原稿を認めながら様々なメニューを思案 中で~す。





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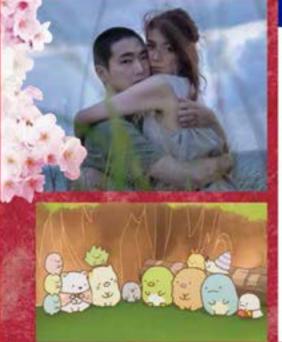


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#### **FUKUSHIMA 50**

Available to view: October 3 - 22 • 121min/2020 Director: Setsuro Wakamatsu CANADIAN PREMIERE . In Japanese with English Subtitles

On March 11, 2011 a magnitude 9.0 earthquake struck off northern Japan sending a massive tsunami inland, destroying countless homes and lives, and eventually engulfed the Fukushima Daiichi Nuclear Power Plant. As waves penetrate the facility, shift supervisor Izaki and site superintendent Yoshida struggle to stabilize the meltdown in the face of overheating reactors, corporate greed and government inaction. A thrilling, edge-of-your-seat interpretation of real-life events based on Ryusho Kodata's bestselling novel of the men and women - the "Fukushima 50" - who stayed behind to avert a catastrophe of global magnitude. An epic, big-budget tale of courage and self-sacrifice featuring a cast of Japan's top actors.

Starring Ken Watanabe, Koichi Sato, Riho Yoshioka, Hidetaka Yoshioka, Narumi Yasuda.

2011年3月11日、マグニチュード9.0、最大震度7という東日本大震災が起 こした大津波が福島第一原子力発電所を襲う。浸水により電源を喪失した 発電所は原子炉を冷やせない状況に。メルトダウンの可能性が迫る中、1・ 2号機当直長の伊崎ら現場作業員は原発内に残り原子炉の制御に奔走す る。福島第一原発を襲った史上最大の危機に立ち向かった、50人の作業員 の真実の物語。

監督:若松節朝「空母いぶき」「沈まぬ太陽」 出演:佐藤浩市、渡辺謙、吉岡秀隆、安田成美、緒形直人

Screening Partner





Available to view: October 3 - 22 • 139min/2020 Director: Nobuhiro Suwa CANADIAN PREMIERE . In Japanese with English Subtitles

## Winner: Special Mention, Berlin International Film Festival

Based on the actual pilgrimage spot called the "wind phone"; a disconnected telephone booth in Iwate Prefecture where mourners go to speak with people

Haru lost her family to the 2011 tsunami disaster and has been raised by her aunt in Hiroshima. Compelled by the weight of her sorrow she hitchhikes back to her old home and along the way encounters people who have endured tribulations of their own. At the end of her journey awaits the "wind phone." Emotionally raw and filmed in a semi-documentary style, it is a "gentle yet epic road movie with a haunting finale that is simultaneously devastating and uplifting.

Starring Serena Motola, Hidetoshi Nishijima, Tomokazu Miura, Toshiyuki Nishida.

第70回ベルリン国際映画祭国際審査員特別賞受賞作品。今は亡き大切な人 と思いを繋ぐ電話として、岩手県大槌町に実在する電話ボックス「風の電話」 。東日本大震災で家族を失い、広島の叔母と暮らす17歳の少女ハル。叔母が 突然倒れたことをきっかけに、故郷の大相町を目指しヒッチハイクを始める。 道中、様々な人と出会いながら、ハルは家族と「もう一度、話したい」との想い を胸に故郷にあるく風の電話>へと歩みを進める。

監督:諏訪敦彦 「M/OTHER」「不完全な二人」 出演:モトーラ世里奈、西島秀俊、三浦友和、西田敏行

1.24 FRS

風の電話





Available to view: October 3 - 22 . 123min/2020

Director: Yukiko Mishima

CANADIAN PREMIERE . In Japanese with English Subtitles

資本資作家による質否両端の問題作が、新たな"恋愛検測"に、

Based on the devastating best-seller from Naoki-Award winning novelist Rio Shimamoto. Toko is married and raising a lovely daughter in her husband's luxurious family home. Her life is comfortable but she feels an emptiness. At a wedding reception she meets the handsome and mysterious Kurata, her lover from 10 years ago. Falling helplessly into the throes of a deep passion. they embark on an intense and doomed affair that takes them far into "snow country" and the extremes of emotion.

