



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

**JUNE | JULY 2025 • 2025年6月7月**



## WHAT'S ON

TORONTOJFF 2025  
トロント日本映画祭2025

JCCC CLOSED - CANADA DAY  
JCCC閉館・カナダデー

NATSU MATSURI & BON ODORI  
夏祭り&盆踊り

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TORONTO JAPANESE UNITED  
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JCCC FRIENDS & FAMILY GOLF  
TOURNAMENT





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For general enquiries by telephone, please call **416-441-2345** during our operating hours (Mon - Fri 10am-8pm, Sat-Sun 10am-5pm).

担当スタッフに直接ご連絡([スタッフリストはこちら](#))、又は、[jccc@jccc.on.ca](mailto:jccc@jccc.on.ca)までEメールをお送りください。  
一般的なお質問は、**416-441-2345**内線222に電話、メッセージを残してください。  
開館時間内(月～金: 午前10時～午後8時 / 土～日: 午前10時～午後5時)にご連絡ください。

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## YOUR NEWS IS WELCOME! 皆様からの寄稿をお待ちしております。

The submission deadline for the August 2025 issue is:  
**Thursday, July 10, 2025.**

次号締切日: 2025年7月10日(木)

Please email to [newsletter@jccc.on.ca](mailto:newsletter@jccc.on.ca)

Japanese Canadian Cultural Centre  
6 Sakura Way, Toronto, M3C 1Z5  
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[www.jccc.on.ca](http://www.jccc.on.ca)



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Photo, right: KPMB Architects





# What's On at the JCCC

## Upcoming Events / 近日開催イベント

### JCCC Karaoke Club • JCCCカラオケクラブ

Wednesday June 4 & 18, 10:00am  
6月4, 18日 (水) 午前10時  
Wednesday July 9 & 23, 10:00am  
7月9, 23日 (水) 午前10時

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

Saturday June 7, 11:00am to 1:00pm  
6月7日(土) 午前11時~午後1時  
See [sumieartistsofcanada.org](http://sumieartistsofcanada.org) for details.  
詳細は: [sumieartistsofcanada.org](http://sumieartistsofcanada.org)

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

June 12 - 26 • 6月12日 - 26日  
See page 10 for details  
詳細はページ10をご覧ください。

### Wynford Seniors • ウィンフォードシニア

Wednesday June 4 & 25, 10:30am  
6月4, 25日 (水) 午前10時半

### Canada Day • JCCC CLOSED

カナダデー • JCCC閉館  
Tuesday July 1  
7月1日 (火)

### Natsu Matsuri and Bon Odori • 夏祭り・盆踊り

Saturday July 12, 5:00 to 9:00pm  
夏祭り・盆踊り - 7月12日 (土) 午後5時から9時まで  
See page 10 for details  
詳細はページ10をご覧ください。

### July Film Screening • 月映画上映会

Thursday July 17, 7:00pm 7月17日(木) 午後7時  
*Seppuku: The Sun Goes Down* 「陽が落ちる」  
See page 11 or details. 詳細はページ11をご覧ください。

### Cooking for Active Seniors • 元気なシニアの為の料理

Thursday July 17, 11:00am • 7月17日(木) 午前11時  
See page 8 or details. 詳細はページ8をご覧ください。

## Ongoing / 開催中

### JCCC Library • 図書館

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

### JCCC LIBRARY SCHEDULE • JCCCライブラリースケジュール

TUESDAY - 11:00am - 3:00pm (lending hours貸出し)  
THURSDAY - 11:00am - 3:00pm (lending hours貸出し)  
2:00pm - 4:30pm (computer clinic コンピュータ相談室)  
SATURDAY - 1:00pm - 5:00pm (lending hours貸出し)

### Exhibitions • 館内展示

Moriyama Nikkei Heritage Centre  
森山日系ヘリテージセンター  
Maru: Immigration Stories.  
Contact [heritage@jccc.on.ca](mailto:heritage@jccc.on.ca) for a guided tour.  
丸: 日系移民物語。ツアーガイドをご希望の方は  
[heritage@jccc.on.ca](mailto:heritage@jccc.on.ca) までご連絡ください。

### JCCC Gallery • JCCCギャラリー

CONTACT Photography Festival  
コンタクトフォトフェスティバル参加展示  
Phase in my Journey by Walter Borchenko  
April 5 to June 20, 2025 • 2025年4月5日—6月20日  
See page 14 for details.  
詳細はページ14をご覧ください。

### Coming in July

Shifting Skies, Changing Forms  
An Exhibition of Japanese Canadian Legacies Arts Fund  
Recipients  
July 9 to September 5, 2025 • 2025年7月9日—9月5日  
See page 14 for details.  
詳細はページ14をご覧ください。



## A Message from New Executive Director, **Jerrold McGrath**



Photos courtesy of Kelly Fleck.

I started my role as Executive Director at the JCCC on April 28, 2025, but my relationship to the space and community goes back to 2016 when my family first moved to Toronto from Banff, Alberta. My wife and I met while I was working as a relocation trainer in Aichi, Japan. We moved to Banff in 2005 where there was a well-established and welcoming Japanese community. Toronto proved no different. Attendance at events and festivals, the aikido club, ukulele lessons, shows in the JCCC Gallery, and other activities helped us make a home in a strange new city.

In Banff I served as a program director at the Banff Centre for Arts and Creativity. My career is driven by a belief in culture's potential to help us make sense of big changes and build a home in a world where the ground seems to be moving beneath our feet.

Japanese cultural practices have been central to my own work for some time. I wrote a book that was an homage to Jun'ichirō Tanizaki's *In Praise of Shadows* (陰翳礼讃). The organization I founded, UKAI Projects, was named after a fishing practice that involves cormorants, burning pine, and metal rings. Japanese culture and aesthetics often arise from encounters with volatility - meeting ecological, political, and technological upheaval with grace and beauty. The historical experiences of Japanese Canadians are a needed reminder of what happens when we let fear and prejudice determine our collective path.

Today, we are experiencing unprecedented volatility in our climate, technology, politics, and society. Our children are no longer confident that the future they inherit will be better than the world in which they currently live.

Thankfully, the JCCC has, since its founding, provided visitors with inspiration while showcasing the richness of Japanese culture and I am excited to build on this legacy. I recognize the immense responsibility this entails. The entire JCCC team and community have greeted me warmly and the outgoing Executive Director James Heron has been my guide and support. My hope is to connect with as many community members as possible, and I extend an open invitation to connect.

I am truly passionate about this work and how we can continue to celebrate Japanese Canadian heritage and its critical role in navigating an increasingly uncertain world.

