Moshi Moshi

Edmonton Japanese Community Association Vol. 34, No.4, March - April 2009

EJCA Spring Movie Festival

This year, EJCA will show three Japanese movies with English sub-titles and one TV mystery without English subtitles at the spring movie festival. Please join the festival with your friends and family.

Date/time: Saturday, April 18, 2009, 1:00 - 5:00
Location: EJCA Centre、6750−88 Street, Edmonton
Admission: Free. Snacks will be provided.

Locaation	1:00 - 3:00 pm	3:00 - 5:00 pm
Hall	**Tasogare Seibei (Twilight Samurai)*** ** (with English subtitles) Director: Yoji Yamada	**The Letter** (with English subtitles) The original by Keigo Tono
Lounge	**Black Torrent (no subtitles)** TV Mystery, by Seicho Matsumoto	**Heaven's Bookstore** (with English subtitles) Director: Tetsuo Shinohara

***Tasogare Seibei is being arranged for showing. It may be changed if not available.

See the back page (page 16) for more information about the 3 English-subtitled movies.

Spring Lunch & Bazaar

Matsu no Kai (EJCA Seniors) Fundraising Event

Date: Saturday May 9th
Time: 11 a.m. to 2 p.m.
Place: Edmonton Japanese Community Centre
6750 - 88 Street, Edmonton

Tempura Donburi or Chicken Kara-age Donburi with Miso soup & Tsukemono

Sushi: Futomaki, Inari-zushi

Mom's Dishes: Familiar Okazu (side dishes) Mom used to make - prepared by Matsu no Kai members

Bake Sale: An-pan, Daifuku manju, donated baked items

~ Please Donate to the Bake Sale & Bazaar ~
(Bazaar items may be dropped off at the office beforehand. Thank You!)

Bazaar: New and slightly used items donated by community members

Doors open at 11:00 (come and shop)
Lunch tickets on sale at 11:30
Lunch served from 12:00 to 2:00 pm

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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. 34, No. 5) is May 15, 2009

Submission Deadlines for other upcoming issues:

Volume 34, No. 6 - July 15, 2009
Volume 35, No. 1 - September 15, 2009
Volume 35, No. 2 - November 15, 2009
Volume 35, No. 3 - January 15, 2010
Volume 35, No. 4 - March 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

I was prepared to start this issue's message by welcoming spring, until I looked out of the window on Sunday morning to view a snow-covered driveway! Even though spring had officially started, we were still in the grip of chilly, wintry weather.

It was perfect for sukiyaki! On March 21st, about 100 guests came out to enjoy a delicious, traditional cold-weather Japanese dinner cooked by a troop of new and experienced chefs. New and experienced "sukiyaki gourmets", were all treated to a night of informal home-style cooking with lots of time to enjoy the company and conversation of tablemates. After dinner we became competitive in a fun game of modified "pictionary" with an exciting playoff and the champs winning in record-breaking time. Game and door prizes capped off the evening.

This is the first year that the **Sukiyaki Dinner** was organized by one of EJCA's affiliated clubs rather than the Board. When the Board presented opportunities for EJCA-affiliated groups to help ensure popular events continued, the Edmonton Kendo and Naginata Club (EKNC) quickly stepped forward to volunteer. Because many of our events require initial training and support, we were very grateful that Mineko Sasano and Yoshie Kaneda volunteered to instruct and supervise in the kitchen this year. Hiroko Currie shared her expertise with the new chefs through behind-the-scenes training and during the dinner. Without the help of mentors, it is extremely difficult to transition the organization of events without compromising quality. Working with the mentors, the club deserves enthusiastic applause for doing a wonderful job, right from the kitchen prep through the program and ending in an absolutely thorough clean up. We'll look forward to a complete list of volunteers and an article by one of the EKNC members in the next issue.

For the second year, the **Hina Matsuri** doll display with activities and traditional refreshments was held on the same afternoon as the Sukiyaki Dinner. This was one of the first events that successfully transitioned from the Board. Rei Kondo and her helpers from the Donguri no Kai, again coordinated the Hina doll day event. Over the past few years, the display and activities have continued to be enhanced and is drawing more and more interested visitors of all ages. Visitors were enchanted by the beautiful display of the two Hina doll sets which were donated to EJCA some years ago, and the additional display of dolls from personal collections. This year, the dolls were put up a few days prior to the actual event, so groups that meet at the Centre such as the Brownie Pack and the children from the Goju-kai Karate Club were also able to view the display. During the transition years, Sanae Ohki continued to provide guidance and assistance.

Next month, the Karaoke Club is coordinating the **"Spring Movie Festival"** on April 18th. It promises to be an enjoyable afternoon for movie-lovers with three sub-titled movies and one without sub-titles. This will also be an excellent venue for anyone taking Japanese language classes to practice their developing skills!

Increasing numbers of interested members are coming forward to offer their skills for a variety of available volunteer positions. In order to make it easier for those wishing to donate time, talents and ideas to enrich the activities, events and future of the EJCA community, we will continue to advertise opportunities in the Moshi Moshi. We will also start to advertise these positions on the website. Showing your interest by contacting the Board or the EJCA Centre office doesn't automatically commit you to volunteer. It just lets us know that you are interested or want to learn more about how you can make a difference.

Happy Spring … I know it has to be coming any day now!

Congratulations to Karaoke Members!

Cathy Tennant

My congratulations to the Karaoke Club for the concert held on Sunday, February 15, 2009. I know it must have taken a lot of planning and rehearsing to organize such an interesting program for us to enjoy.

There was such a good variety of songs with the common theme of "love and family", and a nice mixture of languages, too. The selection made the concert very appealing because of the different feelings and messages in the songs, and the changes in tempo ... some of the songs had a lot of heads nodding with the beat! I always look forward to seeing the odori integrated into the songs but what a surprise to have the Kita no Taiko involved as well!

