

Moshi Moshi

Edmonton Japanese Community Association

Vol. 28, No. 6, July - August 2003

Japanese Pavilion (Site #35) Edmonton Heritage Festival 2003 August 2-4 at Hawrelak Park

Japanese Pavilion Hours:

Saturday August 2: noon to 6 pm

Sunday August 3: 10 am to 6 pm

Monday August 4: 10 am to 6 pm

Come out and enjoy the performances, demonstrations and exhibits of Japanese culture including taiko, bonsai, origami, shuji (calligraphy), karate, kenjutsu, aikido, kendo. Outdoor performances begin each day on the half hour throughout the day. Also, sample some yakitori, tako-yaki, makizushi, okonomiyaki, iced coffee, and other cold beverages at our food booth outside the main tent. For other details, please visit the Heritage Festival website at www.heritage-festival.com.



The Japanese Pavilion is a joint effort of EJCA, The Metro Edmonton Japanese Community School, and the various Japanese Cultural Groups

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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, including announcements of upcoming events.

We are grateful to the businesses who have placed advertisements which help to defray the cost of publishing.

Deadline for Submissions for the Next Issue (Vol. 29, No. 1) is September 10, 2003

Submission Deadlines for other upcoming issues:

- Volume 29, No. 2 - November 10, 2003
- Volume 29, No. 3 - January 10, 2004
- Volume 29, No. 4 - March 10, 2004
- Volume 29, No. 5 - May 10, 2004
- Volume 29, No. 6 - July 10, 2004

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

Yumiko Hoyano

The summer BBQ held on June 28 at the Centre saw a moderate attendance of about 80. The weather was perfect. It was not too hot or too cold. The hamburgers made by Yoshi Hirano of the Derrick Club was of top quality and those who tasted it were the lucky ones. Thank you to Yoshi for preparing the meat and to Scott Sutton and Tatsuya Kin (from the Japanese School) for cooking the burgers. Our new shiny BBQer was working great, turning out cooked hamburgers in no time. After we ate, there was bingo and a dance! It was a big surprise to discover that many of the seniors can dance very well.

EJCA is participating in the Heritage Days Festival again this year. The Heritage Days Festival is the most popular Festival in this city and we must support it. There are some controversial issues floating around this year, but this grassroots event should continue. This Festival is possible because it is held in Canada. Where else can you get so many different people from around the world get together in one place and celebrate each and everyone of their cultures in such a peaceful fashion! Whether you were born in Canada or came from somewhere else, it really does not matter. You belong to one or two cultures or even three, but still you belong! Our pavilion site is #35. It is a better location than last year where we suffered two floods in 2 1/2 days.

Many volunteers have been making handicrafts for sale inside the tent. I even got a friend (Koto Hayakawa) who sent some intricate origami balls (kusu-dama) from Boston. I would like to thank Mrs. Teruko Sakai, Sayuri Matsuba's 94-year-old mother, who has been making a lot of kusu-dama although she has been suffering from pain in her hips all the time. People like this really make our community come together.

The Nikkei Heritage Day and the Annual General Meeting is coming up in late September (Sunday September 28). There will be a short AGM for 30 minutes, followed by a free Dinner, and then by the Nikkei Heritage Day presentation. We need to elect or re-elect 6 board members to fill the spots of the 6 members who have completed their 2-year terms. If you are interested in serving on the board, do not wait until someone contacts you. Contact one of the board members to let your

intentions be known.

Nikkei Heritage Day is celebrated in Nikkei communities across the country to commemorate the signing of redress on September 22, 1988. We remind ourselves of the past, and the significance of the redress by having events with which to remember our past.

The EJCA Nikkei Heritage Day Planning Committee decided this year to show you the newly made NFB documentary film: ***Sleeping Tigers: The Asahi Baseball Story*** which chronicles the history of the team which was the pride of Little Tokyo in pre-war Vancouver. In a David vs. Goliath triumph over bigger Caucasian teams, the up-start Japanese Canadian players became unbeatable, winning the prestigious Pacific Northwest Championship for five consecutive years. When Canada declared war against Japan in 1942, everyone of Japanese descent, whether born in Canada or not, was sent to internment camps. Faced with hardship, racism and isolation, the former Asahi members survived by playing baseball, eventually breaking down racial and cultural barriers with the R.C.M.P. officers and the local townspeople.

Recently it was announced that the Asahi Baseball team will be inducted into the Canadian Baseball Hall of Fame.