世界に見捨てられたふたりの。たった一夜のドライブ。この夜の失は、朝望か鳥望か

Starring Kaho, Satoshi Tsumabuki, Tasuku Emoto, Shotaro Mamiya, Reiko Kataoka

R15+指定作品。センセーショナルな描写で新境地を開いた本作が禁断の実 写化。誰もが美む夫に可愛い娘、"何も問題のない生活"を過ごしていたはず だった塔子は10年前の恋人・鞍田に再会する。渦巻く感情、さまよう身体。 妻夫木聡と夏帆が官能に挑んだ官能的な大人のラブストリー。

監督:三島有紀子 『幼な子われらに生まれ』 出演:妻夫木聡、夏帆、桥本佑、間宮祥太朗、片岡礼子

> **INCLUDES SCENES OF** SEXUALITY: RECOMMENDED FOR ADULT AUDIENCES

Red



THE JOURNALIST

## Winner of the Japanese Academy Awards for Best Film, Best Actor and Best Actress

Available to view: October 3 - 22 . 113min/2019 . Director: Mitsuhito Fujii

CANADIAN PREMIERE . In Japanese with English Subtitles

Erika Yoshioka is a reporter for the Toto Newspaper. Obtaining an anonymous fax containing highly confidential information related to the building plan for a new university, she decides to investigate.

Meanwhile, Takumi Sugihara is a bureaucrat in the Cabinet Intelligence and Research Office whose job is to control the media and prevent unfavorable coverage of the government. He is shocked when his esteemed former superior Kanzaki commits suicide. When Erika Yoshioka and Takumi Sugihara connect with each other, a shocking truth is revealed. Inspired by the controversial nonfiction book by Tokyo Newspaper journalist Mochizuki Isoko.

Starring Tori Matsuzaka, Eun-kyung Shim, Tsubasa Honda, Tetsushi Tanaka.

優秀作品賞含め第43回日本アカデミー賞で6部門を受賞した社会派サス ベンス。東京新聞記者・望月衣塑子の同名ベストセラーを原案に、若き新聞 記者とエリート官僚の対峙と葛藤をオリジナルストーリーで描き出す。新聞 記者としてある事件の真実に迫ろうともがく吉岡と、内閣情報調査室で働く 中、政権の暗部に気づき選択を迫られる官僚の杉原。そんな2人の人生が交 差する時、ある衝撃の事実が明らかになる。

監督:藤井道人 『デイアンドナイト』「青の帰り道」 出演:シム・ウンギョン、松坂桃李、本田翼、田中哲司、西田尚美



引っ越し大名!

#### SAMURAI SHIFTERS

Available to view: October 3 - 22 . 120min/2019

Director: Isshin Inudo

CANADIAN PREMIERE . In Japanese with English Subtitles

Under the Tokugawa shogunate, political dominance is maintained by forcing lords to move their clans from domain to domain. When the Echizen Matsudaira clan is called upon to make a particularly tough relocation, the undesired role of relocation officer falls to Harunosuke Katagiri, a socially inept samural librarian. Under the threat of forced harakiri, he accepts the near impossible task with the aid of his childhood friend Genemon, and Oran, the beautiful but headstrong daughter of a former magistrate. A lavish and hilarious period comedy that pokes gentle fun at the famous Japanese work ethic.

Starring Gen Hoshino, Issey Takahashi, Mitsuki Takahata.

江戸時代の姫路藩。書庫にこもって本を読んでばかりの引きこもり侍・片桐 春之介は、突然【引っ越し奉行】に任命される。引っ越し奉行とは、すべての 藩士とその家族全員で別の国に引っ越し(国替え)をする際の総責任者であ る。失敗すれば、即、切腹!という状況の中、全くノウハウのない春之介は、果 たして国の存亡をかけた組難関プロジェクトをクリアできるのか!?

監督:犬童一心『最高の人生の見つけ方』『のぼうの城』 出演:星野源、高橋一生、高畑充希、及川光博、濱田岳、松重豊



# HIT ME ANYONE ONE MORE TIME 記憶にございません!

Available to view: October 3 - 22 . 127min/2019 Director: Koki Mitani

NORTH AMERICAN PREMIERE . In Japanese with English Subtitles

Keisuke wakes up in a hospital bed with a lump on his head, unable to remember who he is. Fleeing the ward, he spots himself on a TV and realizes he is the prime minister of Japan! In fact a very unpopular prime minister. He is spirited back to the official residence and his three secretaries attempt to hide the situation, even from his wife. But loss of memory gives him new perspectives and he decides to change the country for the better. Master of comedy Kokii Mitani's all-star political farce took the Japanese box office by storm. Hilarious

Starring Kiichi Nakai, Dean Fujioka, Yuriko Ishida, Koichi Sato, Eiko Koike and Yo Yoshida.

