



EJCA Christmas Party 2009

Date: Saturday December 12, 2009
Place: EJCA Centre, 6750 - 88 Street
Time: 4:00-8:00 pm (see insert for program details)

Admission:

Adults (15 years or older) \$15 members, \$25 non-members
Children (5-14 years) \$10
Children (0-4 years) Free
Seniors (70 years plus) Free

All children 14 and under will receive gifts from Santa

Please make reservations by phone (780-466-8166) or e-mail <office@ejca.org> by midnight Sunday December 6 indicating:names, number attending, children’s names, ages and gender for suitable gift preparation.

*Reservation is limited to the first 120 persons!
To be fair to all, no reservation means no admission.*

2010 EJCA New Year Party

Date: Saturday January 9, 2010
Place: EJCA Centre, 6750 - 88 Street, Edmonton
Time: 5:00 - 8:00 pm (Pot Luck Dinner begins at 5:30 pm; see insert for other details)

There is no fee or registration, but please bring your favorite New Year’s dishes for the Pot Luck Dinner (free ozoni, sake and tea will be served)

Please see the insert about wearing a Kimono to the party!

Notes:

The enclosed coloured insert (double sided) contains **Christmas Party** and **New Year Party** details
The **Library Corner** (English with a smattering of Japanese) is on pages 14-15
Article on the **H1N1 Influenza** is on page 10 (Japanese) and page 16 (English)
Japanese Language Lessons for Beginners Winter Session 2010 information and application form on page 17
EJCA Membership Renewal Form is on page 16
1942 Letter from Gordon Hirabayashi on page 5
AGM Small Discussion Group Summaries can be found on pages 18-20

In This Issue

EJCA Christmas Party.....	1	EJCA Fall Bazaar.....	4, 10 (J), 12 (J)	Clubs Directory.....	8
2010 New Year Party.....	1	NAJC President.....	5	Upcoming Events.....	8
EJCA Board.....	2	Seniors News.....	5, 13 (J)	Advertisements.....	8-9
Submission Deadlines.....	2	Volunteer Appreciation.....	7	H1N1 Influenza.....	10 (J)
President’s Corner.....	3, 11 (J)	Donations.....	7	Library Corner.....	14

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*"Moshi Moshi is a publication of the
Edmonton Japanese Community
Association. Its objective is to
disseminate information of interest to
the Japanese community and those
interested in Japanese culture, including
announcements of upcoming events.*

Deadline for Submissions for the Next Issue
(Vol. 35, No. 2) is January 15, 2010

Submission Deadlines for other upcoming issues:

Volume 35, No. 4 - March 15, 2010

Volume 35, No. 5 - May 15, 2010

Volume 35, No. 6 - July 15, 2010

Volume 36, No. 1 - September 15, 2010

Volume 36, No. 2 - November 15, 2010

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

Cathy Tennant



After a snowy October, we're enjoying an unexpectedly warm November. And yet, despite the double digit temperatures this month, curlers have already dusted off their brooms and gardeners have harvested the last of their vegetables, so I guess we can't escape the reality that winter is on its way...and may already have arrived by the time the

Moshi Moshi is delivered.

This fall, we received a very generous donation of \$2,000 from the South Edmonton Lions Club, to assist with our operating and programming expenses. We have Takashi Ohki to thank for this donation because the gift was to show appreciation to EJCA and Takashi Ohki for his volunteer translation services this June (details can be found in a separate article).

The Library Committee is happy to announce some good news! The Alberta Gaming and Liquor Commission approved our request to use gaming proceeds to purchase books for the library. The approval to spend \$4,400.00 will enable us to seriously enhance the English language materials, so watch for new titles in the Library section of the Moshi Moshi each issue.

Past Events

National Association of Japanese Canadians (NAJC) AGM - October 17 & 18, 2009 Sanae Ohki and I represented EJCA and, in his capacity as the newly appointed Treasurer of NAJC, Takashi Ohki also attended from Edmonton.

One of the major issues discussed was changing the investment strategy of NAJC in order to optimize the return on investments while ensuring the protection of the amount allocated to the Endowment Fund. A decision was made to move investments from "the former managers (two major banks) to an investment company experienced in funds management for non-profit organizations.

Feedback about member organizations' activities and their opinions about NAJC's activities were gathered by questionnaire and we look forward to receiving a report on the compiled information.

The availability of NAJC grants for pilot projects will be discussed by the Board.

EJCA Annual General Meeting - October 3, 2009

The AGM was attended by approximately 50 members which met the required quorum. The special item of business was voting on the updating of the Bylaws which involved clarifying wording and the "modernizing" of notification procedures to now include email.

Members were also notified of the increase in membership fees by \$5.00 (individual membership now \$20 and family membership now \$35) to help meet the increasing cost of day to day operations. Fees have not been increased for many years.

The Board for the 2009-2010 term was elected, with terms expiring 2010 (Stephanie Bozzer, Rick Hirata, Brenda Madsen, Sanae Ohki, Scott Sutton, Cathy Tennant) and in 2011 (Shiho Asano, Jim Hoyano, Erin Munro). Our newest director, Erin Munro, has been a member of the Edmonton Kendo and Naginata Club for several years and for the past two years she has been in charge of the overall coordination of volunteers for the Heritage Festival. The Board positions will be decided at the next Board meeting.

The following presentations were made:

Kimiko Shimizu Cultural Development Grants (\$500 each) awarded to:

Awa Odori Group (accepted by Emiko Kinoshita) for the purchase of costumes and other items. The current costumes were donated almost 5 years ago by an odori group in Japan and members use some of their own items for performances at such venues as the Devonian Gardens and Heritage Festival. The grant will enable the club to purchase performance costumes and other related items.

Yumiko Hoyano to help with expenses incurred in preparing for her watercolour art exhibition held at the Jeff Allen Gallery in July and to further her painting techniques. The new technical skills acquired through workshops/courses will benefit the students in her Art Club held at the EJCA.

NAJC Endowment Grant (\$1000)

Keiko Marumo was awarded a "Sports, Education, Arts Development" (SEAD) grant by the NAJC to assist with her training prior to representing Canada at an International Kendo Championship in Brazil.

EJCA Donation to the Dr. Gordon Hirabayashi Scholarship Fund (\$3,000)

The donation was accepted by Susan Carnahan (Gordon Hirabayashi's wife) on behalf of the University of Alberta. The Scholarship will be awarded annually to graduate students in Sociology, pursuing specialties such as social justice and human rights.

Following the AGM, there was the opportunity to join one of four discussion groups: *Youth and Young Adult Activities*, *Human Rights*, *Communication*, *Japanese-Language Discussion on EJCA-related Topics*. Many comments and suggestions were made and this input will be used at the Board Retreat. A summary list of the comments can be found in a separate section of this issue.

The afternoon came to a delicious conclusion with a buffet dinner that was catered by the **Banzai Restaurant, Kobe**

Continued on Page 4...

President...continued from Page 3

Restaurant and Shogun Japanese Restaurant. In addition, nimono was contributed by Sanae Ohki, tsukemono was made by Terry Nagata and daifuku was prepared by Noriko Fujino.

Our thanks to the restaurants who took the time to prepare and deliver the food on their busiest night of the week, and to Sanae, Terry and Noriko for so willingly helping to put the finishing touches on the menu. This year's two dinner helpers, Joyce Aita and Sue Shigemitsu, capably made the serving and clean up trouble-free so that everyone could enjoy all the gochiso.

The ultimate compliment to the "chefs" was that all the dishes were so empty by the end of the evening!

EJCA Fall Bazaar - November 14, 2009

It truly was a perfect day for the bazaar, despite early weather warnings of snow! This year we actually had a "counter" at the door so we know there were about 330 guests.

It was a year for "new". The bazaar has always been a time to meet old and new friends. But this year, "new" also extended to the lunches. To address the annual concern about food selling out an hour after opening, we tried out a new "sushi bento" to add to the lunch sales. This new item was well received, so may find a spot on our regular bazaar menu. Congratulations to

everyone helping with all the food items!

"New" also extends to the volunteers ... you will find new names amongst those who always reliably donate their time. A big thank you to all volunteers!

The EJCA Bazaar is one of the main fund-raising events of the year, so the help of the many volunteers, the support from all the members who attend, and the generous donations from individuals and businesses are all gratefully appreciated. More details are in the issue under separate articles.

Future Events

Board Retreat

On November 28, 2009, the Board will be using the input from the discussion groups held on the day of the EJCA AGM to help focus our direction in planning activities for the coming year and in discussing longer range goals. Watch for a summary of the retreat discussions in the next issue of Moshi Moshi.

Christmas Party - Saturday December 12, 2009 and New Year's Potluck - Saturday January 9, 2010.

*See the invitations inserted into the Moshi Moshi
and plan to join us for the fun!*

Reminder: Please renew your EJCA membership for 2010, if you have not done so already. The expiry date of your membership can be found on the mailing label. The membership form can be found on Page 16. Thank you!

