



OUTLOOK

JAPANESE CULTURAL ASSOCIATION OF MANITOBA INC.

SPRING EDITION

Volume 64, No. 4

JCAM Board 2014-16

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UDON Lunch & Sale

Saturday, March 7

Eat-In or Take-Out

Tickets \$7.00

Order by March 5, 2015
to ensure your meal.



Art Miki: JCAM President's Report

Entering the year 2015, JCAM is undertaking a number of initiatives in moving the organization forward. Although the weather is not the best there are a lot of heartwarming activities taking place and with a lot of enthusiasm.

- JCAM has applied for and received a Dining Room Liquor License that will permit us to sell liquor at any of the lunches, cuisine nights and catered functions and fund raising events. JCAM can also cater outside events and provide liquor services as a revenue generating source.
- JCAM has engaged Blacktie Architect to design a modification to the main entrance. The Board has approved the plans and have applied for some funding to cover part of the costs. The working plans for the contractors are being designed. The Board has established a Capital Fund to raise funds for the vestibule addition. The new entrance area with a larger vestibule and defined space for outerwear and boots/shoes will make entrance to the building more functional. The visitors will have access to electronic door openers especially to meet the concerns of seniors and people with walkers or in wheelchairs. By moving the vestibule and coat and shoe racks from the main hall, this will allow for greater space for activities and banquets.
- JCAM Board is developing a five year plan by looking at the future needs of the community and for programming and activities. The plan will also explore ways of getting more involvement of the community, especially the younger generation
- The National Association of Japanese Canadians is looking at the possibility of moving their office to the Centre this spring through a rental agreement.
- The Finance Committee has developed an Investment Policy that the Board has approved and a budget for the new fiscal year.

Although it is not a JCAM project, I would like to offer my congratulations to Doug Tsutsumi and the Mirai 3.11 Revisited Committee for organizing a fund raising dinner that will be held at the Centre on Saturday, March 14. I encourage the community to help support the many young people who lost families as a result of the tsunami and earthquake that has devastated the northeastern part of Japan in 2011.

This Outlook heralds the beginning of the end of winter. In March, Spring cannot be far behind...we hope! Please enjoy reading through your newsletter for interesting facts and useful information about JCAM, the Centre and the things we have going on.

NEXT NEWSLETTER DEADLINE

Next regular edition of the OUTLOOK will be June 3, 2015. Deadline for submission of materials is May 22. Submit all materials to Jake Marks c/o mjccc@shaw.ca (English) and Yayoi Brandt c/o yayoibrandt@gmail.com (Japanese).

CENTRE CALENDAR OF EVENTS & ACTIVITIES

MARCH 2015

Saturday, March 7 – UDON LUNCH will be served from 11:30 a.m. Tickets \$7 Eat-in or take out. Order your tickets before March 5 to ensure your steaming bowl.

Friday, March 13 & 27 – **DONBURI LUNCH** (see separate schedule in this newsletter)

Saturday, March 14 – MIRAI 3.11 REVISITED. A fundraising dinner to continue support for victims of the devastating Earthquake and Tsunami that devastated parts of Japan in 2011. Featuring a 6 course meal prepared under the direction of Chefs Ono and Masa. Live entertainment. Tickets are \$50 (cash or cheque only).

APRIL 2015

April 2 & 4 Thursday & Saturday respectively, the **ANNUAL CURLING BONSPIEL** hits the pebbled ice, culminating with a wonderful **CURLING BONSPIEL BANQUET** at the Centre Saturday, April 4. This event is always a lot of fun so round up a team and register; if you can't get a team together the organizers will help put one together, so don't hesitate to join up.

Friday, April 10 & 24 – DONBURI LUNCH (see separate schedule in this newsletter)

Saturday & Sunday April 18 & 19 – THINGS JAPANESE SALE. This is the time and place to purchase genuine Japanese items, articles and knick-knacks at surprisingly low prices. Please mark the sale on your calendars so you won't miss it! (If you have Japanese items to donate for this sale, please bring them in before April 15)

MAY 2015

Saturday, May 16 – CUISINE NIGHT – our wonderful Japanese food extravaganza. Tickets on sale April 1 \$30 (\$35 if purchased after May 9)

Sunday, May 24 – KEIROKAI at the Centre starting at 12 Noon.

