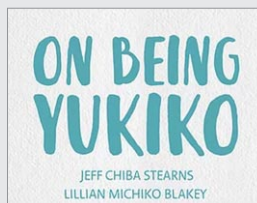


OCTOBER 31, 2020
VOLUME 75 NO 9

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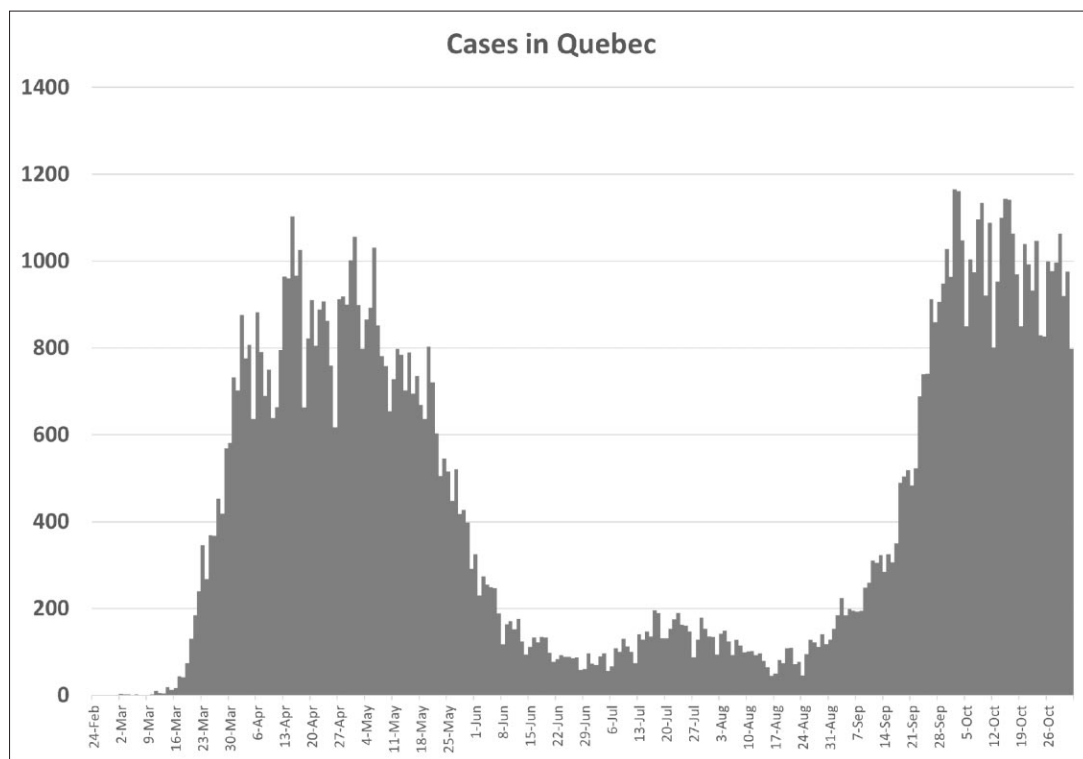


M ontr é a l B U L L E T I N

JAPANESE CANADIAN AND NIKKEI COMMUNITY NEWS

November 2020 Issue

Covid-19 Cases Way Up, Quebec Locks Down Again



The number of Covid-19 cases in Quebec has spiked back up as the second wave descends upon us.
Source: The Institut national de santé publique du Québec (INSPQ)

FEATURED IN THIS ISSUE

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The Montreal Bulletin is an independent publication established in 1946 to meet the needs of the time—the re-establishment of community life for Japanese Canadians after their World War II internment. Published in English, French and Japanese 10 times yearly by a volunteer staff, the Montreal Bulletin's goal is to serve all organizations and interested persons within the Greater Montreal area.

The English section of the Montreal Bulletin is directed by the following editorial collective:

Alan Itakura, Laura Kobayashi, David O'Hashi, Jennifer Sakai, Yoko Sayeki, Yosh Taguchi, Don Watanabe and Tsukasa Yoshinaka.

Japanese & English Staff:

Yoshino Aoki, Sachiko Ayukawa, Michael & Tatsuko Cooper, Filipe Fukutani, Seigo Futamura, Kumiko Hagiwara, Valerie Hongoh, Mariko Ikeda, Mitsuo Inoue, Alan Itakura, Irene Kerisit, Laura Kobayashi, Akemi Mallette, Mariko Nishi, David O'Hashi, Jennifer Sakai, Yoko Sayeki, Carol Shinya, Yosh Taguchi, Nobuyuki Tsujimoto, Don Watanabe, Terry Yasunaka, Tsukasa Yoshinaka.

DISCLAIMER: Where opinions are expressed they do not necessarily reflect the views of the *Montreal Bulletin*.

Bulletin Subscriptions

Phone: 438-797-2426
montrealbulletin@bellnet.ca

Bulletin Advertising

montrealbulletinads@gmail.com

JCCCM Contacts

514-728-1996
centrejaponais@bellnet.ca
jcccm_yh@bellnet.ca

OPINION

Editorial Comment: We published a letter to the editor in our September 2020 issue submitted by a reader, Roy Fu, who disagreed with the point-of-view expressed by our regular volunteer contributor Dr. Yosh Taguchi (Montreal Bulletin, Volume 75, Number 7, September 2020 issue dated August 29, 2020, page 12). We subsequently invited Mr. Fu to write an article outlining his viewpoint which we are publishing below.

