



### EJCA Christmas Party

**Date:** Saturday December 10, 2005

**Place:** EJCA Cultural Centre  
6750 - 88 Street, Edmonton

**Time:** 4:00 pm - 8:00 pm

Come and enjoy the Annual EJCA Christmas Party!

**Program**

- 4:00 - 5:00 pm Arrival & Social time in the hall  
Children's program in the lounge
- 5:00 - 6:00 pm Santa Claus (gifts for children) - hall
- 6:00 - 7:30 pm Dinner (turkey with all the trimmings,  
ham, desserts)
- 7:30 - 8:30 pm Entertainment & social time

**Admission:**

- Adult (11 years or older) \$12, \$17 (non-member)
- Children (5-10 years) \$5
- Children (4 years and under) Free
- Seniors (70 years plus) Free
- (All children 10 and under will receive gifts from Santa)



*Please make reservations by phoning the Centre (466-8166) by Tuesday December 6, indicating the number attending and children's names & ages (for suitable gifts). Seating limited to the first 120 to reserve!*

### 2006 EJCA New Year Party

**Date:** Sunday January 15, 2006

**Place:** EJCA Cultural Centre  
6750 - 88 Street

**Time:** Centre opens at 5:00 pm

Come to the Centre to celebrate 2006,  
the Year of the Dog (Inu No Toshi)!

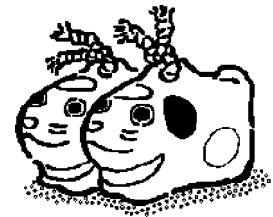
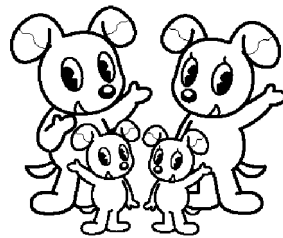
**Bring your favorite New Year Dish**

(Pot Luck dinner, but free gohan,  
wine, sake & tea will be provided)

Exchange New Year Greetings with Friends, Old and New!

**Program (times approximate)**

- 5:00 - 5:30 Pot Luck Dinner Set Up
- 5:30 - 7:00 Pot Luck Dinner
- 7:00 - 7:30: Social Time
- 7:30 - 8:30 Karaoke Video



**Karaoke Video**

Due to unforeseen circumstances, the live Karaoke Concert provided in the past by the Karaoke Club will not be held this year. In its place we will be showing video highlights of NHK's 'Kohaku Uta Gassen' (Red & White Karaoke Contest) from December 31, 2005.

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the Japanese community and those  
interested in Japanese culture, including  
announcements of upcoming events.*

Deadline for Submissions for the Next Issue

(Vol. 31, No. 3) is January 10, 2006

Submission Deadlines for other upcoming issues:

Volume 31, No. 4 - March 10, 2006

Volume 31, No. 5 - May 10, 2006

Volume 31, No. 6 - July 10, 2006

Volume 32, No. 1 - September 10, 2006

Volume 32, No. 2 - November 10, 2006

## EJCA Mission & Vision Statements

### Mission

- To facilitate the development of an inclusive and vibrant Japanese Canadian Community within a multicultural Edmonton.
- To support the objectives of the National Association of Japanese Canadians by promoting respect and harmony among people of various cultures in the Edmonton area.

### Vision

- A dynamic and evolving community that sustains a sense of well-being built upon awareness of Japanese heritage in Canada.

## President's Corner

Mike Murakami

Hello Everyone!

November is the time of year when the prairie landscape seems especially still, in anticipation of the thick, enduring white blanket to come. Of course, it's about anticipating other things like Christmas, New Years, skating, shoveling snow, and driving slalom on icy, rutted streets. It's also the time when preparations for the Edmonton Japanese Community Association's Annual Christmas and New Years parties begin.

The EJCA Christmas party on December 10th featuring Santa, kids presents and delicious food is of course always a blast for the children. And the EJCA New Years party on January 15th, featuring great live entertainment by our very talented Karaoke Club, door prizes and a community potluck is always a gastronomic delight. Yummy!! So, be sure to start the New Year off right by attending the EJCA New Years party. Both Not-to-be-Missed events are super, informal ways for EJCA members, affiliated club members and newcomers to network and have fun together. Bring yourself, your friends and family to both parties. Everyone is welcome -- but be sure to RSVP early!!

On new beginnings... we had the occasion to welcome the new Vice-Consul Ms. Emi Mashiko to Edmonton and bid farewell to Consul General Takeuchi and his wife who are moving on to a new posting in Calcutta, India. We wish them all the very best in their new assignments!

Another great way to get to know other EJCA folk and connect to the community is through volunteering your help with community activities like the Annual Christmas and New Years parties and the EJCA Heritage Festival pavilion. Look for the "Growth Opportunities..." section in the next Moshi Moshi for volunteer activities that fit your taste and schedule. We always look forward to working with newcomers of all ages and cultural backgrounds to engage their unique talents and to get their perspective on things. After all, the Centre is more than just a building with a Japanese garden, it's a place of relationship-building and mutual support, information sharing and friendships amongst youth, parents and other community members.

"Communities are places where each member can give something, where they can contribute something that they feel especially able to give, something that they are good at. The gift of each member is valued by the whole community and all gifts are unique and individual. The gift that community gives back to each member is that of a role and a connection." -Ed Margason

During the weekend of October 1 – 2, EJCA was honoured to host the National Association of Japanese Canadians Annual General Meeting at our Centre. By all accounts from the NAJC delegates across Canada, the Edmonton-hosted AGM was a most pleasant experience and outstanding success. My incomplete

thanks goes out to the hardworking volunteer food preparation team who did a fabulous job catering the delicious AGM banquet (which was a Dinner Theatre event), open to our entire community. The banquet consisting of BBQ'd Alberta steak, Taber corn and potatoes, salads and dessert was prepared by EJCA volunteer "caterers" – Soly Sawada, Sandy Nakashima, Scott Sutton, Monica Johnson, Michiko Kawashima, Edie Nagata and Cathy Tennant.