JUNE, JULY & AUGUST 2015

Tuesday, June 16 – Japan vs Ecuador FIFA Women's World Cup Soccer 4 p.m. Investors Group Field (see separate story)

Sunday, June 21 – FATHER'S DAY

Sunday, July 12 – JCAM ANNUAL PICNIC at St. Vital Park

August 9- 15 JAPANESE PAVILION at FOLKLORAMA, St. Joseph's Parish Hall.



FIFA WOMEN'S WORLD CUP CANADA 2015 - SPECIAL JCAM 30 % DISCOUNT!

Unprecedented enthusiasm, packed stadiums, top-quality football and a brand new champion: The FIFA Women's World Cup 2011™ in Germany took the feminine side of



the world's most popular sport to a whole new level and will remain forever in the memory. For many, Japan's penalty shoot-out victory over USA in the Final was a fitting conclusion to the tournament, especially in light of the catastrophic earthquake and tsunami which devastated the country earlier in that year. The *Nadeshiko*, inspired by star player Homare Sawa, combined slick passing with technical finesse to prove that women's football has truly arrived in every corner of the globe. Now you can see this powerhouse for yourself as **Winnipeg plays host to Japan vs Ecuador June 16 at the Investors Group Field at 4 p.m.**

JCAM members are in for a special treat as we have negotiated a 30% discount on tickets! Read on for specific internet instructions on how to book your seats.

Here's how you get these tickets: USE Code: **TI7YCK** at the following Link: <http://bit.ly/1BJ4kc3>

Seat location: SEC 137 row 22-25 (upper part for mobility) Follow the link and select the game day, June 16th. Japan vs Ecuador. You'll see a pop up that says, "choose your own seats!" Press the, "use the map," button.

- 1) Use the code listed (above) and enter it into the box on the left where it says, "offer code." Press on the check mark.
- 2) Click "show offer on map" when it pops up and the system will highlight the JCAM group of tickets in dark blue.
- 3) Select the blue dots which represent your seats. These seats are all for JCAM so you can sit together.
- 4) Once you are done selecting seats press, "buy tickets." This will be at the bottom right of your page with the subtotal.
- 5) Follow the necessary prompts to pay with your credit card.

(You need the latest copy of Adobe Flash Player in your browser to access the above. Adobe Flash Player is free and your browser should notify you if you need it. If that happens, just follow the download instructions)

There is a deadline of March 17th to have your tickets purchased using your group code. The series is in Canada June 6 to July 5. *Something to note is that VISA cards are the only credit cards accepted until June 25th.* Starting June 26th you can pay with any credit card online.

FOLKLORAMA 2015

JCAM is once again sponsoring the Japanese Pavilion for Folklorama 2015 and we are always ready to accept dedicated volunteers to help in many areas of operation, including admissions, security, food prep and service, yes we need a lot of people! Of course the more volunteers we have the easier the workload for all. If you want to help this year, please contact Caroline Yamashita, Coordinator at 204-661-3508 or email: cyama09@mymts.net.

Youth Mentorship Program:

This program is available to youths 16 to 25 years to develop leadership skills and experience by working closely with Chairpersons for specific areas prior and during Folklorama 2015. A selection process will be followed and successful applicants who meet the requirements of the program will receive a \$250 bursary at the end of the program. Applications can be obtained from the JCAM office and the **deadline is close:** March 15, 2015.

Make 2015 the Year of Volunteering and come out and participate in Folklorama 2015!

Stiff Shoulders? Sore Muscles? Lower Back Pain?

I provide effective therapeutic treatment through thorough assessment, professional treatment and follow-up care for your optimal health. Send me an email and we can arrange an appointment.

Aki's Setai & Massage Therapy
by Aki Sugikami, Registered Massage Therapist

Canadian Museum for HUMAN RIGHTS

Winnipeg's world-class museum offers **free admission** on the first Wednesday of each month between 4 p.m. and 8 p.m.

(That's March 4, April 1, May 6, June 3, July 1, August 5, September 2, October 7, November 4, December 2 in 2015.)

The CMHR is the first museum solely dedicated to the evolution, celebration and future of human rights. Its aim is to build not only a national hub for human rights learning and discovery, but a new era of global human rights leadership.



DONBURI LUNCHES – A Centre Tradition!