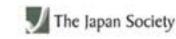
三谷幸喜の長編映画監督8作目で、記憶をなくした総理大臣が主人公の政 界コメディ。国民からは史上最悪のダメ総理と呼ばれた総理大臣の黒田啓 介は、演説中に一般市民の投げた石が頭にあたり記憶喪失になってしまい、 一夜にして悪徳政治家から善良な普通のおじさんに変貌してしまった。記憶 を失ったことは国民には隠され、秘書官のサポートによりギリギリ日々の公 務をこなしていく。

監督:三谷幸喜『ザ・マジックアワー』「THE有頂天ホテル」 出演:中井貴一、ディーン・フジオカ、石田ゆり子、佐藤浩市、草刈正雄、小池栄子

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あなたに

# TORA-SAN, WISH YOU WERE HERE 男はつらいよ お帰り 寅さん

Available to view: October 3 - 22 . 116min/2019 . Director: Yoji Yamada CANADIAN PREMIERE . In Japanese with English Subtitles

Japan's most beloved comedy film series celebrates its 50th anniversary with its 50th film. At the 7th annual memorial service for his wife, novelist and father Mitsuo struggles with the next steps in his life. Conversation turns to lively reminiscences of the past, especially about their incorrigible uncle, Tora-san and his many unrequited loves (as documented in the first 49 films). Two women enter Mitsuo's life: one a thoughtful coworker, the other his longlost first love Izumi. Can Tora-san's experiences guide Mitsuo to the right decision? Lovingly blending nostalgic scenes from the original series with new footage featuring original cast members master director Yamada creates a moving and wistful tale of family, love and memory.

Starring Hidetaka Yoshioka, Hiyori Sakurada, Chieko Basho, Gin Maeda, ka, Kumiko Gotő, Kiyoshi Atsumi.

サラリーマンを辞めて、念願の小説家になった満男は中3の娘と二人暮し。 亡くなった妻の七回忌の法要で久しぶりに葛飾の実家を訪れる。伯父・寅次郎 (渥美清)との日々を懐かしむ満男だが、その後自身のサイン会で初恋の人・ イズミに再関する。山田洋次監督による国民的人情喜劇「男はつらいよ」シリ ーズの50周年記念にふさわしい、笑いと深あふれる感動作。

整督:山田洋次 『家族はつらいよ」「小さいおうち」「たそがれ清兵衛」 出演:渥美清、倍賞千恵子、吉岡秀隆、後藤久美子、前田吟、浅丘ルリ子

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# THE PROMISED LAND

楽園

Available to view: October 3 - 22 . 127min/2019

Director: Takahisa Zeze

NORTH AMERICAN PREMIERE . In Japanese with English Subtitles

Takeshi, devoted to his mother and a village outcast, mends and sell used items. At a Y-shaped intersection in the middle of a rice field near the village, a schoolgirl, Alka is kidnapped. Alka's friend Tsugumi is traumatized, having been with Aika only minutes before she was kidnapped. On the same day, 12 years later, another girl disappears at the same intersection and villagers suspect Takeshi. In another part of the village, Zenjiro, a widower beekeeper, lives in growing isolation that pushes him towards committing a terrible crime. A devastating mystery and exploration of the limits of trust based on Shuichi Yoshida's crime stories.

Starring Go Ayano, Hana Sugisaki, Koichi Sato, Akira Emoto, Reiko Kataoka, Asuka Kurosawa, Nijiro Murakami.

ベフトレニー作家・吉田修一の短編集「犯罪小説集」の映画化。青田に囲ま 少女誘拐事件が起こる。事件は解決されないまま、それから12

年後、同じY字路で再び少女が行方不明になる。犯人として疑われる孤独な 男、12年前の事件で心に傷を負った少女、そして限界集落で暮らす養蜂家の 男の、三人の犯罪をめぐる喪失と再生を描く。

監督:瀬々敬久 『64 ロクヨン』『ヘブンズストーリー』 出演:綾野則、杉咲花、片岡礼子、柄本明、村上虹郎、佐藤浩市





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#### IT FEELS SO GOOD

火口のふたり

Available to view: October 3 - 22 • 115min/2019 Director: Haruhiko Arai CANADIAN PREMIERE • In Japanese with English Subtitles

Winner of the Kinema Junpo Awards for Best Film and Best Actress and Best Film Awards from Eiga Geijustu Magazine and the Yokohama Film Festival.

This intense erotic drama finds Kenji drifting home to Akita after the collapse of his marriage and career. He is there to attend the wedding of his past lover Nacko who still keeps an album of erotic photos tracing their relationship. She invites him to share her bed for one last night of intimacy but a single night proves inadequate to contain their passion and they set off on a five-day road trip. As the intensity of their erotic escape escalates, and with the return to Nacko's fiancé imminent, they face a terrible decision. Physically explicit and emotionally raw.