Special thanks to Mrs. Okamura and Ikebana student Noriko Oishi for creating a lovely abundance of Ikebana arrangements and floral table-decorations for the Main Hall and reception areas; to Wray Tsuji, Joe Sumiya and Rick Hirata for assisting in the kitchen and hall during the conference and dinner; to Dave Trautman, Zak Murakami and Jim Hoyano for arranging and manning the sound system; and to Mieko Ouchi, Jared Matsunaga-Turnbull and the Catalyst Theatre players for their evocatively entertaining banquet presentations of 'The Story of the Little Bird' and 'The Tofu Wars'. They received many rave reviews! It was great to see so many from the EJCA community, including some members we haven't seen for some time, come out to enjoy the evening together.

Enough cannot be said for the organizational skills of the NAJC AGM Planning Committee for arranging transportation, lodging, tours to West Edmonton Mall, the banquet, hotel hospitality room, and entertainment for the banquet – Yumiko and Jim Hoyano, Tak Ohki, Cathy Tennant, Monica Johnson, Daiyo Sawada, Joe Sumiya, Edie Nagata, Mike Murakami. Many thanks to the many hardworking participants whose names I have inadvertently omitted – Sorry. Congrats and well done everyone!!

It's amazing -- and sad -- to think that we're seeing in 2005 Canadian Muslim communities suffering racism created by war. We would have thought racism would be the top stupidity by now – but the reality is human memory is fragile. Regretfully, our Issei and Nissei remember all too well the ugly outcome from the politics of racism. The positive reaction from Issei and Nissei to the screening of the powerful film "Caught in Between – What We Call Home in Times of War" at the NAJC AGM, prompted Henry Kojima (NAJC President) to have a copy of the DVD sent to every NAJC chapter to share with their communities. EJCA in turn, will co-sponsor with the United Nations Association in Canada – to be followed by a 20 min. Q & A during University of Alberta's International Week (January 30 – February 3). Its by practicing dialogue, we deny a victory to those who would attempt to use race to divide cultures.

The excellent documentary "Caught in Between" ([www.caughtinbetween.org](http://www.caughtinbetween.org)) - previously screened at the EJCA AGM - tells a story about people who have been made the enemy, questions "freedom" in the USA, and captures the power of people standing together to fight for civil liberties and human rights. The mixture of war and racism led to the Holocaust and the 1942-46 internment of 23,000 Japanese Canadians and 112,000 Japanese Americans. Post 9/11, 7/7 reactions and the

“War on Terrorism” have caused Arab, Muslim and South Asian communities in Edmonton and elsewhere to fear backlashes and civil rights violations on parallels with those faced by Japanese Canadians 61 years ago. For those of you who want to see the film please check the International Week website @ [www.international.ualberta.ca](http://www.international.ualberta.ca)

The November 5th EJCA Board Retreat was an great opportunity for the Board to reflect on the Centre’s present and future community programming in respect to how they support and sustain EJCA’S Mission and Vision. A lot of energy and good detailed thinking went into exploring ways to optimize the effectiveness of existing EJCA programs, and build partnerships with the aim -- to encourage the development of a dynamic and evolving community that sustains a sense of well-being built upon awareness of Japanese heritage in Canada -- by promoting respect and harmony among people of different backgrounds in multicultural Edmonton. Keep your eyes peeled

for a brief summary of the Board Retreat in the next Moshi Moshi.

To do its job effectively, the Board needs to hear regularly from members of the community, so we invite you to continue providing comments and suggestions to any of us. We look forward to hearing from you!

On behalf of the EJCA Board, Seasons Greetings and Best Wishes to Everyone!



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## Casino Volunteers Needed Again!

Our last Casino was December 5-6, 2003, and was a success thanks to you the volunteers. The proceeds from that Casino have been used to maintain our centre operations and for equipment for the hall and kitchen. We have been approved for our next casino as follows.

Dates: January 25-26, 2006 (Wednesday & Thursday)

Location: Casino Edmonton (7055 Argyll Road)

Our application, along with the volunteer forms for key positions, must be submitted to Alberta Gaming by the end of the November, so please submit the volunteer forms as soon as possible. However, forms will still be accepted after that if you are unable to submit it by then. Forms are available at the Centre, or it can be e-mailed to you if that is more convenient (please contact Jim Hoyano <[jkhoyano@shaw.ca](mailto:jkhoyano@shaw.ca)>) Details and shift preferences can be worked out about 2 weeks before the casino dates. Thank you!