Aficionados of Japanese cuisine know we have fabulous lunches every second Friday in the Fall, and again in the new year to usually April. There will be only four of the yummy events left by the time you read this (bar any problems with City Water!). Remember we always have Shrimp Donburi at every lunch, and we add one special Donburi each time, plus of course our fabulous Bento. Plus fresh sushi. And salad. And soup. Also Satsumage. Everything is fresh and very tasty. Here's the rest of our season:

March 13 Pan Fried Pickerel and Chicken Teriyaki Bento

March 27 Mabodofu and Pan Fried Basa Bento

April 10 Tekkadon and Pork Tonkatsu Bento

April 24 Our season finale: Ramen w/ chicken and Breaded Salmon Bento

Hinode Taiko: A Spring Fundraiser + Recruitment NEWS!



(ABOVE) HINODE TAIKO SCORES TKO IN *THE CLEAN FIGHT*!

Your friendly neighborhood taiko group enjoyed a busy fall and winter. Our favourite highlight of the past few months was the opportunity to perform inside a boxing ring for *The Clean Fight*, a fundraising event which saw women boxing to raise money to improve sanitation in Vietnam! It was a great crowd and a wonderful experience for us. Hinode Taiko is also looking forward to a busy spring! While we have a few beginners and a few apprentices working to hone their taiko skills, **we are still recruiting new members**. Interested parties can attend our **SPRING WORKSHOP, Monday, March 16 from 7:30 pm - 10:00 pm**. The cost has dropped from previous years and we still offer a discount for JCAM members. Registration forms are available at www.hinodetaiko.ca or at the Centre office. Also coming this spring is **our fundraising event, HAPPY HOUR!** Come and join us at the Centre on **Saturday, May 2, from 4-7pm**. Delicious nibbles courtesy of Chef Ono-san and musical performances by Hinode Taiko and guests await. Look forward to great food, great music, silent auction prizes, demonstrations and more! Tickets are \$25 each and are available from Hinode Taiko members, or contact Jake or Hiroko at the front desk and they will relay requests for tickets.

Thank you all for your support, and we all hope to see you at Happy Hour or at our workshop or both!

JAPAN PUBLIC SCHOOLS PROGRAM REPORT

Japan PSP has been very busy of late. We're well on our way to hosting almost 1,300 elementary school children for this school year Japanese Consul, Yukimi Kurata addressed about 60 Grade Threes from Buchanan School on January 22. The kids were thrilled! **Children's Week** is coming May 4 – 9 and in that one week alone we will inform and educate over 515 children about Japan and Japanese culture. We can always use more volunteers (Shodo, Origami, crowd control). The Schools Program runs every Thursday morning except the last Thursday of the month starting at either 9:30 or 10am. Children's week is more intense with a morning and afternoon two-hour session (9:30 a.m. and 12:30 p.m.) Can you spare this bit of time? Call our office if you can help.

Want to Promote Your Business to An Exclusive Hard-to-Reach Market?

"The Outlook" is the oldest publication catering to the Japanese Canadian Community in Manitoba. It reaches individuals who are descendants of the first influx of Japanese to Canada in the early 1900s and also speaks to the newer generation of Japanese and those simply interested in Japanese culture. The Japanese Cultural Association of Manitoba (JCAM) produces "The Outlook" which is published four times a year, with a membership of over 700 members. Full Page \$100; Half Page \$65; ¼ page \$45; 1/8 page \$35; Standard Business Card \$25. The Outlook is published using a standard 8.5"x11" (letter) size. PDF version in full colour; limited printed version in B&W. For bookings contact Jake Marks, JCAM Administrator m.jccc@shaw.ca or call 204.774-5909.



Manitoba Buddhist Temple Cherry Blossom Fund Raiser

Saturday, April 11, 2015
Tecumseh & Winnipeg Ave

from 12:00 noon to 2:30 pm

PRE-ORDERS for sushi, yaki &
mushi manju and chow mein only.

Tables will also be set up for **WALK UP SALES** of oriental foods, baking, crafts & raffle tickets. New this year will be the picture gallery featuring photos from the past and more so plan to come down and take a trip down memory lane.