Starring Tasuku Emoto, Kumi Takeuchi.

R18+指定作品。2011年の東日本大震災をきっかけに書かれた直木賞作家 白石一文による小説を脚本家として有名な荒井晴彦が映画化。昨年のキネ マ旬報ベスト・テンでは日本映画第1位と主演女優賞を受賞し、ヨコハマ映 画祭でも作品賞、競優秀新人賞、特別大賞を受賞し話題となった。10日後 に結婚式を控えた直子は、故郷の秋田に帰省した昔の恋人・賢治と久しぶり の再会を果たす。直子の婚約者が戻るまでの5日間、二人は昔のように恋人 同士に戻ることに、身体に刻まれた快楽の記憶と葛藤の果てに、二人がたど り着いた先は一。

監督:荒井晴彦『この国の空』 出演: 橋本佑、 瀬内公美 INCLUDES SCENES OF SEXUALITY: RECOMMENDED FOR ADULT AUDIENCES



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# PROJECT DREAMS - HOW TO BUILD MAZINGER Z'S HANGAR

前田建設ファンタジー営業部

Available to view: October 3 - 22 • 115min/2020 Director: Tsutomu Hanabusa TORONTO PREMIERE • In Japanese with English Subtitles

Asegawa, marketing director of the conservative Maeda Construction Corporation, decides to establish a "fantasy division". His perplexed team is purposed with creating a detailed plan for the construction of a hangar for Mazinger Z, the giant robot star of the sci-fi series that has obsessed Japan for decades. Asegawa's spirited enthusiasm gradually infects the team and together they strive to do the impossible: to make the imaginary real. This feel-good comedy was a box-office smash and blends office intrigue, romance and sci-fi fantasy, and is based on a true story!

Starring Mahiro Takasugi, Hiroaki Ogi, Yusuke Kamiji, Yukino Kishii, Chikara Honda, Keita Machida, Seiji Rokkaku.

高度成長期のころ、ダム、トンネル、発電所など、数々の大プロジェクトに携 わってきた前田建設工業株式会社の一室で、上司アサガワが言い放った一 言から始まった。「うちの技術で、マジンガーの格納庫を作ろう!」それまで 何気なく仕事をしてきた若手サラリーマンのドイと部員達が、上司のムチャ ぶりに巻き込まれ「マジンガーZの地下格納庫」の建設に挑むが、アニメ世 界の途方も無い設定に翻弄され、非協力的な社員たちという障壁も立ちは だかる。果たしてファンタジー営業部は、無事に「地下格納庫」の設計図と見 積もり書を完成させ、プロジェクトを成功させることができるのかー。

監督:英勉『ハンサム★スーツ』『あさひなぐ』『映画 賭ケグルイ』 出演:高杉真宙、上地雄輔、岸井ゆきの、本多力、六角精児



C 3010 One Regio Fam Parker

ひとよ

Available to view: October 3 - 22 • 123min/2019

Director: Kazuya Shiraishi

ONE NIGHT

CANADIAN PREMIERE . In Japanese with English Subtitles

One night, a beleaguered wife murders her alcoholic and abusive husband. She tells her three children, who he has beaten regularly, "You are free," and turns herself in to the police. The children are haunted by their traumatic past and each follow divergent paths in life. Fifteen years later, their mother returns. Burdened by inner conflict and confusion, the family struggles to revive their ties to each other as the town turns against the retiring murderess. A powerful examination of the strength of family bonds, inescapable destiny, and the ultimate form of love and sacrifice. The latest masterpiece from the director of *The Blood of Wolves* and *Birds without Names*.

Starring Takeru Satoh, Ryohei Suzuki, Mayu Matsuoka, Yuko Tanaka, Kuranosuke Sasaki.

ある間の夜、タクシー会社を営む稲村家の母こはるは3人の子供たちを守る ためDV夫を殺害し、子供たちとの15年後の再会を誓って家を後にした。事件 後、残された長男大樹、次男雄二、長女園子は、心に傷を抱えたまま成長す る。やがて刑期を終えたこはるが帰ってくる。再会を果たした彼らがたどり着 く先は、、、

監督:白石和彌『彼女がその名を知らない鳥たち』『孤狼の血』 出演:佐藤健、鈴木亮平、松岡茉優、田中裕子、佐々木蔵之介



# マチネの終わりに



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## AFTER THE MATINEE

11.1 (fr) roadshow

マチネの終わりに

Available to view: October 3 - 22 • 124min/2019

Director: Hiroshi Nishitani

NORTH AMERICAN PREMIERE . In Japanese with English Subtitles

Satoshi Makino is a brilliant classical guitarist who performs at the world's top concert theatres. On tour, he meets Paris-based journalist Yoko Komine and their attraction is immediate and intense. But Yoko has a fiance. Together they must navigate a twisting road of passion, loyally and guilt. Sweeping in scale and gorgeously photographed, this international romance — filmed in Japan, Paris and New York — boast charismatic performances from some of Japan's leading actors. Based on Keiichiro Hirano's best-selling novel.