Reflections on systemic racism, culture and education

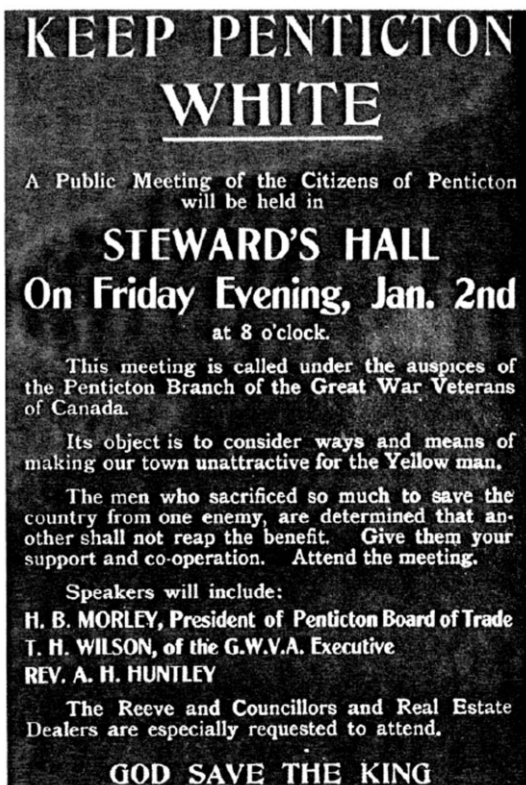
By Roy Fu

Due to recent incidents coming to light in the criminal justice system and the public health care system, there has been a growing public acknowledgement of systemic racism in our society. While public exposés such as these represent a positive step in our efforts to eradicate racism, whether these recent developments actually lead to meaningful anti-racist progress will depend upon whether we can successfully remove cultural and structural barriers that impede wide-scale societal understanding of how and why systemic racism exists.

Key leaders and public figures, including our provincial government and legislature, continue to downplay and deny the existence of systemic racism, often using misinformed and false premises (i.e. “systemic racism doesn’t exist because not all

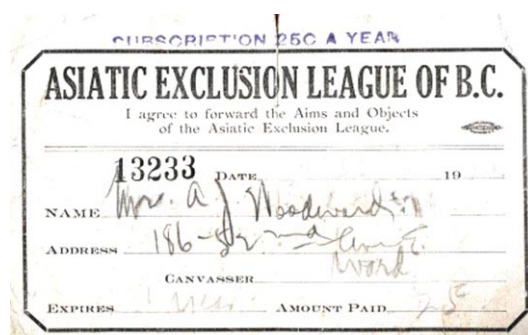
Quebeckers are racist”; or, “calling out systemic racism prevents us from attributing individual responsibility”). At the same time, few mainstream journalists expose such statements for their falsehoods or press for accountability from those who spout them; it appears many journalists themselves are not well versed in how systemic racism manifests itself. Accordingly, we rarely see feature news reports in the popular media that expose the workings of systemic racism as such. The public is left to wonder if naming systemic racism really matters, or even if it is a real thing; they are led to rely on the old adage that racism likely exists because of a few, “bad apple” racists, not because we are descended from a society built upon racist ideas.

Barriers to societal acceptance of systemic racism exist not merely because of the ignorance of certain individuals, or the political agendas of those in power. They exist because this ignorance is deeply rooted in the cultural structures of our society, in the



Notice of meeting, Pentiction, 1920.

A public notice from Pentiction, British Columbia, 1920: An example of 20th century Canadian White supremacy. Note the announced presence of prominent members of the community. Source: The Begbie Contest Society (begbiecontestsociety.org/Racism.htm).



The Asiatic Exclusion League of B.C. was formed in British Columbia on August 7, 1907. On September 7, about 8,000 League members caused riots in Chinatown and Japantown after listening to incendiary racist speeches at Vancouver's City Hall. Source: The Begbie Contest Society (begbiecontestsociety.org/Racism.htm).

continued on page 3

Past Records on Immigration

Central Europeans	Dookhlores	Mennonites	Gaps
1. Lower the standards of living & labor	1. To Assimilate	1. Autarkies etc	1. ?
2. Usually pro- enemy feelings in war times	2. To Fight	2. Citizenship reservations	
3. Stepped in Communism today	3. To Educate		
	4. To Co operate		

ANGLO-SAXONS SCANDINAVIANS (WHITE EXCELLENT)

1. GOOD CITIZENS
2. GOOD FARMERS
3. GOOD STANDARDS
4. HIGH ASSIMILATING
5. FLEXIBILITY
6. ENTERTAINING

KING

RECORD OF
RECORD OF
RECORD OF

C. Dwyer

An editorial cartoon from the May 17, 1947 issue of the Vancouver Sun suggests that Prime Minister Mackenzie King favours immigrants with anglo-saxon or scandinavian heritage because of the values they possess. Source: The Begbie Contest Society (begbiecontestsociety.org/Racism.htm).

We tell ourselves that Canadians and Quebecers are a historically benevolent people, largely free of the racism found in the U.S., that colonization was a relatively peaceful process devoid of violence, and that we are an open and accepting country that welcomes newcomers without reservations. These narratives are abundant in history books, the education system and popular media representations. They do little to acknowledge the fact that this country was actually built upon colonization violently executed by the likes of the Indian Act and Residential Schools, that it was built upon racially exclusionary, white supremacist, immigration laws and institutional policies, many of which lasted until the 1970's, and that it was built upon the historical and continued legal exploitation of racialized workers.

Changing our societal narratives about racism is not a straightforward affair because of the systemic racism that is currently manifested in our cultural and educational institutions, a legacy of our settler colony, white-supremacist history. This racism exists not only as the lack of institutional anti-racist expertise alluded to earlier; it also is manifest in the active institutional resistance to incorporate such expertise into the institutional culture, and accordingly, resistance to hiring people with such expertise. I have personally witnessed these tendencies, in the practices of hiring committees, in the institu-

Such is the tenacious nature of systemic racism. It manifests itself in the cultural sphere: in the collective stories that we tell ourselves; at the same time, it manifests itself in the institutional-structural: the norms, practices and power structures of our institutions. Its eradication is

A political cartoon by Rickford. On the left, a Native Canadian man in a feathered headdress and loincloth runs barefoot, shouting in a speech bubble: "HOW MANY MOONS INJUN GOT TO LIVE IN CANADA BEFORE WE GETTUM VOTE?". On the right, a British man in a top hat, monocle, and striped pants runs alongside him, holding a sign that says "JAP VOTE". The background features a cityscape with a clock tower and a flag that says "OTTAWA". The cartoon is signed "Rickford" in the bottom right corner.