For more information, please contact one of the following:  
Dave Trautman at the Centre (466-8166, <[office@ejca.org](mailto:office@ejca.org)>  
Jim Hoyano (437-7730, <[jkhoyano@shaw.ca](mailto:jkhoyano@shaw.ca)>)

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## Calendar of Upcoming Events

December 10, 2005	EJCA Christmas Party, at the Centre beginning at 4:00 pm
December 13, 2005	EJCA Board meeting, at the Centre beginning at 7:00 pm
January 10, 2006	EJCA Board meeting, at the Centre beginning at 7:00 pm
January 15, 2006	2006 EJCA New Year Party & Karaoke Concert, at the Centre beginning at 4:00 pm
January 25, 2006	EJCA Seniors Club meeting, at the Centre beginning at 11:00 am
February 11, 2006	Sukiyaki Dinner Night, at the Centre beginning at 5:30 pm
February 14, 2006	EJCA Board Meeting, at the Centre beginning at 7:00 pm
February 22, 2006	EJCA Seniors Club meeting, at the Centre beginning at 11:00 am
March 4, 2006	Hinamatsuri celebration, at the Centre, times TBA
March 14, 2006	EJCA Board Meeting, at the Centre beginning at 7:00 pm
March 22, 2006	EJCA Seniors Club meeting, at the Centre beginning at 11:00 am
April 8, 2006	Bazaar, Things Japanese Craft Sale, Japanese Food, at the Centre, times TBA
May 13, 2006	Japan Culture Day, at the Centre, times TBA
June 10, 2006	EJCA Barbecue, Picnic & Field Day, at the Centre, times TBA

## EJCA Seniors News

### Brainstorming the Future - Seniors Style

The October Seniors' get-together really showed the creativity in the group! In order to get everyone in the idea-generating mood, the group was divided into four teams and everyone got a million dollars to spend on themselves.

We saw members cruising off to exotic places, flying to destinations **first-class**, buying dream homes and wisely investing ... one team decided to pool their money and build a luxurious Seniors' Centre, complete with magnificently landscaped Japanese gardens and cascading waterfalls, first-class indoor and outdoor health facilities (gym, golf course, swimming pool), a theatre-auditorium, shops, a restaurant, o-furo and Japanese chef. I think we were all ready to move in, even before the group had finished describing their vision!

The members then used that same creative energy to brainstorm the future of their Seniors Group. After a lively discussion, each team shared their ideas which ranged from the "money-is-no-object-I've-got-a-million-dollars" projects to very practical, "we-can-do-it-now" plans. From the pages of wonderful ideas, some common themes emerged and these priorities were:

#### 4 out of 4 groups

1. **Transportation** - a bus or van would enable seniors to attend meetings and go on day/extended outings together.
2. **Regular day outings and extended trips** - for example, trips to the hot springs, lunch/dinner, the theatre, Japanese gardens, other Japanese Senior Clubs (with invitations to visit Edmonton), the cemetery, and mystery destinations.
3. **Develop the Seniors Group Program** - add regular activities to maintain or improve general fitness, an increased variety of games and recreational activities, craft classes, informal

conversational Japanese opportunities, and lots of outings.

4. **Seniors Housing** - look at options and work towards a retirement facility that provides opportunities to maintain Japanese culture, continues to involve families, and encourages physical and intellectual activity.

#### 3 out of 4 groups

5. **Recruitment** - membership has increased over the last year but new members need to be recruited by contacting former members, making the program so interesting people won't be able to resist joining and using the Moshi Moshi to keep everyone updated on the group's activities.

Hopefully, in the near future, the Seniors Group will move on to the next steps of brainstorming each priority more specifically so that definite plans can be developed and implemented. Watch for updates!

For further information about the EJCA Seniors and their activities, the contacts are:

Bob Motokado (President) - 456-8694 or Chizuko Kimura (Vice-President) - 406-0068

(Submitted by Cathy Tennant)

### Monthly Meetings

The EJCA Seniors Club meets on the 4th Wednesday of each month at the Centre beginning at 11:00 am. If you plan to attend please contact Ruby (475-7147) or Yoshiko (456-8694) one week before, so we know how many lunches to order. Cost of the lunch is \$8. Future meetings are January 25, 2006, February 22, 2006, March 22, 2006.

## From Hamanasu-kai...

Hamanasu-kai will be holding a Spring Craft Sale at the EJCA Centre on Saturday April 8, 2006.

The sale items will consist of Hamanasu-kai crafts and those of individuals who wish to sell their craft items.

We would also like to hold a series of craft making sessions over the next few months, so if you are interested in learning Japanese crafts, please come and participate in these sessions.

We will be making small bags with Japanese fabrics, card holders made from handkerchiefs, quilted items, dolls, table runners, cushions, cellphone holders....whatever you wish to make, we will try.

We would like to make the lunch at these sessions pot luck, so bring your favorite Go-Chiso to the gathering. The sessions will begin at 10:00 am and end at about 3:00 pm. If evening sessions are needed, we will set it up depending on demand. The dates and other details will be announce shortly, most likely beginning early in the new year.

Contacts for further info: Masako Hubbihoca, Toshiko Yamamoto, Noriko Fujino, Cathy Tennant

## Bento-To-Go Update

The Bento Pilot Project was certainly successful in providing us with information about the benefits and challenges of implementing a meal-delivery program to individuals with mobility difficulties, problems with meal-preparation or are home-bound.

First, we would like to thank all the volunteers! Without volunteers to receive the o-bentos, and to prepare, deliver and serve the dinners, the Pilot Project could not have progressed from the idea stage to the test stage...so “domo arigato” to everyone involved! The volunteers not only diligently provided formal feedback through the survey, they also offered honest, thoughtful comments and suggestions throughout the pilot program.

At the time of the AGM in September, we were in the process of getting surveys completed by the Pilot Project volunteers; and then in October at the Retreat, the Board discussed the survey results. Although there is too much detail to include in this update, we'd like to share some of the overall feedback that came out of the surveys.

1. A permanent program is seen as positive and beneficial, regardless of frequency. Comments indicated that the meals were eagerly anticipated and enjoyed.
2. A weekly dinner program was considered ideal by most recipients but preparation/driver/server volunteers felt a monthly program would be a reasonable way to start.
3. The criteria for recipients was considered appropriate.
4. The meals met the objective of being varied, nutritious and tasty.
5. The majority of volunteers involved in the meal preparation and delivery would be interested in continuing to volunteer if there was a permanent program. However, it was felt that many more volunteers are needed because some volunteers had multiple jobs (e.g. preparing and delivering) on the same day.

