



JAPANESE CULTURAL ASSOCIATION OF MANITOBA INC.

OUTLOOK

WINTER EDITION 2023

VOLUME 71 ISSUE 2

JCAM is a federally registered charity # 12064 6021 RR0001

Happy New Year!



President's Message

Dr. Kelly Kaita

Goodbye 2022 and welcome 2023 – It is so hard to believe that another year has ended, and we now get to celebrate “Oshogatsu” or the Japanese New Year! Unfortunately, JCAM (Japanese Cultural Association of Manitoba) will not be able to celebrate this wonderful festival due to the closure of the centre for our renovations. Regardless, everyone should celebrate and embrace all the wonderful things we have in our lives and let go of those things that might not be so good. “Live for today”!

These past few weeks we have seen a lot happen at the centre. We were so lucky to reintroduce two parties that we have put off due to COVID. Those would be the Halloween Party and the Children's Christmas Party. I want to thank all the tireless volunteers that brought both parties (celebrating our younger members) to fruition. The efforts of these individuals brought so much joy and happiness to many and for that JCAM is grateful!

We also hosted a Christmas Craft Sale which was another success for the vendors and the centre as we saw so many members and non-members come out and support our local small businesses. We hope that we can continue having these craft sales twice a year.

On a final note, the time has officially come. The kitchen renovations have started, and we hope to see a finished product in another few weeks. This endeavor was a result of the generosity of so many of our members and the ongoing support of SEVA International Charitable Foundation. When completed, we hope to have an opening and celebration and we will ensure to put up an acknowledgement sign.

Thank you to everyone for your continued support of JCAM.

JCAM DONATIONS

(October 22 – December 30, 2022)

Kitchen Renovation Project

Doug & Laurie Taniguchi
Paul & Rosanne Yoshimasu

Kitchen & Bar Supplies

Joy Letkemann

Senior's Bento Delivery

Suzue Nishibata

Memory of Jim Takenaka

Dorothy Koga
Ken Nishibata
Lucy Yamashita

In Memory of Rodney Matsuo

Janet & Len Matsukubo

In Memory of the Kawata Family

Yoshimi Takeuchi

Goodwill

Ian Findlay
Andrew Winkless
Mamoru & Mildred Oye
Jennifer Hashimoto
Andrew Budgell

Memory of Harry Yoshida

Mickey Kojima

In Memory of Toshiko Hashimoto

Ken Nishibata
Ron Chan & Tannis Nishibata-Chan
Suzue Nishibata
Kazue Teramura
Jennifer Hashimoto
Keiko Burke

In Memory of Rodney, Kanaye, and Hisashi Matsuo

Jon & Emily Buss

JCAM extends its appreciation to all donors for their generosity and support.

JCAM is now able to receive donations through e-transfer – etransfer@jcamwpg.ca

JCAM Board of Directors 2022-2024

President: Kelly Kaita

Vice-President: Debra Takeuchi

Treasurer: Jim Suzuki

Secretary: Grant Voakes

Past President: Ken Teramura

Takayuki Hattori

Satoshi Takeuchi

Nicolas Matsuo

Lucy Yamashita

Sarah Keating Sangalang

Cory Rybuck

Junko Bailey

JCAM KITCHEN RENOVATIONS

The kitchen renovations began in early December and are almost complete. Every item in the kitchen was removed to the front hall and the demolition of the old cabinets set the long-awaited plan into action. It has been a dusty journey to the final product but well worth the time and effort. We are currently in the final stages of the renovation. Once we have approval by the Health Inspector, the JCAM main kitchen will be back in business!

Many thanks to the volunteers who helped with the renovations – Lucy Yamashita, Caroline Yamashita, Kelly Kaita, Lisa Kaita, Debra Takeuchi, Satoshi Takeuchi, Jim Suzuki, Sadao Ono, Sachiko Ono, Marlene Mori, Kathy Grabowski, Tom Yamashita, Tak Tonogai, Alice Kinoshita, Kelly Koga, Theresa Oye, Roy Nishimura.

JCAM is grateful to all the generous donors who helped to bring the kitchen upgrades to fruition. A plaque to acknowledge donors will be forthcoming.

Check out the slideshow showing the step-by-step progress of the renovation: <https://www.jcamwpg.ca/news/>



HORIZON CLUB NEWS

The Horizon Club is taking a break for December and January. We will resume our weekly lunches on Wednesday, February 1st, 2023.