An editorial cartoon in the June 30, 1948 edition of Victoria's The Daily Colonist emphasizes that Canada's indigenous people are constantly being neglected. Source: The Begbie Contest Society (begbiecontestsociety.org/Racism.htm).

Breaking this vicious cycle, while challenging, has not been impossible. On the cultural front, there has been significant progress over the past decades. An important body of work in literature, film and critical theory has emerged in Canada and globally, that has sought to acknowledge the place of colonialism and racism in Western history and incorporate it into our popular imagination. They include works by feminist, anti-colonial and cultural studies theorists such as bell hooks, Franz Fanon, and Edward Said, documentary films by filmmakers such as Alanis Obomsawin and William Dere, and novels by the likes of Thomas King, Joy Kogawa, and Esi

KU KLUX KLAN
KLAVALKADE
MONSTER DEMONSTRATION
NORTH REGINA---MAY 24---7 p.m., Fast Time
BAND IN ATTENDANCE
SPEAKERS: REV. S. P. RONDEAU, REV. T. J. HINDS, M. A. MR. CHAS. PUCKERING.
REV. WILL SURMAN, CHAIRMAN
SPECTACULAR BURNING OF THE CROSS
ADMISSION: FREE. DO NOT MISS IT! GOD SAVE THE KING.

On the institutional front, progress in removing organizational barriers has been painfully slow in the education and cultural sectors, not unlike in other sectors of society. Nonetheless, recent protests sparked by the stories of systemic violence in the criminal justice and health systems have effected an uptick in goodwill and openness amongst the general public and from institutions to talking about and addressing systemic racism as a social ill.

Of course, goodwill and openness alone, while helpful to the cause, will not rid us of the systemic racism that has been centuries in the making. It will take the hard work of institutions and individuals, to educate themselves about our racist history and its subsequent shaping of contemporary systemic barriers; it will also take the hard work of executing a plan to purge the barriers, by changing institutional cultures and organization. Only through such actions can we effectively uproot systemic racism and truly break free from our racist past.

Roy Fu is a Humanities teacher and anti-racist activist based at John Abbott College, in Sainte-Anne-de-Bellevue, where he is also the president of the teacher's union. In his spare time, he cooks for his four voracious young adult "kids" and schools them on anti-racist combat. He can be reached at royfu@johnabbott.qc.ca



cultural EVENTS

EXHIBITIONS

Most Montreal museums are temporary closed until Nov 23/20.

Montreal Museum of Fine Arts (MMFA)

<https://www.mbam.qc.ca/en/the-museum-from-home/>

Paris in the Days of Post-Impressionism - Signac and the Independants (to Nov 15) Buy your tickets online at: [mbam.qc.ca/en/ticket-office/Info](https://www.mbam.qc.ca/en/ticket-office/Info): www.mbam.qc.ca/en/exhibitions/paris-in-the-days-of-post-impressionism-signac/

Pointe-à-Callière (PAC)

Buy tickets online: <https://pacmusee.qc.ca/en/>

Into the Wonder Room to Jan 10

A Railroad to Dreams: Nov 18/20 to April 5/21

Musée d'art contemporain de Montréal (MACM)

<https://macm.org/en/>

La Machine Qui Enseignait Des Airs Aux Oiseaux to April 04/21

Virtual Creative Workshop <https://macm.org/en/activities/?all%20>

McCord Museum (MCCM)

www.musee-mccord.qc.ca/en/

Christian Dior

Photography exhibition complemented by a dozen garments from the McCord Museum's Dress, Fashion and textiles, as well as loans from the Dior Héritage, Paris. Focusing on the period of 1947 to 1957. To Feb 14/21.

Chapleau, Profession: Cartoonist (to March 7/21)

First major retrospective devoted to Serge Chapleau.

Stewart Museum (STM)

<https://www.musee-stewart.org/en/activities-menu/>

Nights (to March 7/21): Inspired by original stories from Quebec authors.

<https://www.musee-stewart.org/en/activities-menu/>

Phi Centre (PHI)

<https://phi-centre.com/en/programming/>

Diaspora and Painting

Larry Achiampong, Hurvin Anderson, Kamrooz Aram, Moridja Kitenge Banza, Firelei Báez, Frank Bowling, Cy Gavin, Barkley L. Hendricks, Lubaina Himid. To Nov. 29/20. <https://fondation-phi.org/en/exhibition/relations/>

OUT OF TOWN

National Gallery of Canada (NGC)

Beautiful Monster in Early European Prints and Drawings (1450-1700)

Selection of engravings, etchings, woodcuts and drawings from 15th-17th centuries. To Nov 15 (Thur-Sun)

Moyra Davey: The Faithful (to Jan 3/21)

Exhibition featuring 54 photographs and 6 films.

Group of Seven: Graphic Design (to Jan 3/21)

Celebrating 100th anniversary of first Group of Seven exhibit.

Royal Ontario Museum (ROM)

Winnie the Pooh (to Jan 17/21)

Exploring a Classic. An exhibit showcasing the original sketches, manuscripts, letters, photographs and memorabilia.

Egyptian Mummies: Ancient Lives – New Discoveries (To Mar 21/21)

From British Museum, secrets of six mummified individuals from Ancient Egypt.

Japan Foundation Toronto (JFT)

Currently exhibition and library is closed until further notice.

Ningyō: Art & Beauty of Japanese Dolls (to Jan 12/21)

Featuring a total of 67 carefully selected dolls divided into 4 sections Ningyō to pray for children's growth, Ningyō as fine art, Ningyō as folk art, and Spread of Ningyō culture. Touring exhibition produced by The Japan Foundation, Tokyo. Visits to the Gallery by appointment only, visit <https://jftor.org/jft-visitor-policy/>.