私は2025年4月28日付でJCCCのエグゼクティブ・ディレクターに就任いたしました。この場所とコミュニティとのご縁は、私の家族がアルバータ州バンフからトロントに移り住んだ2016年にさかのぼります。私と妻は、私が愛知県でリロケーション・トレーナーとして働いていた頃に出会いました。2005年にバンフに移住し、そこではすでに温かく受け入れてくれる日系コミュニティが存在していました。トロントでもそれは変わりませんでした。イベントやお祭りへの参加、合気道クラブ、ウクレレのレッスン、美術ギャラリーでの展示や公演などを通じて、私たちはこの新しい街で「自分たちの居場所」を見つけることができました。

バンフでは、バンフ・センター・フォー・アーツ・アンド・クリエイティビティでプログラム・ディレクターとして務めておりました。私のキャリアは、「文化が変化の時代において私たちの生き方や考え方に意味をもたらし、安心できる場所をつくる力がある」という信念に根ざしています。

日本の文化や美意識は、私自身の活動においても長年にわたり重要な要素となっています。私は、谷崎潤一郎の『陰翳礼讃』に敬意を表して書いた著作を出版しました。また、私が創設した「UKAI Projects」という団体名は、鵜飼という日本の伝統的な漁法にちなんでいます。鵜飼には、鵜、松明、金属の輪といった要素が登場し、美しさと儚さが共存する日本の美が詰まっています。日本の美学や文化はしばしば、不安定さや変動と出会う中で育まれてきました。生態系、政治、技術の大きな変化に、優雅さと美しさをもって向き合う姿勢がそこにあります。そして、日系カナダ人の歴史は、恐れや偏見が社会の判断を曇らせたときに何が起るのかを、私たちに深く教えてくれます。

今日、私たちは気候、テクノロジー、政治、社会と、あらゆる面でかつてないほどの不安定な時代に生きています。多くの子どもたちが「これからの世界は今より良くなる」と信じられないでいる現実もあります。

そんな中で、JCCCはその創設以来、来館者にインスピレーションを与え、日本文化の豊かさを発信し続けてきました。この素晴らしい歩みを受け継ぎ、さらに発展させていくことに、大きな責任と誇りを感じています。JCCCのチームとコミュニティの皆さまには温かく迎えていただきました。そして、前任のエグゼクティブ・ディレクターであるジェームズ・ヘロン氏には、これまで多くの支えと導きをいただいております。今後、できる限り多くのコミュニティメンバーの皆さまと直接お会いし、お話できればと願っています。どうぞお気軽に声をおかけください。

この仕事に心から情熱を感じておりますし、日系カナダ人の豊かな文化遺産を称え、そしてそれを通じて、この不確かな時代を共に生き抜いていくための道しるべを探していけることを心から願っております。

## RON KORB Delivers a Joyous and Colourful Sakura Concert to Full House in Kobayashi Hall



Congratulations to Ron Korb and all the staff and volunteers for presenting a wonderful concert to celebrate sakura season last month. Featuring taiko drummers, dancers and a children's chorus, the show featured many songs from Ron's latest album, *Global Canvas*, as well as traditional music and tunes from Ron's previous albums.

It was a packed audience in the stunning Kobayashi Hall with several VIPs in attendance including Takeshi Matsunaga Takeshi – Consul General of Japan, Senator Dr. Vivienne Poy, Bruce Kuwabara QC founding partner of KPMB, Noriko Yamamoto – Executive Director at The Japan Foundation, and numerous media celebrities.

The evening started with the thundering power of JCCC's Kyowa Daiko taiko drummers. Throughout the show, Ron and his band were joined by solo dance artist Atsuko Abeta, and the dance groups Sakura Kai and Ayame Kai, as well as koto and shamisen player Aiko Fujii all of whom were adorned in beautiful kimonos and were featured in several songs to wonderful affect.

## SakuraFest 2025 a Beautiful Success!

The JCCC's first ever SakuraFest has been a 'blooming' success! With 4 weeks of programming to highlight the fleeting beauty of our Sakura trees, we have been honoured to welcome in thousands of new visitors to the JCCC.

Although the blooms had not arrived in time for our opening concert, when they did arrive in the last week of April, they were an explosion of colour! With more pale pink than in previous years, the abundant blooms were a huge attraction for people across the GTA. Visitors to our Annual Bazaar were delighted to be at the JCCC at the height of the blooming period.

In addition to the Cherry blossoms, SakuraFest offered a variety of movies, events and workshops for people to attend. Our Linocut workshop with artist Caitlin Chan was a huge success with students leaving the JCCC with both prints and their lino blocks in hand. The Tsumami Zaiku workshop hosted by Orika Canada produced beautiful hairpieces for participants to wear with pride. Both the Tea Ceremony and the Sake Workshops sold out. The Maki-e Workshop and the Sakuramai Dance workshop were well attended and enjoyed by all. Finally, both our Book Talk with Author Suzanne Hartmann and our Third Places Exhibit Openings were great successes.

After a very full month of events and blooms, we are happy to have enjoyed a successful SakuraFest. If you would like to suggest ideas for workshops and events for next years' Sakurafest, please email [newsletter@jccc.on.ca](mailto:newsletter@jccc.on.ca) with the subject line SakuraFest 2026.

*Photos courtesy of Leon Balaban, Gaeten Belair and others.*





## Toronto's Japanese United Church Gift

On Thursday May 1, 2025, over 100 people gathered at the Momiji Health Care Society to celebrate the generous donations from Toronto's Japanese United Church Congregations to the Japanese Canadian Cultural Centre and the Momiji Healthcare Society.

These donations, stemming from the sale of the Bayview United Church property, are a testament to the perseverance of the Japanese congregations. As Chris Hope, volunteer President of the JCCC Board of Directors said at the event "When Japanese Canadians were stripped of their property and material possessions and dispersed, their community networks of support became a collective lifeline. Individual material success became less important than collective support and the Churches provided a critical connection point that allowed the community to heal and to grow. Community members lost so much, but they never stopped giving of themselves."

This legacy of giving was acknowledged in the Ceremony hosted at Momiji. Part reunion (with many past Ministers and congregants present), part history lesson, and part celebration, the event celebrated both the history of the congregations and organizations receiving the donations. Eugene Kam, CEO of the Momiji Health Care Society remarked "The ties between [us] are strong and enduring. They are ties of community and of friendship."

Attendees of the celebration included past and present ministers of the congregation, past and present congregants of Toronto Japanese United Church, Centennial Japanese United Church, Oriole-York Mills United Church, Bayview United Church, Cummer Avenue United Church and more, as well as staff and members of both the JCCC and Momiji.

Before adjourning for refreshments and a chance to catch up, the ceremony ended with the playing of the hymn "Our God Goes With Us" by David Kai. This hymn acknowledges both the movements of Japanese Canadians across Canada, but also the many moves by Toronto's Japanese United Church congregations. These generous gifts, resulting from the latest move of the congregations, will be a lasting legacy to the resilience of Toronto's Japanese United Church congregations.



Photos courtesy of Cary Rothbart.  
Top: Michael Kitagawa with Chris Hope; Bottom: Michael Kitagawa with Ann Ashley and Eugene Kam.

## Bazaar Recap - A Successful Bazaar in Full Bloom!

This year's Annual JCCC Bazaar was another wonderful success, made even more special as it coincided with Sakura Fest and the peak bloom of the beautiful sakura trees. The timing couldn't have been better — the combination of vibrant blossoms and festive energy brought an extra wave of visitors through our doors, creating a lively and memorable atmosphere for all.

Shoppers explored a wide range of unique treasures — from vintage finds to cultural keepsakes and charming curios. The smells of delicious Japanese food filled the air in Kobayashi Hall, drawing hungry guests eager to sample their favourite dishes and treats.

A heartfelt thank you to all the volunteers, vendors, and guests who made this year's Bazaar so memorable. Until next time!





## Thank You, Bazaar Volunteers and Supporters!

This year's Spring Bazaar was a huge success to have nearly 3700 visitors, and it was all thanks to YOU, our amazing volunteers! From the early birds who arrived at 5 AM to those who stayed as late as 8 PM, your dedication and energy made everything possible. Most of every part of the Bazaar was volunteer driven from setting up the event, cooking in the kitchen, running sales tables, directing parking, to capturing the day through photography. Your teamwork, warm smiles, and hard work created an unforgettable experience for everyone who attended.

The JCCC wishes to thank the following Organizations and Companies for supporting the 2025 Annual Bazaar.