Is there anyone in the Edmonton area who used to play on this team? Or anyone know someone who used to play, or went to see them play? Do you have any interesting anecdotes about the Asahi? If you do, please come and tell us your stories at our Nikkei Heritage Day gathering. Please contact me (437-7730, e-mail: yumiko@shaw.ca)



Nikkei Heritage Day Celebration

History: The Asahi Baseball Story

EJCA Annual General Meeting

Date: Sunday September 28, 2003

Place: Japanese Cultural Centre (Edmonton), 6750 - 88 Street

Time: 5:00 pm - 9:00 pm

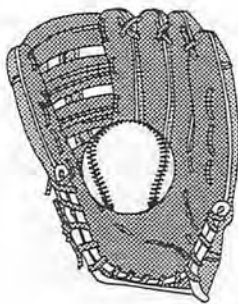
Dinner: A bento dinner, free for EJCA members

Please confirm your attendance by September 24, 2003 (Centre - 466-8166)

Program:

The National Film Board of Canada production **'*Sleeping Tigers: The Asahi Baseball Story*'** will be shown (see President's Corner & below for more information). This will be followed by a discussion of how baseball was a unifying activity in many Japanese Canadian communities before, during and after WWII.

Finalized details of the Nikkei Heritage Day program will be published in the September issue of Moshi Moshi, but please mark the date on your calendar now!



Sleeping Tigers

The Asahi Baseball Story

In pre-WWII Vancouver the Asahi baseball team was unbeatable, outplaying the taller Caucasian teams and winning the prestigious Pacific Northwest Championship for five straight years. When Japan bombed Pearl Harbor, the Canadian government declared war and sent every person of Japanese descent, whether born in Canada or not, to internment camps. Faced with hardship and isolation, the former Asahi members survived by

playing baseball. Their passion for this quintessential North American game soon attracted the attention of the RCMP and local townspeople, helping to break down racial and cultural barriers. In *Sleeping Tigers*, award-winning director Jari Osborne skilfully weaves rarely seen archival film and dramatic re-creations, along with candid interviews with the last of the Asahi, to tell this remarkable story.

Kimchee Recipe from the 'Taste of Asia' Workshop

The following kimchee recipe was kindly provided by Ms. Heijin

Ingredients:

- 1 medium sized hakusai (suey choy)
 - 1 cup coarse salt
 - 1 cup water
 - 1 tbsp mochiko (rice flour)
 - 1/2 cup water
 - 3 tbsp crushed red pepper
 - 1 tbsp extract of bonito
 - 1 tbsp salted squid
 - 7 cloves of crushed garlic
 - 1/2 thumb size of ginger
 - 1/2 daikon, cut julienne style
 - 2 carrots, cut julienne style
 - a few of green onions
 - sesame seeds (optional)
- Cut the hakusai lengthwise into 4 pieces, sprinkle on the coarse salt, put them into a container, place a heavy weight on top, and let stand overnight. Next day, wash the salt off with cold water and drain.
- Place the mochiko in water and heat; when it begins to bubble, remove from heat. Add red pepper, bonito extract and salted squid.

- Crush the garlic, and cut the ginger, daikon and carrots julienne style. Cut the green onions into 5 cm long pieces.
- The garlic, ginger, daikon and carrots are mixed into the mochiko mixture.
- If desired, add sesame seeds.
- Between the leaves of the hakusai, spread small amounts of the above mixture.
- Place the resulting hakusai in an air tight container and put it in a cool place. It can be eaten after three days.



Hamanasu-Kai Revival

One of the initiatives of the EJCA board retreat was a creation of crafts group. I was responsible for initiating this group as a group leader. There used to be a group called Hamanasu-Kai (wild rose group) which was created years ago as a social gathering for Nikkei ladies. Now some of us would like to revive it and make it a group of interested people to carry out programs which are fun to do and in the process learn a lot, over coffee and tea.

The program will consist of making small items with paper, cloth, yarn, etc., learning cooking, learning sewing, supporting the seniors, etc. Some of these items made could be sold at the Heritage Festival and fall bazaar.

The new Hamanasu-kai will meet once a month. Meeting dates will be decided at the first meeting, which will be held late in the August. Please look out for the meeting date in the next issue of Moshi Moshi.

Anyone interested in the above described activities are welcome to join. Men are also welcome.

Contacts: Yumiko Hoyano, Hyoko Baxter, Noriko Fujino

Tongs Do Not Cut It!

Shigeyo Aita

It was midnight early last September. After watching the spectacular Northern Lights and mesmerized by this out of the world phenomenon, I began descending the ladder from the garage roof. When I stepped onto the ladder, I slipped due to night dew, and before I knew it, I was up in the air and landed on the ground with injuries which required several month of treatment.