Deadline for all Pre-Order is March 20th, please
call Donna Nishimura at 783-7608

All orders to be picked up April 11
between 12:00 - 2:30 pm

SCHOLARSHIPS AVAILABLE

Here's an opportunity for a student to apply for a scholarship through the Mark and Dorothy Danzker Scholarship for Excellence. It is being presented together with the Jewish Foundation of Manitoba and Folklorama. An annual award of excellence for ethno-cultural heritage preservation. There will be a total of **6 scholarships** awarded in September of 2015 as follows:

- 5 post-secondary scholarships of \$1,000 each
- 1 post-graduate scholarship of \$2,500

Application deadline is Thursday, April 30th, 2015

For complete details on criteria and application process, please visit the website at www.folklorama.ca or simply follow this link: <http://www.folklorama.ca/about/detail/65>.

Should you have any questions, feel free to contact Elsie Castillo at CastilloE@folklorama.ca or 204.982.6214.

HORIZON CLUB NEWS

After our winter break, regular Horizon Club activities have resumed at the Centre on Wednesdays. On January 10, 2015 the annual Shinnenkai Potluck Luncheon was held to usher in the new year. About forty members gathered to enjoy an array of delicious dishes. Lunch was followed by games of bingo and draws for door prizes. We thank the following for their donations toward the prizes: Florence Mitani, Paul Bainbridge, Lena Takatsu and Ken Nishibata. Everyone enjoyed the afternoon and look forward to next year.

Congratulations are in order to Mrs. Shizuko Kawata on the occasion of her 100th Birthday on February 28, 2015. Mrs. Kawata is one of the original members of the Club.

Sadly, a long-time member of the Club has passed away. Michiko Lily Onotera (nee Fukumura) passed away peacefully on February 15, 2015 at the age of 97. Sincere condolences are extended to Gramps Onotera and family.

I know It is really cold outside, but come and enjoy the warmth of camaraderie and a delicious lunch. We welcome new faces and new ideas.

DONATIONS

We are grateful to all who donate money and goods to the Centre. JCAM is a volunteer based, federally registered charitable organization. Donations commemorate and celebrate specific individuals or are simply given freely in support of the Centre. Donations enable us to off-set rising costs. If we missed anyone please let us know and we'll mention who was missed in the next issue (June). (All charitable tax receipts are sent out at the end of each calendar year.)

CENTRE

Rita Campbell
Eileen Folson
Akiko Onishi-Mrsa
Mel Smith
Kyoko Jury
Marcia Ginter
Tanis Moore
Sanae & Takashi Murakami
Moe Oye
Sam & Clare Matsuo
Elizabeth Ready
Craig Tataryn
Kathleen Inouye
Jennifer Hashimoto

GALA DINNER

Marlene Mori

LIBRARY

Chiyoko Tamoto
Toki & Tadashi Orui
Keiko & Art Miki

THINGS JAPANESE SALE

Junko Rybuck
Mel Smith

SHIZUKO KAWATA BIRTHDAY

Donald K. P. Furutani

MICKEY KOJIMA BIRTHDAY

Kelly Koga
Pamela Okano
Margaret McKenty
Elizabeth Ready
Terumi Kuwada & Ron Rothery
The Oike Family

REINA RYBUCK BOOK AWARD

Laurel Roberts

In memory of

MARY YAMANE

Yumi Falk
Lucy Yamashita
Caroline Yamashita & Roy
Nishimura
Alice Kinoshita
The East Kildonan
Ladies Curling Club
Masako (Mae) Kawata
Florence Mitani
Toshiko Hashimoto
Marlene Mori
Tak Tonogai
Lena Takatsu
Davy & Mayumi Kawakami
James Hisanaga
Dorothy Koga
Lillian Shimoda
Kenneth Matsukubo
Rossmere Ladies Golf
Midori Bruns
Ken & Amy Murray

Ken & Nancy Nishibata
Akemi Miyahara
Faye Hashimoto
Sue & Robert Palsson
Masami (Moe) Koga
Mickey Kojima
Kanao Kusano
Kelly Koga
Shirley Teranishi
Brenda & Howie Mark
Jack & Judy Mizuno

MRS. HOSHIZAKI

Alena Matsuo

JOHN COURTNEY

Keiko Yoshino

ALAN YOSHINO

Keiko Yoshino

BOB FRAYER

Kelly Koga
Jennifer Hashimoto

LILY ONOTERA

Clare & Sam Matsuo
Rosanne & Paul Yoshimasu
Mrs. K. Kondo

Apologies: In the article in the last issue about the GALA "One Big Hapa" Dinner, we did not acknowledge the contributions made by David & Karen Labram to the silent auction. We thank them and apologize for the oversight.