Japanese Canadian Cultural Centre (JCCC) Toronto (Temporarily Closed)

Maru: Immigration Stories the Japanese Diaspora (Nov 25/20-ongoing)

Exploring the various Nikki communities. At the Moriyama Nikki Heritage Centre.

JOURNEY: Co-produced by The Japan Foundation Asia Center and Tokyo International Film Festival. Nov 26-Dec 2



VIRTUAL ONLY

150 Years/150 Works: Canadian Art as Historical Act (to May 2/23)

Virtual exhibition produced by Galerie de L'UQAM with the support of the Virtual Exhibits Investment Program, Virtual Museum of Canada.

150ans150oeuvres.uqam.ca

National Gallery of Canada (NGC)

www.gallery.ca/virtual-ngc

<https://www.gallery.ca/whats-on/exhibitions-and-galleries/photostories-canada>

Canadian Museum of Human Rights (CMHR) [Winnipeg]

<https://humanrights.ca/visit/explore-the-museum-from-home>

Royal Ontario Museum (ROM)

Department: World Cultures: Far Eastern

747 articles from ROM's East Asian collection.

<https://tinyurl.com/FarEastern>

Japanese Canadian Cultural Centre (JCCC) [Toronto]

The Intermedia Work of Nobuo Kubota (to Dec 31)

Virtual exhibition exploring the textual marks and phonic sounds translated by Nobuo. <https://jccc.on.ca/event/2020/10/intermedia-work-nobuo-kubota>

The Japan Foundation (JFT) [Toronto]

Shojo Manga - An Introduction (to Mar 31/21)

New Delhi produced 3 movies about the exhibition.

<https://www.jfindia.org.in/events/event/exhibition-shojo-manga-an-introduction/>

PERFORMING ARTS

ALL CONCERTS CANCELLED OR ONLINE until NOV 23. Please consult the venue

Montreal Symphony Orchestra:

<https://www.osm.ca/en/home-osm/>

OSM offering digital concert experience for concert package for webcasts, a donation is required (minimum of \$10 per concert)

Orchestre Métropolitain:

webcast concerts are on sale now.

<https://tinyurl.com/orchestremet>

Bourgie Concert Hall:

<https://tinyurl.com/BourgieHall>

Grands Ballets Canadiens: April 2021 Luna, Japanese dancers.

<https://grandsballets.com/en/>

Opera Montreal: to 2021-2022

<https://www.operademontreal.com/en>

Webcast from Pollack Hall

Schulich in Concert: Celebrating Beethoven | Concert 2 Event. With Kyoko Hashimoto (piano) and Violaine Melançon (violin). Part of Les Journées de la Culture. <https://tinyurl.com/pollack-hall>

OUT OF TOWN

National Arts Centre (NAC): performing arts are online and on stage

<https://nac-cna.ca/en/>

Toronto Symphony Orchestra (TSO): on stage and on line

<https://tinyurl.com/TSOonline>

<https://tinyurl.com/roythomsonhall>

SPECIAL EVENTS

Les Enjeux Sanitaires et Économiques de la COVID-19 au Québec et au Japon

Webinar on Thurs, Nov 5 6-8pm. Registration required.

See Facebook Posting: <https://fb.me/e/5za30sqa>

Database of Local Designers with E-Commerce

<https://www.soukmtl.com/en/designer/>

Local Products: Designed & Manufactured in Canada

<https://arloca.com>

Montreal Museum of Fine Arts

A series of discussions available online. Reservations.



Nov 5, 3-4pm. RSVP required.
library@jftor.org

To inform Montreal Bulletin readers of an event, please send your information by the deadline date (in the coming events) to montrealbulletin@bellnet.ca

Revisiting "the universal": Nov 5, 6pm (French)

<https://tinyurl.com/rethinkingthemuseum>

The Role of discourse in art: Nov 19, 6pm (French)

<https://tinyurl.com/role-of-discourse>

Art and Power: Nov 26, 6pm (French)

<https://tinyurl.com/art-and-power>

Montreal Botanical Garden (MBG)

<https://espacepourlavie.ca/en/botanical-garden>

Biodome

<https://espacepourlavie.ca/en/biodome>

Montreal Science Centre

<https://www.montrealsciencecentre.com>

COURSES

JET Program: Application portal open <https://jetprogramme.ca/>

Au Papier Japonais (APJ): Store open 11am-5pm. No courses in this fall.

Miyamoto (MF): Please call the store for details.

Japanese Dance Class/Komachi Montreal

Sat, 2-5pm. Practices started but call to confirm. Kayo 514-886-8129, komachi21@gmail.com

Ikebana International Montreal Chapter

Activities resume online for members only. Kazuko Tanaka, kazuko.dorangeville@gmail.com

Mtl Shamisen Project (SB): Private shamisen workshops with Jacinthe Marcil. info@mtlshamisenproject.com

Chado Urasenke: No activities yet. chadomontreal@hotmail.com

- **Mamiko Konishi (Soshin).** All levels, licenses, on West Island, Sat, Sun & Wed. 514-630-0260. mamikoni54@hotmail.com

- **Urasenke Chanoyu Kyoshitsu:** All levels, day & eve. Tatsuko (Sotatsu) Cooper 514-934-0410.

SHODO-JAPANESE CALLIGRAPHY: No activities yet.

- **At JCCCM:** Tosen (Mikiko) Simard (tosen.shodo@gmail.com) 514-298-4966)

- **In NDG:** Akiko Arimoto (arimotoakiko@gmail.com)

- **In LaSalle and downtown:** Fumi Wada (info@japanese-shodo.com). 514-750-3543, 438-939-5643.

Ikebana Koryu Shotoka: reopening with small group but no new member.