Starring Masaharu Fukuyama, Yuriko Ishida, Yusuke Iseya, Yuki Sakurai, Ikko Furuya.

要京、バリ、ニューヨークを舞台に音楽家とジャーナリストの愛の物語を描い た芥川賞作家・平野啓一郎の同名ベストセラー小説を福山雅治、石田ゆり子 主演で映画化。バリでの公演を終えた世界的なクラシックギタリストの蒔野 聡史は、バリの通信社に勤務するジャーナリストの小峰洋子と出会う。2人は 出会った瞬間から惹かれ合うが、洋子には婚約者がいた。40代の2人をとり まくさまざまな現実を前に、蒔野と洋子の思いはすれ違っていく…

監督: 西谷弘『容疑者Xの献身』『昼顔』

出演:福山雅治、石田ゆり子、伊勢谷友介、桜井ユキ、木南晴夏、古谷一行







#### BENTO HARRASSMENT 今日も嫌がらせ弁当

Available to view: October 3 - 22 . 106min/2019 Director: Renpei Tsukamoto

CANADIAN PREMIERE . In Japanese with English Subtitles

A film about the love between a mother and daughter told with much laughter and many tears. Futaba is going through a rebellious phase and refuses to speak to her single mother Kaori, Kaori retaliates with "bento harassment" sending Futaba to school each day with an elaborate home-made box lunch incorporating messages of love and encouragement. Over the next 3 years, Futaba overcomes her initial embarrassment and comes to appreciate these expressions of the undying support of her mother.

Starring Ryoko Shinohara, Kiyoko Yoshine, Rena Matsui, Kenta Sato, Ryuta Sato.

Amebaプログで 1 位の栄冠を手にしたキャラ井の人気プログ、エッセイの 映画化。自然と人情が豊かな八丈島で、反抗網の次女・双葉と暮らしている シングルマザーの持丸かおりが、そんな娘への逆襲にと、双葉の嫌がる「キ ャラ弁」を作り続けているのだが、双葉は「ウザい」とぼやきながらも、毎回 残さず食べ続ける。やがてそのお弁当は、会話のない娘への大切なメッセ ージへと変わっていく。

監督:塚本連平 『ぼくたちと駐在さんの700日戦争』 出演:篠原涼子、芳根京子、佐藤隆太、松井玲奈、佐藤寛太

Screening Sponsor

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## THE 47 RONIN IN DEBT

決算!忠臣蔵

Available to view: October 3 - 22 . 125min/2019. Director: Yoshihiro Nakamura NORTH AMERICAN PREMIERE . In Japanese with English Subtitles

In 1701 Lord Asano is ordered to commit ritual seppuku for drawing his sword in Edo Castle during a confrontation with Lord Kira, Realizing Kira's duplicity in the affair, Asano's right hand man, Kuranosuke Oishi organizes revenge together with his samural retainers forming the basis of the famous historical story: "Chushingura, the revenge of the forty-seven ronin". However, no one has ever told the story about their finances... Revenge, it turns out, is ultraexpensive! Director Yoshihiro Nakamura (The Magnificent Nine, Mumon: The Land of Stealth reveals the financial realities of the loyal samurai story in a hilarious all-star comedy!

Starring Shinichi Tsutsumi, Takashi Okamura, Gaku Hamada, Yu Yokoyama, Satoshi Tsumabuki.

「忠臣蔵」を題材に、限られた予算の中で仇討を果たそうとする赤穂浪士た ちの苦労を描いた時代劇コメディ。赤穂藩主・浅野内匠頭は幕臣・吉良上野 介に斬りかかり、即日切腹、薄はお取り潰しに。宿敵・吉良邸に討ち入るにも 旅費、武具、その他経費に超お金がかかることから、筆頭家老の大石内蔵助 (場真一)は勘定方の矢頭長助(同村隆史)の力を借りて財源の確保などに 努めるが...