Although not asked on the questionnaires, an additional benefit was mentioned by volunteers ... the opportunity to meet, work with and get to know other members of the community (and to share many a laugh and recipe secret as we inexperienced “caterers” did our job).

Now we have a starting point and we know that an “O-bento” delivery program would be beneficial. So, in order to assess the feasibility of implementing a more permanent program, the Board will be reviewing recommendations that will help us more accurately determine:

- how much need exists (i.e. how many people would be interested)
- options for preparation (i.e. volunteers or commercial preparation)
- reasonable frequency and cost
- number of volunteers needed

The Board will be developing a strategy to obtain the information we need to go forward but if you have any thoughts, ideas or suggestions, please let us know. The future of the program is an EJCA Board priority for the coming year, so as we continue our discussions, we will keep everyone updated through the Moshi Moshi.

### Donations

EJCA gratefully acknowledges generous donations from the following:

Jayne Takahashi, Guelph, Ontario

Zak Murakami, Edmonton

## Edmonton Japanese Community Association Membership Benefits.....

For those who know the value of a dollar, one of the best membership deals around is an EJCA Membership.

Did you know..?

...that the Edmonton Japanese Community Association is a host to the following Japan-related clubs:

- EJCA Seniors
- Kita No Taiko Drummers
- Sabaki Go Club
- Gojukai Karate
- Chigir-e Art
- Calligraphy Art
- Awa Odori dance group
- Bonsai Plant Growing Club
- Ping Pong (Table Tennis)
- Japanese Active Group
- Himawari
- Kendo/Naginata Club
- Karaoke Singing Club
- Ikebana (Flower Arrangement) Lessons
- EJCA Art Club

...that the EJCA has activities for everyone throughout the year? The next one is December 10th...the Annual Christmas Party!

...that a membership is only \$15! Anyone can join! After 5 events, the money you save more than pays for the membership!!

..that a membership (form at <http://www.ejca.org/membership.html> or on the back page of this issue of Moshi Moshi) brings the following benefits:

1. Moshi Moshi newsletter
2. Preferred admission at regular EJCA events
3. Children's gifts at the Christmas Party
4. Volunteer Appreciation Picnic
5. Free AGM dinner
6. Member rates for EJCA room rentals

...that the EJCA is always looking for volunteers for events, which brings its own rewards (make new friends, learning about Japanese cooking & culture, and so on)

For an overview of the EJCA and for a calendar of events, see the website <http://www.ejca.org/ejca/index.html>

PLEASE NOTE: Check your address label on you Moshi Moshi envelope for your membership expiry date. You can renew your membership from the EJCA website, by mail, or at the Christmas Party (or New Year Party).

## From the Moshi Moshi Archives...

Selected Articles from September, October & November/December 1985 Issues

### Editor Note:

*Reprinted below are selected articles from Moshi Moshi from 20 years ago. Going back down memory lane shows that EJCA's energies were focussed on working towards obtaining our own Centre and supporting the Redress Movement.*

### Fall Bazaar at Southgate

We are participating once again in the fall Charity Bazaar at Southgate Shopping Centre on October 17th, 18th & 19th. There will be arts and handicrafts on sale and baked goods on SATURDAY only. An interesting addition this year will be a FLEA MARKET. This project was very successful at the Heritage Days. It's fall clean-up time....when your unwanted Japanese articles could become someone else's treasure. For further inquiries please call MRS. HUZINAGA; MRS. YUMIKO HOYANO; MRS. HUBBIHOCA, LUCY TAKAHASHI or FLO SHIKAZE.

Can you keep in mind some goodies for the BAKE SALE? Contacts will be made by phone.

*(from the September 1985 issue of Moshi Moshi)*

THE ANNUAL BAZAAR at SOUTHGATE was held on October 17, 18 and 19th with proceeds totalling \$1456.83. Of

this, approximately \$200 will be retained as a starter for next year's projects, and the remainder was deposited to the Drop In Centre Account. The craft committee was headed by Mrs. es: FUJINAGA, HUBBIHOCA, TATEISHI, KANEDA and HOYANO, netted \$1130.70. A new feature for this year, were velvet shoe bags. The Flea Market, popular at the Heritage Days was again successful at the Bazaar. There were more than 20 volunteers helping in the craft section during the three days.

GAYLE SHAW once again convened the BAKE SALE, which took place on Sat. October 19th. Through the generous donations of a variety of goodies by the EJCA lady members, the intake totalled \$326.13.

We thank all the volunteers in making this another successful Bazaar!

*(from the November-December 1985 Moshi Moshi)*

### NAJC UPDATE

1. President Art Miki has asked for an early meeting with the new minister of multiculturalism, Otto Jelinek, who is also sports minister.

2. An NAJC sponsored Calgary Education Conference is set for Sat. norm./afternoon on Nov. 2. Ann Sunahara will give the keynote, Art Miki will update the group on NAJC issues; resources leaders will be attending from Lethbridge, Edmonton, Vancouver and Winnipeg.
3. Taking advantage of President Miki's presence in Alberta, we have secured him for our own meeting on Friday evening, Nov. 1. It will be our first opportunity to meet the NAJC president.
4. In a special election Roger Obata of Toronto was elected NAJC V.P.
5. A National Council meeting has been scheduled for the long weekend, Nov 9, 10,11 at one of the Toronto Airport hotels.