Sogetsuryu Ikebana Seibikai: Contact Alain Carriere, alain.carriere@hotmail.com or Shirley Leblanc, 514-697-7809

Pottery Hazama: Yukari Hazama offers ceramic class for group or individual. www.potteryhazama.com/

Japan Book Club - Autumn: Hosted by the Argo Bookshop and the JET Alumni Association. The 23rd edition will be held online and will discuss "Territory of Light" by Yuko Tsushima. Nov 19, 7-9pm. Knowledge of the Japanese language not required. info@argobookshop.ca

JCCCM Activities: The centre is still closed.

Knife Sharpening Sessions will be held on Thurs, Nov 26 from 10am-1pm. Please use the link on the JCCCM website to reserve your spot or www.jcccm-cccjm.ca or call 514-728-1996. We only can accept up to 2 knives per person. The fees for the service are \$10 for current JCCCM members, \$15 for non-members. CASH ONLY. It may not be possible to sharpen heavily rusted or chipped knives and knives of cer-

tain materials. A repair service may be offered for an additional fee.

OUT OF TOWN

Heather Midori Yamada: www.ARTyamada.com

JFT Libray Book Club Online: Nov 5 3-4pm, RSVP required. library@jftor.org

The book club will discuss Breasts and Eggs (夏物語) by Mieko Kawakami

Re-engineering Reproductive Futures in Japanese Science

Fiction-Lecture by Dr. Kazue Harada on Japan's best modern female sci-fi writers. Video recording available until Jan 6.

<https://www.youtube.com/watch?v=MjDydzlhME8>

CINEMA

All virtual events but some cinemas in Montreal have opened. See www.cinemamontreal.com/theatres

Saint Eustache Drive-In. cinemamontreal.com/theatres/cine-parc-royalmount on facebook: @cinemamontreal Currently only these cinemas are open.

Ciné-Parc Royalmount Drive-In

cinemamontreal.com/theatres/cine-parc-royalmount

Ciné-Club du Quartier

cinemamontreal.com/theatres/cine-club-du-quartier

RIDM: Montreal International Documentary Festival

ridm.ca/en. Nov 12-Dec 2

Disrupting History, Exploring Nature and Seeking Communities. Nov 12-18th

In the Shadow of the Pines, Anne Koizumi, Canada

ridm.ca/en/films/in-the-shadow-of-the-pines,

Me and the Cult Leader, Atsushi Sakahara, Japan

ridm.ca/en/films/me-and-the-cult-leader,

Cenote, Kaori Oda, Mexico/Japan

[https://ridm.ca/en/films/cenote](http://ridm.ca/en/films/cenote)

Contemplating Dystopia, Becoming Oneself and Challenging Power. Nov 19-25

Redefining Intimacy and Surviving Violence. Nov 26-Dec 2

Asian Three-Fold Mirror 2018: JOURNEY: Co-produced by The Japan Foundation Asia Center and Tokyo International Film Festival brings 3 directors together to create 3 films with a common theme.

The Sea (Director: Degena Yun Cast: Jin Chen, Zhe Gong)

Hekishu (Director: MATSUNAGA Daishi Cast: HASEGAWA

Hiroki, Nandar Myat Aung)

Variable Number Three (Director: Edwin/Cast: Agni

Pratistha, Oka Antara). To Nov 30

<https://asian3mirror.jfac.jp/wp/en/202009/852/>

ABBREVIATIONS

AB	Argo Bookshop, 1915 Ste Catherine W, 514-931-3442, argobookshop.ca .
AGO	Art Gallery of Ontario, 317 Dundas St W, TORONTO , 1-877-225-4246 or 416-979-6648, www.ago.net
APJ	Au Papier Japonais, 24 Fairmount W, 514-276-6863, aupapierjaponais.com .
BCH	Bourgie Concert Hall, MMFA , 1339 Sherbrooke St W, 514-285-2000,
CGJM	Consulate General of Japan in Montreal, 1 Place Ville Marie, Suite 3333, Montreal, 514-866-3429
CLH	Clara Lichtenstein Hall, McGill University, Schulich School of Music, 555 Sherbrooke W, 514-398-4547
CQ	Cinémathèque Québécoise, 335 Maisonneuve E, 514-842-9763.
JCCC	Japanese Canadian Cultural Centre, 6 Garamond Court, TORONTO , 416-441-2345, www.jccc.on.ca .
JCCCM	8155 Rousselot St, 514-728-1996.
JFT	Japan Foundation Toronto, 2 Bloor St E suite 300, TORONTO , 416-966-1600, www.jftor.org .
JP	Japanese Pavilion, MBG , 514-872-0607.
MBG	Montreal Botanical Garden, 4101 Sherbrooke E, 514-872-1400.
MCCM	McCord Museum, 690 Sherbrooke W, 514-861-6701
MF	Miyamoto Foods, 382 Victoria, 514-481-1952.
MMFA	Montreal Museum of Fine Arts, 1380 Sherbrooke St W, 514-285-2000.
MSM	Maison symphonique de Montréal at PDA , 1600 St Urbain, 514-842-9951, pda.qc.ca .
MUC	Mountainside United Church, 687 Roslyn, Westmount.
NAC	National Arts Centre, 53 Elgin, OTTAWA , 613-947-7000 ext 565, 1-888-991-2787
NGC	National Gallery of Canada, 380 Sussex Dr, OTTAWA , 613-234-6306
PAC	Pointe-à-Callière, 350 Place Royale, Old Montreal, 514 872-9150, pac-musee.qc.ca
PDA	Place des Arts, 175 Ste Catherine W, 514-842-9951, www.pda.qc.ca
PH	Pollack Hall, Schulich School of Music, 555 Sherbrooke W, 514-398-4547
ROM	Royal Ontario Museum, 100 Queen's Park, TORONTO , 416-586-8000, www.rom.on.ca
RTH	Roy Thomson Hall, 60 Simcoe St, TORONTO
SB	Studio Bizz, 551 Mont Royal E, 3rd floor
SM	Stewart Museum 20 chemin du Tour de l'Isle 514-861-6701
SWP	Salle Wilfrid Pelletier, PDA .
TM	Théâtre Maisonneuve, PDA
UQAM	UQAM, 315 Ste-Catherine St E



japanese
canadian
CULTURAL CENTRE
OF MONTREAL

President's Report

Jason Tsunokawa

Dear Bulletin Readers,

With the colder fall weather, we are reminded that winter is on its way. The leaves are changing colour and we are starting to put away our summer wear and bringing out those warmer sweaters. We've been fortunate to have a warm summer but now must get ready for winter.