監督:中村義洋「忍びの国」「殿、利息でござる!」 出演:堤真一、岡村隆史、濱田岳、妻夫木聡、竹内結子、石原さとみ





葬式の名人

#### THE MASTER OF FUNERALS

Available to view: October 3 - 22 . 99min/2019

Director: Naofumi Higuchi

NORTH AMERICAN PREMIERE . In Japanese with English Subtitles

Inspired by Nobel Literature Prize-winner Yasunari Kawabata's Soshiki no Meijin. Single mother Yukiko who lives with her son in Ibaraki, receives notice that her high school classmate Yoshida has passed away suddenly after returning from America. Old friends including Yoshida's baseball teammate Toyokawa get together and decide to bring the coffin to their former high school and hold the wake at the school. They share stories about their lives since graduation and the mysteries around Yoshida's death begin to reveal themselves.

Starring Atsuko Maeda, Kengo Kora, Jin Shirasu, Asuka Hinoi.

ノーベル文学賞作家・川端康成の作品群をモチーフにし、川端の出身校で ある茨木高校を舞台にした青春群像ファンタジー。ある日、高校時代の同級 生の訃報が届いたシングルマザーの雪子は通夜の席に足を運ぶ。高校卒 業から10年、久しぶりに顔を合わせた雪子と同級生たち。同級生が些細な ことで葬儀屋と喧嘩をしてしまい、母校の中でお通夜をする羽目になってし

監督:樋口尚文 出演:前田敦子、高良健吾、白洲迅、桶井明日香



# THE TRAVELLING CAT CHRONICLES 旅猫リポート

Available to view: October 3 - 22 . 119min/2018 . Director: Koichiro Miki TORONTO PREMIERE . In Japanese with English Subtitles

"Featuring fluffy felines, a handsome human with a heart of gold, serene small-town scenery and a story with sniffling separations aplenty." - Hollywood Reporter

Satoru is forced by circumstance to get rid of his cat Nana. This gentle boy with a secret boards a silver station wagon with his cat companion and they embark on a "final journey" to find a new owner for Nana. Their travels are full in incident and human interaction as Satoru reconnects with a childhood friend and his first love. Gradually his unknown past and secret are revealed. Adapted from Hiro Arikawa's best-selling 2012 novel which has since been translated into English. Heartwarming and heart-breaking, make sure to have your Kleenex close at hand.

Starring Sota Fukushi, Yuko Takeuchi, Alice Hirose, Mitsuki Takahata, Nana.

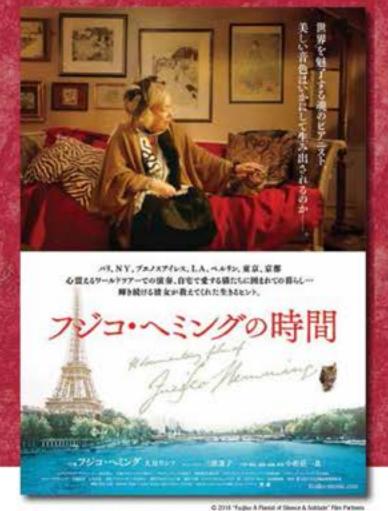
世界16カ国で翻訳されている同名の人気小説を原作としたロードムービ 一。野良器として誇り高く、タフに生きてきたナナ(声=高畑充希)。誰にでも なつくわけではないが、時々食べ物をくれる優しい青年・悟(福士首法)のこ とは、ちょっと気に入っている。

ある日、交通事故で大怪我をしたナナを助けた悟は、一緒に暮らすことにする が、ある事情によりナナを手放すことに。ナナの新しい飼い主を探すため、ナナを 愛車に乗せ旅に出るが、悟と別れたくないナナは行く先々でトラブルを起こす。

監督:三木康一郎「トリハダー劇場吸ー」「植物図鑑運命の恋、ひろいました」 出演:福士蒼汰、高畑充希(声の出演)、竹内結子、広瀬アリス







# **FUZJKO: A PIANIST OF SILENCE & SOLITUDE** フジコ・ヘミングの時間

Available to view: October 3 - 22 . 115min/2018 . Director: Soichiro Komatsu CANADIAN PREMIERE . In Japanese with English Subtitles

This remarkable documentary looks at Ingrid Fuzjko Hemming and a life of tribulations; her separation from her Swedish father, her mother's strict piano lessons, the segregation she endured as a Eurasian in Japan, the poverty she experienced as a piano student abroad and finally the devastating loss of her hearing. None of which deterred her from reaching for her dream. The film examines the life and music of a woman who never gives up on her dreams. Following Fuziko Hemming from Paris to New York, Argentina, Berlin and Kyoto, we get up-close with her on her emotive world tour and in her private life in which she surrounds herself with her beloved cats.

Starring Ingrid Fuziko Hemming.