Bazaar Report 2009

Louise Wong

By 6:00 a.m. on November 14th, the EJCA Centre was busy with people preparing for the annual Fall Bazaar. Over the next few hours volunteers helped to make sushi, prepare the bento boxes, set up tables and displays and help wherever needed. At 11:00 volunteers were treated to lunch and a brief rest before the doors were opened to the food sales. Visitors arriving early were able to browse through the non-food sales area. The vendors there had many lovely products for sale and the EJCA tables held a wide variety of new and nearly new items. Hopefully everyone had a chance to browse and pick up a special memento.

Once the doors were opened at 11:30, people hurried in to buy their food. This year it was decided to sell the bento boxes and sushi plates directly to the customers instead of using the ticket system. The only exception was for udon sales. With 10 to 12 people ready to take and fill orders, the line moved quickly and efficiently. Although 100 bento boxes, 50 sushi bento, 46 plates of inari-zushi, 82 plates of futomaki, 40

chirashi and 95 udon bowls were made, most of the food was sold out within 45 minutes. Sales were also brisk at the mochi, daifuku, oshiruko and baked goods tables. Seating in the main hall and side room was always full with people enjoying their lunches and staying to socialize with friends. Many also stayed to see if their names would be pulled for the raffle draw. Volunteers had been busy all afternoon circulating through the halls and encouraging everyone to buy tickets. Thirty prizes were available which caused a bit of a dilemma for some of the winners who were unsure of what to pick. The bazaar came to a close at 2:00 p.m. & the clean-up followed quickly. The final head count showed 330 visitors coming through the front doors, a great turnout.

Thank you to the bazaar planning committee and the many volunteers who donated their time, food and sale items. Thank you also to the individuals and businesses who donated prizes for the raffle draw. Without your help the bazaar would not be such a success. We hope to see you all again next year.

NAJC President's Report

Terumi Kuwada

As NAJC President, I was honoured to accept an invitation to "Witnessing the Future" ceremony of the Truth and Reconciliation Commission (TRC) at Rideau Hall, on October 15, 2009. This was an occasion that focused on "listening to and learning from the history and legacy of Indian Residential Schools". In keeping with Aboriginal traditions, occasions of great significance are witnessed by an individual who is esteemed and held in high regard. Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada accepted the role of "witness". The guests of honour to this event were the survivors of the residential school experience and their grand children. The stories they told were very powerful in their content and spoke to the lasting scars and harm that many survivors have endured in the past and continue to haunt them today. As the Chairperson of the TRC, The Honourable Justice Murray Sinclair stated: " We, and you, are not out of that past yet. Our families were broken and must be rebuilt".

The TRC hearings over the next five years in various centres across Canada are intended to have the truth told by the survivors and so by telling their stories, healing and reconciliation will take place. It is the hope of the TRC that greater understanding and respect will evolve between Aboriginal peoples and the peoples of Canada through the

hearings. The NAJC has made a commitment to the aboriginal communities that we support the TRC process. Our initial plan includes hosting educational workshops in our communities.

On October 16/09, the NAJC HRC met in Vancouver for a meeting to review current activities and to establish priorities. Some highlights to consider for the coming year will involve follow-up activities from the Honouring our People conference, human rights information on the website, governance issues, guidelines to structure the committee, and other matters related to international concerns.

The NAJC AGM was held on October 17-18, in Vancouver with delegates/alternates/observers attending from across Canada. Major challenges facing the NAJC, regarding our financial investments were discussed and a decision made to change our investment management. This was a difficult issue to decide, but one that was done with respect and responsibility. A Heritage Task Force was created at the AGM, to a) encourage and assist Japanese-Canadian communities in the preservation, maintenance and dissemination of Japanese-Canadian heritage and history b) monitor representation of Japanese-Canadian history in Canadian society c) propose recommendations at the 2010 AGM regarding a) and b) above to the membership.

Thanks to all who attended the AGM and a special thanks to the GVJCCA, for hosting the event.

Letter from Gordon Hirabayashi - May 13, 1942

This letter was prepared by Gordon Hirabayashi for the F.B.I., in anticipation of arrest within days. It was read by his wife, Susan Carnahan, at the AGM when she accepted the \$3,000 EJCA donation to the Dr. Gordon Hirabayashi Scholarship Fund, on behalf of the University of Alberta.

Why I refused to register for evacuation:

Over and above any man-made creed of law is the natural law of life - the right of human individuals to live and to creatively express themselves. No man was born with the right to limit that law. Nor do I believe, can anyone justifiably work himself to such a position.

Down through the ages we have had various individuals doing their bit to establish more securely these fundamental rights. They have tried to help society see the necessity of understanding these fundamental laws; some have succeeded to the extent of having these natural laws recorded. Many have suffered unnatural deaths as a result of their convictions. Yet, today, because of the efforts of these individuals we have recorded in the laws of our nation certain rights for all men, and certain additional rights for citizens. These fundamental moral rights and civil liberties are included in the Bill of Rights, U.S. Constitution, and other legal records. They guarantee that these fundamental rights shall not be denied without due process of law.

The principles are the things which give value to a person's life. They are the qualities which give impetus and purpose towards meaningful experiences. The violation of human personality is the violation of the most sacred thing which man owns.

This order for the mass evacuation of all persons of Japanese descent denies them the right to live. It forces thousands of energetic, law-abiding individuals to exist in a miserable psychological and horrible physical atmosphere. This order limits to almost full extent the creative expressions of those subjected. It kills the desire for a higher life. Hope for the future is exterminated. Human personalities are poisoned. The very qualities which are essential to a peaceful, creative community are being thrown out and abused. Over sixty percent are American citizens; yet they are denied on a wholesale scale without due process of law the civil liberties which are theirs.

If I were to register and cooperate under those circumstances, I would be giving helpless consent to the denial of practically all of the things which give me incentive to live. I must maintain my Christian principles. I consider it my duty to maintain the democratic standards for which this nation lives. Therefore, I must refuse this order for evacuation.

Let me add, however, that in refusing to register I am well aware of the excellent qualities of the army. They are men of the finest type and I sincerely appreciate their sympathetic and honest efforts. Nor do I intend to cast any shadow upon the Japanese and other Nisei who have registered for evacuation; they have faced tragedy admirably. I am objecting to the principle of this order which denies the rights of human beings, including citizens.

Gordon K. Hirabayashi, May 13, 1942

(Note: Gordon had just turned 22 years old a month earlier)

Matsu no Kai News

Peter C. Wong



The Japanese seniors club had a very busy two months. At our September meeting, the new executive was voted in. Peter C. Wong (new President), Cathy Tennant (new Vice President), Heidi Matsune (returning Treasurer) and Hiroshi Yokota (returning Secretary) will fill the executive positions for the next

two years. After a wonderful Japanese lunch, the group viewed the movie "Departures" about a young man who stumbles into a job preparing the dead for burial (their final departure). The movie was funny, touching and deservedly won an Oscar for "Best Foreign Language" film.

The group's outing in October was to the Mayfield Dinner Theatre for a brunch and show. Nineteen members enjoyed the all-you-could-eat buffet and the afternoon show "Nashville Icons" which featured musical songs from Hank Williams, Shania Twain & Garth Brooks. Everyone agreed that another outing to a future show would be worthwhile.

We had a visitor from Japan attend our October monthly meeting who was in Edmonton to see Peter & Louise Wong after a long absence from Canada. Judy Kosukegawa became a friend while working at the University of Calgary, Math Dept. when Peter was there for graduate studies. She returned to Japan to live and work. The group went on to enjoy a bento lunch together and Cathy presented a "Canada" quiz for the club members. The quiz showed what we did and did not know about our country and provinces and territories. The winning

group having the most correct answers won the twoonie prize!

For our November outing, a large group went to the River Cree Casino. We started early to take in the \$1.99 Breakfast Buffet at the Marriott Hotel for senior members at 9:00 AM. The group received free vouchers for the casino and lunch. The 17 members participated at the many games & tournament draws. Several of our members ended in the slot tournament finals and two lucky members won the top two prizes of \$250 and \$100 making it a worthwhile trip to the casino! Members had a fun day if not a profitable one for all.

Planning for future outings and more enjoyable monthly lunches will happen at our November meeting. Anyone, who is 55 years or older, may become a member of the Matsu no Kai Club by coming out to one of our monthly meetings (on the fourth Wednesday of each month). New members are being invited for 2010 year. Please contact Peter (780-487-7099) or Cathy (780-436-6291) for further information.

Editors Note:

Peter Wong is a long-time resident of Edmonton who volunteers his time and energy for several community organizations and groups, including EJCA. He and his wife Louise have been active members of the Matsu no Kai seniors group for several years, and his election as President is well-deserved. Peter's father-in-law is Yuki Uno, the famous Asahi Baseball Team player in pre-war Vancouver. Yuki passed away in April 2009 in Edmonton; he spent most of the post-war years in Montreal, but moved to Edmonton several years ago to be near his daughter Louise.