Currently we are in the midst of the second wave of Covid-19 infections. The gatherings we would normally have must now be put on hold until the situation improves. Sanitary precautions and social distancing must be maintained if we wish to see our extended families and friends during the holidays. Since the pandemic began in early spring, concerns about our health and those of our families, our finances and mental status have dominated our daily lives. I encourage all of you in need of support or assistance to reach out to the available resources for help. Please remember to reach out to families and friends who have been isolated as we all need the occasional social contact.

With the current Covid-19 situation, the mochitsuki will unfortunately be cancelled for this year. For our many dedicated volunteers, the nature of the production will not meet current social distancing guidelines. While some jobs can be done by a minimum of the people, some areas of the production such as the rolling or shaping of the mochi is done by many people in close proximity. The safety of our volunteers and the public is our primary concern. Mochitsuki is one of the JCCCM's

major fundraising events and like all the other events have been cancelled for this year. I have been volunteering at mochitsuki since I was very young, so not being able to participate in another mochitsuki is a disappointment but I am looking forward to a time when it will be safe to resume our normal activities.

The library was closed in early October in compliance to the government guidelines. Our Japanese language courses continue online and have seen a steady increase in popularity. The Centre will also offer another session of knife sharpening.

Our major fundraising events are large public events with the support of many volunteers. With Covid-19, social distancing has eliminated these events from being held safely. As a result, the Centre finds itself without the usual revenue generated by these events. We continue to rely on the support of the local community with your membership and donations. We would like to thank you in advance for your continued support.

To all our Nikkei senior members who require any assistance with any shopping or errands please email the Centre at centrejaponais@bellnet.ca or call 514-728-1996.

During this Covid-19 crisis there has been a rise in targeted discrimination or harassment toward Asian communities. These incidents can be reported to the Montreal Police (SPVM) at 514-393-1133. Please see the following link for more information or support.

<https://www.facebook.com/Center-for-Research-Action-on-Race-Relations-CRARR-258996297500425/>

Keiro-no-hi Bento Delivery (Respect for the aged day Japanese box lunch delivery)

The JCCCM held a Keiro-no-hi bento delivery in mid-October. Forty-five bento Japanese box lunches were prepared by Sakura Garden Restaurant. Enormous thanks to our volunteer drivers and to the seniors who made generous donations along with their obento purchases.



Keiro-no-hi bento box prepared by Sakura Garden Restaurant.
Photo: Reiko Nakajima



Organizing the distribution. Photo: Yoko Horimitsu

8155 ROUSSELOT
MONTREAL, QC,
H2E 1Z7

TEL: 514-728-1996
FAX: 514-728-5580

OFFICE HOURS:
9AM-4PM, MON-FRI
WWW.JCCCM-CCCJM.CA

Cultural Centre Activities

Program Director: Susan Shoji Levesque

COVID-19—the Centre will respect the current restrictions imposed for visitors/activities. We realize that in doing so nearly all of the usual classes and meetings will not be able to meet at the Centre. This is unfortunate for the groups involved, as well as the Centre's finances, but we feel we must do our part in keeping the group members healthy, as well as our volunteers and staff. Until the Centre can become fully operational again, please everyone, stay safe, practice social distancing, wear your mask and wash your hands!

KNIFE SHARPENING—Our next session will be held on Thursday, November 26, from 10am–1pm. Reservations are required. Please use the link on the JCCCM website to reserve your spot. www.jcccm-cccjm.ca or call 514-728-1996. We only can accept up to 2 knives per person. The fee for the service is \$10 for current JCCCM members, \$15 for non-members. CASH ONLY. It may not be possible to sharpen heavily rusted or chipped knives and knives of certain materials. A repair service may be offered for an additional fee.

MOCHITSUKI CANCELLED—Unfortunately, due to the current situation, our annual mochitsuki is cancelled for this year. Perhaps this might be a good opportunity for you to try one of the many mochi recipes online!

JCCCM MEMBERS' DISCOUNT PROGRAM—Please support the participating businesses when possible! Currently, the following businesses are giving discounts to JCCCM members—just show them your current membership card: Beauté Business, Le Fil Tranchant, Kokoro Care Packages, Kyoto Fleurs, Misa Oku, Mizu Studio, Myofu-an Dojo, Oasis Salon de thé, Sushi Momo, Tokusen, Yen cuisine japonaise.

Library News

Coordinator: Kumiko Hagiwara

Due to the current COVID-19 restrictions, the library will remain closed until at least November 1. Those wishing to return books may contact the office at 514-728-1996. Thank you for your understanding.

Donations received with appreciation from: Mr. Kimiya, Ms. Kobayashi, Ms. S. Shoji Levesque, Ms. Y. Sayeki, Ms. Ozaki, Ms. Sayaka Sakakibara.

Support Services for Seniors

We wish you all stay safe and healthy and enjoy a beautiful autumn. Birthday wishes to those who celebrated their birthday in October!

JAPANESE LANGUAGE COURSES—Our Winter session of Japanese classes will again take place online, beginning January 11, 2021. Please check our website for details and the full schedule. <http://www.jcccm-cccjm.ca/courses/language-courses/>

MISO FOR SALE—We still have some miso for sale (aka, rosé and shiro) —call the Centre for info 514-728-1996.