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- NGK Spark Plugs Canada Limited
- Ogden Funeral Homes Limited
- Oomomo
- Parkway Bowl
- Sanko Trading Co
- Wismettac Asian Foods

A huge thank you to the many groups who joined us, including:

- Bunka Shishu
- Himawari Buyo Kai
- Japanese Gospel Church of Toronto
- JCCC Iaido
- JCCC Judo
- JCCC Kyudo
- Nikkei Voice
- Plant Harada
- Urara Buyo Kai
- Discover Japan
- Ikenobo
- JCCC Aikikai
- JCCC Jodo
- JCCC Karate
- JCCC Library
- Ohana Hula
- Sakura Kai
- Wynford Seniors

We'd also like to give a special shoutout to our incredible Bazaar Committee Team, who are also volunteers: Dawna Kobayashi, Jan Nobuto, Sharon Marubashi, Tak Yoshida, and Yuki Newbold — thank you for your leadership, countless hours of planning, and unwavering support behind the scenes.

We couldn't have done it without you all. THANK YOU!



## UPCOMING EVENTS

# Cooking for Active Seniors

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

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

**Classes are as follows:**

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

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

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



# JCCC Family & Friends Golf Tournament Sunday September 14, 2025

The 27th Annual Family & Friends Golf Tournament will be held on Sunday September 14, 2025 at Rolling Hills Golf Club in Stouffville.

This is a chance for families and friends to share a fun day of golf – all skill levels are welcome and there are lots of prizes to be won! After a great day of golfing, there will be presentations and dinner back at the JCCC. We encourage everyone to join with grandparents, grandchildren, parents, siblings, aunts, uncles, cousins, or just a group of friends. Will be an early Shotgun format (8:30am start) and all teams will be scramble play.



*Photos courtesy of Gary Kotack.*

The application form with key dates is included in this edition or pick up a copy by JCCC Reception. We encourage and welcome hole sponsors, corporate or family, and some sponsorship levels include green fees and contribute to our Heritage programming at the JCCC. We also will be offering "In Memoriam" sponsored holes to recognize loved ones. Donation of prizes are also gratefully accepted.

We are so appreciative to have our biggest sponsor, iA Private Wealth (Marty Kobayashi) confirmed again. So please come on out for a fun day!! We had overwhelming responses last year so make sure to get your registration submitted before it fills up!

For more information, please contact co-chairs Sharon Marubashi at [sharon.marubashi@jccc.on.ca](mailto:sharon.marubashi@jccc.on.ca), or Dawna Kobayashi at [dawna.kobayashi@sympatico.ca](mailto:dawna.kobayashi@sympatico.ca)

UPCOMING EVENTS



**NATSU MATSURI AND BON ODORI**

**JAPANESE SUMMER FESTIVAL**

FREE ADMISSION

OUR NATSU MATSURI AND BON ODORI SUMMER FESTIVAL - TORONTO'S ANNUAL CELEBRATION OF JAPANESE SUMMER TRADITIONS - HAS BEEN BRINGING THE JAPANESE COMMUNITY AND ITS MANY FRIENDS TOGETHER FOR 20 YEARS. JOIN US AND ENJOY:

- BON ODORI DANCING
- TAIKO DRUMMING
- BEER GARDEN
- FESTIVAL FOOD
- SOMEN NOODLE BAR
- CHILDREN'S GAMES
- TANABATA WISHING TREE

盆踊り 太鼓  
ビアガーデン  
お祭り舞台  
そめんバー  
キッズゲーム  
短冊かざり

**祭** **Saturday, July 12, 2025**  
5pm - 9pm (Bon Odori starts at 7pm)  
6 Sakura Way, Toronto, ON • 416.441.2345 • www.jccc.on.ca

PRESENTING ORGANIZATION  
TORONTO BUDDHIST CHURCH  
A Mahayana Temple

PARTNER ORGANIZATION  
JAPAN FOUNDATION

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



## Natsu Matsuri and Bon Odori 2025

Mark your calendars for Saturday, July 12, 2025! The JCCC is excited to welcome everyone back for our annual summer celebration — Natsu Matsuri (Summer Festival) and the Bon Odori Festival. This vibrant event brings together community groups, including the Toronto Buddhist Church, for a day full of fun, food, and great performances.

Weather permitting, the festivities will take place outdoors in the parking lot or indoors in the Kobayashi Hall. Be sure to wear comfortable shoes — everyone is invited to join the traditional Bon Odori dance!

Whether you're a longtime attendee or a first-time visitor, we can't wait to celebrate with you. Come experience the energy, the culture, and the community. See you at the festival!





# TORONTO JAPANESE FILM FESTIVAL RETURNS

## JUNE 12 TO 26!



The 2025 Toronto Japanese Film Festival celebrates its 14th year with a range of diverse films that explore the depths of Japanese filmmaking, from heartfelt dramas and captivating comedies to gripping thrillers and thought-provoking documentaries!



Kickstarting the festival is Hideki Takeuchi's **CELLS AT WORK!**, a vibrant live-action movie centering on a female red blood cell (Mei Nagano) and a male white blood cell (Takeru Satoh) who bravely defend their human host against pathogens, with Director Takeuchi present to introduce the film.

Making its international premiere is Renpei Tsukamoto's heartwarming **THE 35-YEAR PROMISE**. North American and Canadian Premieres include Fumihiro Sori's **HAKKENDEN: FICTION AND REALITY**, with Koji Yakusho, Yu Irie's thrilling samurai swashbuckler **MUROMACHI OUTSIDERS**; Shogo Kusano's moving **AIMITAGAI**; Daihachi Yoshida's intimately surreal character study **TEKI COMETH**, winner of the Tokyo International Film Festival's Best Film, and Akiko Ohku's **SHE TAUGHT ME SERENDIPITY**, a striking magic realist romance. Director Ohku will visit the festival to present the North American premiere of her film.

For anime buffs there is the North American premiere of Yuurei Sakuragi's **GIVE IT ALL**, which was nominated for the Japanese Academy Award for Best Animated Feature and Masaya Fujimori's latest anime "ninja kids" adventure **NINTAMA RANTARŌ: INVINCIBLE MASTER OF THE DOKUTAKE NINJA**

Also making North American premieres are Ayuko Tsukahara's box-office ruling thriller **LAST MILE**, and the gorgeous environmental fable **RIVER RETURNS** with writer/director Masakazu Kaneko in attendance; and Yuji Kakizaki's **SEPPUKU: THE SUN GOES DOWN** with the director and cast as guests.

Mark Gill powerfully chronicles the turbulent life and brilliant work of photographer Masahisa Fukase in **RAVENS** and the samurai wield both swords and go pieces in Kazuya Shiraishi's taut and thoughtful **BUSHIDO [GOBANGIRI]**.



The Canadian premieres include Tetsu Maeda's **PETALS AND MEMORIES**, Ayuko Tsukahara's **GRAND MAISON PARIS**, and Mipo O's **LIVING IN TWO WORLDS** the tender story of being raised by deaf parents.

One of this year's highlights is the director's cut of **THE VOW FROM HIROSHIMA**, an intimate portrayal of Setsuko Thurlow, a courageous survivor of the bombing and decades-long activist. Following the screening, Ms. Thurlow will participate in a panel discussion, offering invaluable insights into her life and the profound impact of her experiences.

### Food and Snacks during TorontoJFF トロント日本映画祭でのフード販売

A pop-up booth by Kingyo Fisherman's Market and JCCC kiosk, Nakamori, will sell Japanese foods, sweets and drinks throughout the festival period in June. Come with an empty stomach.

映画祭期間中、毎日Kingyo Fisherman's Marketの出店があります。又、JCCCのキオスクNakamoriも映画祭特別メニューで皆様のお越しをお待ちしています。お弁当、お寿司、スイーツ、その他スナックなどお楽しみください。



TorontoJFF SPECIAL SUMMER SCREENING

SEPPUKU: THE SUN GOES DOWN 陽が落ちる

Thursday July 17, 7:00pm

Admission:

\$12.39 +HST JCCC member

\$17.70 +HST non-member

TorontoJFF passes are valid for this screening.