After being totally bedridden for one month due to two fractured and crushed vertebrae, I wore a clamshell like cast for three months. During my total bed rest, I waited for the time when I could go to the bathroom on my own, but when I was able to go with the cast on, I discovered that I could not clean myself afterward. During my hospital stay, an occupational therapist told me to use a BBQ tong, but it was not an easy task. After troubles with it for a while, it occurred to me that the solution to my problem would be the toilet seat which washes you with warm water after the job is done, like the one I used when I was in Japan.

I wondered if I could find that toilet seat here in Canada and began the search for it. I found that it was available in British Columbia. We bought it and found it was quite easy to install. I was impressed by its convenience and comfort. I

remembered those patients I met at the hospital and wanted to tell them there is such a convenient device available. This was behind my decision to begin selling this toilet seat in Alberta heard that at some hospitals in BC this toilet seat has been already installed for handicapped people.

"My mother was suffering from hemorrhoids and her doctor recommended using it"; "My doctor told me to use it before and after I gave birth to my baby"; "The warm seat feels nice"; "I really need it during my period"; "I do not understand why this is not available in Canada where people have such a high standard of living". These are some comments I hear from people who came to Canada from Japan. Thus, I further realized that this toilet seat is not only for handicapped people but there are many other who will benefit from it.

I guess there must be a lot of people who are having troubles or suffering from after elimination. I heard that this seat's development process was telecast by NHK as one of the "Project X" series where a new innovation and its development process is made into a series of dramas. This product is the result of many Japanese engineers and scientists and I am proud of it and hope that this seat will be used by many Canadians. When there is a large population of seniors, the role this toilet seat plays will be recognized.

Japanese Canadian Redress Legacy: A Community Revitalized

This book is published by the NAJC and the Japanese Canadian Redress Foundation. Compiled and edited by Art Miki, it details the achievements of the NAJC for the period following the signing of the redress agreement in September of 1988. The book contains many photos(there is a good chance that you may be in one of the photos) and outlines the many achievements made possible through the funds provided. Capital projects made possible include buildings for seniors, Japanese gardens, community centres and cultural centres across Canada.

The book (including a free video) is available at the EJCA Centre for \$20. Copies will be on sale at the Nikkei Heritage Day Celebration/AGM on Saturday September 28.

EJCA Logo Needed!

Please help to create and design the EJCA Logo/Slogan that reflects our vision and mission! If you are interested in serving on this committee, contact Mike Murakami (433-9029; e-mail: <bydesignedm@shaw.ca>) or Rick Hirata (438-2747; e-mail: <rkhirata@shaw.ca>)

EJCA Seniors Club News - Kimberley Trip

Tami Tsujikawa

On July 10, 15 of the Seniors Club members started off on a bus tour to Kimberley. We had a full busy program and enjoyed every minute of it. Firstly, we would like to thank our parent EJCA for granting us such a substantial subsidy and also for the payment of gratuities to our driver and tour guide. We heartily appreciate your generosity. Thank you so much.

Gerry, our bus driver was on his first run as a driver for the Anderson Tours bus. He was a very experienced and patient driver, very quiet but very generous with his free time by serving us our wishes.

Now, Pat, our tour guide was a different kettle of fish. She had a very positive attitude with a gift of gab and a very excellent talent for telling humorous jokes, funny stories and hilarious situations that she and her husband sometimes involved themselves in. She had us in stitches most of the time throughout our trip. It made the time in between stops seem very short.

Day 1 - Thursday July 10. The 43 total passengers - 15 of us and 28 hakujin seniors group, mostly couples - were picked up early am at the Ramada Inn, some at Super 8 hotel and a few at a small town along the way. We were a very congenial and harmonious group, got along very well indeed.

Our first stop was a coffee break at Red Deer. What a welcome break this was. Since we had to get up very early, most of us missed a good breakfast. At Calgary, we stopped for lunch. We were very impressed with the growth of Calgary & Airidrie's residential areas. Eventually these two counties will be close neighbors, perhaps.

Our final stop before reaching Kimberley was at Radium for some ice cream treats at the favorite neighborhood stand. Along the Banff highway we had just passed, we were treated to the spectacular panoramic views of our majestic Rockies. The rugged tall mountains were perfectly visible, even to the apexes in the summer sky. The summits magnificent with drifts of snow showing in the crevices here and there, the trees very sparse near the top but gradually growing more luxuriously toward the bottom. Aren't we fortunate to have

such a magnificent world renowned mountain range in Canada, eh? Another point of interest was the Hoodoos at Dutch Creek near the resort community of Fairmont Hot Springs. An awesome sight.