The JCCCM Capital Fundraising Campaign is underway! We need everyone's support so that we can maintain and hopefully renovate/upgrade the downstairs area. As most of our activities and programs have been cancelled due to COVID-19, we have little revenues although we still have bills and salaries to pay. Many thanks to those who have already donated and pledged over the next 4 years.

A heartfelt thank you for the donations received this past month. Without your monetary support, the JCCCM would not be able to sustain itself and its activities.

We are grateful for the donations received this past month: M. Bossé, T. Kawai, A. Mallette, M. Nishi, M. Sandreschi, Y. Sayeki, M. Simard, S. Tobisawa, G. Vanda, L. Yamashita, M. Yasunaka.

Donations received with thanks, for the Capital Funding Campaign: M. Bossé, Q-P Le, T. Ochiai, H. Ouchi, Mr. & Mrs. J. Sakai, the Shikatani family, N. Tsujimoto, S. Yamaguchi, Mr. & Mrs. T. Yasunaka.

Donations received with appreciation in memory of Mas Tsunokawa: Mr. & Mrs. J. Sakai, the Shikatani family

Seniors Drop-In

Coordinator: Yoko Horimitsu, Animator: Reiko Nakajima

Time: Thursdays, 10 am-2:30 pm

In light of current situation, Drop-In remains closed until further notice. Our animator is doing weekly check-in by phone of the regular Drop-In participants. To all Nikkei senior members who would like to receive a phone call regularly from us or need any help with groceries or errands, please let us know.

We hope you all stay safe and healthy and enjoy this beautiful autumn.



Bulletin printer, Michael Cooper, captured the Harvest and Blue moons that appeared at the beginning and end of October.

Flu vs the Cold (vs COVID)

By Dr. Edward Seale, MD. CM.

"Tis the season!"

No, not the Christmas holidays, but the flu season. For understandable reasons this year, any concerns about the upcoming annual influenza season have taken a back seat to the current fears around the COVID-19 pandemic. Given the current focus on COVID, I thought it wise to have a flu "refresher," as we are about to hit the annual flu resurgence.

What is the flu? The flu is a viral infection. It is not caused by bacteria and it is NOT treatable by antibiotics. However, under certain circumstances there are a class of medications ("antivirals") that are used to treat the illness. Generally, this medication is administered only if necessary and are for hospitalized patients and those more at risk for serious complications such as the elderly and those with chronic medical conditions. It is most effective if used as early as possible.

According to the Public Health Agency of Canada, there are approximately 12,000 hospitalizations each year due to the flu with over 3,500 deaths. These numbers are less than the current COVID statistics of over 13,000 hospitalizations and 9,700 deaths but are still quite substantial.

So how does one distinguish COVID from the flu? This is not easy. Essentially it is almost impossible to tell the difference in the absence of testing and both can include a multitude of symptoms such as headaches, cough, shortness of breath, fever, aches and pains. Many have heard of the unusual COVID symptoms of loss of smell and "COVID toes," but they are uncommon and not helpful in distinguishing between the two. Both, however, differ from the common cold, which does not tend to have fever, shortness of breath or aches and in general most symptoms are mild.

If you are experiencing any of these symptoms please stay home and get tested. The COVID virus is serious, and is not preventable, at least not until a vaccine is widely available. Since it is difficult to distinguish between COVID and the flu, testing is critical.

Is the flu vaccine helpful? Although it is effective only 40-60% of the time, when you consider the magnitude of the illness it is an important element of prevention. For this reason, it is strongly recommended that you get vaccinated.

The bottom line: engage in preventative care by eating well, exercising, and managing chronic conditions. To decrease the risk of complications of both the flu and COVID-19, get vaccinated and follow Public Health guidelines.

By Yosh Taguchi

Balloon

The balloon was squished and pushed
Abused in every way
Forced inside a tiny net
And couldn't fly away

The boundaries were set in stone
And although she wasn't free
This the way it's always been
And is always going to be

They say you have the room to dance
To shine and spread your wings
But when you set outside your net
Guess what tomorrow brings

They'll try to change the way you think
Defying, wayward, flop
But they don't know what they say
Will one day make you pop

My granddaughter, Olivia, wrote this poem as an English class assignment when she was a tenth grader, three years ago. Her teacher thought it was fabulous and gave her the mark of 100 percent. I know that students can score a hundred with a math test, but it is unheard of in a subject like English composition. (I don't think I ever got a mark over eighty in English composition when I was a student.)

But, what I find most remarkable is that her teacher actually gave her a mark of 100. I would like to meet her and congratulate her. It is perspicacity beyond what I expect from a public high school teacher. What do you think?

Photos by Junpei Kamada





CONDOLENCES

To the family of **Mr. E. Noël SPINELLI** who passed away, surrounded by his loved ones, on October 16, 2020. Mr. Spinelli built one



of the first automobile dealership groups in Quebec. He was passionate about music and made classical music accessible to fellow citizens. He took judo lessons from 1970 to 1973 at the Dorval judo club where Sensei Hiroshi Nakamura first taught upon arriving in Montreal. Mr. Spinelli was also an early supporter when Sensei Nakamura decided to open his own dojo, the Shidokan Judo Club, arguably the best judo club in Canada.

Mr. Spinelli is survived by his son, Pierre (Élise Savard); his daughter, Suzanne (Normand Dupéré); his grandchildren, Mathieu (Claudia Lefebvre), Anthony (Marie-Ève Girard), Marissa, Louca; and his great-grandchildren, Mila and Charlotte. He leaves his long-time companion, Arlene Porter, the children, and grandchildren of the latter. He also leaves behind his sister, Lise (Robert Daoust), his many nephews, nieces, and long-time friends. The family would especially like to thank Isabelle Diaz and the entire team at the McGill Hospital Center for the excellent care provided. He was predeceased by his brother Jean, his sisters Marie, Thérèse, Laurette and Ann.