As always, Sanae did a wonderful job guiding us through the program. But, not being fluent in Japanese, I also appreciate the on-screen, English explanations that the club started showing a few years ago. It really helps me understand the meaning of the songs that are sung in Japanese. This year, the staging and decorations, especially the placement of the screens, was very simple but effective ... the singers were really highlighted.

And speaking of the singers ... it was such a treat to see new members of the club perform so entertainingly ... they were great! Although I missed hearing the singers who usually perform, it's good to know that there is a growing interest amongst people who enjoy the camaraderie of singing for fun.

Thank you for a very enjoyable afternoon!

Gordon Hirabayashi Library News
Asahi: A Legend in Baseball

Louise Wong

From 1914 to 1941 the Asahi Baseball Team were local heroes in Vancouver & the surrounding areas. Every Japanese Canadian boy dreamed of one day wearing their uniform and playing for the team. Fans flocked to the baseball diamond on Powell Grounds to cheer on the team and to forget for awhile the Depression and the racism prevalent during those years. The Asahi played an entertaining brand of baseball and, in spite of their smaller size, won several championships against both Japanese and Caucasian teams. After the Japanese bombing of Pearl Harbour, the Japanese Canadian community was relocated to camps in the B.C. interior. The Asahi team was disbanded and never re-formed as former players were scattered across Canada. Nevertheless the team lived on in the memories of their fans.

In 1992 Pat Adachi wrote a book entitled "Asahi: A Legend in Baseball". This book chronicled their history and individual players, bringing their stories up to date. Eleven years later Jari Osborne produced a documentary for the National Film Board of Canada called "Sleeping Tigers". This film featured young players re-enacting the Asahi style of fielding and bunting. Some of the players were interviewed and reminisced about their experiences. Clips were shown of Japanese night at the Skydome, during which 5 Asahi players were introduced and honoured. On June 28, 2003 the Asahi Baseball Team was inducted into the Canadian Baseball Hall of Fame in St. Mary's, Ontario. Five of the 10 surviving players were able to attend and proudly took their places alongside the other inductees. Pat Adachi's sequel, "Road to the Pinnacle", describes the ceremony in detail. The honours continued in 2005 with the Asahi team's induction into the B.C. Sports Hall of Fame.

The Asahi story is now available on-line at http://virtualmuseum.ca/Exhibitions/Asahi. Visit this website and learn about the Asahi history, their place in the Japanese community and their legacy. My father Yuki Uno, at 91 is one of the last surviving Asahi players. Hopefully this website, books and film will keep alive the memory of the team for which he played so proudly.

Note:
The 'Sleeping Tigers' video (VHS) is available in the Hirabayashi Library, or can be viewed on the NFB website at: www.nfb.ca/film/sleeping_tigers_the_asahi_baseball_story/

Health & Fitness
Dr. Aki's Health Tips

Aki Kawai

Hello everyone, my name is Aki Kawai, I am a Naturopathic Doctor, practicing here in Edmonton. I am glad to have an opportunity to contribute this column, Dr. Aki's Health Tips to Moshi Moshi, whose main theme will be health & wellness. I will pick seasonal topics and discuss the theory and give you all some small tips that you can try in your daily life to start improve and maintain your health.

For the first topic, I chose allergies since it is the time of seasonal transition and seasonal allergies are one of the most common health ailments affecting people at this time of the year.

Allergies are caused by an overreaction of our immune system. The most common symptoms of allergies are itchy and watery eyes, sneezing, runny or stuffy nose, or sinus congestion and sinus headache, all of which can interfere with daily life in severe cases. The common allergic substances in spring time are snow mold which gets activated with rising temperature in the spring, dust left behind by the snow, and pollens released from trees and flowering plants.

When these substances are inhaled and attach to nasal mucosa, our immune system becomes stimulated. There are many types of cells comprising our immune system. The main type involved in allergic reactions is called mast cells. They release a chemical messenger called histamine, which causes congestion and swelling in the nasal mucosa and sinuses.

Some of you might have noticed already, OTC or prescribed antihistamine medications (eg. Claritin, Reactine), as their name implies, inhibit the release of histamine to try to control unpleasant allergic symptoms. The main side effects caused by these medications are drowsiness, dry mouth and fatigue.

There are also some naturally occurring substances that work similarly to anti-histamine medications. Qurcetin is one of them. Quercetin is a substance large amounts of which are found in onions, kale, and tomatoes. Vitamin C stabilizes mast cells and inhibits histamine release as well. Citrus fruits, strawberries, spinach and parsley have a high content of vitamin C. Omega-3, one of the essential fatty acids, abundant in fish and flaxseed oil, helps allergies by a slightly different mechanism from quercitin and Vitamin C by balancing immune function and decreasing inflammation.

It is, of course, important to wear dust masks to prevent allergens from attaching to nasal membranes when you go outside for those individuals prone to allergies. Washing eyes or nostrils can also be quite effective as it physically washes off the allergic substances before the immune system reacts to them.

Ultimately the best prevention of seasonal allergies is to avoid or limit our exposure to the allergens. Whenever this is not possible and allergic symptoms do occur, they can be controlled or minimized effectively using natural means.

Karaoke Concert Crosses Barriers of Language and Generations

Linda Glover

Twelve years ago, a young Japanese girl came to Canada to study English at Alberta College. Kazumi Mito arrived in the middle of winter. I remember the evening she arrived in Edmonton, laughing as she walked up the sidewalk, joyfully stopping to pick up snow and throw it in the air. After a few days, she wasn't so enthusiastic about the cold weather. She stayed at my home for about eight months and my friends and I became fond of her.

Kazumi continued to be amazed about many of her new Canadian experiences. We went to a concert at the Jubilee and when she saw the chandeliers in the lobby, she took out her little Japanese/English dictionary and said, “Magnificent.” She found joy in riding on a horse-drawn sleigh at Hawrelak Park, teaching me to cook some Japanese food, and even washing the car. She always had her camera out to take pictures and have her picture taken.