At last we reached Kimberley at around 6:30 pm to the Quality Inn of the Rockies - our home for the next three days. Our rooms were quite large and comfortable, in close proximity to all the festivities happening in town. As the Accordion Festival was in full swing, the town was in a festive mood. The centre of town is called the Platzl. Accordionists and bands were playing on the stand and people were dancing around them. The centre of attention was a big cuckoo clock, reputed to be largest cuckoo clock in Canada; it even cooks when a lever is pulled.

Kimberley is a very attractive & quaint town with a Bavarian theme, population of about 9,000. In 1892, 4 prospectors discovered a high-grade outcrop of minerals to the west of the North Star Mine - which is now the popular Kimberley Alpine resort. This mine was named after one of the prospectors, Pat Sullivan - the famous Sullivan mine. Soon Cominco (Consolidated Mining & Smelting Company) acquired the Sullivan Mine.

In 1896 the settlement's name was changed to Kimberley in expectation of the mine's silver, lead & zinc deposits would be as rich as the diamond mines of Kimberley, South Africa. In 1972 the community recognized that Kimberley's mineral resources would eventually be depleted and turned to Kimberley's spectacular recreational resources to sustain the future of the community. In 1973 the Bavarian theme was adopted and the town now is a famous recreational area for tourists. Tomorrow we will visit the Cominco Gardens, a gift to the people of Kimberley from Cominco.

Days 2, 3 & 4 will appear in the next Moshi Moshi.

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 Tami (466-1545) or Noriko (475-7339) one week before the meeting (we have to know how many lunch bents to order). Thank you.



Bus Tour to Kimberley - July 2003

Casino Volunteers Needed Again!

Our last Casino was November 29-30, 2001, and was a success thanks to you the volunteers. The proceeds from that Casino have been used to maintain our centre operations. We have been approved for our next casino as follows.

Dates: December 5-6, 2003 (Friday & Saturday)
Location: Casino Edmonton (7055 Argyll Road)

Our application, along with the volunteer forms, must be submitted to Alberta Gaming by the end of summer, but please fill in your volunteer forms as soon as possible, since the busy summer season is fast approaching. Forms are available at the Centre. Details and shift preferences can be worked out about 2 weeks before the casino dates. For forms and/or more information, please contact one of the following:

Dave Trautman at the Centre (466-8166)
Jim Hoyano (437-7730)

Metro Edmonton Japanese Community School

The School has operated at the Westbrook Elementary School since 1987. Starting on September 5, 2003, we are moving to Richard Secord School at 4025 - 117 Street. The date and time of classes are the same as before, Fridays from 5:45 pm to 8:45 pm.

Calendar of Upcoming Events

- | | |
|--------------------|------------------------------------------------------------------------|
| August 2-4, 2003 | Heritage Festival at Hawrelak Park, Japanese Pavilion is site #35 |
| August 28, 2003 | EJCA Seniors Club meeting & lunch, at the Centre beginning at 11:00 am |
| September 10, 2003 | EJCA board meeting, at the Centre beginning at 7:00 pm |
| September 28, 2003 | EJCA Annual General Meeting & Nikkei Heritage Day Celebration |
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EJCA Education and Cultural Awards Program

The following 3 awards are available this year. **Application forms are available at the EJCA Cultural Centre, 6750 - 88 Street, Edmonton, AB T6E 5H6 (Tel: 466-8166). The deadline for receipt of all applications is September 15, 2003.** Please read the following descriptions for each award.

1. Kimiko Shimizu Arts and Cultural Development Grant

The Kimiko Shimizu Arts and Cultural Development Grant, in an amount up to \$500 is awarded annually to support activities or projects with a strong cultural/craft component appropriate to the Japanese Canadian community. For example, applicants might study with a tea master, attend a taiko workshop, publish poetry, practice sumi-e, attend a haiku conference, collect historical artifacts, carry out a specific project (studying in Japan, developing special media), attend a karate dojo, conduct research, prepare a manuscript, and so on.

Some important criteria for this award are:

1. Application for the grant must be made by an individual
2. The applicant must be a member in good standing of the EJCA for the past two years. If the applicant is a student or child, then the applicants parents must be members in good standing for the past two years.
3. There is no age restriction for applicants.

2. EJCA Scholarship

An award of \$500 to a student graduating from high school this year and attending a recognized post secondary institution in the fall. This award will be given to honor a student exhibiting a combination of high academic standing out of Grade 12 and leadership skills.