THINGS JAPANESE SALE

Our annual fundraising sale takes place this year the weekend of April 18-19 which is about 6 weeks away. If you have any interesting genuinely Japanese items that you wish to donate so we can add them to our sales tables, please let the office know. Books, knick-knacks, cups and saucers, tea sets, decorative items, kimonos, shodo tools, if they were made in Japan we'd love to have it! Just call the office.



April 2nd & 4th, 2015
Heather Curling Club , 120 Youville Street
Winnipeg, Manitoba

The Japanese Cultural Association of Manitoba (JCAM) invites you to participate in the **13th ANNUAL CURLING BONSPIEL!** It has proven to be a fun-filled event with lots of good curling, prizes, food and fun. We hope that families and friends will get together to share a weekend with us.

THURSDAY, APRIL 2nd and SATURDAY, APRIL 4th

- *Thursday (evening)* – tentative start time of 6:00 p.m. (2 draws)
- *Saturday (day)* – Draw times to be determined (finals in the afternoon)
- *Saturday night* (6:00 p.m.) – Japanese Cuisine banquet
- 6 end games

ENTRY FEES

- **Only \$160 per team or \$40 per individual (includes Japanese Cuisine Dinner and Banquet)**
- **We would ask that each team bring a prize for the Auction (approximate value \$25)**
- We will also assist in forming teams for individuals or partial teams. Experience is not necessary, so come have some FUN!

ELIGIBILITY - All teams must have at least one curler of Japanese descent
Due to limited space, the first paid 16 rinks are in! Don't be disappointed....register early!

SKIP: _____	Phone: _____
_____	Email: _____
THIRD: _____	Phone: _____
_____	Email: _____
SECOND: _____	Phone: _____
_____	Email: _____
LEAD: _____	Phone: _____
_____	Email: _____

Mail your entry and cheque payable to **JCAM** to:
JCAM Bonspiel 2015, c/o Sandra Shibata, 128 Orum Drive, Winnipeg, Manitoba, R3W 1T4

Donations and sponsorship from businesses and individuals help make the bonspiel a success.

If you know of an organization or individual that may be interested in sponsoring this event or making a donation, please contact Sandra at 654-9455 or via e-mail at sshibata@mts.net

ENTRY DEADLINE:
MARCH 2, 2015

2015 Japanese Canadian Leadership Program - My Journey to Japan – Sandra Shibata



It is my great privilege to have been chosen as the Prairie Region delegate to participate in the Japanese Canadian Leadership Program for 2015. For ten days (February 10 through 19th), I had the opportunity of a lifetime to travel to and experience life in Japan. I learned a great deal about my heritage and I wish to express my deepest gratitude to our hosts for their kindness and wonderful hospitality. I am forever grateful to the Consul-General of Japan in Calgary, Mr. Tamura and Deputy Consul-

General Mr. Yuzo Yoshioka, and the Ministry of Foreign Affairs (MOFA) in Japan for the opportunity to explore my heritage and the home of my ancestors. In addition, I wish to thank Lucy Yamashita, Art Miki and Kelly Koga for nominating me for this once in a lifetime opportunity. Our travels took us to Tokyo, Hiroshima and Sendai. The primary objectives of the Leadership Program is to strengthen the relationship between the Japanese Canadian community and Japan, build “bridges” between Canada and Japan and to deepen the understanding of Japan through people, discussions and cultural experiences. Our journey began in Vancouver where we received an orientation to the Program with a briefing session on Japanese politics, economics, the Japanese family and our destination points in Japan. This orientation was delivered by Dr. Kawasaki of Simon Fraser University and Dr. Takayanagi-Heine, of Langara College which prepared us for recognizing the differences between Canadians and residents of Japan, including tips on how to exchange business cards, bowing and the Japanese work ethic.

Our journey began in Vancouver where the five delegates from across Canada met for the very first time. My fellow participants were Ian Miki – Vancouver, Dereck Oikawa – Toronto, Lisa Schoenhofer – Ottawa and Michio Hirai – Montreal. Although we were strangers on Day 1, by Day 10 we were the best of friends. Although there were generational differences, the common denominator was the appreciation of our culture, our sense of adventure and leadership roles we play in our respective cities. The connection will allow us to build stronger ties with other Japanese-Canadians across Canada and to share community ideas. We closed our first night with an elegant dinner hosted by Mr. Okada, the Consul-General of Japan in Vancouver.