Donation from South Edmonton Lions Club

In the early summer, EJCA received an urgent request from Hank Hoekstra of the South Edmonton Lions Club asking if we could provide a volunteer translator for one week in July when a delegation of Japanese visitors would be in Edmonton.

Since 1980, the South Edmonton Lions Club has had a twin Club in Funabashi City (a suburb of Tokyo). The two clubs carry out joint projects (notably the refurbishment and extension of a multi-village water supply in Nepal) and participate in youth exchanges.

Every five years, on the fifth-year anniversaries of each Club's founding, they visit each other and, this year, nine Japanese Lions Club members planned to visit Edmonton to celebrate the South Edmonton Lions' 55th charter anniversary.

When Takashi Ohki was approached, he willingly accepted the request for a translator for the week's activities, including meetings and awards dinner, as well as social events. To add to the challenge, it turned out that the visitors from Japan arrived one month earlier than expected, resulting in a hectic

rescheduling on the part of the Edmonton club when they received just a few hours notice that the visitors had already arrived in Canada! Fortunately most activities were rescheduled, and Takashi was able to make himself available for the new dates.

Mr. Hoekstra attended the September EJCA Board meeting to thank EJCA and Takashi. He explained that because the visitors spoke little English and the Lions Club members spoke no Japanese, it was so important to have a suitable translator to ensure a fruitful exchange. As an expression of thanks, Mr. Hoekstra presented EJCA with an unexpected and generous donation of \$2,000 from the Club. He indicated that they would also like to offer assistance such as trying to find volunteers from their club for our casino, if needed.

Takashi's involvement was such an extremely positive experience that, through him, EJCA has developed an unforeseen connection with the South Edmonton Lions Club. Forging these types of links, benefits both EJCA and the larger Edmonton community

VOLUNTEER AND DONOR APPRECIATION

EJCA's activities have been successfully carried out with the help of many volunteers and a variety of donations. The EJCA Board members think it is very important to recognize volunteers and donors in a consistent manner. So this year, volunteers and donors for each activity will be reported in the Moshi Moshi as an independent article.

If your name is missing from the list, please inform Cathy Tennant so it can be noted in the next Moshi Moshi. Please help us to maintain an accurate list.

Annual General Meeting, held on October 3, 2009

Coordinators:	Brenda Madsen	Cathy Tennant	Rick Hirata	Sanae Ohki
Food Preparation:	Sanae Ohki	Terry Nagata		
Food Providers:	Banzai Restaurant	Kobe Restaurant	Shogun Restaurant	

Small Group Discussion Leaders held following the AGM - October 3, 2009

Daiyo Sawada	Sanae Ohki	Stephanie Bozzer	Tom Hyodo
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Fall Bazaar, held on November 14, 2009

Coordinators:	Cathy Tennant	Kazuko Hirata	Kyoko Watanabe	Louise Wong
	Mineko Sasano	Naomi Leroy	Ritsuko Chartrand	Sanae Ohki

Volunteers:

Aiko Kawawada	Atsuko Hill	Bob Motokado	Brenda Madsen	Eliza Wong
Emiko Kinoshita	Gayle Tsuji	Grace Fujino	Heidi Matsune	Hideko Kucharski
Hiro Kubota	Hiroko Nakane	Hiroshi Sameshima	Hitoshi Shigemitsu	Jim Hoyano
John Priegert	Joyce Kiyooka	Junko Rempel	Keiko Allport	Keiko Oba
Ken Tanaka	Kevin Rempel	Kieko Ito	Kimi Tainaka	Kumiko Quinter
Liccano Onoda	Liz Machida	Mark Thrall	Masa Yoneda	Masako Hubbihoca
Michiko Kawashima	Midori Tanaka	Miwako Shukuda	Noriko Fujino	Osamu Sasano
Peter Wong	Rei Kondo	Rick Hirata	Sakae Li	Sally Tanaka
Sam Kaneda	Sayuri Matsuba	Shiho Asano	Ted Asai	Takashi Ohki
Tami Tsujikawa	Tom Hyodo	Wray Tsuji	Yoshie Kaneda	Yoshiko Motokado
Yuki Asai	Yuko Nakano	Soly Sawada		

Donators for Raffle:

Akiko Kohana	Banzai Restaurant	Ichiban Restaurant	Japanese Village	Kazuko Hirata
Kita No Taiko	Kobe Restaurant	Kyoto Restaurant	Mikado Restaurant	Shogun Restaurant
Shiko Kataoka	Wasabi Restaurant	Yokozuna Restaurant	Yumiko Hoyano	

Donators for Bake Sale and EJCA Sales:

Edie Nagata	Eleanor Halpern	Eliza Wong	Flo Ingham	Grace Fujino
Heidi Matsune	Joyce Kiyooka	Kay Oda	Kimi Tainaka	Liz Machida
Lucy Takahashi	Makiko Shigemitsu	Masa Yoneda	Midori Tanaka	Mitzi Doucette
Naomi Leroy	Noriko Fujino	Tami Tsujikawa	Terry Nagata	Ticki Miyashita
Tom Hyodo	Tom Sando	Toshie Schultz	Yoshiko Motokado	Yumiko Watanabe

Personal Sales Participants:

Cathy Ito	Emiko Kinoshita	Les Dowdell	Lynne Fortowsky	Satoko Turner
Yoshie Viola				

Heritage Festival 2009 (missed in last issue)

Volunteers (Toy Demo):

Rikizo Kin	Yuki Ito	Maki Oba	Natsumi Lopez	Mizuki Lopez
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Donations:

Toshitsugu Yokota

Donations

The EJCA would like to acknowledge the following for generous monetary donations:

South Edmonton Lions Club

Directory of EJCA & Affiliated Clubs & Organizations

Sabaki Go Club

Purpose: To learn and enjoy playing Go for all ages
Meetings: Tuesday evenings from 7:00 pm and Saturday afternoons from 1:30 pm (lounge 3).
Contact: Chuck Elliot at 452-1874, <Chuckbrenda@shaw.ca>
Website: <www.sabaki.org>

The Edmonton Gojukai Karate Club

Tuesdays and Thursdays (except holidays)
Children, 7-12 years of age: 6:00-7:00 PM
Youths, 13-17 years of age: 7:00-8:15 PM
Contact: John Priegert - 436-1825, <priegert@telus.net>

Kendo/Naginata Club

Meetings: 2nd & 4th Fridays at 7:00 pm
website: <http://web.mac.com/eknc/iWeb/EKNC/Welcome.html>

Kita No Taiko

Japanese Drumming Group
Practices: Monday and Wednesday from 7 pm
Contact: 431-0300 or <info@kitanotaiko.ca>
Website: <www.kitanotaiko.ca>

Keifukai of Edmonton

Japanese Brush Calligraphy
Contact: Kazuko Hirata - 438-2747

Chigiri-e Art

Torn paper art work creation
Contact: Keiko Frueh - 436-5843

Wakaba Kai

Traditional Japanese Dance
Contact: Keiko Frueh - 436-5843

Metro Edmonton Japanese Community School

Japanese language instruction
Contact: <sakaguchisensei@hotmail.com>
Website: <www.ualberta.ca/~tkin/MEJCS-index.htm>

EJCA Art Club

1st & 3rd Sunday of each month, 10:15 am - 2:00 pm
Contact: Yumiko - 780 437.7730

Women's Gojukai Karate Club

Contact: Dana Nawata at dnawata@shaw.ca

Congratulations Hiromi Koriyama!

Recent U of A graduate from the Faculty of Pharmacy and Pharmaceutical Sciences, **Hiromi Koriyama**, scored the highest mark of any student in Canada on this year's Pharmacy Examining Board of Canada (PEBC) examinations, earning her the George A. Burbidge Memorial Award. The PEBC exams are a requirement for licensure as a pharmacist in Canada. Hiromi is now working at the Misericordia Community Hospital.

EJCA Art Club

Watercolour Classes

A new session of 4 classes begins in January. Dates are Jan. 10 and 17, Feb 7 and 21, 2010. The classes run from 10:30 am to 2:00 pm, so please bring your own lunch.