1. Age maximum is 25 years old or younger to be eligible.
2. The applicant or in the case of students, the parents must be a member in good standing of the EJCA for the past two years to be eligible for the award.

3. June Yamamoto Memorial Scholarship 2003

A \$500 scholarship for either an incoming or existing student in an post-secondary institution. The recipient should be someone who is balanced with interests in the community, continuing education and has reasonable grades. There are no age or nationality restrictions, except they or their families must be members of EJCA.

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Heritage Festival Volunteer Schedule for Japanese Pavilion (Display and Sales Tables inside the tent)

	Saturday, August 2	Sunday, August 3	Monday, August 4
9:00 am - 12:00 noon		Toyomi Oshiki Flo Ingham Gail Ingham Bill Wong	Masako Hubbihoca Soly Sawada Sandy Nakashima Rajendra Raj Yuko Nakano
12:00 noon - 3:00 pm	Aki Fujino Noriko Fujino Mitzi Doucette Heidi Matsune Hiroshi Yokota	Tom Sando Mariko Kiyooka Heidi Matsune Yoshiko Motokado	Ruby Tsuruda Ricki Higa Tami Tsujikawa Hyoko Baxter
3:00 pm - 6:00 pm	Ruby Tsuruda Ricki Higa Akiko Takahashi Rajendra Raj	Flo Ingham Gail Ingham Rajendra Raj Kim Tainaka Hyoko Baxter	Aki Fujino Noriko Fujino Mitzi Doucette Hiroshi Yokota

HERITAGE FESTIVAL LAUNCHES NEW WEBSITE AT WWW.HERITAGE-FESTIVAL.COM

The Edmonton Heritage Festival, now in its 28th year, has launched a new website to promote the 2003 version of the event, at www.heritage-festival.com. The site contains information about festival pavilions, the new food ticket system, special events, and programs, as well as sections on how to get to the Festival and how to take part as a volunteer. It will continue to be updated as the Heritage Festival approaches.

This year will be the 27th year for the Japanese pavilion (we missed one year during the early years). The Edmonton Japanese Community Association began more than fifty years ago as an organization for people of Japanese ancestry to get together. In the 1950s and 1960s most members were second- and third-generation Japanese-Canadians, but today about forty percent of our membership is composed of post-war Japanese immigrants, as well as many non-Japanese who are interested in our culture. The EJCA's activities are based in our cultural centre at 6750 88 Street; this centre was officially opened in 1994 and is operated in partnership with the Argyll Community League. The Kita no Taiko drum group, which contains members from many different cultural backgrounds, and the karate club, both appearing this year at our Heritage Festival pavilion, meet regularly at our centre for practice sessions. The food, displays and demonstrations at our pavilion reflect our diverse membership, and give it a truly Japanese-Canadian flavour!

Events Calendar for 2003

August 2-4, 2003	Heritage Festival at Hawrelak Park
September 28, 2003	EJCA Annual General Meeting & Nikkei Heritage Day Celebration
October 18, 2003	Bazaar & Bake Sale
November 8, 2003	To be determined
December 14, 2003	EJCA Christmas Party

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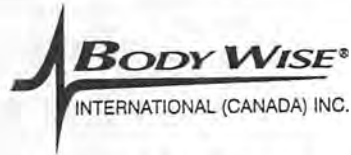


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エージェント 訪問 月に一度、エージェントが訪問いたします。詳細は当社までお問い合わせ下さい。

萬福総合保険代理社 E-mail: info@kikuchihoken.com

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エドモントン・ヘリテージ・フェスティバル
2003年8月2日(土)、3日(日)、4日(月)

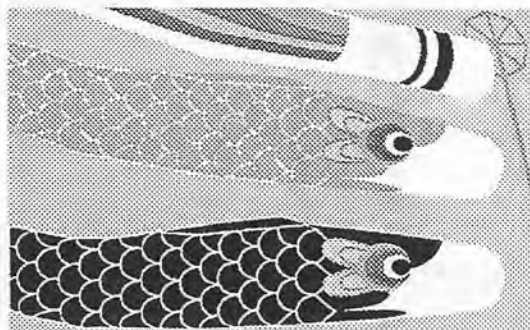
日本館へお出かけください!
35番館です

日本館 (35番館) 開館時間
8月2日 (土) 正午から6時
8月3日 (日) 10時から6時
8月4日 (月) 10時から6時



恒例のヘリテージ・フェスティバルです。今年も日本館へおいでください。彩り豊かな手芸品の展示即売、太鼓の演奏(月曜日のみ)、盆栽、折り紙、習字、空手、剣術、剣道、合気道などの日本の文化のデモンストレーションが行われています。野外のプログラムは土曜日午後一時から、日曜日、月曜日は正午から始まります。各パフォーマンスは約30分間、6時まであります。またフードの部では焼き鳥、巻寿司、お好み焼、たこ焼、アイス・コーヒーなどを用意しています。フード部は日本館テントの外側にあります。