More on the Update in the next issue, especially for the Nov. 1, Edmonton meeting with Art Miki

*(from the September 1985 issue)*

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#### I & S PRODUCE CELEBRATES ITS 25th

Congratulations to JACK and BOB IWABUCHI, whose multi-million dollar, ultramodern operation is celebrating its 25th anniversary. Its background was derived from a Japanese pioneer, Mr. KIYOSHIKI IWABUCHI, in 1908 when he decided to become one of this province's market gardeners. From there, sons JACK & BOB made it into what it is today, a corporation handling fresh produce; various forms of potatoes, peeled vegetables, salad fixin's, plus other forms of food services; groceries and frozen food products. Now a third generation, BOB Jr. is also involved in the family business.

I & S PRODUCE has been a great supporter and always a generous donor of our EJCA. Our heaviest wishes and continued success to you!

*(from the September 1985 issue)*

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The EJGC Club Championship tournament was held on August 24/25th at the Stony Plain and Broadmoor Golf Courses. The winners were as follows:

Ladies: Ken Tada Low Gross - Mrs. FUNAKOSHI  
Low Net - Mrs. YASUKO HIRUKI

Men's: Low Gross - MARK KANO  
Seichi Kinoshita Low Net - BEN SHIKAZE

On September 8th the Consul General 2-man (person) team

challenge was held at the JR Golf course. It was real 'red, caught a glimpse of blue ones to, flannel (even a toque was seen for the entire 18 holes) wearing day. But, the ardent golfers enjoyed their last tournament of the successful season. The team of MARK KANO & TAK OHKI emerged victorious and won the awards. Later, at the clubhouse, thanks to KYU OTAKI, we warmed up with delicious butajiru (a hearty pork soup), yakiniku, rice and variety of tsukemono. At this mini wind-up the trophies and prizes for the club tournaments were given out. Again a great year for the golfers, thanks to the personnel who did an excellent job and to TAK NAGATA, a non golfer (and his good wife SACHIKO) who always help at all the tournaments!

*(from the September 1985 issue)*

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#### TED AOKI RETURNS TO VANCOUVER

Dr. Ted Aoki, Professor Emeritus of Secondary Education, retired June 30, 1985 and is now back in Vancouver (he left there initially in 1942, and again after three years at UBC in 1978). "When I returned to U of A as Department Chair, I promised June we would return to Vancouver when I retire." He will be busy for the foreseeable future with visiting stints at various universities. Edmonton's loss is Vancouver's gain.

Some of the Lethbridge and Taber people remember Ted as an energetic coach as well as an excellent teacher. He is a UBC Commerce grad, class of 1941, and moved into education while working in the coal mines of the Crows Nest Pass when he saw an ad for teachers. He had to get a special pass to enter Calgary for normal school certification and his first appointment was to a Hutterite School.

At a function hosted by the Board of Governors, The Folio reports: Professor Aoki began with the Dept of Secondary Education in 1964 as an Assistant Professor. He became Dept. Chair in 1978, and as a result of his contribution to curriculum theory, program evaluation and social studies curriculum and theory, he has been honored by having an award named after him. The "T. Ted Aoki Award" was established by the editorial board of the *Journal of Curriculum Theorizing* which will donate \$1,000 to the student that submits the best essay that exemplifies Dr. Aoki's scholarship.

*(from the November/December 1985 issue)*

Seasons Greetings to All Our Readers and Contributors  
From the Moshi Moshi Staff & the EJCA Board!





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CLOSED Mondays

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## EJCA クリスマスパティー

12月10日（土曜日）

恒例のクリスマス・パーティーを開きます。  
お友達もお誘いの上お出かけください。

開場： 午後4時、プログラム：午後4時から8時

場所： EJCAセンター、6750-88 Street

### プログラム：

4:00 - 5:00 pm 来場と挨拶、交歓の時間：子供のプログラムはラウンジで。

5:00 - 6:00 pm サンタの訪問（ホール）

6:00 - 7:30 pm クリスマス・デナー（ターキー、ハム、トリミング、デザートなど）

7:30 - 8:30 pm エンターテインメント、社交の時間

大人（11才以上）会員 \$12; 非会員 \$17 ; 子供（5-10才） \$5

子供（4才以下）とシニア（70才以上）：無料

サンタからのプレゼントは10才以下の子供たちだけです。

12月7日までにセンターへお電話ください（466-8166）:

子供の人数、年齢（性別）、名前を早めに知らせてください。

参加人数は先着順に120名までです。早めに登録してください。

12月6日までにセンターへ電話(466-8166)又はメール([office@ejca.org](mailto:office@ejca.org))で登録してください。



## EJCA 新年会

1月15日（日曜日）

EJCAは新年を会員の皆様と一緒に祝う「新年会」を下記のように計画しています。

ご馳走は持ち寄りです。皆さん、腕によりをかけて新年に相応しい美味しいものを作ってください。

お正月の雰囲気醸し出すために着物を着てくる人が大勢いると楽しいですね。

場助： 5時～5時半

デナーの準備。

5時半～7時

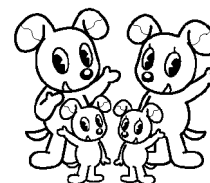
デナー：持ち寄り料理、酒、ワイン、ご飯は用意します。

7時～7時半

食事後の社交の時間

7時半～8時半

からおけビデオ（紅白歌合戦）



今年はカラオケ・クラブの都合により恒例のカラオケ・コンサートと新年会を一緒にすることはできません。代わりに毎年12月31日の大晦日にあるNHKの紅白歌合戦のビデオを上映します。