60代になってから世界に見いだされ、80代になっても精力的に世界の舞台 で演奏を続け、高い評価を得ているピアニスト、フジコ・ヘミングを追ったドキ ュメンタリー。日本人ピアニストの母とロシア系スウェーデン人のデザイナー である父を両親に持ち、母の手ほどきによって5歳からピアノを習いはじめた フジコ。ビアニストとしての評価が高まる中、突然聴力を失うという大きなアク シデントに見舞われるなど、数奇な人生を歩んできた。ワールドツアーで各国 を巡る姿や、パリの自宅でお気に入りのアンティーク家具や猫に囲まれて過ご す時間など、公私にわたるフジコの素顔に密着。厳しい母のレッスン、ハーフ への差別、父との別離、貧しい留学生活や魅力喪失など、様々な困難に立ち向 かいながらも、夢を捨てずに人生を歩んできたフジコの人間性と音楽に迫る。

監督:小松荘一良 キャスト:フジコ・ヘミング



# TO THE ENDS OF THE EARTH 旅のおわり世界のはじまり

Available to view: October 3 - 22 . 120min/2019 Director: Kiyoshi Kurosawa

TIFF ENCORE PRESENTATION . In Japanese with English Subtitles

Though Yoko dreams of becoming a singer, she has resigned herself to life as a television reporter on a travel reality show. In search of a mystical fish, she and her crew visit an area in Uzbekistan which had prospered as a hub on the Silk Road. One day after filming Yoko wanders off into town and is drawn by a faint singing voice to a beautiful theatre and soon after her world begins to unravel. An entertaining and often very funny tale of culture clash; at the same time a penetrating depiction of a young woman's alienation and arroiety that finds director Kurosawa's craft. exploring new, mysterious, and deeply emotional realms.

Starring Atsuko Maeda, Shota Sometani, Tokio Emoto, Adiz Rajabov, Ryo Kase.

国内外で活躍する黒沢清監督がウズベキスタンに 1ヶ月滞在して撮影され た本作は第72回ロカルノ国際映画祭でクロージング作品として上映され 盛況を博した。テレビリポータを務める葉子は巨大な湖に棲む"幻の怪魚" を探すため、番組クルーと共に、かつてシルクロードの中心地として栄えた この地を訪れる。収録を重ねるが、約束どおりにはいかない異国でのロケ で、いらだちを暮らせるスタッフ。ある日の撮影が終わり、ひとり街に出た彼 女は、聞こえてきた彼かな歌声に誘われ美しい装飾の施された劇場に迷い 込む。そして扉の先で、夢と現実が交差する不思議な経験をする一。彼女が、 旅の果てで出会ったものとは…?

監督:果沢清

出演:前田教子、加瀬亮、染谷将太、柄本時生、アディズ・ラジャボフ



## COMPLY+-ANCE

## コンプライアンス

Available to view: October 3 - 22 . 75min/2020 Directors: Takumi Saitoh, Takashi litsuku, Isora Iwakiri NORTH AMERICAN PREMIERE . In Japanese with English Subtitles

Takumi Saitoh takes on the roles of director, screenwriter, cinematographer and actor in this surreal investigation into the nature of "compliance." In contemporary Japan obsessive self-regulation and risk aversion has paralyzed the society's ability for self-expression. This theme is explored in a hallucinatory triptych of narratives featuring experimental indie filmmaking, rap music, rudimentary puppet theatre and an increasingly bizarre attempt at an interview with actress Yuki Akiyama (One Cut of the Dead). A deliriously disorienting film for those looking for something completely different.

Starring Yuki Akiyama, Yuki Hirako, Takumi Saitoh.

フィルムメーカー、モノクロ写真家としてマルチに活動する斎藤工が、"齊藤 工"名義で企画・原案・脚本・撮影・写真・声・総監督を務め、その思いに共感 したアーティスト、俳優、芸人が集結。"コンプライアンス"をテーマに、音楽、 実写、人形アニメーションなど多様な視点と表現が放たれた近い未来の放 送業界・映画界に警告を鳴らす、類を見ない問題作。日々、忖度やコンプラ イアンスがニュースのみならず日常会話においても語られ、明確な基準も ないまま"自主規制"ばかりが増していく日本にアンチテーゼを投げかかる。

総監督:齊藤工 ゲスト監督:飯塚貴士、岩切一空、 出演: 秋山ゆずき、華村あすか、中井友望、斎藤工

# HOW TO ENJOY OUR FILMS ONLINE

Tickets for all Toronto Japanese Film Festival (TJFF) screenings are priced at CDN \$9.99 each (applicable taxes included). Please enjoy the films at home with your family. Some films do address adult themes so please check age recommendations.