Class 1- sky, land and trees Class 2 - small landscape
Class 3 - water and reflection Class 4 - still life or portrait
Fee: \$50

Please contact Yumiko Hoyano at 780-437-7730 or e-mail at yumiko@shaw.ca

Calendar of Upcoming Events

December 12, 2009	EJCA Christmas Party, at the Centre beginning at 4:00 pm
January 9, 2010	2010 EJCA New Year Party, at the Centre beginning at 5:00 pm
January 12, 2010	EJCA Board Meeting, at the Centre beginning at 7:00 pm
January 27, 2010	Matsu no Kai Meeting and Lunch, beginning at 11:00 am
February 9, 2010	EJCA Board Meeting, at the Centre beginning at 11:00 am
February 24, 2010	Matsu no Kai Meeting and Lunch, beginning at 11:00 am

ACKROYD^{LLP}

YOKO AZUMAYA
BARRISTER & SOLICITOR

日本人弁護士がいます。
約30分の無料相談に応じます。

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## H1N1インフルエンザ

皆様、こんにちは。世界各国で混乱を招いているH1N1インフルエンザ。アルバータ州でも例外なく、様々な情報が連日飛び交っています。そんな中で、今回はこのH1N1インフルエンザについて、忘れられがちだけれども重要なポイントを列挙しました。

- ワクチンの効果が出るのに8-14日かかります。すなわち、この期間中はワクチン接種後でもインフルエンザに感染する可能性があります。
- ワクチンや抗インフルエンザ薬の効果は100%ではありません。ワクチン接種後、抗ウイルス薬服薬中・後も規則正しい生活をし、感染防止に努めましょう。
- 抗インフルエンザ薬は発症期間の短縮と重症化の防止を目的として使われるもので、他人への感染を直接防ぐものではありません。抗ウイルス薬を服薬中も、ウイルスは唾液や鼻水に混ざって空気中へ飛散し、他人への感染を引き起こします。薬を服用している間も自宅で休養を取りましょう。
- 小児・ティーンエイジャーがインフルエンザと思われる症状を呈した際には、医師の了解無しにアスピリンもしくはアスピリン含有のOTC薬 (aspirin, ASA, salicylate, Acetylsalicylic Acid) を服用させることは避けましょう。
- 『体調がすぐれない時は自宅で休養』。せっかく組んだスケジュール、つい無理をしてでもこなそうとしてしまいますが、ときには休む勇気も必要です。自分自身の回復と、それから、自分から他人への感染防止が目的です。
- 『手洗い』を常に心がけましょう。(詳細は下記を参照して下さい。)
- 『咳やくしゃみのエチケット』咳・くしゃみをするときは自分の腕かティッシュで鼻と口を覆い、使ったティッシュは速やかにゴミ箱へ。インフルエンザはくしゃみと同

時に飛び散った唾液や鼻水に運ばれて、次の人へと感染します。

- 『栄養豊富な食事』を心掛けて下さい。特にビタミンが豊富な新鮮な野菜や果物の摂取を忘れずに。
- 『砂糖の摂取を制限』しましょう。砂糖は免疫力を弱めると言われています。
- 『水分補給』適度な“お水”の補給を日頃から心掛けましょう。このとき、カフェインの含まれているコーヒーやお茶、砂糖を多く含むジュース類は避けましょう。
- 『適度な運動』を心がけて下さい。軽度に身体を動かすことは免疫力の上昇につながります。
- 『心理的・身体的ストレスの管理』に気を配りましょう。ストレスは免疫力を下げる効果があると言われてい

さて、80%の感染性疾患は手洗いで防げると言われています。ここで正しい手洗いをしっかりマスターしておきましょう。

1. 指輪や時計をはずし、袖を肘までまくる。
2. 手を温かい流水で濡らす。
3. 石鹸を搦って泡立て、手のひらで泡立てる。
4. 指の間、親指の付け根、爪、手首にも石鹸をつけ、擦り合わせる。Happy Birthdayの歌を一回歌い終わる位の時間、しっかり擦り合わせて下さい。
5. 流水で石鹸を洗い流す。
6. 綺麗なペーパータオルで手を拭く。このとき、指の間と手首を拭き忘れ無いように。
7. 蛇口の水を止める時は、同じく綺麗なペーパータオルを使いましょう。

川合愛希 B.Pharm., N.D.

## 秋のバザーレポート

### ルイズ・ウオング

11月14日の朝6時、EJCAセンターは恒例の秋のバザーの準備のために数人が忙しく働いていました。それからの数時間ボランティアは寿司を作り、弁当箱を詰め、テーブルを出し、展示物を飾り付け、その他の必要な事をしていました。11時にはボランティアはランチをいただき、食べ物の売り場が開く前の小休憩。早く着いたお客さんはいろいろな売り物が飾られたテーブルの間をぶらりと歩くことができました。手芸品を売る人たちはきれいな物をたくさん並べ、EJCAのテーブルには新品やまだ新しい品物が山のようにたくさんありました。皆さん、これらの品物を見る機会があり、特別な物を買う事ができましたように。

11時半に食べ物部のドアが開くと、お客さんは食べ物を買うために殺到しました。今年はチケットを使わず、お弁当や寿司を直接テーブルから売りました。うどんだけがチケットを必要としました。10名から12名が注文を受けつけ、調理することで

行列は早く動き、効率が良かったです。100個の弁当、50個の寿司弁当、46皿のいなり寿司、82皿の太巻き、40皿のちらし寿司、95個のうどんを作りましたが45分の間にほとんど全てを売り尽くしました。餅、大福、お汁粉、ベーク品のテーブルでも売れ行きは良かったです。ホールとラウンジー3ではお客さんはランチを楽しみ、おしゃべりをして楽しんでいました。ランチの後も大勢が福引きに名前が呼ばれる事を願って残っていました。ボランティアは午後中ホールを歩いてチケットを買うよう促していました。30個の福引き賞品があり、名前が呼ばれた人はどれを選ぶかと迷うジレンマがありました。バザーは2時に終了、すぐに後片付けが続きました。330名の来館があり、大盛況でした。

バザー計画委員会、時間、食べ物、売り物を寄付された大勢のボランティアの皆様ありがとうございました。福引きの賞品を寄付してくださった個人、ビジネスの皆様ありがとうございました。皆様のご協力なしにはバザーの成功はあり得ませんでした。また来年もお会いしましょう

## EJCA会長の言葉

### キャシー・テナント

雪が降っていた10月に比べて、予想外に暖かい11月を私たちは楽しんでます。ですが二桁の気温にも関わらずCurlerたちはすでにブルームの塵を払い、菜園をする人たちは最後の野菜の収穫を終わっています。どうやら冬が近づいている事実から逃れることは出来ないようですね…この「もしもし」が着く頃には冬になっているかも知れません。

今秋、私たちは南エドモントン・ライオンズ・クラブから会の運営とプログラム経費の助けにと大変寛大な\$2,000の寄付をいただきました。この寄付についてはタック・オーキに感謝しなければなりません。なぜなら彼が7月に通訳としてボランティアしたことに対して彼とEJCAへの謝礼として寄付されたものだから（詳細は別の記事に）。

図書委員会は良いニュースをお知らせします。アルバータ・ゲーミング・リカー委員会は私たちが要求していた図書のための本の購入を許可したのです。\$4,400を使う事が出来るので英語の本の部分を強化できます。「もしもし」図書欄に毎月新刊のタイトルを載せますのでご覧下さい。

### 過ぎたイベント

全国日系人協会(NAJC)年次総会 - 2009年10月17日、18日

サナエ・オーキと私はEJCAを代表して、またNAJCの会計をしているタック・オーキがエドモントンから出席しました。

重要な討論の一つにNAJCのEnowment Fundに割り当てられている資金を保護し、投資の見返りを最大にするための投資方法を変えることでした。結果としては今までの投資管理（銀行二社が扱っていた）から非営利団体の資金を管理する経験に長けている投資会社へ変える事が決まりました。

NAJC団体会員の活動に関する情報やNAJCの活動に対する意見がアンケートにより集められました。集められた情報についての報告を待っているところです。

パイロット・プロジェクトのためのNAJC助成金については役員会リトリートで検討する予定です。

### EJCA年次総会 — 2009年10月3日

年次総会は約50名の出席があり定足数に達しました。議題の一つは会則を少し現代化し言葉使いをはっきりとさせ、メールを使って「お知らせ」をする点です。

会員はまた日常の運営費の増加に伴い、会費を5ドル上げること（個人会費を\$20,家族会費を\$35）を知らされました。会費は長年増加していませんでした。

2009-2010年度の役員会が選出されました。2010年に任期の終わる役員（ステファニー・ボーザー、ブレンダ・マディセン、サナエ・オーキ、スコット・サトン、キャシー・テナント）と2011年に終わる役員（シホ・アサノ、ジム・ホヤノ、エリン・ムンロー）。最新の役員、エリン・ムンローはここ数年エドモントン・剣道一籬刀クラブのメンバーで、過去2年間はヘリテージ・フェスティバルの際のボランティア・コーディネーターでした。役員会でのポジションは次回の役員会で決まります。