日本館はエドモントン日系人協会、日本語学校と各種日本文化団体の協力で出来ています。



EJCA会長の言葉

ユミコ・ホヤノ

速くも今年の半分が過ぎ去りました。恒例のピクニックに代わって試みた「夏のバーベキュー」には80名くらいの参加者がありました。天候は暑くもなく寒くもなく申し分のない日でした。デリック・クラブのヨシ平野さんが腕をふるって調理していただいたハンバーガーは超一流の味で、それを味わうことのできた人達は幸運でした。平野さん、ありがとうございます。スコット・サトンさんとタツヤ・キンさん（日本語学校から）にはほとんど全部のハンバーガーを焼いていただきありがとうございました。シルバーに輝く新しいバーベキューアークは良く働き、ハンバーガーが短時間でどんどん出来ていきました。食後はビンゴとダンスがありました。シニアの皆さんが上手にダンスをされるのでびっくりしてうれしくなりました。

皆様、エドモントンの短い夏を満喫されているでしょうか。7月26日（土）にはセンターでヘリテージ祭用の焼き鳥の串刺をしました。日本語学校の父母の皆さんとEJCAのボランティアが35人程集まり、熱心に、せっせと串さしを作りました。朝9時に始めて昼食にはスモーキーのバーベキュー。フロー・インガムさんがシナモン・パンをたくさん作ってくださいました。午後2時ことには後片付けも終わってご苦勞様。一週間後のヘリテージ祭への準備完了。

ヘリテージ祭は当市で一番人気のあるお祭りです。現在今年のフェスティバルでは運営の面でかなりの問題があることをお聞きのことと思いますが、この草の根フェスティバルは継続させるべきです。このフェスティバルはカナダで行われるからこそ可能なのです。数多くの異文化が共存しているカナダの特徴が良く現われているイベントです。他のどんな国でこれだけ多くの人種と文化が一方所に集まり、平和にそれぞれにお互いの文化を祝える所があるでしょうか。

あなたがここで生まれ育ったか、他の国から来たかそんなことは問題ではないのです。現在ここに住んでいるあなたは一つの文化に属するか、二つの文化に属するか、三つの文化に属するかもしれませんが、ともかくどこかに属するのです。属しない人間はいないのです。その文化を祝うことが大切なのです。日本館はサイト35です。去年2日半の間に二度も洪水にあった所よりは良い場なのだそうです。館内で手芸品の展示即売をしてくださるボランティアの方達もほほ揃いました。この号にあるスケジュールをご覧ください。

8月1日の午後には建材、テーブル、椅子、冷蔵庫、冷凍庫、手芸品などをセンターからサイト35へ運搬する人達、夕方には建設仕事と沢山の人達（クルー）の協力が必要です。もし手伝っていただけると幸いです。おむすびやチキンの軽いデナーをクルーの方たちに用意しようと思います。また8月4日（月）にはその逆で運んで来たものを元の所へ戻す仕事があります。

大勢の皆さん、特に女性のボランティアが館内での展示即売用の手芸品を作っています。ボストンに住む私の友人（早川古都）からも折り紙のくす玉が送られてきましたし、94才になる酒井照子さん（松葉さゆりさんのお母さん）は腰の痛みにも負けず今年もたくさんくす玉を作ってくださいました。こう言う人達に支えられて私たちのコミュニティは一つになることが出来るのだと思います。

日系ヘリテージ・デーと年次総会が9月28日（日）に行われます。詳細は「もしもし」次号でお知らせしますが、日系ヘリテージ・デーの催し物として最近できたナショナル・フィルム・ボードの「眠れる獅子：アサヒ・ベースボール・ストーリー」を上映します。