Shortly after Kazumi arrived, I contacted Hiroko and Alder Currie so that Kazumi might have someone to speak Japanese with. Hiroko, after meeting Kazumi, asked her if she would like to sing in the Karaoke Concert at the Japanese Cultural Centre. Kazumi told us she had a big voice and had sung in Japan.

My friend Jackie and I went to hear the Karaoke and enjoyed all the singing. We were sorry that we didn't know the custom of bringing flowers for the singers. We got Kazumi a bouquet the next day.

Last Saturday Hiroko called and asked me if I would like to attend this year's concert. She said Kazumi would be singing.

What a pleasant afternoon it was! Sanae Ohki, a gracious woman with a contagious smile, dressed in an attractive kimono, acted as the MC. She introduced all the singers in Japanese with a few words in English. The English lyrics to the songs appeared on a screen and then most of the singers sang in Japanese. Music can be appreciated even if one doesn't know the language in which it is being sung. Most of the performers were dressed in traditional Japanese costume. The performers were fathers and mothers, sons and daughters, wives and husbands. It was an appropriate Family Day celebration. Kazumi Mito sang just before intermission. My friend Vi and I were pleased that we had flowers for her this time. She was vibrant and she still has a big voice and sang with enthusiasm.

At intermission the performers served dainty pastry and tea and then visited with the audience. Starting the second half, George Tsuruda sang a touching rendition of My Funny Valentine followed by Hiroko Currie dramatically singing Snow in Red. Alder gave her flowers and she responded by thanking him and announcing that they would be celebrating their fortieth wedding anniversary.

It was a pleasant afternoon, one that we will remember fondly and hope to attend next year.

Subarashii deshita! I loved it!

George Millar

When Alder and Hiroko Currie invited Emiko and me to attend the EJCA Karaoke Concert, I thought of a few excuses. However, I went along .... and I loved it.

All 15 performers did their best to give us a memorable show. The kimonos were 'suteki' and the dancing was sublime.

Mito Kazumisan put all her talent and a lot of soul into "Double Suicide in Roppongi."

Sasano Minekosan's "A Letter to My Wife" was beautifully done and her gorgeous evening dress was fit for The Academy Awards.

Nakano Yukosan's "The Life of a Rough Neck" was the highlight of the Concert. Taiko drums added so much to the drama and Nakano's voice was rich and passionate.

Speaking of Passion, the prize has to go to Chef de Concert, Yoshida Hiroshisan. His "Mother" was so full of “Kanji (emotion)” that my skin began to tingle.

Kudos go to all who produced this 2009 EJCA Karaoke Concert. Subarashii deshita! I loved it!

Matsu no Kai (former EJCA Seniors Club) News

Yumiko Hoyano

When we start seeing "Botan Yuki (Peony snow)", which are large & fluffy snow flakes that float down slowly, it means that spring is near!

Saturday May 9 is our Spring Bazaar and Lunch Day, so mark your calendar now!

February Meeting

New Name!
At the February 25 meeting we were finally able to decide on a new name for our group. I am happy to announce that the new name is "Matsu no Kai". Matsu means pine tree and in Japanese culture Matsu is always associated with dignity, serenity, longevity, and used often as decoration for festive occasions. This name is very suitable for our club! Job well done, members!

-The Spring Bazaar planning committee was set up at this meeting and began the planning of the bazaar and lunch. Please refer to the advertisement in this issue for details of this event.

After lunch we had an enjoyable time playing Japanese Bingo. Words were called out in English and you had to find the matching Japanese words on the bingo card. We played 5 games and by the end of it, you had learned some new Japanese words. Since this game is a homemade one, we can always change and add new words. Brain stimulation!

For lunch everyone had Oyako Donburi prepared by some of our members, which was a nice change from the sushi bento that most members usually have. Thank you to everybody who worked in the kitchen.

March Outing:

The March outing was on the 11th. It was still pretty cold, but about 20 of us went to the Jumbo Chinese restaurant for a dim sum lunch, and afterwards some of us went to see a short IMAX film. Some even went to T & T Supermarket in WEM for shopping before going to see the film.

March Meeting

At the March 25 meeting the planning for the Spring Bazaar was in full swing. Tasks were assigned to almost everyone in the Kai (club): cooking, making sushi, bake sale, bazaar sale, ticket sellers, hall setter uppers, cleaners, and I am sure there are more things to do.

Daifuku (Mochi Manju) making: Please Help!
Instead of monthly outing, we decided that on April 8 (second Wednesday, 10 am) we will be making Daifuku manju at the Centre which will be sold at the bake sale table on May 9. We welcome some help from nonmembers so please let us know if you can come and help us make the manju.

April Meeting: Gobo cutting for the Spring Bazaar!
At the April meeting (April 22), all the members will be cutting Gobo for making Kinpira, as we will be selling various "Mom's dishes" at the Spring Bazaar and Kinpira Gobo will be one of these dishes. We are starting this new challenge and it is going to be very, very interesting!

After lunch at the March meeting, we played brain exercise games which was prepared by Cathy Tennant. We were divided into several teams and the first-place team members got coupons. We will continue these competitive games until June. At the June meeting, we will have an auction where you can use these coupons. These homemade games are fun as the contents always relate to our own history or background, such as Japanese-English mixed crossword puzzles, Japanese-English Bingo, some number games related to our JC history.

In the near future we are planning to have guest speakers, Temaki-sushi lunch, and as the weather improves we will have outings to the suburbs.

I would like to have more people over 50 years old to join us so that we can have more variety of activities. And with more people there bound to be more interesting ideas generated.