## EJCA会長の言葉

マイク・ムラカミ

皆さんこんにちは。

11月は平原州の景色がこれから来白い毛布を予期して静止しているような時期です。もちろんこれからのクリスマス、新年会、スケート、雪かき、氷の上をスラロムのように運転したり、でこぼこな道などを予想する時期でもあります。またEJCAのクリスマスや新年会の準備が始まる時期でもあります。

サンタ、子供達へのプレゼント、美味しい食事を提供するの12月10日のEJCAクリスマス・パーティーはいつも子供達には人気があります。またカラオケ・クラブのエンターテインメント、ドアー・プライズ、持ち寄りデナーがある新年会は1月15日です。新年会に参加することで新年を始めて下さい。これらの両イベントはEJCA会員、関連クラブ・メンバー、新来者にとって知り合いのネットワークを広げ、一緒に楽しい時を持つ良い機会です。お友達、家族の皆さんとご一緒にお出かけください。早めに登録をお忘れなく。

始めに、増子恵美新副領事をエドモントンへお迎えし、次の任地インドのカルカッタへ向かわれる竹内総領事と竹内夫人とのお別れの会をしました。それぞれの新任地での活躍をお祈りします。

EJCA会員と知り合いになりコミュニティーと関連を持つ最良の方法は恒例のクリスマス・パーティー、新年会、ヘリテージ祭の日本館などでボランティアとなって助けることです。「もしもし」の”成長の機会”欄を見てあなたの趣味と時間に合うボランティア活動を選んで下さい。私たちは年齢や文化背景に関係なく新しい人たちと働くことでユニークな才能や見地を見いだすことを望んでいます。私たちのセンターは日本庭園がある建物だけではありません。そこでは友人関係を作り上げ、相互援助し、情報交換をし、若い人たち、親の世代、また他のコミュニティー・メンバーの場所なのです。

「コミュニティーとは各会員が何かを与え、何か特別の物を与えることができる、

何か得意なことを与えることができる場所です。各会員のギフトはコミュニティー全体にとって大切なもので、ギフトの全てがユニークで独特な物です。コミュニティーが各会員へ与えるギフトとは役割であり関係である」ーエド・マーガソン

10月1-2日のウィークエンドにはEJCAはセンターで全日系人協会年(NAJC)次総会を開催する名誉に浴しました。カナダ各地からNAJCに出席した代表者のほとんどがEJCAがホスト役を勤めたこの年次総会は非常に楽しいもっとも成功した会であったとのことでした。AGM 晩さん会の料理を担当したチームは素晴らしいデナーを提供してくれました。晩餐会のBBQアルバータ・ビーフ、テイバー・コーンとポテト、サラダとデザートはEJCAボランティア・ケイターラーはソリー・サワダ、サン

ディー・ナカシマ、スコット・サトン、モニカ・ジョンソン、ミチコ・カワシマ、イディー・ナガタとキャシー・テナントでした。

生け花と各テーブルにお花を飾って下さった岡本夫人とノリコ・オーイシ：会議の間や晩餐会でキッチンやホールで手伝っていただいたレイ・ツジ、ジョー・スミヤ、リック・ヒラタ：会議中のレコーディングを担当したデーブ・トラウトマン、ザック・ムラカミ、ジム・ホヤノ：「豆腐戦争」と「小鳥物語」を上演していただいたミエコ・オーウチ、ジャレット・マツナガーターンブルとコンクリート・セアターの皆さんには特別の感謝をいたします。「豆腐戦争」は多くの好評を博しました。日系コミュニティーから大勢の皆さんがこのイベントに参加してくれました。特にしばらく会わなかった人たちも参加し一タを一緒に楽しみました。

NAJC/EJCA/AGM準備委員会は各地からの代表者の送迎、宿泊、ウエスト・エドモントン・モールへのツアー、晩餐会、ホテルでのホスピタリティー・ルーム、晩餐会のエンターテインメントなど全てを計画しました。委員会員はユミコとジム・ホヤノ、タック・オーキ、キャシー・テナント、モニカ・ジョンソン、ダイヨー・サワダ、ジョー・スミヤ、マイク・ムラカミ。名前を落としたかもしれない皆さんも含めて、皆さんの貢献に感謝いたします。NAJC・AGMのすばらしい写真を見たい方はNAJCのウェブサイトをご覧ください。www.najc.ca

2005年に戦争で引き起こされた人種差別をモスラム人社会に見ることは驚きまた悲しいことです。人種差別は今ではもっとも馬鹿げたことであると考えていましたが、現実には人間の記憶とは儚いものです。残念ながら、一世や二世は人種差別の政策の醜い結果をはっきり覚えているのです。力強いフィルム「Caught in Between - What We Call Home in times of War」をNAJC・AGMで上映し、一世や二世の良い反応からヘンリー・コジマ(NAJC会長)はこのDVDをNAJCの各支部へ送り、そのコミュニティーを分かち合うことになりました。EJCAはまたアルバータ大学のインターナショナル・ウィーク(1月30日-2月3日)にユナイテッド・ネーションズ・アソシエーション、エドモントン支部との共催で同フィルムを上映し続いて20分間の質問の時間を持つことになりました。会話を持つことで人種で文化を分割しようとする人たちの勝利を否定するのです。

以前にEJCAの年次総会で上映した優れたドキュメンタリー「Caught in Between」(www.caughtinbetween.org)は敵とされた人たちが米国における自由とは何かを問う物語で、人々が市民の権利と人権を勝ち取るために一緒に立ち上がる力を描いたものです。戦争と人種差別がホロコーストや1942-49年の23,000人の日系カナダと112,000人の日系アメリカ人のインターンメントを引き起こしました。9/11や7/7後の反応と「テロへの戦争」がエドモントンや周辺のアラブ、モスラム、南アジア人コミュニティーに61年前に実日系人が被ったと平行する「反動に対する恐怖」と市民権違反を引き起こしました。このフィルムを見たい方はインターナショナル・ウィークのウェブサイト、www.international.ualberta.caを見て下さい。