Our last lunch for 2022 was on November 30th with an Italian treat. About 70 of us enjoyed delicious pasta from De Luca's. There was also garlic toast, salad and dessert provided by our cooking team. We had an early Christmas celebration that day with decorations, punch and an Ugly Christmas Sweater Bingo with many prizes. Some of us dressed for the occasion.



Some of our members enjoyed a trip to South Beach Casino on November 28th. No big winners but a few did break even and some may have gone home with some small winnings. On the bus trip they enjoyed cookies from Lily Kaita and bingo led by Harold Onagi. Transportation to the Casino was subsidized by the grant from the Japanese Canadian Survivors Health and Wellness Fund.

Thank you to the Horizon Club members who volunteered to make mochi manju for the JCAM mochi sale. Over 600 pieces of mocha manju were made. Lots of conversation, laughter and a great lunch by Mr Ono were enjoyed by all. Earlier in the year Horizon Club members made yaki manju which was also sold at the mochi sale. Thanks also to Horizon Club members Jim, Tak and Tom for making the Satsuma age for the mochi sale.



JCAM to host the 2023 NAJC Conference

At the December 15th board meeting, JCAM approved our proposal to host the 2023 NAJC Annual conference to take place September 22nd – 24th, 2023. This conference and date marks the 35th anniversary of Redress. Many of you may recall that JCAM hosted the 30th anniversary 5 years ago that took place at the Canadian Museum of Human Rights.

This year's conference is expected to have close to 80 delegates from across the country. We will be hosting a welcome reception on the 22nd, conference and gala dinner on the 23rd and meetings on the 24th.

The main focus of the conference portion will be important Capacity Building Initiative which is a four-year program. More details will follow in subsequent Outlook articles regarding this key initiative.

The meeting portion of the conference will take place at the Cultural Centre. We are currently looking at possible sights for the gala dinner.

As more details get finalized regarding the conference, we will share them in future articles.

JCAM is excited to be hosting this conference again and welcomes the opportunity for our community to meet the NAJC Board as well as NAJC chapter representatives.

Ken Teramura, Conference co-chair

NEWCOMERS CLUB

The Newcomers Club enjoyed a wonderful afternoon of making Gingerbread Houses in preparation for Christmas. The children were very excited to decorate (and taste!) all the goodies. Their gingerbread houses were imaginative and beautiful!

The Newcomers Club, organized by Miwako Hoppe, runs every Tuesday afternoon at JCAM.



JCAM CHRISTMAS PARTY

The children's Christmas Party was held on Saturday, December 3rd at the Manitoba Buddhist Temple.

A total of 32 families attended the two parties including 57 children and 55 adults. The children enjoyed crafts, entertainment, pizza and treats, and especially a visit and gift from Santa!

Thank you to the Manitoba Buddhist Temple for providing the venue and to Harvey and Sandra Kaita for assisting with the event.

Thank you to Jennifer Hashimoto, Nikkei Books for donating 3 books and a calendar for door prizes and to Miniso for a donation of notebooks.

Thank you to Brian Cox and Let's Talk Science for providing the entertainment

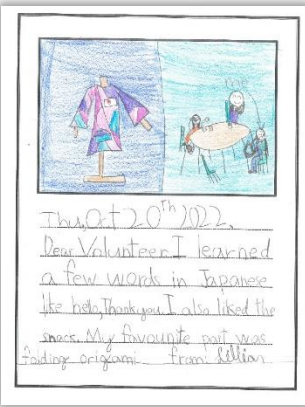
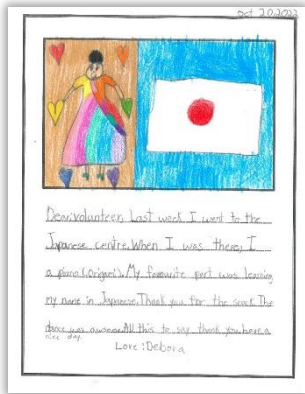
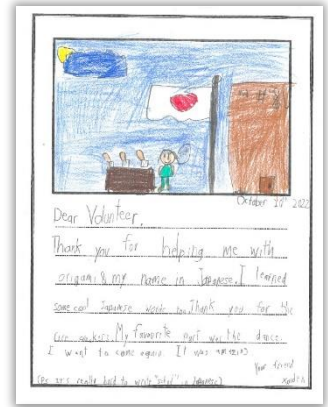
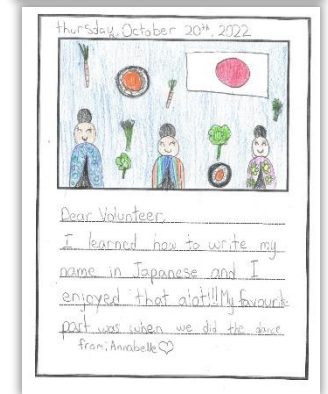
The members of the planning committee were Miyuki Cumming, Sarah Sangalang, Lisa Kaita, Kelly Kaita, Junko Bailey and Debra Takeuchi and volunteers Kanna Nishikiori, Anju Nishikiori, Nina Cumming, Angeli Guevara and Chris Eccles.