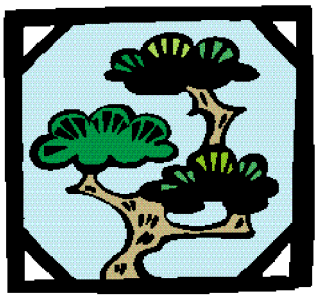
Matsu no Kai Membership

Matsu no Kai membership is open to those 50 years and over. We get together once a month at the Centre for meetings and activities, and we have a mid-month outing for lunch, visit museums, go to movies, etc., depending on what all the members want to do. During summer we tend to go out of the city and visit some interesting places. We also have once a year trip to different cities, and places. Though we did not have this trip last year, we may plan something this year.

The membership fee is $10/year. If you do not drive we will coordinate so that you are given a ride. We pre-order the lunches ($10) so that you will have to call the person in charge of lunch a week before the meeting. At this moment Hiroshi Yokota is taking orders every month. We celebrate birthdays for those who are born in that month by having cake or some other sweets.

Some members are into knitting 10 inch squares which are put together to make Afghans to be given to seniors in hospitals and institutions. Some others are into other projects, and some always play card games after the after-lunch-activities.

Hope to see you at our next meeting or activity/event!



Calendar of Upcoming Events

April 8, 2009	Mochi Manju making for the Spring Bazaar, at the Centre beginning at 10 am
April 14, 2009	EJCA Board Meeting, at the Centre beginning at 7:00 pm
April 18, 2009	Movie Festival, at the Centre beginning at 1:00 pm
April 22, 2009	Matsu no Kai (Seniors) meeting & lunch, at the Centre beginning at 11:00 am
May 9, 2009	Spring Lunch & Bazaar, at the Centre, 11 am to 2 pm
May 12, 2009	EJCA Board Meeting, at the Centre beginning at 7:00 pm
May 27, 2009	Matsu no Kai (Seniors) meeting & lunch, at the Centre beginning at 11:00 am
June 9, 2009	EJCA Board Meeting, at the Centre beginning at 7:00 pm

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. Toward the end of a term, a volunteer appreciation activity will be held.

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.

Karaoke Concert held on February 15, 2009

Planning and performance: Karaoke Club members
Non-member volunteers:

Ai Takahata	Keiko Frueh	Peter Li
Greg Shimizu	Noriko Fujino	Sakae Li

Library Volunteers for February and March 2009

Atsuko Hill	Sanae Ohki	Yasuko Inoue
Cathy Tennant	Shiho Asano	Yuri Goto
Natsuko Cyr	Taku Yamanaka	

Hina Matsuri Volunteers, held on March 21, 2009

Planning: Sanae Ohki and Rei Kondo
Volunteers:

Hiroko Currie	Mika Brechin	Shiho Asano
Kyoko Watanabe	Noriko Fujino	Rei Kondo
Mayumi Hoshi	Satoko Nemoto	Rumi Yamada
Mika Quinter	Sanae Ohki	Yuko Nakano

Sukiyaki Volunteers, held on March 21, 2009

Planning: Stephanie and Cathy Tennant
Volunteers
Kendo and Naginata Club Volunteers will be added next issue

Mineko Sasano	Edie Nagata	Rick Hirata
Yoshie Kaneda	Jim Hoyano	Brenda Madsen
Cathy Tennant		

Volunteer Chefs:

Hiroko Currie	Ken Tanaka	Monica Johnson
Sanae Ohki	Scott Sutton	Takashi Ohki
Wray Tsuji		

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>

Bonsai Club
Raising and keeping bonsai plants
Meetings: 3rd Wednesday monthly, 7-9 pm
Contact: Les Dowdell - 780 437-0530

Karaoke Club
1st & 3rd Friday of each month, 9 pm - ?
Contact: Rick Hirata - 438-2747

Keifukai of Edmonton
Japanese Brush Calligraphy
Contact: Kazuko Hirata - 438-2747

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

EJCA Seniors Club
Monthly Lunch meeting & activities
4th Wednesday of each month, 11 am to 3 pm
Contact: Yumiko Hoyano - 437-7730

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

EJCA Art Club Exhibition

EJCA Art Club will have its annual exhibition at the EJCA Centre in conjuction with the Spring Bazaar and Lunch on May 9, 2009.

The exhibition will be held in the lounges 1 and 2. Please drop by to look at wonderful watercolour paintings done by the club members. The club members are working very hard to improve their skills and experimenting with many different techniques.

The EJCA Art club meets on the first and third Sunday at the EJCA Centre from 10:30 am to 2:30 pm. Beginners level instruction is givn at the beginning of the class.

News From Radio Wasabi

Congratulations to "World FM" (Rogers Broadcasting) which was recently named the Multicultural Station of the Year!

One of World FM's programs is ***Radio Wasabi*** (101.7 FM in Edmonton) which just celebrated its first year anniversary! The Radio Wasabi show is hosted by James Oikawa every Sunday night from 11:00 p.m. to midnight. The program uses a top ten music format from information from Oricon Top singles chart (available at www.oricon.co.jp/rank) and includes Japanese language news obtained from the internet.

The show also makes announcements about upcoming activities and events that might interest EJCA members … so listen in, to hear the top 10 and to learn what's happening in the community.

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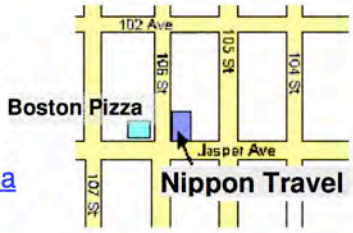

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EJCA　春の映画会のお知らせ

今年の映画会は次の4本を上映します。3本は英語の字幕つきです。日本語、英語のお友達もお誘いください。皆で楽しみましょう。

日時：　4月18日(土)　午後1時から５時

場所：　EJCA Centre、6750－88　Street, Edmonton

参加は無料です。休憩時間にスナックを用意します。

上映場所	1時　－　3時	3時　－　5時
Hall	たそがれ清兵衛　（英語字幕つき） 山田洋次監督　真田広之、宮沢りえ	手紙　（英語字幕つき） 東野圭吾原作
Lounge	黒の奔流　（英語字幕なし） 松本清張原作テレビミステリー	天国の本屋-恋火　（英語字幕つき） 篠原哲雄監督