このドキュメンタリー・フィルムは戦前のバンクーバーのリトル・トーキョの誇りであったこのチーム史を綴ったものです。ずっと大きい白人チームとの戦いで勝利はデイヴィッドvsゴリアースの様に日本人のチームは負けを知らないチームとなり、・パシフィック・ノースウエスト・チャンピオンシップを5年連続して獲得しました。第二次大戦が始まって、1942年、カナダ生まれであろうがなかならうが、日系人はすべてインターンメント・キャンプに送られ、チームは解消してしまいました。苦難、人種差別、隔離と直面したアサヒ・チームメンバーはインターンメントでも野球を始め、野球をすることでRCNPやその土地の人達との人種や文化の障壁を取り崩すことができました。

アサヒ・ベースボールチームは非常に人気のある強い日系チームでした。このチームが日系人が被った1930年代のきつい差別と就職難を忘れさせてくれました。

戦前の日系人を熱狂させた野球チーム、日系人の誇りとなったチームの様子が良く描き出されている感動の物語。どうぞお楽しみください。

なおアサヒ・チームのメンバーだった方、試合を見た経験のある方、インターンメントの野球チーム・メンバーや他の土地での野球の経験のある方などの経験談を座談の形で聞かせていただきたいと思いますので、そのような方は私の方へご連絡ください（437-7730）。



「アジアの味」のフードワークショップから

キムチの作り方： コリアン・テーブル（恵真、ヘイジン）

材料： 白菜	— 中一個	えびの塩辛	— 1Tbsp
荒塩	— 1カップ	にんにく	— 7個 つぶす
水	— 1カップ	生姜	— 親指の半分くらい
もちこ	— 1Tbsp	大根	— 丸いもの半分、千切り
水	— 1/2カップ	人参	— 2本、千切り
とうがらし	— 砕いて3Tbsp	長葱	— 適宜、5センチくらいに切る
いりこのエキス	— 1Tbsp	胡麻	— 適宜

- 白菜を縦に四つ切りし、荒塩をし、重しをして一夜漬ける。翌日、冷たい水で塩を洗い落とし水切る。
- もちこを水に入れて火にかけ、ブクブクと煮立ってきたら火からおろしてきます。これにとうがらし、いりこのエキス、えびの塩辛を混ぜる。
- にんにくは潰し、生姜、大根、人参は千切り、長葱は5センチに切る。
- これらを上のもちこに混ぜる。
- 胡麻を好みで入れる。
- 白菜の葉の間一枚づつに上にもちこと野菜の混ぜたもの少しづつはさんでいく。
- 白菜を密閉する器に入れて、涼しい所に置く。3日後から食べられる。

エドモントン地区日本人コミュニティスクール

《9月から学校の場所が変わります》

日系人会の皆様にはいつもお世話になり、ありがとうございます。エドモントン地区日本人コミュニティスクールは1987年からWestbrook小学校の校舎を使っていましたが、9月からRichard Secord 小学校 — 4025 117 Street — の校舎を使うことになりました。時間は今まで同様金曜日の5時45分から8時45分です。どうぞ学校の様子を見においでください。

《先生募集》

日本語学校プレイスクールで、2003年9月から、ボランティアで先生をしてくださる方を探しています。

私達プレイスクールは、2～4歳児（幼稚科年中未満）が楽しく日本語に触れられる機会を設けることを目的に創られました。毎週金曜日の午後6時から7時まで、遊戯・ゲーム・読み聞かせ・工作などの活動をしています。現在、毎週15人前後の子供達が、金曜日を楽しみにしながら、熱心に通って来ます。原則として父母が付き添っていますので、必要ならば先生のお手伝いもできます。

幼児教育の経験がある方、あるいは免許を持っている方が第一希望ですが、幼児教育に興味がある方、ご自身の育児の経験のある方なども歓迎です。興味のおありになる方は、小林麗（プレイスクール代表：432-7917）まで、ご連絡ください。

はまなす会復活

この春のEJCA役員会のリトリートでのイニシアティブの一つとして「クラフト・グループを作ること」、がありました。私が責任者としてこのプロジェクトを始めることになっていました。このグループの主な目的はヘリテージ祭やバザーなどで展示即売できるような小物を作ったり、料理の情報を交換したり、色々な人達の話の聞いたりと盛りだくさんです。お茶やコーヒーを飲みながら楽しいだらんの時間を持つことも目的の一つです。

月一回の定例会の日程や時間は8月末の最初のミーティングで決めましょう。次号の「もしもし」に最初のミーティングの日時を載せますのでお見逃しのないように。

この会には上記のような事に興味のある方ならどなたでも参加できます。男性の参加ももちろん歓迎します。

連絡：ユミコ・ホヤノ、ヒョーコ・バクスター、ノリコ・フジノ

『トング（肉バサミ）じゃ間に合わない！』

相田成代（しげよ）

（去年の9月早々の真夜中のこと）

天空に踊るオーロラを堪能した私は、人知を超えた神秘に魅了されながら、ガラスの屋根にかけた梯子を降り始めた時、突然宙に放り出され、次の瞬間には全治何ヶ月にも及ぶ怪我をしてしまいました。地面が夜露に濡れ梯子が滑りだしたのです。