MOFA hosted several sessions and briefings on various topics, including Abe-nomics (Japanese economics), Japanese history, land issues in Takeshima and The Senkaku Islands and women empowerment. The last session, “Creating a Society in which Women Shine” was one of my favourite sessions as we discussed the changing role of women in Japan. Japan has begun work towards balancing and fostering an environment of work opportunities and cherished home-life for women in Japan. Working life and life in general in Canada is very different than in Japan.

We were invited to universities and businesses to view recent developments including technological advancements. We visited Kanagawa University to learn about space elevator developments, “muscle suit” robotics at the Tokyo University of Science, a liquid natural gas plant (Tokyo Gas), a metal spinning plant (Kitajima Shibori) and more.

Our translator, Eiko-san, described a tea ceremony to the group, and one of the phrases that I will always remember is “Ichigo Ichie”. This phrase encourages us to cherish each encounter. Literally the words translates to “One encounter, one chance” — meaning every encounter with someone, even a friend whom you see often, should be treated as if it were a once-in-a-lifetime occurrence. Every moment you live is once in your lifetime. I made sure I was present and enjoyed each and every moment in Japan.

There were numerous highlights from the Program, and one of them was the honour of meeting Her Imperial Highness, Princess Takamado in Tokyo. The Princess is most charming and our conversations were enlightening. Her identified causes are the environment and education.





On Day 5 we travelled to Hiroshima for a home visit, the Hiroshima Peace Memorial Museum and Park and Hiroshima Castle. I knew our visit to the Museum, which was built to promote world peace, would be a very emotional one, with the knowledge of knowing that thousands of upon thousands of lives were lost. The horror of the atomic bomb is revealed in materials and photographs post-atomic bomb. At 8:15 a.m. on August 6, 1945, the City of Hiroshima fell victim to the world's first atomic bombing. It is hard to imagine how the city has been rebuilt over the years. In Japan there is a custom of folding 1,000 paper cranes to wish for recovery from illness or long life. In Hiroshima people fold the cranes wishing for peace. When I went to Japan ten years ago, the one thing I did not get an opportunity to do was to get to know the people of Japan. Not this time. The Japanese Ministry made arrangements for each of us to spend time with a Japanese family in Hiroshima. This personal one-on-one engagement enabled me to see how Japanese residents live as we were invited to their homes to share in conversation and dinner.

One of the most beautiful places we visited was Miyajima Island, a UNESCO World Heritage site where the Itsukushima Shrine is located and the famous floating bright reddish-orange torii. Following a walk, our night ended at the Iwaso Ryokan (traditional Japanese inn) with a beautifully presented traditional Japanese meal dressed in our yukatas, followed by a relaxing soak in the outside onsen surrounded by trees and the sound of a trickling stream. This enabled a good night's sleep on our tatami mats. On Day 7 we arrived in Sendai, and had a visit with the Mayor of Natori City. As you are aware, this City was affected by the earthquake and resulting tsunami in the Tohoku area in north-eastern Japan on March 11, 2011. Hearing stories of loss of the children, adults and seniors deeply saddened me. When I saw the area where these individuals lost their lives, you could not help but feel the sadness the remaining family and friends must have gone through and are still experiencing today. Atop a memorial hill, we saw first-hand the destruction caused by the tsunami.