上映映画「たそがれ清兵衛」は予約を待っているので変更されるかも知れません。なるべく早くお知らせします。

春のランチとバザー

松の会（EJCA Senior's club) 資金作りイベント

5月9日（土曜日）午前11時から午後2時まで
EJCAセンター　　6750－88 street, Edmonton
午前11時開館、ランチ券売り出しは11時半、ランチは12時から

メニュー：　天ぷらどんぶり又は鶏のから揚げどんぶり、みそ汁、漬け物
寿司：　巻寿司、稲荷寿司
お袋の味：　お袋が作ってくれた馴染みの味。松の会のメンバーが調理
ベークセール：　アンパン、大福饅頭、ケーキ、クッキーズ、等など

バザー：　新らしい物や中古品などコミュニティー・メンバーから寄付された品々を販売します。

ベークセールへの寄付、バザー・テーブルへの寄付をお願い致します。寄付品は早めにセンター・オフイスへ、または当日該当のテーブルへお持ちください。

EJCA会長の言葉

キャシー・テナント

日曜日の朝雪に覆われたドライブ・ウエイを窓から見るまでは今月号のメッセージを迎春の言葉で始めようと思っていました。カレンダーではもう春が来ているのですが私たちはまだ冬の寒さのただ中にいます。

ですがスキヤキには最適な気候でしたよ！3月21日約100名のゲストを迎えて美味しい寒い季節の日本の料理を新米や経験済みのシェフが調理し、楽しかったです。初経験の人やすでに経験済みの「スキヤキ愛好者」達はインフォーマルな家庭料理を堪能し、テーブルごとの親交に余念がありませんでした。夕食の後はすこし変った「ピクショナリー」でテーブルごと競い合い、最新記録を打ち立てました。ゲームとドア・プライスで一夕を締めくくりました。

今年始めて、スキヤキ・ディナーは役員会でなくEJCA関連グループの一つが遂行しました。役員会が人気のあるイベント継続を助けるための機会をEJCA関連グループに呼びかけたところ、エドモントン・剣道ー薙刀クラブ(EKNC)がさっそくボランティアーとして名乗りを上げました。私たちのイベントの多くはトレーニングと支持を必要としますが幸いなことにミネコ・ササノとヨシエ・カネダさんが今年はキッチンを取り仕切ってくれました。またヒロコ・カリィーさんがシェフ達のトレーニングとディナー中の見守り役を引き受けてくれました。このような先輩達の助力無しにはイベントの質を落とさずに施行グループを移行することは難しいことです。先輩達と一緒に働く事でクラブのメンバー達はキッチンでの準備からプログラム、そして後片付けまでを見事に成し遂げて喝采を受けました。EKNCのメンバーが次号にボランティアー・リストと記事を載せますので楽しみにしています。

スキヤキ・ディナー当日の午後、「雛祭り」を人形展示と伝統的な茶菓で平行して行なったのは今年で2年目です。これも役員会から関連グループへと移行に成功した一つです。「ドングリの会」のレイ・コンドーと助手達は今年も雛人形の日をコーディネートしてくれました。この数年、展示を活動はじょじょに良くなり年齢に関係なくもっと大勢の人たちが見に来るようになりました。今年は人形の展示が早めになされたためにセンターで会合するグループ、例えばブラウニー・パックや剛柔会空手クラブのメンバー達も展示を見る事ができました。移行する数年間サナエ・オーキが指導支持を行ないました。

4月18日にはカラオケ・クラブが「春の映画祭」を遂行します。映画愛好者には楽しみな午後となるでしょう。3本の映画は英語のサブタイトルがあり、1本はありません。これは日本語を勉強している人たちには稽古したり上達する絶好な機会ともなります。

種々なボランティアー仕事に興味を示す人が増えてきています。時間、才能、アイデアなどの提供を簡素化するために「もしもし」に各ポジシオンの広告を続いて載せます。またウエブサイトにも載せます。役員会員やオフイスに興味があると連絡しても自動的にボランティアーになるわけではありません。それはあなたが興味がある、またはどのようにしてあなたが物事を変えることが出来るかを知りたいと言うことを私たちに知らせるだけです。

春はすぐそこまで来ています！

アサヒ：野球の伝説

ルイース・ウオング（ウノ）

1914年から1941年まで「アサヒ・ベースボール・チーム」はバンクーバーとその周辺での英雄でした。全ての日系カナダ人の男の子達はいつかそのユニフォームを着てそのチームで野球をしたいと夢見たものです。ファン達はPowell球場に詰めかけチームを応援しまし、その当時の恐慌と人種差別をしばしの間忘れたものでした。アサヒ・チームは面白い野球をし、彼らの小さい体格にもかかわらず日本人のみならず白人チームとの試合で何度もチャンピオンとなりました。日本が真珠湾攻撃をした後、日系コミュニティーはBC内陸のキャンプに強制移動させられました。アサヒ・チームは解散させられ、選手たちはカナダ中にちりじりになって、二度とチームが再起することはありませんでした。ですがチームはファンの記憶の中で生き続けました。

1992年、パット・アダチが「アサヒ：野球の伝説」と言う本を書きました。この本は彼らの歴史と各選手を追跡し、彼らの物語を最近まで持って来てくれました。11年後、ヤリ・オスボーンがカナダ・ナショナル・フィルム・ボードのために「スリーピング・タイガーズ（SleepingTigers)」と言うドキュメンタリーを作成しました。この映画では若い選手たちがアサヒ・スタイルの外野プレイやバントを再現しています。現存する選手の数人はインタビューを受けてその昔を懐古しています。スカイ・ドームのJapannightの一部が入っていて、5名のアサヒ・ベースボール選手たちが紹介され、褒め讃えられました。2003年6月28日にはアサヒ・ベースボール・チームはオンタリオ州セイント・メアリーにあるCanadian Baseball Hall of Fameに加えられました。10名の選手の内現存の5名の選手が参加し、他の参加者達と共に誇り高く並びました。パッと・アダチの続編、「最高峰への道」にこの祝典の詳細が書かれています。名誉は続いて、2005年にはアサヒ・チームがBC州のSports Hall of Fameへ加わりました。