腰椎2本が骨折、つぶれ約1ヶ月の絶対安静の後、クラムシェル（西洋の甲冑のようなもの）をつけての生活を3ヶ月ばかりしました。絶対安静中は、ひたすら自力での排泄を待っていたのですが、鎧を身に付けての排泄の仕事は、後始末が全く出来ないという悩みをもたらしました。入院中、オキュベーションセラピスト（生活訓練士）はBBQのトング（肉バサミ）を利用する事を教えてくれたのですが、大変な作業でした。何んとかならないものかと思っ

た時に心に浮かんだのが、帰国の折に使った温水洗浄便座でした。

あの便座が、ここにはないのだろうかと思探したところ、BC州で売り出されていることがわかりました。購入後思っていた以上に簡単な設置作業と、使ってみて、その便利さと快適さに感動しました。そして病院で出会った人々のことを思い出し、この温水洗浄便座を必要とする人達に教えてあげたい願いが、アルバータ州での販売へと発展してきました。

BC州のある病院では、体の不自由な方のためにすでに設置されていると聞いています。『母が痔の専門医から使うように薦められた。』『産前産後、役立つので医師から使うように薦められた。』『温かい便座が気持ちがいい。』『生理の時絶対必要』『こんな文化生活をしているカナダで、なぜ無いのかわからない。』等等、日本から来ている方々か

らの話しを聞くにつれ、体が不自由で排泄後の後始末が困難な人だけでなく、もっと多くの方々に利用して頂けるものだと認識を新たにしているところです。

何気なく当たり前に行っている排泄作業がちょっとしたことで、苦痛なものになったり、悩みになったりする人がけっこうおられるのではないかと思います。NHKテレビ番組の『プロジェクトX』でも、温水洗浄便座の開発が取り上げられたようですが、日本の技術者達の努力研究のすえ誕生した製品を誇りに思いながら、このカナダでも多くの方々に利用されるようになって欲しいものです。

高齢化が進む現代社会にあって、この便座の果たす役割は、このカナダにおいても見直される事でしょう。

日本一短い手紙

文芸春秋の4月号に日本一短い手紙の特集が載っていました。一行で多くを語る日本語の豊かさ、ホロリとさせる日本語の良さを満喫してください。数例を書きましょう。

絹さやの筋をとっていたら無性に母に会いたくなかった。母さんどうしていますか。

震度4。弟と私を驚つかみに、掛け布団のように被さった母。苦しくて暖かかった。

修学旅行を見送る私に「ごめんな」とうつむいた母さん。あの時、僕平気だったんだよ。

今でも弟の方が気になるかい。もうどちらでもいいけど。今はもういいけど。

あの人と幸せでしょうか、お母さん。父さんは、無口を通して逝きました。

「私、母親似でブス。」娘が笑って言うの。私、同じこと泣いていったのに。ごめんね母さん。

白いしゃくしゃく、天国へ持っていたの？お母さん あれから庭に咲かなくなりました。

もし願がかなうなら、私はお父さんを天国から連れ戻したい。

お母さん、宅急便の紐が年々ゆるく、雑になっているのが心配です。

母よ、女房があなたによく似てきました。実に困ったことです。

そろそろ僕をあきらめて、次は親父の面倒をみてあげてください。

孫のいたずらに、私の名前を怒鳴るのはやめてね。「つい癖で。」って言うけれど。

顔ヨシ頭ヨシ根性ヨシ。大きな手術もしたけどまだ七十。

「ついて来い」って、プロポーズだったのね。

「どこ行くの？」なんて大ボケでごめん…

悪童だったオマエが、級長だったワタシを、リストラする時代なんだネ。

仕事の帰りに「じゃ…な」と言う。停年後も「じゃ…な」だ。おまえの死に際の「じゃ…な」は辛かった。

家族全員がいたときの玄関いっばいのあの喜劇哀楽の靴たちはどこですか。

もうやめようよ！ みんなで同じことばかり言っただけがみるよ、おふくろの事。

ん、もう死にてえ 死にてえって言うなッ。介護している私には生き甲斐なんだから。

淋しすぎるから、今日は明るい色を着てみました。あなた、喪中なのにごめんなさい。