次のようなプレゼンテーションがありました。

### キミコ・シミズ・カルチャー・デベロップメント助成金 (\$500)

**阿波踊りグループ（エミコ・キノシタが代表して受け取り）**：は衣装や小道具を新しくしたり、追加したりするために助成金を使用。古いのは5年前に日本の踊りグループから寄付された物。

**ユミコ・ホヤノ**：この夏開かれた水彩画個展の経費の一部及び教えるための技術修得のために使用。

### NAJC Endowment Grant (1,000)

**ケイコ・ムラモ**：ブラジルで開かれる国際剣道チャンピオンシップにカナダを代表して出席するためのトレーニングを助けるためにNAJC助成金(\$1,000) が与えられました。

### ゴードン・ヒラバヤシ博士奨学金へのEJCAからの寄付(\$3,000)： 寄付金は大学を代表してスーザン・ヒラバヤシが受け取りました。この奨学金は社会正義や人権について専門的に勉強する社会学課の大学院生に毎年与えられます。

s年次総会に続いて、小グループ話し合いに参加する機会がありました。グループは青年活動、人権、コミュニケーション、EJCA関連トピックスを日本語での話し合いグループなどがありました。たくさん意見や提案があり、これらは役員会リトリートで使われ、私たちの将来への焦点、2009-2010年度活動、サービス、プロジェクト決定の役に立ちます。コメントの総括はこの号の別の場所にあります。

この日の午後は美味しい日本食バフェーで締めくくられました。バフェーは万歳レストラン、神戸（ピストロ、將軍レストラン）の協力でした。加えて、煮物はサナエ・オーキ、漬け物はテリー・ナガタ、大福はノリコ・フジノからの貢献でした。

週で一番忙しい夜に時間を取って食べ物を作り配達して下さった各レストラン、メニューに最後のタッチを加えて下さったサナエ、テリー、ノリコさん、デナーを助けて下さったジョイス・アイタとスー・シゲミツのお二人はデナーを助け、後片付けもしっかりとさせていただいて皆がご馳走を楽しくいただけるようにしてくれました。

そして最後に調理をして下さったシェフの方々への感謝として一言：その夜の終わりには全ての料理が完全にきれいに無くなっていました。

### EJCA秋のバザー—2009年11月14日

雪が降ると言う予報にも関わらず、当日は本当に良い天候に恵まれました。今年は玄関にカウンター（人数を数える人）がいましたので実際に来館された人たちの人数がわかります。330人でした。

今年は新しい年でした。バザーはいつも新旧知人に会う機会でもありました。ですが今年は「新しく」それはランチにも及びました。毎年開館後一時間で食べ物が売り切れてしまうことを鑑み、今年は新しい「寿司弁当」を加えて売りに出す食べ物の数を増やしました。この新しい食べ物は良く売れたのでこれが

Continued on next page...

## President's message...continued from page 11

読んでくださった皆様、おめでとうございます。

「新しい」はボランティアにも及びます。毎年手伝っている信頼できるボランティアに加えて今年は何人も新しい顔が加わりました。新顔の皆さん、ようこそ！EJCAバザーは年に一度の主要な資金作りイベントです。大勢のボランティアの助け、来館した大勢の皆さんの支持、個人や商売をしている方々の寛大な寄付など感謝いたします。

詳細は別の場所にあります。

## 将来のイベント

## 役員会リトリート

11月28日役員会は年次総会の小グループ話し合いで得られた情報を基に来年、及び長期活動計画の検討をします。その総括は「もしもし」次号をご覧ください。

クリスマス・パーティー—2009年12月12日  
新年会—2010年1月9日

「もしもし」に同封の広告をご覧ください。

## バザーの報告

大木 早苗

恒例秋のバザーは2009年11月14日（土）にEJCA センターで行われました。秋晴れのすばらしいお天気に恵まれて開場の11時30分を待たずに11時頃からお客様が続々とお見えになりました。食べ物の会場は11時30分の予定で用意していましたから、早く見えた方はお土産や本のコーナーを見ていただいています。

11時30分丁度に開場して、皆様に早速食べ物のお買い物をしていただきました。幕の内弁当はいつものようにエドモントン最高のお料理自慢の会員がこれ以上のものはないと自信を持って作りました。エビフライ、ポークのしょうが焼き、かぼちゃ、しいたけ、こんにゃく、人参、生揚げの煮物、ブロッコリー、きゅうりとわかめの酢の物、ポテトサラダ、ご飯がぎっしりとおいしそうにつめられていました。そして今年の新製品はお寿司弁当です。稲荷寿司と太巻きの上に鮭の照り焼き、ブロッコリーの緑と酢しょうがのピンクをきれいに入れました。稲荷寿司、太巻き、ちらし寿司は別々にも買えます。ちらし寿司もよい味だと好評でした。きつねうどんは熱々のうどんが熱々の美味しいお汁に入っていたのがとてもよかったですと褒めていただきました。それにうどんの量もたっぷりでした。

もう一つ新製品は大福です。いつもはBake Saleにご寄付いただく大福だけだったので、すぐに売切れてしまい、皆様に欲しい欲しいといわれていました。今年ががんばって500個作りました。一皿5個ずつ入れて、100皿用意しましたがそれも皆売切れてました。おとしからはじめたお餅もたくさん買っていただきました。お正月の分もと考えて、10切れずつの包みを170ほど用意しました。さすがに170は売れずに残りはお正月用に冷凍してあります。

そして大人気は皆様に寄付していただくBake Saleのテーブルです。シナモンロール、チキンパイ、アンパン、お赤飯、漬物、お饅頭、ゼリー、クッキー、マフィン、各種のケーキやターツ、どれも美味しそうで、どんどん売れてしまいました。寄付してくださった皆様ありがとうございます。それから、たっぷり甘いお汁粉、私はバザーの食べ物でお汁粉だけ買うことができましたが、熱くて甘くて、お豆腐入りのお餅も最高でした。来年は是非召し上がってください。お勧めです！

お土産や本のコーナーに行くと、まず個人で出しているお店が5つあります。クリスマスカード、刺し子、手芸の装飾品、手作りのペンなど、心を込めて作ったものがどれもすばらしいでした。本のコーナーは、主に日系関係の本を展示してご希望の方の注文をいただいて、書店から取り寄せるようにしました。

皆様に日系の本を手にとって見ていただきたいと思ったのです。これも盛況で20冊も注文をいただきました。在庫のある本はその場で買っていただきました。隣はEJCA Sale Tableです。会員の皆様から沢山の寄付をいただいているいろいろなものを買っていただくことができました。お値段もとっても安くて、私の友達はいつもここでクリスマスプレゼントの買い物をすると嬉しそうに言っていました。ご寄付をいただいた皆様本当にありがとうございました。

最後の楽しみは福引です。沢山のレストラン券、陶芸品、お米、太鼓ワークショップ券、額入りの書、など28点の賞品がありました。1時15分に抽選が始まると、皆様がホールに集まり、当たりが呼ばれるたびに完成が沸いていました。当たった方々おめでとうございます。ご寄付いただいた皆様心よりお礼を申し上げます。

さてこのバザーでは\$4,000以上の純益を上げることができました。EJCAの運営費として大切に使います。ところでこの3年間、バザーからの純益はどんどん伸びています。2007年は\$3,000、2008年は\$3,400、2009年は\$4,000でした。

今年は初めて、お客様の数を調べました。総数330人の方がお見えになりました。昔の会員の方、日本から来たばかりの若い方、カナダ人一般の方、それぞれに久しぶりに会ってお話が進んだり、新しく友達になったり、バザーはすばらしい社交の場にもなっていました。

このバザーに為に、60人以上の会員がボランティアとして働きました。又、沢山の方からいろいろなご寄付をいただきました。お名前のレストランはいつものように別の欄にあります。

ここで早くバザーの準備の様子をお伝えしますね。9月の末に一回目の準備委員会を開きました。8人のメンバーです。去年のバザーからの伝達事項を参考に、今年の方針、すなわち何をどれだけ何時どのように誰が用意するか決めます。このときに主な食べ物のメニュー、各仕事のリーダー、宣伝方法、「もしもし」へのご案内、メールでのお誘い、お餅や大福の大量生産計画、福引の賞品の依頼などおおよその方針を決めました。10月下旬の2回目の準備委員会までには、すでにお餅と大福は出来上がって冷凍してありました。福引の賞品も沢山集まり、日立カナダからは現金のご寄付もいただきました。「もしもし」への記事や、バザーの広告も出来上がっています。2回目の準備委員会では食べ物の材料や手順の詳細も作り、幕の内弁当の試食もし、去年の反省を踏まえて食べ物の売り方を工夫し、会場のデザインもしました。11月にはいるとラストスパート！大勢のボランティアも集まり、それぞれの部署で大活躍していただき

## 松の会クラブ・ニュース

### ピーター・ウオング



日系シニアクラブにとっては忙しい2ヶ月でした。9月の定例会では新役員を選出があり、ピーター・C・ウオング（新会長）、キャシー・テナント（新副会長）、ハイディー・マツネ（継続会計）、ヒロシ・ヨコタ（継続書記）が今後2年間の役員となりました。日本食の後、グループは映画「送人」を鑑賞しました。若い男性が死人の埋葬（最後の出発）のために準備すると言う仕事に偶然にも着いてしまうと言う筋です。映画は滑稽でもあり、感動的で、外国語の部門でオスカーを獲得したのも頷けます。