アサヒ・ストーリーは今オンラインでも見る事ができます。http://virtualmuseum.ca/Edhibitions/Asahi.このウエブサイトを訪れ、アサヒの歴史、日本人コミュニティーでの彼らの立場、そして彼らの伝説を学んでください。私の父、ユキ・ウノ（91才）は現存の選手の一人です。このウエブサイト、本、そして映画が父が誇り高く競技したチームの記憶を生かし続けてくれることを願います。

ユキ・ウノは松の会のメンバーで、娘のルイース・ウオングと夫のピーターは毎月ユキを車椅子に載せて会に出席していましたが、最近ピーターが病に倒れ、ユキの出席が不可能となりました。ピーターの早い快復を祈るばかりです。

Health & Fitness
Dr. Aki's Health Tips

川合愛希

ＥＪＣＡの皆様、始めまして。エドモントンでNaturopathic Doctorをしております、川合愛希と申します。今回より"Dr. Aki's Health Tips"と題してHealth　& Wellnessを主題に時期折々のトピックを取り上げ、生活の中で出来るちょっとした健康維持・増進の秘訣を皆様にお届けしたいと思います。

今回は、この季節の変わり目に症状が出るアレルギーを取り上げてみましょう。

アレルギーは体の免疫系統が異常に反応して起こる疾患です。アレルギーによって引き起こされる目の痒みや鼻水、鼻づまり、副鼻腔炎、頭痛は、どれも日常生活に支障をきたし得る症状です。春先にアレルギーを起こす物質としては、気温の上昇と共に活発化するカビ類、春の訪れと共に空中に撒き散らされる花粉と粉塵が主なものです。

このアレルギーを起こす物質が鼻腔に侵入し、鼻腔粘膜に付着すると、私達の免疫系統、中でもマスト細胞が活発化し、ヒスタミンという物質が血中に放出されます。このヒスタミンが鼻の粘膜を充血・肥大させ、それが鼻づまりや副鼻腔炎を引き起こすのです。

もうお気づきかもしれませんが、抗ヒスタミン剤（クラリチン、リアクチンなど）は名前の通り、このヒスタミンの放出を妨げて、つらいアレルギー症状を抑えるお薬です。ただ、このお薬は頭のふらつき、口の渇き、疲労感と言った副作用が出ることもあります。

自然界の中にも抗ヒスタミン剤と似たような効果を持つ物質があります。一つ目はケルセチン（Ｑｕｅｒｃｅｔｉｎ）と呼ばれるものです。これは玉葱やケール、トマトに多く含まれています。それから、ビタミンＣはマスト細胞の興奮を鎮める働きをし、結果としてヒスタミンの放出量を減らすと言われています。ビタミンＣはご存知の通り、柑橘類や苺、ほうれん草やパセリに豊富です。ケルセチンやビタミンＣとはちょっと異なる経路でアレルギー症状を和らげてくれるのがオメガ３です。オメガ3は魚やFlaxseedoilに含まれる必須脂肪酸で、バランスを失った免疫機能を調節し、炎症を鎮める働きがあります。

そして勿論、アレルギーになりやすい方にとって、アレルゲンの鼻腔粘膜への進入・付着を防ぐマスクの着用は春先の外出時に欠かせませんね。鼻腔洗浄や目の洗浄もアレルギー物質そのものを洗い流すので、場合によってはとても効果があります。

アレルギー対策として大切なのは、やはりアレルゲンを極力避け、予防に努めることです。けれども、症状が出始めてしまった場合には、サプリメントやお食事などで症状のコントロールすることも可能です。

松の会（前EJCAシニア・クラブ）便り

ユミコ・ホヤノ

綿のようなふわふわとした牡丹雪が降ってきました。春がもう近くまで来ていますね。s

春のバザーとランチ(5月9日）カレンダーに印をつけてね！
-春のバザー計画委員会を作り、バザーの計画が始まりました。バザーに関してはこの号の広告をご覧ください。

2月定例会：
新しい名前！
-2月25日の定例会でついにクラブの新しい名前が決まりました。新しい名前が「松の会」となったことをお知らせします。日本文化では松は威厳、落ち着き、長寿を表し、お祝いの飾りとして良く使われます。「松の会」はクラブに最適な名前じゃありませんか！　会員の皆さん、良い名前を選びました！

-親子丼のランチの後は日本語ビンゴをして楽しみました。英語でコールし、該当する日本語を探すと言うゲームで、5回のゲームが終わったころには新しい日本語を何個か覚えたことと思います。このゲームは手作りゲームなのでいくらでも言葉を変えて新しい言葉を学んで行く事ができます。脳の刺激に良いですよ。

-数人が皆さんのために親子丼を作ってくれました。何時もの寿司弁当とは少し違ったランチでした。キッチンで働いてくださった方々に感謝いたします。

3月遠出：
3月11日、寒い日でしたが20数名ほどで「ジャンボー・レストラン」のディム・サムに出かけました。ランチの後はIMAXの映画へと足を伸ばしました。映画の前に急いでT&Tへショッピングに出かけた人たちもいましたが。

3月定例会：
3月定例会は25日に持たれ、春のバザーの計画にかなりの時間を費やしました。会員一人、一人に仕事が割り当てられました：調理する人、寿司作りの人、ベーク・セール担当、バザー・テーブル担当、切符を売る人たち、ホールの準備をする人たち、後片付けをする人たちなどが決まりました。もっと仕事が出てくる事は確かです。いつものように会員でない方達のバザー／ランチのためのお手伝いをお願いします。お知らせください。