JCAM PUBLIC SCHOOLS PROGRAM

The JCAM Public Schools Program is back in action after a 2 year hiatus! Our many wonderful volunteers provide exciting programming designed to enhance the Manitoba grade 3 curriculum on Japan. Students experience a whirlwind of activities – origami, shodo, ondo, and even some Japanese language. The kids smile broadly as they say “arigato sensei” to the volunteers and “sayonara” as they get on the school bus at the end of the program.

Here are some of the wonderful thank-you letters from the students from Ecole Julie-Riel.



MANJU MAKING

JCAM volunteers are always hard at work preparing manju for our many culinary events. We prepare yaki manju as well as mochi manju for all to enjoy.

Many thanks to our recent mochi manju team:

Diane Ooto, Margaret Suzuki, Sandra Kaita, Miyoko Okano, Mona Hiebert, Caroline Yamashita, Judy Baccus, David Baccus, Les Kojima, Tom Yamashita, Ralph Ooto, Sachiko Ono, Kelly Koga, Kathy Grabowski, Hiroko Nameishi, Keiko Burke, Theresa Oye, Marlene Mori, Lucy Yamashita, Theresa Oye, Rhea Miyake, Nobuko Miyake, Susan Oye, Gail Cumming, Tak Tonogai. Thank you team!

Volunteers were treated to a delicious lunch prepared by Chef Sadao Ono.

If you would like to hone your skills at making manju, drop us an email with your contact information – info@jcamwpg.ca. It's a great way to meet and get to know each other!





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Introducing two new programs at JCAM!

Register online at : <https://www.jcamwpg.ca/jcam-events/>

Please note that you must be a member of JCAM to register for our programs.

LEARN TO PLAY SHAKUHACHI

Instructor: Eric 玄楓 Strong

6 Wednesdays – February 15 to March 22, 2023

6:00pm – 7:30pm

Fee: \$60.00

I'm very excited to be teaching another session of classes on the shakuhachi at JCAM this Spring! We had a dozen wonderful students begin in the fall. Many of you probably know the powerful, emotional sound of shakuhachi. Whether you realize it or not, you've heard it in the background of movies, anime and video games.

Do you know its history and tradition?

During the Edo period (1603-1867) the law restricted this flute to a special group of Buddhist monks called *komuso*. We could translate their name as "monks of emptiness". They covered their faces with baskets and travelled around, playing the shakuhachi to beg for donations.

In the Meiji era (1868-1912) the new government pushed away many traditions. Temples were burned and the *komuso* were outlawed. The shakuhachi became a popular instrument for folk music (*min'yō*) and ensembles (*sankyoku* – with koto & shamisen). Most people forgot the old ways, and the flute was even changed to fit western ideas about music.

In 1890, Myōan-ji temple was rebuilt in Kyoto. A group called the Myōan Kyōkai started to preserve the old songs and ways of playing. I'm honoured to be a member of this group, studying under Seian Genshin, the 42nd *Kansu* (head) of Myōan-ji.

In Myōan shakuhachi, we play traditional music called *honkyoku*. Playing the shakuhachi is treated as a kind of meditation. We focus on our breathing and learn to use our whole spirit to play the instrument. The songs often imitate the sounds of nature, like *Shika no Tōne* (Distant Sound of Deer). Other songs embody Buddhist concepts and spiritual teachings.

That doesn't mean we don't have fun! Join our class for an opportunity to learn a beautiful instrument and a little bit of history.



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FOUNDATIONS OF MINDFULNESS

Instructor: Karleen Manchanda, Zen Life & Meditation Center Teacher

4 Sundays, 10:30 am – 12:00 pm

February 12, 19, 26 & March 5

Fee*: Sliding scale \$40 - \$80 (or \$40/\$60/\$80)

**Please pay the most generous rate that you can afford. The instructor is offering these classes free of charge, and all fees will directly support the Japanese Cultural Association of Manitoba.*

In these uncertain times, there are time-tested practices that can help us to navigate and embrace the full range of experiences in our modern lives. The Foundations of Mindfulness Series consists of four classes taught once a week in person. This series offers an introduction to how mindfulness and meditation can lead to living our lives with greater openness, empathy and clarity.