**10月のグループの遠出**は「メイフィールド・デナー劇場」でのブランチとショーでした。19名が「食べ放題」のバフェーと午後のショー；ハンク・ウィリアムズ、シャニア・ツワイン、ガーサー・ブルックスの歌を主にした「ナッシュビル・アイコンズ」を楽しみました。またこのようなショーに行きましようと言った皆が賛成しました。

**10月定例会**にはカナダには長年来ていなかった日本からの訪問客、ジュディー・コスケガワが出席しました。彼女ピーターとルイズの友人でカルガリー大学の数学科で働いていました。ピーターがその大学院生の時に

知り合いました。彼女は日本へ働くために戻りました。グループはランチを一緒に楽しみ、キャシーが用意したクラブ会員のための「カナダ」クイズをしました。クイズで私たちは自分の国について知っている事、知らない事を知らされました。一番多く正解したグループはツニー（\$2）賞を貰いました。

**11月の遠出**は11月10日、リバー・クリー・カジノへ大きなグループで行きました。Marriott Hotelのシニアのための\$1.99の朝食バフェーに朝9時から行きました。そこでカジノとランチの無料券を貰いました。17名は種々なゲームやトーナメント福引きに参加しました。グループの数はスロット・トーナメントの最終戦に残り、二つの上位賞金、\$250と\$100を獲得し、カジノへの遠出を価値のあるものとししました。例え全員に利益のあった日でもなくとも、会員は楽しい一日を送りました。

11月の定例会では将来の遠出や毎月のランチをもっと楽しいものにするための計画を立てます。55才以上であればどなたでも松の会会員になれます。毎月第四水曜日の定例会へお越しください。2010年度への新会員をお誘いします。

詳しくはピーター(780-487-7099)又はキャシー(780-436-6291)へご連絡ください。

## Japanese Proverbs

空樽は音が高い:浅はかな人ほど知りもしないことをとくとくとししゃべることのたとえ。

Empty barrel sounds loud when pounded: Those who know little talk a lot.

秋の扇:男に見捨てられた女のたとえ(夏には重宝に使われた扇も秋になると見捨てられる。中国の詩から)

Fun in Autumn: Woman abandoned by man (Fan treasured in summer is no longer needed in Autumn - from a Chinese poem)

あっても苦勞、無くても苦勞

If you have it, it is hardship, but if you do not have it it is hardship too.(such as money)

雨降って地固まる:いやなことやもめ事がおきた場合でも時間が経つとそれが良い結果に変わっている事

Rain fall firms up the land :when trouble is over it might turn out to be a good thing

いつまでもあると思うな親と金

Do not expect parents and money to last forever.

井の中の蛙大海を知らず:自分の狭い知識や了見に捕われて、それより遥かに広い世界を知らない人を嘲笑する言葉

Frog in a well does not know the ocean:a narrow minded person who does not know of wider world.

痛し痒し;搔(か)けば痛いし、搔かなければ痒い。どっちにしても善し悪しの判断のつきにくいこと。

Painful and itchy:when scratched it is painful but if not scratched it is itchy. Meaning it is difficult to say good or bad.

氏より育ち:家柄や血筋より、育った境遇や教育のほうが大切だと言うこと。

It is more important how one is raised and one's education than the family name and blood line.

### EJCA水彩画教室

1月から新しいクラスが始まります。興味のある方はどうぞご連絡ください。日時は下記の通りです。

1月10日と17日 2月7日と21日

クラスは午前10時半から午後2時まで。お弁当持参です。

クラス1ー空と陸地と木 　　　　　　クラス2ー小さい風景画  
 クラス3ー水と反映 　　　　　　　　クラス4ー静物か人物  
 費用\$50

ユミコ・ホヤノまでご連絡ください。電話：780-437-7730、  
 メール：yumiko@shaw.ca



## Library Corner

The Library Committee communicates with you through the “Library Corner” of the Moshi Moshi. Introduction of new books, material reviews, and activities will be posted

**1. New books:** From September to October the following books were added to the library.

Purchased Materials:

English translation of modern Japanese literature of Haruki Murakami and traditional literature of Soseki Natsume and Ryunosuke Akutagawa, and books by Nikkei writers were purchased.

| ID   | Category            | Author               | Title                                           |
|------|---------------------|----------------------|-------------------------------------------------|
| 2224 | English Translation | Akutagawa, Ryunosuke | Rashomon & Seventeen Other Stories              |
| 2225 | English Translation | Murakami, Haruki     | The Wind-up Bird Chronicle                      |
| 2229 | English Translation | Murakami, Haruki     | Kafka on the Shore                              |
| 2230 | English Translation | Murakami, Haruki     | What I Talk About when I Talk About Running     |
| 2231 | English Translation | Murakami, Haruki     | Norwegian Wood                                  |
| 2232 | English Translation | Murakami, Haruki     | Hard-boiled Wonderland and the End of the World |
| 2233 | English Translation | Murakami, Haruki     | Elephant Vanishes                               |
| 2234 | English Translation | Murakami, Haruki     | Underground                                     |
| 2235 | English Translation | Murakami, Haruki     | Dance Dance Dance                               |
| 2236 | English Translation | Murakami, Haruki     | A Wild Sheep Chase                              |
| 2218 | English Translation | Natsume, Soseki      | Kokoro                                          |
| 2219 | English Translation | Natsume, Soseki      | Gate                                            |
| 2223 | English Translation | Natsume, Soseki      | I Am a Cat                                      |
| 2227 | English Translation | Natsume, Soseki      | Kusamakura                                      |
| 2228 | English Translation | Natsume, Soseki      | Botchan                                         |
| 2222 | Nikkei              | Golden, Arthur       | Memoirs of a Geisha                             |
| 2226 | Nikkei              | Guterson, David      | Snow Falling on Cedars                          |
| 2267 | Nikkei              | Kogawa, Joy          | Obasan                                          |
| 2221 | Nikkei              | Kogawa, Joy          | Itsuka                                          |
| 2220 | Nikkei              | Tamayose, Darcy      | Odori                                           |

Donated Materials:

We received 32 materials from various members. Thank you very much!

| ID      | Category | Author                  | Title      |
|---------|----------|-------------------------|------------|
| 2251    | 日本文学     | Kajii, Motojiro 梶井 基次郎  | 檸檬         |
| 2246    | 日本文学     | Miyazawa, Kenji 宮沢 賢治   | 銀河鉄道の夜     |
| 2247    | 日本文学     | Miyazawa, Kenji 宮沢 賢治   | 風の又三郎      |
| 2248    | 日本文学     | Takamura, Kotaro 高村 光太郎 | 千恵子抄       |
| 2238-39 | 日本文学     | Mrasaki Shikibu 紫式部     | 源氏物語 1 - 5 |
| 2243    | 日本文学     | Daizai, Osamu 太宰治       | 津軽         |

| ID   | Category            | Author                 | Title                                  |
|------|---------------------|------------------------|----------------------------------------|
| 2244 | 日本文学                | Shimazaki, Toson 島崎 藤村 | 破戒                                     |
| 2245 | 日本文学                | Shimazaki, Toson 島崎 藤村 | 千曲川のスケッチ                               |
| 2249 | 日本文学                | Higuchi, Ichiyo 樋口 一葉  | にごりえ・たけくらべ                             |
| 2250 | 日本文学                | Hori, Tatsuo 堀 辰夫      | 風たちぬ                                   |
| 2217 | English Translation | Morris, Ivan           | The Pillow Book of Sei Shonagon        |
| 2216 | English Translation | Porter, N. William     | A Hundred Verses from Old Japan        |
| 2266 | Hobbies             | Takagi, Satoshi        | Joy of Origami                         |
| 2264 | Hobbies             | Yamaguchi, Makoto      | Let's Enjoy Origami                    |
| 2263 | Hobbies             | Chonoyu Bunka          | お茶の作法入門                                |
| 2252 | Social, Japan       | Color Books            | Bunraku                                |
| 2253 | Social, Japan       | Color Books            | Japanese Paper Dolls                   |
| 2254 | Social, Japan       | Color Books            | Japanese Swords                        |
| 2255 | Social, Japan       | Color Books            | Kimono                                 |
| 2256 | Social, Japan       | Color Books            | Kyogen                                 |
| 2257 | Social, Japan       | Color Books            | Noh Masks                              |
| 2258 | Social, Japan       | Color Books            | Tea Ceremony                           |
| 2260 | Social, Japan       | De Mente               | The Japanese Have a Word for It        |
| 2259 | Social, Japan       | Halford                | Kabuki Handbook                        |
| 2261 | Social, Japan       | Sosnoski               | Japanese Culture                       |
| 2262 | Social, Japan       | The Ainu Museum        | Ainu History and Culture               |
| 2215 | Social, Japan       | Arikawa, Hiro 有川 浩     | 阪神電車                                   |
| 2237 | Video-DVD           | National Film Board    | Sleeping Tigers - Asahi Baseball Story |

## 2. Material Reviews

### 広島のごころ29年 カテゴリー 日本文学 ID 707

広島に原爆が投下されたその日の様子を被爆者55名が書いた手記。戦争が終結して29年目に出版されている。被爆者の人達にとっては忘れたくても、忘れられない記憶が、生々しく伝わってくる。全く戦争を知らない世代の私にとって、本が唯一、戦争の悲惨さを教えてくれる。戦争などあってはいけない事を私の世代から子供たちの世代に伝えていく為には、このような本が大切な役目を果たすと思う。(浅野志保)

### JAPAN TOURIST BUREAU BOOKS

Going to Japan and wanting to know what you should see in Tokyo ... wondering about a specific point of courtesy ... or just wanting to know more about Japanese customs?