11月5日、EJCA役員会はリトリートで、EJCAのミッション／ビジョンを支持し維持するための現在のセンターのあり方と将来のコミュニティー・プログラムについて検討する機会を持ちました。沢山のエネルギーと詳細な考慮がいかにして現存のEJCAプログラムを効果的に維持し、目的を持ってパートナーシップを築くかに注ぎ込まれた — カナダにおける日本ヘリテージにもとづいた健全性を維持するダイナミックなコミュニティー作りを奨励する — 多重文化エドモントンに於いて異なる文化背景を持つ人たちの間で尊敬と和を促進する。次号の「もしもし」に役員会リトリートの報告がありますので注目してください。

効果的に仕事をするために役員会はコミュニティー・メンバーか

ら定期的に意見を聞くことが必要です。あなたのコメントや提案を役員までお知らせ下さい。

EJCA役員会を代表して、季節の挨拶をお送りします。



## EJCAシニア・ニュース

### シニア・ブレイン・ストーミング

10月のシニア・グループの会合ではこのグループの創造性を如実に示しました。グループ全員を「アイデアを提供しやすい」状態にするために4チームに分かれ、各自が100万ドルをもらったと仮定して「自分のためにだけ」それを使うとすればどうするかを考えました。

メンバーはエキゾチックな場所へのクルーズに行き、ファーストクラスで旅行し、家を買って上手に投資しました…一つのグループは皆のお金を集めて豪華なシニア・ホームを建てることにしました。そこにはすばらしい日本庭園があり、大きな滝があり、ゴルフコース、スイミング・プールなど一流のヘルス施設があり、劇場があり、お店やレストランがあり、お風呂があり、日本食のシェフがいて…このグループが全部を説明し終わる前にもう私たちはすぐにでもそこへ入りたいと思いました。

メンバーは同じ創造力を働かせてシニア・グループの将来についても「知恵」をしぼりました。活発な話し合いの後各チームはそれぞれのグループの「アイデア」を分かちあいました。それは「お金は問題じゃない。100万ドルがあるのだから」プロジェクトからとても現実的な「今できるアイデア」と幅がありました。何ページものすばらしいアイデアから共通の願望が浮かびました。それらを下記に見て下さい。

#### 4グループ全部が挙げたアイデア：

1. 交通の便 (トランスポートーション) — バスかバンがあるとシニアがミーティングに出たり、日帰り旅行をしたり一緒に外出できる。
2. 定期的な日帰り旅行と少し長い旅行 — 例えば、温泉、ランチやデナー、ショー、日本庭園へ行ったり、他の日系シニア・グループを訪問したり (エドモントンへも招待したり)、お墓へ行ったり、知らされていない所へ行ったりしたい (ミステリー・デスティネーション)。

3. シニア・グループのプログラムを立てる — 健康を保ち／増進する定期的な活動、ゲームやレクリエーションを増やす、クラフト・クラス、インフォーマルな日本語会話の機会、もっとたくさんの外出がしたい。
4. シニア・ハウジング — 日本文化を維持し、家族も参加し、身体的精神的活動を奨励するためのリタイアメント・ファシリティーのいろいろな面を検討する。

#### 4グループのうち3グループが挙げたアイデア

5. メンバーを増やす — 過去数年グループのメンバーは増えたが新しいメンバーが増えることが望ましい。以前に来ていた人たちに連絡する、興味のあるプログラムを組むことで新メンバーを惹き付ける、「もしもし」を通じてグループの活動を多くの人たちに知らせる。

シニア・グループは次のステップとして近い将来これらのアイデアについて「知恵しぼり」を通してもっと的確な方法を考えだし、計画を立てそれを実行に移すこととなります。報告をご期待ください。

EJCAシニア・グループについてのインフォメーションや活動については下記の方々へ連絡してください。

ボブ・モトカド (会長) 456-8694, チズコ・キムラ (副会長) 406-0068

### 毎月のミーティング

EJCAシニア・クラブは毎第4水曜日にセンターで会合を持ちます。午前11時からです。もしご出席される場合はランチを注文する都合上、ルビー (475-7147) かヨシコ (456-8694) へ一週間前に連絡してください。ランチの費用は8ドルです。これからのミーティングは来年の1月25日、2月22日、3月22日です。



## 骨粗鬆症について

### 骨粗鬆症とは？

骨粗鬆症(osteoporosis)の語源はporous bones (穴がたくさんある骨)つまり骨が脆くカスカスになり、屈んだり重い買い物袋を持ち上げたりすると骨が砕けてしまう病状のことで、骨の破砕は主に腰、背骨、手首部分に起こります。

### 骨粗鬆症にかかりやすい人とは？

骨粗鬆症は北米に住む何百万人もの高齢者に見られる病気で、カナダでは1400万人が骨粗鬆症と診断されています。つまり50才以上の女性では4分の1に、男性では8分の1に骨粗鬆症の症状が見られます。骨粗鬆症は高齢者だけでなく若者にも起こる病気です。

### 骨粗鬆症の原因

骨粗鬆症の原因は究明されておりません。長い年月のうちに骨の構造はじょじょに退化していきますが、健全な人に比べて骨粗鬆症にかかっている人には、その退化がより早く見られるのが現実です。骨粗鬆症にかかりやすい要因には下記が挙げられています。