Films are presented on a Video on Demand basis through our online platform partner SHIFT72. E-Tickets will go on sale on Wednesday, September 23 starting at 00:00AM (EDT) and continue through to the end of festival on October 22 at 11:59pm. The process is quite simple; just go to the Toronto Japanese Film Festival website at www.torontojff.com and follow the prompts. (See the festival platform sample page below)

You will need to create an account on our SHIFT72 festival platform prior to purchasing your selection of e-tickets. All online film purchases will be automatically added to your Account's Library.

Please note that while all titles will be accessible at any time during the festival (October 3 to October 22, 2020), once you have pushed "play", you will have 30 hours to enjoy your selection before it expires.

The available streaming platforms are Google Chrome, Mozilla Firefox, Internet Explorer 11, Microsoft Edge, Chromecast and Android app. Films can be enjoyed on the following devices: Windows Computer, Apple Mac, Apple Tablet, iPhone and Android Tablets and Android phones.

Line-up and availability of films subject to change.

Films are available in Canada only.

チケット販売期間: 9月23日~10月22日まで

オンライン映画祭期間:10月3日午前0時から22日23時59分

観たい映画・日時が決まったら、こちらのリンクをクリック! www.torontojff.com (下記の映画祭プラットフォームのサンブルをご 参照(ださい)

チケット料金:CDNS9.99 (税込)

視聴期間: <Play>ボタンをクリックしてから30時間

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視聴デバイス: Windows Computer, Apple Mac, Apple Tablet, iPhone and Android Tablets and Android phones.

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視聴はカナダ国内のみとなります。







# DETECTIVE CONAN: FIST OF BLUE SAPPHIRE - 名探偵コナン 紺青の拳(フィスト)

Available to view: October 3 - 22 • 109min/2019

Director: Tomoka Nagaoka

CANADIAN PREMIERE . In Japanese with English Subtitles

The latest installment in the wildly popular Case Closed animated film series finds high school detective Conan Edogawa travelling to Singapore on the case of the world's greatest sapphire, the "blue lapis fist". The gem sunk with a pirate ship in the late 19th century off the coasts of Singapore, A local millionaire plots to retrieve it, and when the stone is exhibited, a murder takes place. The calling card of Conan's main nemesis, magician-thief The Kaitou Kid is found on the scene. And so begins a thrilling adventure of Conan and his friends Ran, Sonoko and Konoro.

Voiced by Minami Takayama, Chika Nagaoka, Wakana Yamazaki, Rikiya Koyama, Kappei Yamaguchi.

大ヒットアニメシリーズ「名探偵コナン」の劇場版23作目。シンガポールを舞台に、伝説の宝石をめぐる謎と事件が巻き起こる。19世紀末に海賊舶とともにシンガポールの海底に沈んだとされるブルーサファイア「紺青の拳」を、現地の富豪が回収しようとした矢先、殺人事件が発生。現場には、怪盗キッドの血塗られた予告状が残されていた。

監督:永岡智佳 『名探偵コナン 緋色の弾丸』 声の出演:高山みなみ、永岡智佳、山崎和佳奈、小山力也、山口勝平



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# SUMIKKO GURASHI: THE MOVIE

## 映画 すみっコぐらし とびだす絵本とひみつのコ

Available to view: October 3 - 22 . 65min/2019

Director: Mankyu

NORTH AMERICAN PREMIERE . In Japanese with English Subtitles

"Sumikkogurashi" are the popular San-X characters who prefer to live quiet and solitary life in the comer. They are Shirokuma, a polar bear who dislikes the cold, Penguin? who is unsure of being a penguin, Tonkatsu, a piece of leftover pork cutlet, Neko, a timid and anxious cat, and Tokage, a dinosaur who pretends to be a lizard. One day, at their favourite coffee shop, they are drawn into the basement by a strange noise and find themselves in a mysterious flying picture book where they pursue strange and magical adventures.

Narrated by Yoshihiko Inohara and Manami Honjo.

大人気キャラクター「すみっコぐらし」の劇場阪アニメーション。ある日すみっ コたちは、お気に入りのおみせ「喫茶すみっコ」の地下室で、古くなった一冊 のとびだす絵本をみつける。絵本を眺めていると、突然しかけが動き出し、 絵本に吸い込まれてしまうすみっコたち。絵本の世界で出会ったのは、どこ からきたのか、自分がだれなのかもわからない、

ひとりぼっちのひよこ・・・?「このコのおうちをさがそう!」新しいなかまのために、すみっコたちはひとはだ脱ぐことに。絵本の世界をめぐる旅の、はじまりはじまり。

監督:まんきゅう「伝染るんです。」「ガンダムさん」 ナレーション:井ノ原快彦、本上まなみ