On one of the lower shelves in the library is a series of books that are smaller than a pocket book. Don't overlook them because of their size .... these small gems from the Japan Tourist Bureau are packed with interesting and helpful information about Japan. Each one covers a specific topic such as what to do and see in Kyoto, what not to miss in Tokyo, the Japanese transportation system, etiquette in different situations, martial arts and many more. This series provides a wealth of information in bite-sized pieces!

## 3. Activities

- The Gaming Board approved the use of Casino Funds for purchase of books. Please send us book requests. The request form is available at the Library. If it is more convenient to email, please forward suggested books to <office@ejca.org>.
- Library Website was designed and is being added to the EJCA website.
- A Book Club started in October. Please contact Sanae Ohki at <sanaeohki@shaw.ca>.

## H1N1 Influenza

Hello members of EJCA. It has been a few months since H1N1 influenza started causing world wide chaos. Here in Alberta is not much different from the rest of the world. We have been exposed to numerous and mixed information since the second wave of this new flu severely affected our province in early fall. Here is the summary of key but often forgotten points around H1N1 and its related topics.

- It takes between 8-14 days for the vaccination to become activated. In other words, you are at risk to become infected by the virus during that time period after the vaccination.
- None of the antiviral drugs nor the vaccination is 100 % effective at preventing or treating infection. Therefore, you need to be cautious even while on or after the medication, and also after being vaccinated.
- Antiviral drugs (Tamiflu®, Relenza®) are used to shorten the duration of sickness and to minimize the complications of the infection, but not to prevent spreading of a viral infection directly. While you are taking the medications, the virus can spread through your saliva or nasal discharge contaminated by the virus. So, again, please stay at home while on antiviral medications.
- ASPIRIN or aspirin-containing OTC medications should not be used in children and teenagers who present with flu-like symptoms. Please consult your physician before using this medication. (Aspirin, ASA, salicylate, Acetylsalicylic Acid are all same substance.)
- **“To rest at home when you feel unwell.”** We tend to push ourselves to finish plans made previously even when feeling sick. Courage to cancel appointments and rest is sometimes necessary to let yourself recover as well as to prevent the potential spreading of a viral infection.
- **“Wash your hands.”** More information on proper hand-washing procedure is mentioned later.
- **“Cough and sneeze etiquette.”** Cough or sneeze into your

arm or paper towel, not your hand. If you use a tissue, dispose of it as soon as possible and wash your hands. Influenza virus is transmitted by saliva or nasal discharge into the air and onto objects.

- **“Eat healthy.”** Increase intake of vitamin-rich fresh fruit and vegetables.
- **“Minimize sugar intake.”** White sugar seems to suppress your immune system.
- **“Hydrate yourself with WATER.”** Caffeinated beverages, such as coffee, tea and pop, and juice which contains high sugar are not recommended.
- **“Practice an adequate amount of physical exercise.”** Low to moderate intensity of exercise elevates immune system, such as stretching, walking, aquafit, and light jogging.
- **“Manage your physical and mental stress.”** Overstress often suppresses your immune function.

Hand hygiene is believed to prevent 80% of infectious disease. Let's take a few moments and master proper hand-washing technique.

- Remove wrist watch and rings, and roll up long sleeves.
- Wet hands up to the wrists with warm water.
- Apply enough soap to cover all hand surfaces
- Work soap under the fingernails and around and between joints and fingers. Do not forget the bottom part of thumbs. Wash long enough to have to time to sing, whistle or hum the Happy Birthday song.
- Rinse off every trace of lather with water
- Dry hands with a clean cloth or paper towel while taking special care to dry thoroughly between the fingers and wrists.
- Turn off the tap/spout with a paper towel or cloth

Aki Kawai, B.Pharm., N.D.

## EJCA Membership Application/Renewal Form

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

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

City & Province: \_\_\_\_\_

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

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

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

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

Please check as applicable:

- Family: \$35.00
- Single: \$20.00
- Seniors: Free (70 years and up)



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## Japanese Language Lessons for Beginners

EJCA is offering a third session of mixed beginner's Japanese language classes to ten members starting January 13, 2009.

Again, NAJETTA will send 10 members to the class and EJCA will also send 10 members. The fee for 10 two-hour classes will be \$50.00 (textbook extra). If there are more than 10 EJCA applicants by the registration closing date, priority will go to the students who attended one or both of the past sessions to allow them to continue their studies. Then, two board members will draw names for the remaining vacancies.

EJCA applicants need to fit the following requirements:

1. Have an understanding of and have experienced Japanese culture in general.
2. Have a desire to continue Japanese language skill development in the future.
3. Be at a beginner Japanese language level with some knowledge about Japanese language.
4. Be able to learn in an adult-student environment. Students must be at least 16 years old.

Details: Date/time: January 13, 2010 - March 17, 2010 (ten Wednesdays) 7:00 - 9:00 pm

Location: EJCA Centre, 6750-88 Street, Tel: 780-466-8166

Tuition fees: \$50.00 (textbook extra).

Course content: Structured lessons in Japanese language using "Japanese for Busy People", discussion of Japanese culture and conversational practice guided by an instructor and teaching assistant.

Registration closing date: Wednesday, December 16, 2009. Your enrollment in the class will be confirmed by December 22, 2009.

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### Application for EJCA Japanese Language Lesson for the Winter 2010 session.

Name (please print): \_\_\_\_\_ Signature : \_\_\_\_\_

E-mail address: \_\_\_\_\_ Home telephone: \_\_\_\_\_

Please confirm your eligibility by checking the questions:

\_\_\_\_\_ Yes, I have a good understanding and experience of Japanese culture in general.

\_\_\_\_\_ Yes, I have a commitment to continue my Japanese language skill in future.

\_\_\_\_\_ Yes, I am not fluent in Japanese language yet and my Japanese language level is beginner.

\_\_\_\_\_ Yes, I am a member of EJCA and able to learn in an adult-student environment.

I require a textbook: \_\_\_\_\_ Yes, \_\_\_\_\_ No

Please send the application form to EJCA Office at 6750 88 Street, Edmonton, T6E 5H6, by Monday, December 16, 2009, with a cheque of \$50.00 payable to EJCA. Because of a short notice, please advise the EJCA office by telephone (780-466-8166) or e-mail ([office@ejca.org](mailto:office@ejca.org)) indicating that you have mailed an application. The fee will be refunded if you are not selected.

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## 2009 AGM Discussion Session Reports

### 1. Communication

to date

Group Leader: Stephanie Bozzer

The first part of the discussion was to define how communication contributed to the growth of the EJCA, which everyone feels is of high importance. It was felt that communication allowed current members to stay in touch and informed about EJCA events, and it could also be a way to encourage new members to join and participate.

Several items were discussed and the short version is included with discussion and idea notes:

Moshi Moshi

- is a timely distribution of information
- concern about the cost of mailing the paper copy (which most people would prefer to receive)
- include more colour or different graphics or layouts
- look into a web based version with an option to print off in black and white
- use email addresses as password to access and download web version of Moshi Moshi
- on sign up to EJCA members can ask for print or emailed version to be available to them
- maybe need a survey to see what members would like to see included in the newsletter
- will always need to have it translated into both Japanese and English
- need a reporter to add current events (could casino money go towards paying this person on a contract basis or maybe have a small honorarium to go to people who submit an article)
- ideas for articles or regular columns
  - o etiquette section
  - o craft section
  - o club section (what do they do or what are they currently doing)
  - o recipes
  - o event articles (both lead up to events and a summary of the event when completed)
  - o interviews with members
  - o bio's of board members
  - o library updates on new books
  - o projects in process or completed
  - o restaurant reviews
  - o for sale , for service or for exchange section
- need to arrange new people to stat learn the business of putting out the Moshi Moshi (succession planning)

Other electronic means of keeping in touch

- create an EJCA net with all the names of members
- use this net to share information related to EJCA members (such as when a member passes away)
- set up a Facebook account for the EJCA as younger people use this frequently as a means of communication
- everyone must ensure that they keep their email addresses up

Website

- Needs to be worked on more frequently and kept up to date
- Any major changes need to be implemented in a more timely fashion
- Needs to be more user friendly
- Calendar needs to identify set up time and event time

New members

- Membership drives
- Check into what other community associations are doing such as Calgary
- Welcome new members (maybe a welcome to the EJCA basket)
- Create personal connections among members
- Focus on multiculturalism while honoring the roots of Japan
- <sup>a</sup> Board members need to attend every event at the EJCA

Advertising

- Become visible in the Edmonton community
- See Heritage days as a good way to connect to the greater community
- Other avenues in which to advertise
  - o Argyll Community Newsletter
  - o Community League Newsletter
  - o Edmonton Examiner
  - o Edmonton Journal
  - o View
  - o See
  - o Wasabi radio
  - o OMNI TV

### 2. Youth and Young Adult Activities

Group Leader: Tomonori Hyodo

People who joined the discussion agreed that the EJCA should have more activities targeting youth and young adult members in order to attract younger members.