A period film unlike any other. While it deals with themes of duty and loyalty, the focus is on the love between a husband, wife and family set against samurai society. Kyuzo, a retainer for the Shogun, is under house arrest for accidentally scratching the Shogun's bow. The film observes the family's inner struggles as Kyuzo awaits the imminent order to perform ritual suicide. His wife Yoshino has 24 hours to prepare for her husband's seppuku but, for the sake of her husband and ancestors' honour, she must maintain the daily life of the household with the calm dignity of a samurai's wife.

Winner of 4 awards at the London and Edinburgh International Film Festivals, this subtle, deeply moving study of devotion pitted against duty leads to the final stunning resolution and is built around a quietly devastating central performance by Yuka Takeshima.

*Starring Yuka Takeshima, Masayuki Deai, Yasuyuki Maekawa, Ema Fujisawa, Yuka Sasada.*

SPECIAL GUESTS

The festival is very excited to welcome award-winning director, writer, producer YUJI KAKIZAKI (The Usume Boys, Kouin, Even in Another Life, The Second Security Unit) and cast members YUKA TAKESHIMA (The Usume Boys, When the Sun Falls, The Lady from Satsuma, Assistant Inspector Daimajin) MASAYUKI DEAI (Takashi Miike's First Love, 47 Ronin, The Usume Boys, Kouin), and YUKA SASADA (Light of My Lion and Double Cheat: Itsuwari no Keikan).



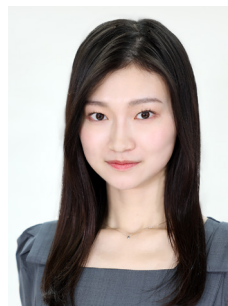
Yuji Kakizaki



Yuka Takeshima



Masayuki Deai



Yuka Sasada



## Martial Arts News

As this is a double issue, please note the following registration periods.

**June:** Registration month for Judo and Kendo.

**July:** Registration month for Iaido, Kyudo and Naginata.

Please check your email and the M365 portal Dashboard for notifications about registration. Fees for the upcoming Series have been adjusted as summer fees are included.

Please note that some of our programs have adjusted their schedules for July and August as well as over the long weekends. We have listed some closures below.

Karate program will not be holding Saturday classes in July and August.

Aikido Children's class will not be holding classes in August

The JCCC will only be closed on Tuesday July 1 for Canada Day and all martial arts classes are cancelled, but Aikido classes (both the Adult and Children's classes) will also be closed on Sunday June 29.

We also want to inform our participants of Aikido (both the Adult and Children's classes) that classes are cancelled over the Civic Holiday Weekend (on Sunday August 4). The JCCC is closed on Monday August 4 and all martial arts classes are cancelled.

Aikido and Karate classes will also be cancelled on the Labour Day Weekend (on Saturday August 30 and Sunday August 31). The JCCC is closed on Monday September 1 and all martial arts classes are cancelled.



## Exclusive Ticket Offer: Babymetal & Ado

The Japanese Canadian Cultural Centre, and Maple Leaf Sports & Entertainment - Premium LIVE, are excited to offer exclusive access for two highly anticipated Japanese artists performing in Toronto this summer. Mix and mingle with friends of the Japanese community, in a private, comfortable space, to enjoy the show! Scan the QR code or visit the link, to purchase tickets

### Babymetal – Coca-Cola Coliseum (July 2)

- Includes theatre-style seating, private lounge with couches, suite-level bar and restrooms, and complimentary popcorn

### Ado – Scotiabank Arena (August 3)

- Includes premium entrance, private washrooms, dedicated host, in-suite service, and complimentary popcorn

For any questions, groups of 6+, or private suites, please contact [Marina.Felix@MLSE.com](mailto:Marina.Felix@MLSE.com)

## Sedai Corner

In previous newsletters we have proudly announced the launch of the **Japanese Canadian Legacies Society Sedai Grant**—and we're thrilled to share that this grant is helping us take Sedai to the next level!

Over the next two years, this space will be your go-to hub for updates on all things Sedai: from preservation efforts to community outreach, film projects, and more. We have some exciting opportunities now available!

### ORAL HISTORY WORKSHOP REQUESTS NOW OPEN

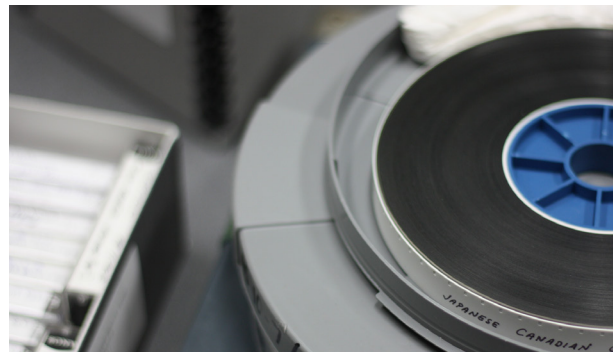
#### Workshop requests open!

As part of the “outreach and education” pillar of Sedai, the JCCC Heritage team is offering oral history workshops for Japanese Canadian groups, organizations and individuals.

Come learn about what questions to ask, how to keep the conversation going and what kinds of equipment you can use.

**JC groups and organizations:** request a workshop by contacting Karen Suzuki at [karens@jccc.on.ca](mailto:karens@jccc.on.ca) or 416-441-2345x300.

**Individuals:** Please visit [jccc.on.ca/sedai-outreach](http://jccc.on.ca/sedai-outreach) and fill out our Google form to be on our notification list to stay informed of upcoming workshops. You can also contact [karens@jccc.on.ca](mailto:karens@jccc.on.ca) to be added to the list.



### DONATIONS OPEN!

The Sedai team is pleased to announce we are now accepting donations to the Sedai Oral History Collection for long-term preservation.

Do you have a VHS, audio cassette, or some other media hiding in your basement with interviews or storytelling on it? Or have you recently done an oral history with a family member on a camcorder or phone?

We will accept digital files or analog media like tapes or films (no commercial recordings please). We will be digitizing a limited amount of analog media and will provide you with a copy of the digitized files if your donation is selected.

Please visit [jccc.on.ca/sedai-outreach](http://jccc.on.ca/sedai-outreach) and fill out our donation form or contact [clairef@jccc.on.ca](mailto:clairef@jccc.on.ca) for more information.

Note that we cannot take all donations, but we will get back to you!

We will be accepting donations from June 1 to August 31, 2025, with an additional round of donations set for 2026 (TBA).





# Shifting Skies, Changing Forms

An Exhibition of Japanese Canadian Legacies Arts Fund Recipients

**July 9 to September 5, 2025. Opening July 9 at 6:30pm.**

Shifting Skies, Changing Forms evocatively represents how the artists in the exhibition examine very personal and family histories and the translation of these experiences through generations. They explore history, identity, transformation, and reconstruction, not only of historical materials but also of our understanding of how this difficult and complex past has influenced identity, sense of self, and artistic expression.

These artists are:

- Emiko Tatebe Berman
- Suzanne Ruth Liska
- Tamiko Potts
- Roddy Isao Tasaka
- Gail Burgin
- Barbara “Miiko” Nishimura-Gravlin
- Stephanie Akiko Takagi
- The Kimono Remake Project

Their work honours our elders past and present as we strive to remember our heritage and develop a strong Japanese Canadian identity. The exhibit has evolved into an incredible multi-disciplinary celebration of film, dance, and fashion in Kobayashi Hall for our opening and an exceptional exhibit featuring both sculpture and wall art in the gallery.

We look forward to seeing you at the performance and gallery exhibit “Shifting Skies, Changing Forms” at 6:30 pm on Wednesday, July 9, 2025.

The exhibition is open from July 9 to September 5, 2025.