-大福まんじゅう作り：
月一度の遠出に代わりに4月8日（水曜日、午前10時）からセンターで大福まんじゅうを作り、バザーで売る事に決まりました。3時間ほどを予定していますが会員でない方々のお助けをお願いしたいのです。もし、大福作りのお手伝いをお願いできる方達は会員かオフイス（780－466－8166）までお知らせください。

-4月の定例会（22日）には「きんぴらゴボウ」を作るために会員全部でゴボウ切りをします。バザーでは「お袋の味」を売る計画で「きんぴら」もその一つです。「お袋の味」の販売は新しい計画でどんな物が売りに出されるか楽しみです。

- 3 月定例会とランチの後、脳刺激のゲームをチームに分かれてしました。ゲームはキャシー・テナントが作成してくれたものです。チームごと競争して勝ったチームは点を稼ぎ、これを6月の定例会まで続けて点を集め、6月のオークションで集めた点を使って欲しいものを買う事ができます。これら手作りゲームは面白いです、なぜならゲームの内容が私たちの歴史や経験したことに基づいており、日本語と英語が入り交じったクロスワード・パズルや日本語－英語のビンゴ、日系歴史に基づいた数字のゲームなど興味深いものばかりです。

近い将来、ゲスト・スピーカーを招いたり、手巻き寿司のランチ、気候が良くなったら郊外への遠出を続ける予定です。

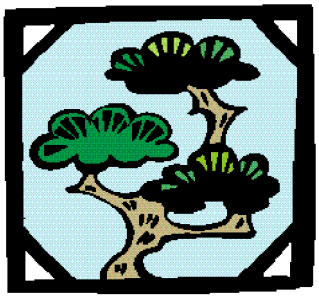
松の会会員：

松の会は50才以上どなたでも参加できます。もう少し会員が増えるともっと多くの違った活動も可能ですし、また異なったアイデアも出て来る事でしょうから入会をお誘いします。

第4水曜日に定例会があり、ランチを一緒にいただき、昼食後は種々の活動があります。また月の中旬には会員一緒にレストランへランチに出かけたり、ミュージアムへ行ったり、映画に行ったり、と会員の希望することが異なります。夏の間は市の外へ遠出をして面白いところを訪ねたりします。また年に一度は遠くへ旅行を一緒にします。今まですでにいろいろなところへ行っています。昨年は旅行はなかったので今年はどこかへ行く計画を立てるでしょう。

会費は年$10。車の運転をしない人は運転する人に拾ってもらいます。寿司ランチは前もって注文するのでヒロシ・ヨコタさんが現在その世話をしています。その月に誕生日がある人たちのためにケーキとかデザートを用意します。

数人の会員は10インチ角のガーター編みのブロックを作り、縫い合わせてブランケットにして病院やシニア・ホームに入っている人たちへのギフトにしています。また他の人たちも種々のプロジェクトに取り組んでおり、また数人はいつもカード・ゲームを楽しんでいます。



からおけコンサートを終えて

宿田　美環子

2009年2月15日に恒例のからおけコンサートが行われ、大勢のお客様を迎えて盛況のうちに終わりました。皆様に支えられて18年間もからおけコンサートを続けられたことに本当に感謝いたします。

いつものように前日の準備段階から、からおけクラブの会員は意欲的に手際よく会場の舞台装置を設置し、充分にリハーサルをすることが出来ました。以前は会場つくりがとても大変でしたが、近年EJCAが設置したスピーカーや照明装置、それから、簡単に組み立てられるステージのセットのお陰で、短時間にすっきりとした会場が出来上がります。これも本当に感謝です。

さて、今年のからおけコンサートはいかがでしたでしょうか？

優しい語り口の司会者の進行で15名の歌手がデュエットなどを入れて18曲を披露しました。歌手はそれぞれの歌に思いを込めて、堂々と上手に歌い上げました。歌唱力、音声、表現力などさすがに日ごろの努力の成果がしっかりと出ていました。残念ながらベテランの会員の何人かが都合により出場できませんでしたが、それに代わり新会員が活躍したのも嬉しいことでした。

今回は特にコンサートがバレンタイン・デイとファミリー・デイの間だったので、コンサートのテーマも「愛と家族」としました。親子、夫婦、友達、恋人などの「愛」の歌がたくさん歌われて、お客様の感動の涙を誘いました。また、若い歌手の力強いパンチのきいたリズムは、明るく楽しい気分と若いパワーを投げかけました。それに昭和の歌のデュエットも懐かしい時代を思い起こさせてくれました。

歌手の個性的でバラエティに富んだ18曲の歌、優雅で美しい日本舞踊、会場に轟かせたすばらしい太鼓など、いずれもお客様に喜んでいただけたと思います。今年も「大変よくできました」の花丸ですね。

そして楽しく華やかな舞台を支えてくださった人達を忘れてはなりません。プログラムや切符の作成、音楽、背景、DJ,　照明、衣装、装置、写真などは会員が頑張って用意したので、歌手は安心して歌うことが出来ました。

フルー　敬子さん：「浮雲ふたり」の歌で優雅で美しい日本舞踊の友情出演、舞台に彩りを添えてくださいました。また着物の着付けの手伝いもしていただき、みんなをより美しくしてくださいました。