Suggested Activities

Possible "active" activities are a **bowling tournament, paint ball, Wii tournament, dance lessons**, and so on.

**Karaoke** is another good activity. The EJCA karaoke is held regularly for all members. However, it seems that more seniors join that club than youth and young adults. It may be good idea to have a Karaoke night for youth and young adults (plus a few seniors for starters). After the Karaoke night for young adults, they would feel more comfortable joining the more-frequently-held EJCA karaoke.

Continues on next page....

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 AGM Group Discussions...continued from page 18

Joining a **community sport league**, such as dodge ball, soccer, or slow pitch leagues was brought to the discussion. It is possible for individuals to join a team in a league on their own but joining a league as a team from the EJCA strengthens the bonds between members and gives an opportunity to communicate. It also provides an opportunity to exercise.

**Ski or camping trip** would be a good event to have. A **ski trip** is costly for individuals but when people get together, transportation and fees (possibly) will be cheaper. If the EJCA can provide financial support, it is realistic. **Camping** is everyone's favorite. There are enormous numbers of camp grounds in and around Edmonton. Since kids also like camping, this is good for families, too. It would be like a big family reunion at a camping ground.

#### Finances

Financial support for these activities should be discussed with board members. Using the example of a bowling event, the EJCA could provide prizes for the top 3 or so and the EJCA members just pay for lane usage and/or shoe fee. If possible, having a kids section and senior section encourages everyone to join the event.

#### Communication

Only 7 people joined the discussion on this topic. It was strongly felt that we need to gather more ideas. Hence, the "group" of the EJCA youth group has been made on **Facebook**. URL is <http://www.facebook.com/group.php?gid=143729647965>. I hope some ideas will come from the Facebook group and an event will be hosted there.

#### Leadership

It was hard to decide who will be responsible for all the events. We came up with an idea! Since it is hard work for one person to be responsible for all the events, responsibility can be shared so that member A is responsible for the bowling event, B is responsible for Karaoke, C is..... and so on. This lightens the burden of responsibility imposed on one person.

#### Inclusion

All the activities or events should be for all the generations. Although the activeness or interest in some of the above-mentioned activities will tend to attract more youth and young adults than families and seniors. However, activities especially like a bowling event and camping might appeal to all generations.

#### Summary

In a nutshell, the EJCA should have activities that are enjoyed more by youth and young adult members. However, more discussions are necessary; Facebook will help with respect to discussions among members.

### 3. Japanese Session - Variety of Topics

Group Leader: Sanae Ohki

#### **Section 1 - Report in English**

##### 1. Communications

Most members at this discussion session read all of the "Moshi Moshi" pages. They preferred to receive a hardcopy even when the "Moshi Moshi" is available on e-mail or the Internet. Only one member said he would read the "Moshi Moshi" only on e-mail or the Internet.

Contents of the "Moshi Moshi":

- Want Information by specialists in Japanese on health, food, exercise, etc.
- Add a "column" where they can read tips for the life in Canada: health information, introduction of members etc.
- Want a contact list for emergency access to lawyer, doctor, social workers, and etc.
- For Sale and Wanted
- Suggest English and Japanese translations are together with the original for the Internet version.

To add these topics, the "Moshi Moshi" may require modifications. Meanwhile, if members find useful information in Japanese, just send it to Sanae. These topics can be posted in the "Moshi Moshi".

All members said that they have been volunteer their time for EJCA activities as members responsibility. So, they did not want to have any special appreciation party for their work. It will be adequate if dinner at the AGM has an element to celebrate the completion of one year of volunteer work by all members. Having a celebration party for major events like Heritage Festival is good because non-EJCA members who help such an event can participate in the party.

Ideas to increase EJCA membership by publicizing EJCA activities:

- Print the Japanese section of the "Moshi Moshi" and leave copies at Japanese food stores, restaurants, and etc.
- Change the contents and appearance of the Japanese section "Moshi Moshi" adding topics that attract new members to the EJCA.

For more effective communications between members, a member list will be useful.

##### 2. Youth and Younger Adults

The most interesting topic for the younger Japanese is education of their children.

- Many EJCA members have experience in the Canadian education system. Their experience will be useful to the younger Japanese and will increase their interest in joining the EJCA. Suggested to have a forum with these topics.

Continues on the next page...

AGM Group Discussion...continued from page 19

- Parents and their children can get together for summer programs. Non-Japanese can join such activities.
- EJCA's activities should be posted on its website. Many non-members use the Internet to search information.

3. Human Rights

Members agreed that Human Rights should be our concern but no discussion was held.

4. Other topics raised

- The Japanese ladies in their 50s and over who stay at home have few opportunities to speak English. They tend to forget English. It will be nice to have something like English Café where they can exchange ideas with English speaking people.
- They also want to have an English class just like the Japanese class the EJCA offers. They want to learn English in a classroom environment.
- Others want to start a singing group (not karaoke) and a social dance group.

**Section 2 - Report in Japanese**

1. Communication

「もしもし」はほとんど全部読んでいます。On-line になってもHardcopy を送ってほしい人が多い。

内容の希望：

- 生活全般について専門家の話を日本語で読みたい。
- コラムのような形で、カナダでの生活のヒント、医療の情報、友達紹介などがあるとよい。
- 生活上の救急に対応できるコンタクト・リストがあるとよい。(医療、弁護士、ソーシャルワーカー)
- 「売ります、欲しいです」の交換をしたい。
- On-line の「もしもし」は英語や日本語の訳が本文と一緒にになっていたほうが読みやすい。

そのような内容を加えるには、今と違った編集方法が必要かもしれない。具体的に新しい編集方法の提案はなかったが、今の編集方法でも皆のためになる日本語の情報があつたら、大木まで知らせていただければ「もしもし」に載せられる。ボランティアのAppreciationについては、EJCA の会員の役割としてボランティアの仕事をしているのだから、改めてAppreciationの会をしなくてよい。1年に1回AGMで、打ち上げのような形で会員の協力を称えることをテーマに食事をしたらよい。Heritageのように大きな催し物でEJCA 以外の人も手伝ったときは打ち上げ会をするのは賛成。会員の増加を図り、日本人1世や国際結婚の方に幅広く

EJCA の存在や活動をしってもらうために

- 「もしもし」の日本語版を日本食材店、レストラン、などに置かせてもらう。
- 表紙のページに日本語で「もしもし」と書いたりしてこれが日本語での情報誌であることがわかるようなかたちにする。

会員間の交流のために会員名簿が欲しい。

2. Youth and Younger Adults

若い世代の日本人にとっては子供の教育が一番の関心事項である。

- 教育やカナダの学校事情について経験がある人がたくさんいるから、話を聞く機会があれば、役に立ちEJCA への関心が高まる。
- 親子で参加できる子ども会、夏休みの活動があるとよい。日本語の人でなくても参加できるのがよい。
- 会員以外の人へのお知らせはWebsite が有効である。

3. Human Rights

人権保護の重要さは理解するが、今すぐに何をしたらよいかは話さなかった。

4. その他

- English Café のような日本人が英語をはなす機会が欲しい。(家庭に入っている50代-60代の主婦は英語を話さないから進歩しないし忘れる)
- Japanese Class のような初心者向けのEnglish Class で英語の勉強をしたい。
- コーラスや社交ダンスのグループを始めたい。

4. Human Rights

Group Leader: Daiyo Sawada

Susan Carnahan generated some interest in human rights by reading a wonderful piece from Gordon Hirabayashi during the AGM so the fact that only two individuals discussed this topic, was surprising.

The plan was to deal with a very big picture issue on a more personal/local level ... but the label "human rights" is an intimidating one so perhaps we need to work on engaging people in a way that they can connect the issue and its ramifications to their everyday lives.

Japanese Proverb

艱難、何時を玉にす：人は多くの困難や苦勞を経験し、克服していくことによって、立派な人間に成長するということ。

Hardships and misfortune will make one a better person.