Classes are open to all and will be taught in an inclusive manner drawing on both Western science as well as Japanese Zen Buddhism. Prior knowledge of meditation and Buddhism is welcome but not required. The class series will include useful teachings and practices for greater well-being in our daily lives.

Learn how to

- Establish a mindfulness meditation practice
- Develop resilience in the midst of uncertainty, difficulty and change
- Cultivate courage to face unpleasant feelings like fear, anger and shame
- Open your heart and appreciate your life just as it is
- ...and more

Your instructor, Karleen Manchanda (she/her), is a mother, wife and fourth-generation Japanese-American who was born in Hawai'i and has lived on Treaty No. 1 Territory in Canada since 1997. She has studied and practiced mindfulness, meditation and yoga for the past ten years, and has taught these practices in local schools. Karleen holds a Master's degree in Education from the University of Illinois, and has participated in trainings with The Centre for Mindfulness Studies in Toronto, University of California Berkeley's Greater Good Science Center and Yoga Centre Winnipeg. She completed her [Zen Life & Meditation Center](#) (Chicago) teacher training with [Roshi Robert Joshin Althouse](#) who is an ordained Zen priest in the White Plum lineage and creator of the Foundations of Mindfulness curriculum.

Karleen is grateful to have the opportunity to share her passion for mindfulness and compassion education with the JCAM community. If you have questions, please contact her at growlovewpg@gmail.com for further information.

FOUNDATIONS OF MINDFULNESS

COURSE OUTLINE

(Adapted from the [Zen Life & Meditation Center](#), Chicago)

CLASS 1: INTRODUCTION TO MINDFULNESS

This class will provide an overview of what it means to live mindfully from both Western and Zen perspectives. It will dispel many misconceptions about mindfulness and meditation, teach you how cultivating mindfulness can benefit many areas of your life, and introduce the experience of meditation.

CLASS 2: WHAT GETS IN THE WAY

This class will integrate the practice of mindfulness within the larger context of living a life of openness, empathy and clarity. It will ground you in your lived experience and examine shame as a conditioned response that prevents you from trusting a larger, more authentic sense of yourself. It will also look at the role of compassion in developing the courage to see and change our habits of mind.

CLASS 3: ONE-POINTED ATTENTION

This class will teach you the basics of how to meditate, including what physical posture to use when sitting. The regular practice of one-pointed mindfulness meditation can improve both your quality of attention and ability to focus. This can have a profound and transformative effect in our daily lives.

CLASS 4: LIVING A LIFE OF OPENNESS

This class will help you learn to live more comfortably with uncertainty, difficulty and change. It will address the importance of trusting the non-verbal feedback from your body and being more intimate with your emotions moment by moment. You will learn some of the many benefits of living more openly, such as increased vitality, joy, and freedom from fear.

JCAM COMMUNITY FUND NEWS

The JCAM Community Fund is proud to provide support for the video: **Hinode Taiko: The First 25 Years.**



Hinode Taiko's Emeritus Members, Florence Mitani, Sheila Ozamoto, and Pamela Okano, recount the early days of Hinode Taiko and the group's rise to presenting Canadian taiko to international audiences. From humble beginnings with tires and homemade drumsticks, the first 25 years were filled with a dedicated drive to excel at the art form of taiko. Performances during those years included the Extasia Taiko Festival, Setagaya Summer Festival, and Canadian Embassy (Japan 1999), the North American Taiko Festival (Los Angeles 1997, San Diego 2003), the St. Louis Japan Festival (St. Louis 2003, 2004), Grey Cup (Regina 2003), Winnipeg Folk Festival (1985), plus numerous sold-out local concerts (Canadian Taiko Festival 1991, 1994, 1997 and New Traditions 2000 to 2004).

Watch **Hinode Taiko: The First 25 Years** on JCAM's official Youtube channel:

<https://www.youtube.com/watch?v=lq73tHO-jZk>

The **JCAM Community Fund Committee** is now accepting applications from non-profit organizations, groups or individuals until March 31, 2023 for projects that meet the goals of the fund. The goal of the Community Fund is to assist organizations, groups, and individuals in undertaking projects to promote educational, cultural, human rights and other activities and programs contributing to the betterment of the Japanese Canadian community in Manitoba.

Applications can be downloaded from the JCAM website: <https://www.jcamwpg.ca/community-fund/>

Submit applications to:

JCAM Community Fund Committee
180 McPhillips Street
Winnipeg, MB R3E 2J9

Email: info@jcamwpg.ca

The deadline for applications is March 31, 2023.