*Artwork photos courtesy of Tamiko Potts, Barb Gravlin and Stephanie Takagi.*

## JCCC Annual General Meeting Notice

The membership of the Japanese Canadian Cultural Centre is hereby given notice of the 2025 Annual General Meeting on Monday September 22, 2025 at 7:30pm (in person) at the JCCC, 6 Sakura Way, Toronto ON M3C 1Z5.

Agenda and Proxy forms will be available in the August Newsletter.

For any questions, please contact the JCCC Board of Directors Secretary Sharon Marubashi at [sharon.marubashi@jccc.on.ca](mailto:sharon.marubashi@jccc.on.ca)

# GEI : ART Symposium 2025 @ JCCC

## September 19 – 21, 2025

Article by **Sally Ito**

In the fall of 2022, a disparate group of about a hundred people from across Canada gathered on a knoll in Esquimalt Gorge Park in Victoria. None of them knew each other very well but all had been brought together through a thread of being that united them – the thread of being Japanese Canadian artists – a thread of red and white, you might say – the threads of color that make up the Japanese flag and the Canadian. I was one of these artists. Soon we heard the fue – that was our signal – and then we began to process down the hill towards the newly built Esquimalt Gorge Park Pavilion whose architecture reflects its Japanese inspired past and heritage. In the courtyard just before the entrance, dancers Denise Fujiwara and Jay Hirabayashi dressed in, and powdered white, contorted and gestured their way into the space for us as if to enact the significance of all these Japanese Canadian bodies together in one space at one time to commune together as artists.

GEI : ART Symposium was made manifest that day and the lively exchange and interaction created something special – a feeling of community and solidarity. Now another GEI : ART symposium is about to happen again, this time in Toronto on September 19-21, 2025. We, the organizers, hope to reignite the spirit of the first symposium - but this time in Eastern Canada in recognition of the forced dispersal of our ancestors who had to relocate east of the Rockies. This year's symposium will take place at the historically significant Japanese Canadian Cultural Centre in Toronto.

This artist-run event looks to:

- **Create** a solid network of artists across the country
- **Share** our achievements and works in progress
- **Inspire** and support cross-pollination between artists



### CALL FOR PRESENTERS

Are you an artist and would like to participate? We would like to hear from you. The submission form asks you for topics that you would like to see covered or something you would like to share or contribute.

### Admissions:

While we would love to welcome all artists of Japanese descent in Canada who apply, we hope that you will understand that if we receive more interest than we are able to host, a selection process will be necessary.

Priority will be given to artists who were not able to attend the first GEI : ART Symposium in BC, those who have a current work in progress or one ready for sharing, and those who are selected to contribute to the symposium content. We will strive to welcome a diversity of artists.

**Travel and accommodation are reserved on participants' behalf; however, these costs are not covered. There is limited support available for participants who identify a need for financial or other support to attend.**

For more information, please view the submission link below or contact us at [geiart@najc.ca](mailto:geiart@najc.ca).

*Submissions accepted until May 31, 2025.*

[Submit an expression of interest here!](#)



Photo courtesy of Jon Woods,  
Symposium 2022 Group Shot



## DONATIONS

# DONATIONS TO THE JCCC

**AS OF APRIL 30, 2025**

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

### JCCC

Anonymous	50
Mr. Michael Ablachim	1,000
Ms. Sheri Burke	20
Mrs. Mitsuyo Burrell	100
Mr. Olivier & Mrs. Takako Daros	100
Mrs. Shirley Doi	100
Mr. & Mrs. Ray Edamura	100
Mr. & Mrs. Benjamin Eto	100
Mr. & Mrs. Nobby Fujino	50
Mrs. Mari Funasaka	1,000
Mr. & Mrs. Alan Gray	60
Ms. Irene Iseki-Isogai	20
Mrs. Shirley Isojima	100
Mr. Takashi Iwata	27
Ms. Yuko Kanda	26
Ms. Meg Karper	10
Ms. Debra Katsumi	100
Mrs. Rose Kelly	10
Mrs. Ayako Keogh	30
Mr. Martin Kobayashi	1,000
In honour of James Heron	
Mr. Isamu Koyata	100
Mr. Brian Kumamoto	100
Mrs. May Kumoi	27
Mr. Dennis Madokoro	10
Mr. Adam Malcolm	50
In honour of Sandy Chan	
Mr. & Mrs. Shoichi Matsui	50
Mrs. Eri Matsuki	25
Mr. Gerry &	100
Ms. Junko Mifune Hogenhout	
Mrs. Mary Morita	50
Mrs. Sadame Muromoto	55
Mr. & Mrs. Harry Nagata	60
Ms. Yuki Nakamura	10
Mr. & Mrs. Joe Fumihiro Nishikaze	1,000
Mr. & Mrs. Frank Nishioka	100
Ms. Toni Osbourne	300
Mr. & Mrs. George Sasaki	50
Mr. Kenneth Seki	77

Ms. Tamiko Sugie	25
Mr. Russ Takashima	200
Mr. John & Mrs. Kiyo Tohana	75
Mrs. & Mr. Tu Trinh	10
Mr. Mas Tsuji	100
Mrs. Maureen Williamson	100
Mr. Eddie & Mrs. Rose Yamamura	50

### Corporate & Foundation

The Hatanaka Family Foundation	
TorontoJFF & Gala	
Japanese United Church Congregations	
JCCC Foundation	
TorontoJFF	
Kimo Vending Ltd	
Bazaar	
Oda Family Foundation	
Toronto Foundation	

### Emergency Appeal

Ms. Martha Arima	30
Mr. William Cruz	50
In memory of Roman Yap	
Mr. Patrick Dunlop	10
Mr. Ross Dunlop	35
Mr. Robbie Grant	25
Mrs. Jan Nobuto	100
Mr. Regan Takenaka	25
In memory of Tony & Kimi Takenaka	
Ms. Karen Tanino	50
In memory of Ken & Ruth Tanino	
Mrs. Donna Yoshimatsu	150

### In Memoriam

<i>In memory of Agnes Kanda</i>	
Mr. Kenneth Kanda	500
Mr. Tamotsu & Ms. Marge Tamagi	25
<i>In memory of Chii &amp; Kiyoshi Tamane</i>	
Mr. Arthur & Mrs. Tomo Ishii	100
<i>In memory of Eiko Kiyonaga</i>	
Ms. Katherine Adachi	50

Mrs. & Mr. Yukie Fuchigami	100
Mrs. Patricia Fujiwara	100
Mr. Paul Fujiwara	100
Mr. Peter Fujiwara	100
Mr. Paul & Ms. Bridget Gannage	50
Ms. Margaret Ishii &	50
Mr. Michael Walsh	
Mr. Arthur & Mrs. Tomo Ishii	50
Mrs. Nellie Kuwahara	50
Mr. Gene Machida	100
Mr. John Mah	100
Ms. Yuki Nakamura Newbold	25
Ms. Naomi Linda Nakatsu	100
Ms. Yuki Newbold	25
Mr. Peter Ng	50
Mr. & Mrs. Don Takashima	50
Mrs. Kim Wray	40
Ms. Yumi Yamashita	25

### *In memory of George Uyeyama*

Mrs. Toshiko Uyeyama	50
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### *In memory of Ken Iwasa*

Mrs. Doreen Oyagi	40
Mr. Kiyoshi & Mrs. Beverley Uyeno	25

### *In memory of Lily Nagahara*

Mr. John Nagahara &	75
Mrs. Amy Hanada-Nagahara	

### *In memory of Marnie Hirano*

Mr. & Mrs. Wayne Yatabe	100
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### *In memory of Shig & Kim Onizuka*

Mrs. Diane Carter	25
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### Heritage