- ・ 女性
- ・ 50才以上
- ・ エストロゲンのレベルが減少する閉経後
- ・ 長期にわたるホルモン異常
- ・ 子宮摘出経験者や45才以上の閉経期をむかえた女性
- ・ カルシウムやビタミンDの不足
- ・ 家族に骨粗鬆症患者がいる場合
- ・ 過去に骨折経験のある場合
- ・ 喫煙者
- ・ 運動不足
- ・ ヨーロッパやアジア系人種
- ・ 生まれつき骨が細く華奢な人
- ・ カフェイン（一日コーヒー、紅茶又はコーラを3杯以上飲み続ける場合）
- ・ アルコール（一日2杯以上のみ続ける場合）

- ・ 薬の過剰常用（コルチゾン、プレドニゾン、抗けいれん薬、甲状腺ホルモン、アルミニウム入り酸中和剤）
- ・ 原発性副甲状腺機能亢進症

これらはあくまで要因であり、該当する人全てが骨粗鬆症にかかるという訳ではありません。

骨粗鬆症の初期症状としては背丈の縮み、上部背中中の湾曲、首の痛み、外傷の無い骨折などが見られます。

### 骨粗鬆症を予防するには？

- ・ ウォーキング、ジョギング、階段の上がり下り、ダンスやダンベル体操などの体重負荷運動を日頃から行い、骨を丈夫に保ちましょう。
- ・ カルシウムやビタミンDを多く含む健康に良い食事を心がけましょう。ビタミンは強化ミルクの摂取や、毎日10-15分間ほど日光浴を行うことで身体に多く取り入れることができます。カルシウムとビタミンDを食事から十分に摂取できない場合はサプリメントで補う方法もあります。
- ・ タバコは吸わず、お酒もほどほどにしましょう（一日グラス一杯程度）コーヒーやお茶、ソフトドリンクに含まれるカフェインは体内のカルシウムを減少させるのでなるべく飲む量を減らしましょう。
- ・ 更年期の場合はエストロゲン療法により骨粗鬆症を防ぐことができます。

骨粗鬆症の可能性の高い人に対して、医者は通常骨密度精査や食事や活動レベルの改善、場合によっては薬の服用などを勧めています。

骨粗鬆症について詳しい情報をご希望の方はカナダ骨粗鬆症協会（Osteoporosis Society of Canada）へ電話で問い合わせるか(1-800-463-6842)、同協会ウェブサイト(www.osteoporosis.ca)をご覧ください。

## はまなす会から

はまなす会は春のクラフト・セールを予定しています。まだ日程は決まっていますが多分4月になるでしょう。

このセールでは会の物も売りますが個人で売りたい人たちも歓迎します。このセールを目標として何回かのクラフト作りの機会をセンターで企画しています。日本のクラフトに関心のある方はどうぞ参加してください。

和布で小物を作ったり、ハンカチーフでカード入れを作ったり、キルトを習ったり、人形やクッション、テーブルランナー、セルフフォン入れ等など…またもし作りたいものがありましたら試してみましょう。

この集まりでは毎回を持ち寄りランチとしましょう。美味しいご馳走を持って来て下さい。朝10時から午後3時ころまでを考えています。もし夜のセッションが必要な人たちには要求の度合いによって夜の部も考えましょう。確かな日程は後ほどお知らせしますので注意してしてください。

連絡：マサコ・ハドオカ、トシコ・ヤマキト、ノリコ・フジノ、キャシー・テナント



## EJCAの会員になったら…

ドル（お金）の価値を知っている人ならEJCAの会費はこの辺りでは一番得な会費と言うことを知っているでしょう。

EJCAは次のような日本文化に関連するグループを支持していることをご存じですか？

- ・ EJCAシニア・クラブ
- ・ 北の太鼓
- ・ さばき囲碁クラブ
- ・ 剛柔会空手
- ・ ちぎり絵
- ・ 書道クラブ
- ・ 盆栽クラブ
- ・ ピンポン・クラブ
- ・ カラオケ・クラブ
- ・ ジャパニーズ・アクティブ・クラブ  
（ユースグループ）
- ・ ひまわり会
- ・ 剣道なぎなたクラブ
- ・ 生け花クラブ
- ・ EJCAアート・クラブ
- ・ 阿波踊りグループ

EJCAでは色々な人たちのための種々の活動が年中あることをご存じですか？

EJCAの会費はたったの30ドル（家族）と15ドル（個人）。誰でも入会できます。いろいろなイベントに会員として3回出席すると会費分が出てきます。

会員になると次のような特典があります  
([www.ejca.org/membership](http://www.ejca.org/membership))

1. 「もしもし」ニュースレター
2. EJCA各イベントで割安な参加費
3. クリスマス・パーティーでは子供達へギフト
4. ボランティア感謝BBQ
5. EJCAの会議室／ホールを借りる時にはメンバー・レイトを使うことが出来る

EJCAは常時各イベントのためのボランティアを募集しています。参加することで新しい人たちに会い、日本食の調理法を学ぶと言う特典があります。EJCAに関する情報やイベント・カレンダーを知るにはウェブサイト  
([www.ejca.org](http://www.ejca.org))を見て下さい。

## EJCA Membership Application/Renewal Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone/Fax: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Please check as applicable:

- Family:      \$30.00  
 Single:        \$15.00  
 Out-of-town Subscriber:    \$15.00  
 Seniors:       Free (70 years and up)

Signature: \_\_\_\_\_

Please mail completed form to:  
 EJCA Membership  
 EJCA - ACL Centre  
 6750 - 88 Street  
 Edmonton, Alberta  
 T6E 5H6