MANITOBA KENDO CLUB NEWS

Kendo is a traditional Japanese martial art, or budo, that arose from the samurai, or warriors of feudal Japan. Fighting with bamboo "swords", kendo players wear protective gear like armor over kimono-like training wear. Kendo differs from many other sports, being not solely about winning but also respects good manners and nurtures a strong spirit.

The Manitoba Kendo Clubs welcome new practitioners twice a year. Providing a great chance to learn a new sport, and join a new community. Kendo can be played at any age, and all are welcome to try. Being a part of the Canadian Kendo Federation, it brings opportunity to practice in Winnipeg, Canada, and the world.



A new term for beginners will start at the beginning of March 2023

Beginners

Sunday 1:30pm – 3:00pm Wednesday 7:30pm – 9:00pm

Intermediates/Advanced

Sunday 12:00noon-1:30pm

Wednesday 7:30pm – 9:30pm

Friday 7:30pm – 9:00pm

For more information about classes with Manitoba Kendo Club, visit their website: www.manitobakendoclub.com



*Manitoba
Japanese Canadian
Curling Bonspiel*

2023

SATURDAY, APRIL 1, 2023

Save the date!

After a 3 year hiatus, the Curling Bonspiel is back on! Planning is ongoing under the leadership of Sandra Shibata.

Keep your eyes peeled for more information coming shortly to your email inbox.

For ongoing news from JCAM, check out our social media sites:

www.jcamwpg.ca

Twitter: @WpgJCAM

Instagram: @jcamincofficial

Facebook: @jcam.inc.org

Youtube: www.youtube.com/channel/UCIM3M-5wl3fVBhNEjgcNkFQ

Tik Tok: @jcamwpg

HINODE TAIKO NEWS

The end of 2022 was a busy time for Hinode Taiko! Throughout the fall, the group's energy was focused on preparing for our 40th anniversary concert, *Hikari*. In addition to being a celebration of a major milestone, the concert also allowed the group to debut new repertoire. HT's Artistic Director, Yuko Nozoe, wrote eleven pieces specifically for the concert which gave both long term and recently joined members something fresh to get excited about.

The show's grand finale was the newly minted "JCAM Matsuri". An expression of festivity and joy, this piece was the group's way of expressing our gratitude to the many people who have supported Hinode for the past 40 years.

The driving force behind *Hikari* was to acknowledge the many individuals who left a trace, or shone a light, on our group. While members may come and go, each leaves their light with us. The post-concert reception and a number of well-wishing videos allowed us to catch up with old and new friends alike. We are all incredibly grateful for the support we have received from our local community and the global taiko community over the years and are looking forward to another successful 40 years to come!

With the concert behind us and the winter holidays quickly approaching, Hinode Taiko took some time to concentrate on the simple joy of playing together. Our final practice of the season, which had a full "tropical holidays" theme, allowed everyone to let loose and take pleasure in drumming with friends.

In the new year, HT will be offering another intro workshop followed by a six-week session of beginner classes. Anyone who is interested in taking the workshop should check the HT website: <https://hinodetaiko.ca/events/workshops-classes/>. Please note that the registration deadline for this first workshop is Saturday, January 7.

Anyone looking to join weekly classes can contact info@hinodetaiko.ca after January 16 to find out if space is available in our next session starting January 23. There is limited enrollment for both workshops and classes.

In the meantime, Hinode Taiko wishes everyone a Happy New Year and all the best for 2023!



JCAM Calendar of Events 2023

Mark the following dates on your calendar and keep an eye out for JCAM email updates for each of these events PLUS more!

*Due to circumstances out of our control, JCAM is postponing the **Sake Tasting Evening** originally scheduled for January 28th. We will keep you updated as soon as we have a new date.*

Sunday, January 29:	Ramen Takeout
Friday, February 3:	Donburi Lunch
Saturday, February 11:	Makunouchi Bento takeout
Sunday, February 26:	Ramen Takeout
Friday, March 3:	Donburi Lunch
Saturday, March 11:	Makunouchi Bento takeout
Saturday, March 18:	Udon Lunch
Sunday, March 26:	Ramen Takeout
Saturday, April 1:	Curling Bonspiel
Friday, April 7:	Donburi Lunch
Saturday, April 15:	Makunouchi Bento takeout
Sunday, April 30:	Ramen Takeout
Saturday, May 6:	Japanese Beer Tasting evening
Saturday, May 13:	Makunouchi Bento takeout
Sunday, June 4:	Aurora Odori Silk and Sake II



Arigato gozaimasu
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