Anonymous	44
Bunka Shishu Artisans	11
<i>In memory of Eiko Kiyonaga</i>	
Ms. Christine Caroppo	200
The Nishihama Family	250
<i>In memory of George Tsushima</i>	
Ms. Sono Sugie	30

## DONATIONS

### *In memory of Janice H Shimizu*

The Sugie Family 50

### *In memory of Marie Hirano*

Ms. Katherine Adachi 150

Ms. Dee Dee Piercey & 100

Mr. Brian Kai

### *In memory of Ruth Ura Sumi*

Ms. Sono Sugie 40

### Supporting Members

#### **Ambassador**

Dr. Seiko Shirafuji 977

#### **Leader**

Ms. Kikuye Inouye 477

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Ms. Debra Katsumi 127

Mrs. Rosa Shizuko Kunigami 127

Mrs. Mary Morita 150

Ms. Kay Nagao 127

Mr. Nhieu Van & 110

Mrs. Junko Nguyen

Mr. & Mrs. Kaz Nishio 110

Mr. Ian & Mrs. Dale Reid 110

Mr. & Mrs. Stephen Saito 110

Ms. Rosa Isabel Sotelo Kunigami 116

## DONATIONS TO THE FRIENDS OF THE MORIYAMA NIKKEI HERITAGE CENTRE INSCRIPTIONS

### APRIL 1, 2020 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

#### Individuals/Couples

Kihup Boo (夫)

In Memory of Mother Hiroko Fukushima

Jiro Fukushima

Clayton Gytoku and Jessie Ebata

Jamie Herman and Masako Katsuki

Chinatsu ICHIDA

Hiromi ICHIDA

Keiko ICHIDA

Takako ICHIDA

Yasu ICHIDA

Yoshi ICHIDA

Yumi ICHIDA

In memory of Sanaye Inouye

Robert Yasuharu & Shizuko Hosui

Kadoguchi

Lucas, Sayaka, and Emika Koolma

In memory of Harold Hiroshi Matsubayashi

In memory of Shichitaro & Naka Nagata

family

Dr. Seiko Shirafuji

Mr. Douglas Dwyer

#### Groups

Checkmate Development

Crow Creek Settlement Reunion

Gakuyukai Alumni Group 1906-1942

Hanayagi Essay Group

## OPERATION TATAMI 2024 INSCRIPTIONS

### DECEMBER 2023 TO PRESENT

THE JCCC GRATEFULLY ACKNOWLEDGES THE FOLLOWING DONATIONS:

#### Yellow Competition Mat

55th Anniversary of JCCC Aikikai

Anonymous

In Memory of Sensei Bill Aoki

Des Aubin Joseph Yangmi Sylvie et Pascal

Charlie's Meat

Matthew Dales

Ken Fukushima

JCCC Judo-Kai

In Memory of Sensei Peter Hasegawa

Sid Ikeda

Adrian Iliescu

Shane Le Gros

Maison Changkeun Lee

Matsumura Family

Mazumder Family & Friends

Camber Muir

In Memory of Sensei Genichiro Nakahara

Osamu Obata Shihan & Kenji Ochi Sensei

Gerald N Okimura JCCC Judo-Kai

Ziyi Peng

George Mitsuyuki Sakata, 7Th Dan, Judo

Darrell Masumi Sakaue JCCC Judo-Kai

In Loving Memory of Mom Yvonne Scott

In Memory of Sensei Joe Serianni

Russ Takashima

Kai Taniguchi Wong & Kyo Taniguchi

Wong

Harry Tonogai

Jonathan Wong

#### Green Keiko Mat

James and Masayo Heron

In Memory of Sensei Ken Ikeda

Kadota Family

In Memory of Sensei Glenn Kawano

Shane Sachiyo and Yuji Le Gros

Masaru Matsubara

K. Nagao

In Memory of Mack Makoto Oikawa 3rd Dan

Kevin And Nancy Roxby

Anca And Dan Rusu



## 健やかな老後をめざして その84

～ その薬は適切なものですか!?!? ～

高齢になるといくつもの病気をもつ人が増え、結果として治療薬の種類や量が多くなり、副作用の起こるリスクが高まります。また、加齢に伴い肝臓や腎臓の機能が低下し、薬を分解して排泄する働きが弱まります。それに伴い、若い時と比べると薬が体内に残って効きすぎたり、治療効果が現れにくくなったりします。ですから、より慎重に薬と付き合い合う必要があるのですね。

27年前「高齢者の服薬コンプライアンスに関する研究」によって医学博士号を取得しました。その当時から現在に至るまでの人々の認識、特に「薬の基本」に関する理解が普及してきているかについては疑問に感じる事が多々あります。あなたは薬の基本を知っていますか？

### 1. 使う目的

- 1) 病気の原因を取り除くために使う薬：病原菌を排除するために使う抗菌薬、脳に溜まったある種のたんぱくを取り除く認知症治療薬など。
- 2) 病気をコントロールする薬：病気の原因を取り除くことが難しい慢性疾患の場合、合併症を防ぐために使います。高血圧や糖尿病の治療薬など。
- 3) 症状を抑える薬：様々な不調で現れている症状を抑えるために使います。総合感冒薬、消炎鎮痛薬、胃腸薬、緩下剤など。

### 2. 主作用と副作用

使う目的を達成するための働きが「主作用」です。ところが、薬が体内に入って発揮する作用には主作用のほかに「副作用」があります。つまり、薬には必ず副作用があるのです！医師は両者のメリットとデメリットを考えながら処方します。したがって、患者は両者について医師に十分に確認し、良く理解したうえで薬物治療を始めましょう。そして、使用により生じる変化を観察し、医師に報告することが大事です。勝手に減量したり、休薬したりすると、そのことを知らない医師は治療方針を誤ります。適切とはいえない増量や種類の変更を招きます。それは、患者自身のためになりません。私の研究を通して、薬物治療に対するコンプライアンスの低い高

齢者では治療効果の不十分さ、飲み残し、体調不良の問題を持つ人が多いこと、医師—患者関係と服薬指導が影響を与える要因であることが示唆されました。

### 3. 薬の効き方

薬の効果や副作用に関しては、同じ種類や量を使っている個人差があります。一人ひとりが全く異なる生物なので当然のことです。高齢になると、薬が身体にどう影響するかの要因が複雑になり、予測が難しくなります。ですから、医師との協働作業がますます大事になります。

### 4. 薬を服用するタイミング

主作用をきちんと得られ、副作用が出にくいようにするために、服薬のタイミングが指示されています。空腹時(食前、食直前や食間)に飲む薬、胃に負担をかけないために食直後、食後30分頃に飲む薬といったように、食事に関連した指示が一般的。生活スタイルの関係で飲み忘れが多いようであれば、薬によってはタイミングを変えることが可能なので、医師に相談してみましょう。

### 5. 飲み合わせ(相互作用)

薬の相互作用で思わぬ副作用が起こったり、効き方が変化します。新しい薬が処方される場合は特に注意が必要です。処方薬、市販薬、サプリメントなどすべてを医師に伝えましょう！サプリメントの臓器に与える影響が最近よく話題に挙がっていますね。身体にとり込む種類が増えれば増えるほど、飲み合わせのリスクは高まります。市販薬やサプリメントはもちろんです。処方薬についても「今の体調に適切なもの？本当に必要？」と考えることも大事です。

シニアの場合、記憶力や認知力が衰えて、飲み忘れや飲み間違いも起こりやすくなります。長く使用しているからと安心するのではなく、これを機会に一度ふり返り、疑問や不安があればホームドクターに相談しましょう。

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](mailto:mernagh@rogers.com))

## Project Wrap-Up: Enhanced JCCC Facility with Universal Accessibility Reaches a Successful Conclusion

The JCCC is excited to share that our multi-year project, [Universal Access in Facility to enhance Cultural Programming], which received funding support from the federal infrastructure program [The Investing in Canada Infrastructure Program or "ICIP"], has officially concluded as of December 2024.