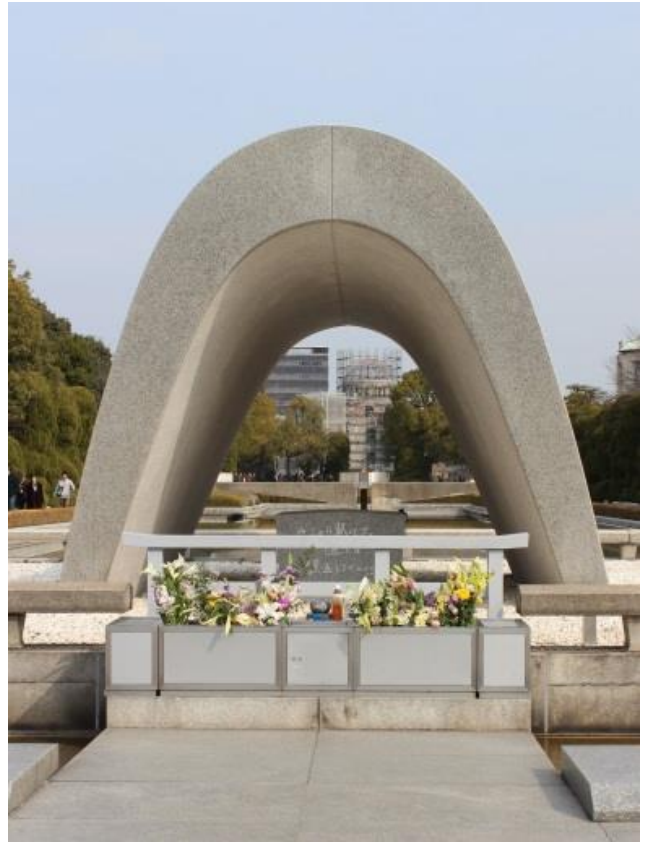
But there is hope. Natori City is rebuilding. It will be a slow process, however, they are confident the people will return. The Government of Canada and several provincial governments funded the building of a library in Natori City. It is built of Canadian cedar and maple and has a dedicated Childrens' Canada section. The message the Mayor and other survivors conveyed was to take responsibility and take care of yourself. A disaster can happen to anyone, anywhere, at any time. They felt that many more lives may have been saved.

We also visited the Canada – Tohoku Friendship Pavilion. Here we heard further stories of the bravery of the people to save others. Many police and fire fighters lost their lives as they made efforts to save the residents. They went door-to-door advising of the pending tsunami. Many seniors were too frail to escape the tsunami and simply knelt and let the tsunami take them away. On the morning in which we were departing from Sendai back to Tokyo on a bullet train, we experienced an earthquake while we were having breakfast. It was a 6.8, however, where we were it was a 4.0. Needless to say, the hotel and lights swayed for about 30 seconds. It was a frightening experience given the past events of 2011.

Our community, in efforts to support the children who lost their parents in the tsunami is hosting a fundraising dinner at the Japanese Cultural Centre on **Saturday, March 14th** and we hope you can attend. If you cannot make it, perhaps you would consider making a donation to the Kodomo Mirai Kikin organization.

The Program also allowed me to experience the different cultural aspects of Japan. Cultural experiences included a traditional Japanese puppet play (bunraku) at The National Theatre of Japan, a kendo practice with the Tokyo Kendo Federation, seeing the famous Shibuya Crossing (pedestrian scramble), Harajuku area, Ginza Shopping District and a visit to a Japanese park, which is famous for a 300 year old pine tree. As a nature lover, I enjoyed the tranquil beauty of this Japanese park (Hama-rikyu) with the gorgeous trees juxtaposed against Tokyo's skyline.

It was a culinary adventure for me. As I am not an adventurous eater, meals were a daily adventure. I took inspiration from my 4 year old great-niece, Chloe, who said to Auntie Sandra, "you have to try everything twice, to know if you like it or not". My palette was challenged, but Chloe was right, there were more things I thought as "oishii" after I tried them. This included natto, sashimi, oysters, chicken cartilage, shabu-shabu and other regional delectable delights such as manju, ramen and okonomiyaki. We attempted to attend the Tsukiji Fish Market so we were on the road at 3:45 a.m. Unfortunately, the market only allows 40 people and we arrived too late. Not to waste the moment, we went for a walk and had rice and maguro (tuna) for breakfast.



From ultra-modern Tokyo to historic Hiroshima and Sendai, come discover Japan with me. If you are interested in hearing more about my journey and the Japanese Canadian Leadership Program, I am hosting a session on **Sunday, March 22 at the Japanese Cultural Centre at 2:00 p.m.** I will be presenting a slideshow of my journey, along with many stories of my learnings and adventures in Japan. I hope you can join me. If you have never been to Japan, I encourage you to attend and I trust this summary will entice you to travel east toward the Land of the Rising Sun. You will not be disappointed!

P.S. The Summer Olympics will be hosted by Japan in 2020! Domo arigato,
Sandra Shibata