清水　グレッグさん：多くの人を魅了した太鼓、すばらしいでした。早速、“大学生の息子に太鼓を勧めたい”とか、“夫が太鼓クラブに入会をしたいといっている”の声も。

藤野　紀子さん：“こんなおいしい大福はどこで買えるの？”と問い合わせが来るほどプロ級のおいしい大福を作ってくださいました。

高畑　あいさん：玄関での受付からお茶のサービスまで、どんなことでも明るい笑顔で最後まで手伝ってくださいました。本当に助かりました。

リー　さかえさん：いつもお世話になっております。お茶の用意、衣装の着付け、メーキャップ、コサージなど、全般にわたってお手伝いいただきました。

リー　ピーターさん：今回もお忙しい中、ビデオを受け持ってくださいました。それに最後まで、片付けに加わってくださいました。

皆様、本当にありがとうございました。心よりお礼を申し上げます。お客様、沢山の笑顔と拍手をありがとうございました。

さぁ、からおけクラブの皆さん、お客様の笑顔を思い浮かべながら、また来年のコンサートへ向けてスタートです！！

（「もしもし」英語の部にEJCA会長のCathy　Tennantさんからのメッセージとお客様2名からの感想が載っています。どうぞ、あわせてお読みください。）

「もしもし」キッチン
びっくり！冷凍することは調理すること

冷凍することで細胞が壊れて熱で調理すると同じ結果になるのです。その例を少し：

タマネギ
生のタマネギをスライスしフリーザー袋に詰め、冷凍します。タマネギが必要な時にそれを取り出して直接調理に使います。すでに半分以上も調理されているので調理時間はごく短くなります。

トマト：
生のトマトをそのまま冷凍します。凍ったままおろし金ですりおろしトマトソースなどに使います。

大根 ：
生の大根を半インチの輪切りにします。水(500ml）、しょう油（50ml）、砂糖（２テーブルスプーン）をフィリーザー袋に入れ、そこへ大根を入れてソースがからむよう袋を振り、冷凍します。煮る時は冷凍のまま鍋に入れて調理します。短時間で大根の煮物出来上がり。

レタス：
半インチにスライスしたレタスを冷凍します。親子丼のタマネギの代わりに使えます。

肉！
豚のショウガ焼き：
スライスしたポーク（300g、1ポンド強）を酒（1テーブルスプーン）、しょう油（１テーブルスプーン）、砂糖（1テーブルスプーン）、潰したニンニクと一緒にフリーザー袋に入れて冷凍します。解凍してからフライパンで焼きます。肉は柔らかく、味が良くついています。

ご飯！
キノコご飯：
作っておくと便利なキノコご飯ミックス。冷凍しておいて使う時凍ったまま炊飯器へ！

まいたけ（細かく裂いたもの）	100g	（他のキノコ、松茸なども使える）
人参（薄い銀杏切り）	100g	
ゴボウ（縦半分にして斜に切る）	100g	
油揚げ（1㎝角）	2、3個（お湯をかけて油抜きをする）	

ソース：

しょう油	2テーブルスプーン
砂糖	2テーブルスプーン
酒とみりん	各1テーブルスプーン
鰹節	2テーブルスプーン

以上を全部フリーザー袋（小）に入れて良く混ぜ冷凍する。調理する時は米3カップをといで炊飯器に入れ、所領の水を入れる。そこから４テーブルスプーンの水を取り出し（寿司飯の分量のすこし上くらいになる）冷凍しているキノコご飯ミックスを置いて普通に炊く。ご飯ができたら少し蒸らしてから良くまぜる。

これらの調理法はNHKガッテン・ウエブサイトからです。

EJCAアート・クラブ展覧会

EJCAアート・クラブは恒例の展覧会を5月9日、「春のバザーとランチ」と時に行ないます。場所はセンターのラウンジ－1と2です。会員の努力の結晶をぜひご覧ください。クラブ会員は腕に磨きをかけるために懸命にがんばっています。

EJCAアート・クラブは毎月第一、三日曜日に午前10時半から午後2時半まで集まり絵画教室を開いています。

Festival Movie Information

The Twilight Samurai
(English subtitles)

This is a 2002 Japanese film directed by Yoji Yamada. Set in mid-19th century Japan, a few years before the Meiji Restoration, it follows the life of Seibei Iguchi, a low-ranking samurai employed as a bureaucrat. Poor, but not destitute, he still manages to lead a contented and happy life with his daughters and senile mother. Sadly, through an unfortunate turn of events, the turbulent times comspire against him. The film is different from many other samurai-themed films in that it concentrates on showing the main character's everyday struggles, instead of focusing on action-oriented battles. Thus, the film carries only two fight scenes. The Twilight Samurai was nominated for the Academy Award for the Best Foreign Language Film at the 76th Academy Awards, and also won an unprecedented 12 Japanese Academy Awards, including Best Picture, Best Director, Best Actor, Best Actress and Best Screenplay.

The Letter (Tegami)
(English subtitles)

This is a 2006 Japanese movie which focuses on two brothers who lost their parents when they were younger. The older brother works exhaustngly hard to earn enough money to send his younger brother to college. One day the older brother breaks into a house to get money for tuition and he accidentally kills an old woman. From here the younger brother's tragic fate begins. Everything he has starts to slip away--his house, job, dream and lover--everything. But his older brother keeps sending letters regularly to tell of his life in jail. It is difficult to cut the bonds of brotherhood. Finally he meets a woman who saves him from his crisis. When he is in a threatening situation in which he is about to lose his small happiness with her he decides to stop replying to the letters being sent from inside the prison walls.

Heaven's Bookstore (Tengoku no Honya)
(English subtitles)

This is a 2004 Japanese film directed by Tetsuo Shinohara.

Kenta, a classical pianist, is fired from his orchestra, and gets drunk in a bar. He wakes up the following morning in what turns out to be a bookstore in heaven. In heaven he meets Shoko, a pianist whom he had admired on earth. Together, they start to work on a special composition that she had started writing but not finished on earth.

Meanwhile, on earth, Shoko's niece Natsuko wants to organize a fireworks display that was discontinued 12 years ago. It turns out that Shoko had been engaged to Takimoto, a talented fireworks maker, but her hearing had been damaged by a firework accident he caused. As a result she stopped playing music, he stopped making fireworks, they split up, and later she died. Come and see the movie to see how it all turns out.

EJCA Membership Application/Renewal Form

Name:_____

Address:_____

City:_____

Province:_____

Postal Code:_____

Telephone/Fax:_____

E-mail address:_____

Please check as applicable:

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

Signature:_____

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