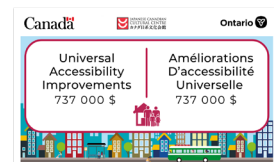
Thanks to the generous support from the grant, we were able to make significant upgrades to the JCCC to make it a much more accessible and welcoming facility. This project has been a journey initiated during the Covid years with construction that began in February 2021. We set out to achieve a few milestones with accessibility being the focal point and below is a summary of key outcomes and impact of the project:

- « Fully accessible new family washroom near existing washrooms in the facility
- « Renovation of all the 4 sets of existing washrooms
- « Installation of a second public elevator with wheelchair access to the 2nd floor.
- « Much needed improvements/updates to the showers and change rooms.

These changes are not just about infrastructure – they are about inclusion and dignity. With these upgrades, families with strollers, individuals with mobility challenges, and older adults will now find it much easier to access and enjoy all areas of our building. The new family washroom offers convenience and privacy, while the updated change and shower facilities provide a safer and more comfortable experience for all.

We are proud of what this project has achieved and deeply grateful for the support that made it possible. These enhancements are already making a difference in how our space is used and enjoyed – and they will continue to benefit the community for years to come.

Thank you to everyone who helped bring this project to fruition!



## Bon Odori 2025

Spring has arrived and it's time to get our dancing zori on! Bon odori practices will take place at the Toronto Buddhist Church on Tuesday and Friday evenings, 8:00 – 9:30 pm. Men, women and children are all welcome and no experience is necessary. Step-by-step instructions will be given and it is best to come from the beginning as new dances are introduced as the practices progress. Classes have now begun.

Obon is an important Japanese Buddhist tradition to remember our ancestors and dancing is part of the celebration. Traditional Japanese folk dances (odori) are made up of short sequences of steps that are repeated throughout the song. Dances are also created for modern songs.

Bon odori will be held on Saturday, July 12, 2025 at the Japanese Canadian Cultural Centre following Natsu Matsuri.

For more information, please contact the Toronto Buddhist Church.

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



Be part of the Japanese-Canadian tradition  
Obon Odori - minyo (Japanese folk dance)

All ages, newcomers welcome

Only 50 cents per practice  
Starts Tuesday, April 29, 2025  
Every Tuesday and Friday  
prior to Obon (July 12, 2025)  
8:00 p.m. – 9:30 p.m.  
(Subject to cancellation)

Step by step instructions given

Toronto Buddhist Church  
Social Hall (basement)  
1011 Sheppard Ave W  
North York, ON, M3H 2T7  
(416) 534-4302  
tbc@tbc.on.ca

Next to Sheppard West subway station  
Parking available

## Wynford Seniors Bowlers Needed!!!!

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

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

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

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

If you are interested, the bowlers welcome you to check out the alley during the summer on Monday mornings starting June 2, 2025 from 10:00am-noon, where some practise for fun.

For more information or to join, please contact Dawna Kobayashi at 416-407-8102. The deadline to join is August 4, 2025.







# JSS プログラム:2025年6月 & 2025年7月

## JSS Programs June & July 2025

以下は2025年6月と7月に予定されている、JSSのプログラムです。詳細やお申込みはJSS ウェブサイト、または416-385-9200 / PROGRAMS@JSS.CA まで。

Check out our upcoming June & July 2025 programs! \*Pre-registration required. Visit our website and/or contact 416-385-9200 / programs@jss.ca for more details & RSVP.

### 1. モミジ&JSS オンライン講座シリーズ 2025年5月(水曜3時～)

登録可能な講座・過去の講座一覧などシリーズ情報は、JSSウェブサイト: モミジ・JSS: オンライン講座シリーズをご覧ください。

#### 「ヘルスリテラシー入門: 情報強者になろう!」6月11日(水) 15時(日本語&英語)

「ヘルスリテラシー」とは何かご存じですか?自分に必要な健康についての情報を手に入れ、正しく理解し、そして使う能力のことです。健康に関する情報があふれる昨今、自分に合った情報を探し正しく使うのは簡単ではありません。このセミナーではヘルスリテラシーの高め方、情報の見極め方、医療関係者やご家族とのコミュニケーションなど、今すぐ使えるポイントをご紹介します。

※詳細・お申込みはJSSウェブサイトまたはPROGRAMS@JSS.CAまで

#### 「東洋医学に学ぶ 夏の薬膳とセルフケア」6月25日(水) 15時(日本語&英語)

昨年の秋バージョンに引き続き、東洋医学、薬膳の考え方に基づいた、夏の養生法をご紹介します。特別な生薬を使わず、スーパーで簡単に手に入る野菜、薬膳食材を使って、夏の暑さ、夏カゼ、熱中症、クーラー病、夏バテ、食欲不振などの予防法、対処法を一緒に学びませんか。

※詳細・お申込みはJSSウェブサイトまたはPROGRAMS@JSS.CAまで

### 2. JSS家族支援プログラム

#### 1. かけはしの会オンライン交流会: KAKEHASHINOKAI@JSS.CA

発達障がいのお子さん(年齢不問)を持つ保護者の方のためのサポートグループです。

#### 2. シングルマザーサポートグループ: SMSG@JSS.CA

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

### 3. レギュラーJSSプログラム(日本語)

1. クラフトクラブ交流会 : 第1・3水曜日、10時半～正午 お問合せは CRAFTCLUB@JSS.CAへ

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

### 1. e-Learning Series

\*Visit JSS website for the list of seminars & past recordings

#### Healthy Literacy 101: Use information wisely! : Wed. Jun 11, 3pm (English & Japanese)

Health literacy refers to the capacity to obtain, correctly understand, and use information necessary for your own health. This seminar introduces practical tips you can use right away, including how to improve your health literacy, how to evaluate health information, and how to improve your communication with healthcare professionals and family members.

\*Visit our website or contact programs@jss.ca to register

#### Yakuzen for Summer: Food-Based Self-Care through Eastern Medicine : Wed. Jun 25, 3pm (English & Japanese)

Following last year's autumn edition, we will introduce summer health practices based on Eastern medicine and the concept of Yakuzen. Without using special medicinal herbs, we will explore how to prevent and manage summer heat, summer colds, heatstroke, air conditioning sickness, summer fatigue, and loss of appetite by using easily available vegetables and medicinal ingredients from the grocery store.

\*Visit our website or contact programs@jss.ca to register

### 2. JSS Family Support Programs

#### 1. Kakehashi no Kai : Contact kakehashinokai@jss.ca

Kakehashi no Kai is a monthly support group for parents raising children (of any age) who are neurodiverse.

#### 2. Single Mother Support Group : \*Contact smsg@jss.ca

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

### 3. JSS Regular Programs

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

2. Nostalgic Japanese Song Singing Group : Twice a month on the 2nd and 4th Monday, 1:30-3:00 pm. \*Contact utanokai\_b@jss.ca

# HIROSHIMA PIANO

80TH ANNIVERSARY COMMEMORATIVE SCREENING



**Sunday August 10, 2025 at 1:30pm**

*"The sound of the piano has not been changed by the atomic bomb!"*

At 8:15am on August 6, 1945, a single atomic bomb was dropped on Hiroshima. A piano miraculously survived unscathed amidst the devastation. The film, based on the life of Mitsunori Yagawa, a piano tuner who restored the bombed piano and drove a truck around the country giving concerts, imagines what would have happened if Yagawa met a certain person or visited a certain place. That person is Nakano, whose grandmother was the original owner of the piano, and together their story brings peace and moves the heart.