CONGRATULATIONS



Seated: Mrs. Kazuko Tanaka D'Orangeville and Mr. D'Orangeville accompanied by Consul General Izawa and Mrs. Izawa. Photo: Consulate of Japan in Montreal.

To **Kazuko D'ORANGEVILLE** who was presented with the Consul General of Japan Award by Consul General Osamu Izawa on September 30 for her longtime sharing of the Japanese art of flower arrangement with Quebecers, and making an important contribution to mutual understanding and friendship between Japan and Canada.

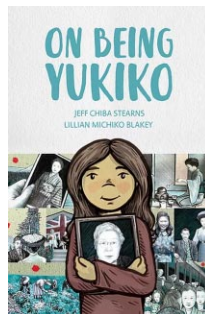
CONGRATULATIONS



Seated: Ms. Takahatake accompanied by Consul General Izawa and Mrs. Izawa. Photo: Consulate of Japan in Montreal.

To **Masako TAKAHATAKE** who was presented with the Consul General of Japan Award on September 30 by Consul General Osamu Izawa for her continuous contribution to mutual understanding and friendship between Japan and Canada through activities strengthening relations between Japan and Quebec.

LAUNCHING IN DECEMBER



Japanese Canadian artists **Jeff Chiba STEARNS** and **Lillian Michiko BLAKEY** are launching their new graphic novel **On Being Yukiko** in December 2020. Their goal in creating the book was to try to bridge the gap between different Japanese Canadian generations and teach young children about their heritage and history. Pre-ordering information can be found at <https://www.meditatingbunny.com/store>. You can find out more about Blakey's artwork at <http://www.blakeyart.ca/>. Visit Jeff Chiba Stearns' Meditating Bunny Studio website at <https://www.meditatingbunny.com/>.

To keep us informed of important milestones and events, great or small, in the lives of members and former members of the Quebec Japanese community, our readers are invited to send in any news or anecdotes.

Please send your news to montrealbulletin@bellnet.ca
OR
leave a phone message at 438-797-2426

Photos by Tamayo Kamada



church NEWS

MONTREAL BUDDHIST CHURCH
8155 Rousselot, H2E 1Z7
514-727-0482: Shirley Shikatani
MontrealBuddhistChurch@gmail.com

CHURCH PROGRAM

Church services for this year will be online. For further information please contact us.

**MONTREAL JAPANESE
UNITED CHURCH**
8122 Champagneur, H3N 2K6
514-271-6206
Reverend Young-Ho Jang

CHURCH PROGRAM

Sunday Service: 11:50 am
Coffee hour after the service
The church is closed. Rev. Jang will be preaching through the church's Facebook site.

**ST. PAUL IBARAKI JAPANESE
CATHOLIC MISSION**
8155 Rousselot, H2E 1Z7
Father Pierangelo Paternieri, c.s.
Co-representatives: Kazuo Saito,
Kazuo Wada. Tel/Fax: 450-676-9016,
n.yamaguchi@videotron.ca

CHURCH PROGRAM

The church is closed until further notice.

Sights of Autumn

Photos by Junpei Kamada



ブレット モン トリ オール

SUBSCRIPTIONS

Donald Watanabe

The following subscriptions were received during the past month:

Chiyo Brydon
Louise Duquette
John Hashimoto

Pauline Kamio
Lurana Konishi
Shirley Lee

DONATIONS

The BULLETIN gratefully acknowledges the following generous donations:

Chiyo Brydon
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— Don Watanabe

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If you are a current Bulletin subscriber and have not received your monthly issue (print or electronic version), please call and leave a message at 438-797-2426 or send an e-mail to don.watanabe@gmail.com. We will work on resolving your query as soon as we can.

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Fall Hours
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IT'S GOING TO BE FINE

Please refer to our website, Facebook or Instagram pages to see any updates that may occur due to the COVID-19 situation.

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Today's Japanese Proverb or Saying

Researched by Tsukasa Yoshinaka, edited by Alan Itakura

棚からぼた餅 Or, simply 棚ぼた
 Tana-ka-ra-bo-ta-mochi Tana-bo-ta

Meaning: "A rice cake which has fallen from a shelf beyond reach" is equivalent to "a windfall" in English. [Note: Botamochi is a kind of rice cake which is coated with a sweet azuki paste or kinako.]

Reference: 「明鏡ことわざ成句使い方辞典」: 加藤博康著、北原保雄編、大修館書店発行、(2007).

Preparing this month's Bulletin

Here are the special precautions we have been taking each month in order to minimize the possibility of transmitting the COVID-19 virus.

- We produced the issue remotely, collaborating by phone and email.
- We limited exposure of the printed copies to three persons.
- Our printer Michael Cooper delivered the printed copies to Yoko.
- Subscription and donations manager Don Watanabe purchased stamps, printed out the address labels, and placed the self-adhesive stamps and labels onto the mailing envelopes, all the while using a mask and nitrile gloves. He then delivered the envelopes to our Japanese editor Yoko Sayeki.
- Yoko then stuffed the envelopes and delivered them to a mailbox near her home.

Because of these strict precautions, we are confident that you can enjoy your printed copy of this month's Bulletin without fear of exposing yourself to COVID-19. Please stay healthy and do not hesitate to contact us if you have any questions!

Join Our Team!

What are you interested in? Interviewing people? Writing stories? Page layout? Photography? Proofreading? Do you want the thrill of seeing your creative efforts in print or digital format? The Montreal Bulletin is 75 years old. Help us get to 76. Become a Bulletin volunteer and give us a few hours a month. We'll supply the tools. You supply the enthusiasm. Get in touch! I'm waiting to hear from you.

Alan Itakura
itakura@videotron.ca
 514-282-9136



Photo: Tamayo Kamada