Winner of the Peace Prize at the 2022 Japanese Film Festival of Los Angeles.

Starring Shiro Sano, Tomu Muto, Yoko Moriguchi, Ichirota Miyakawa



For tickets, call 416.441.2345  
or [www.jccc.on.ca](http://www.jccc.on.ca)  
JCCC Members \$8.85 +HST (\$10.00)  
Non-members \$10.62 +HST (\$12.00)

# OKURIMONO

80TH ANNIVERSARY COMMEMORATIVE SCREENING



**Sunday August 10, 2025 at 4:00pm**

At the age of 60, Japanese Canadian Noriko Oi embarks on an emotionally charged journey back to Nagasaki, her childhood city, to unravel the tightly kept secrets of her family's past. Decades after the death of her mother, Mitsuko, and facing the sale of her ancestral home, Oi seizes a poignant opportunity to piece together a mother's history that was never shared with her. Oi discovers letters and stories that weave a rich tapestry of her mother's life and untold narratives of her native Japan. The film navigates the delicate realms of unspeakable pain and intergenerational trauma with grace, painting a poignant picture of closure.



For tickets, call 416.441.2345  
or [www.jccc.on.ca](http://www.jccc.on.ca)  
JCCC Members \$8.85 +HST (\$10.00)  
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# JAPANESE SUMMER FESTIVAL

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- SOMEN NOODLE BAR そうめんバー
- CHILDREN'S GAMES キッズゲーム
- TANABATA WISHING TREE 短冊かざり

祭

**Saturday, July 12, 2025**

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

6 Sakura Way (formerly 6 Garamond Court), Toronto ON • 416.441.2345 • [www.jccc.on.ca](http://www.jccc.on.ca)



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More details here!



# The Nisei Veterans' Award

## **Purpose:**

The award came from a desire to remember and recognize the dedication and loyalty to Canada of the Nisei Veterans during WWII. To this end, this award recognizes young people in the JCCC's Martial Arts/Odori Dance Programs who exemplify the spirit and values inherent in the Nisei Veterans.

## **Award:**

A permanent plaque is on display in the JCCC near the dojos - names of successful candidates are added each year. The winner will also receive a certificate and one (1) year of class tuition and membership at the JCCC. The winner(s) will be announced and awards presented each year at Arigato Day.

## **Criteria:**

The award recognizes the values exemplified by the Nisei Veterans and celebrates the passing of these qualities to a new generation. A list of characteristics follows. The candidate(s) should have a demonstrated history of displaying or exemplifying at least one or more of the following characteristics:

Loyalty  
Integrity  
Perseverance  
Good Citizenship  
Determination  
Courage  
Service  
Participation

## **Eligibility:**

Young people between the ages of 15 to 25 (inclusive) who participate in either the Martial Arts and/or Odori Dance programs at the JCCC. Students who have not previously received the award are eligible.

## **Application and Selection Process:**

To submit a nomination, each nominator is required to submit an application form (see reverse). Nominators can be senseis, parents, classmates or the student for themselves. All nominations will be reviewed and vetted by each candidate's respective Sensei and/or a lead instructor from their program. Candidates who are then recommended by their Sensei and/or a lead instructor for the award, will be asked to write a 250-300 word essay on what this award means to them. The essays will be read by a panel selected by members of the JCCC Board of Directors (VP Heritage and VP Management), and successful candidates will be notified. Interviews may be required, if deemed necessary by the panel.

**Applications must be received by June 19, 2025.**

*Updated: May, 2025*



# Nisei Veterans' Award Nomination Form

Name of nominee: \_\_\_\_\_

Name of martial art/dance program: \_\_\_\_\_

What are the characteristics that make this person a good candidate for this award?

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\_\_\_\_\_  
Nominator Name (please print)

\_\_\_\_\_  
Signature of Nominee

\_\_\_\_\_  
Signature of Nominator

\_\_\_\_\_  
Nominee Contact Info (Email or Phone #)

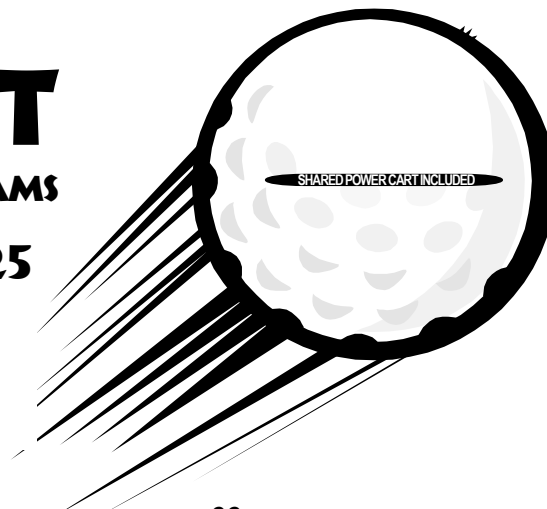
**To be submitted to Reception or by email to: [heritage@jccc.on.ca](mailto:heritage@jccc.on.ca) by June 19, 2025**

<b>OFFICE USE ONLY</b>	
Date Received: _____ (mm.dd.yyyy)	Received By: _____ (Staff Name)
Reviewed by: _____ (Instructor Name)	

JCCC 27<sup>TH</sup> ANNUAL  
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**IN SUPPORT OF JCCC HERITAGE PROGRAMS**

**SUNDAY SEPTEMBER 14, 2025**



**Rolling Hills Golf Club – Classic Course**  
 12808 Warden Avenue  
 Stouffville, ON L4A 7X5  
 Ph: (905) 888-1955

**Entry Fee: \$115.<sup>04</sup> + HST (Members) / \$125.<sup>66</sup> + HST (Non-Member)**

Includes: Green Fees & Shared Power Cart, Musubi Lunch, Awards Dinner, Prizes

- Enter as an individual player, or partner with family/friends
- **Shared Power Cart included** in price
- Shotgun Start - all Tee-offs @ 8:30 am (Texas Scramble Format)

\*Award Categories Include:

- ~ iA Private Wealth™ Cup (Lowest Scramble Score for Foursome)\*
- ~ Consul General of Japan Cup (Lowest Family [all related] Scramble)\*
- ~ Roy & Kay Shin Memorial Cup (Lowest Grandparent/Grandchild Score)

\* a Foursome cannot win both categories

\*\* **Note: Junior/Youth Players must be at least 10 years of age**

\*\*\***See application form on reverse - deadline to enter: August 29, 2025**



**Sponsorships also welcome – Family or Corporate**

**BRONZE:** \$200 - 2 Dinner Tickets, signage on the Golf Course and displayed at Dinner

**SILVER:** \$400 - signage as above + 2 Golf/Dinner Tickets

**GOLD:** \$650 - signage + 4 Golf/Dinner Tickets    **CORPORATE:** Negotiable

**Dinner and Prize Presentations will be held from 4 pm at the Japanese Canadian Cultural Centre following the tournament**

**(Dinner only: Adults: \$30.<sup>97</sup>, Children (under 10 y/o): \$10.<sup>62</sup> – proceeds to JCCC Heritage Programs)**

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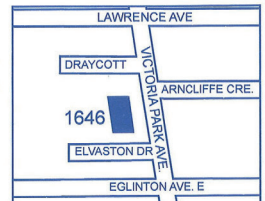
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**Summer Reading List**  
A curated list of the best new books from Japanese Canadian and American authors this year  
*Summer Reading List P.9*

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

**NIKKEI VOICE**  
THE JAPANESE CANADIAN NATIONAL NEWSPAPER  
SUMMER 2019 VOL. 33 NO. 6

**Kimono fashion show**  
Tofino apologizes for 1947 motion to exclude Orientals  
Mistaken prevented Asians from owning property or businesses  
Michael Abe Contributor

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



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