

VERNON JAPANESE CULTURAL SOCIETY Newsletter XMAS 2022

Merry Christmas!



The Vernon Japanese Cultural Society is pleased to once again host a Christmas Party for our children

- Everyone is invited to come and get into the Christmas spirit. Please bring a plate of baking to share.
- See Page 2 for some **IMPORTANT DATES** regarding the Christmas Party.



Join the children in celebrating Christmas



VJCS CHRISTMAS PARTY 2022 IMPORTANT DATES

MON. DEC 5: Please email vjc.school@outlook.com with children's names and ages (12 and under)

WED. DEC. 7: deadline to get on the Performer's List. Please email Mari at mariikuta@gmail.com

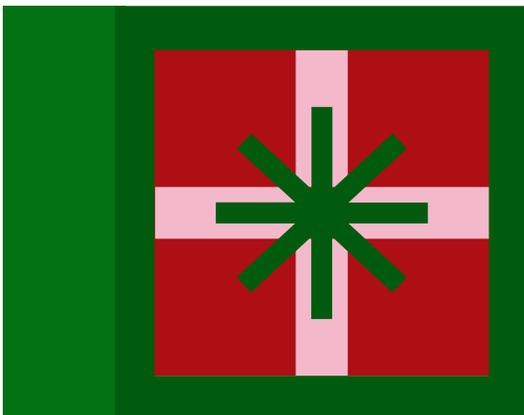
FRI. DEC. 9: deadline (5 PM) to drop off wrapped Santa gift for your children at Prospera Credit Union.

SAT. DEC. 10: 7 PM – Help with set-up and decorating; last minute drop-off of Santa gifts

Donation of Raffle prizes are gratefully accepted and can be dropped off with Darrell at Prospera before 5 pm Dec. 9 or brought to the Tea with Santa on Sunday.



Thanks to the VJCS and the Japanese Canadian Survivors Health & Wellness Fund for the high energy Japanese Taiko Drumming concert in September.



Japanese School

日本語学校



It's that time of year again. We keep up all preventive measures to fight against the triple threats; seasonal influenza, respiratory viruses and COVID-19. Due to several absences over the last few weeks, our autumn Culture Day was rather quiet. We worked on calligraphy projects switching up from haiku.

The four works in the picture from the left read the sun, wind, happiness and peace. Known as 書道 shodou, which literally means the way of writing, calligraphy is a mandatory subject in Japanese schools. Its meditative nature teaches you to bring the soul and body into the work and to write with your heart, letting the brush flow effortlessly. Inspired by the beauty and simplicity, you may find yourself clearing your mind to reach the state of 無心 mushin (consciousness without consciousness), free from negative and intrusive thoughts like anger, fear, or ego.

We are all getting festive as the in-person Christmas concert returns

With the help of Mari Ikuta the candy house master, we built three beautiful raffle prizes. The kids love Mari for another reason; she gives every participant a candy cane to take home!

A special thanks to the Buddhist Temple and the Shibata family for your donation of colourful candies.



We look forward to seeing you all at the concert. Yes, we will sing! Here are our two special songs, にじ niji (A Rainbow) and カントリーロード Take me Home, Country Roads).

にじ ~ Niji ~ A Rainbow
Lyrics by Toshihiko Shinzawa
Composed by Hiroataka Nakagawa
Translated by Brian Peck



庭のシャベルが
一日ぬれて
雨があがって
くしゃみをひとつ*
くもがながれて
光がさして
みあげてみれば

niwa no shaberu ga
ichinichi nurete
ame ga agatte
kushami wo hitotsu*
kumo ga nagarete
hikari ga sashite
miagete mireba

There the garden shovel lay
Left out on a rainy day
Now the rain has gone away
Leaving just a little sneeze*
And the clouds are going too
Now the light is shining through
Raise your head, it's there for you

ラララにじがにじが**
空にかかって
きみのきみの
気分もはれて
きっと明日はいい天気
きっと明日はいい天気

La-la-la niji ga niji ga**
sora ni kakatte
kimi no kimi no
kibun mo harete
kitto ashita wa ii tenki
kitto ashita wa ii tenki

Oh, oh, a rainbow, oh, a rainbow**
Spread across the heavens
Only you, only you
Can clear the clouds inside of you
Surely tomorrow will be beautiful
Surely tomorrow will be a beautiful day

せんとくものが
一日ぬれて
風にふかれて

sentaku mono ga
ichinichi nurete
kaze ni fukarete

On the line the laundry lay
Left out on a rainy day
Now the rain has gone away

あの子のえんそく
一日のびて
なみだかわいて

anoko no ensoku
ichinichi nobite
namida kawaite

The children's special picnic day
Cancelled till another day
Now the tears have dried away

*Repeat **Repeat

カントリー・ロード ~ Take Me Home, Country Roads

Written by Taffy Nivert, Bill Danoff and John Denver
Japanese lyrics by Mamiko Suzuki and Hayao Miyazaki

ひとりぼっち おそれずに
生きようと 夢みてた
さみしさ 押し込めて
強い自分を 守っていこ

hitoribocchi osorezuni
ikiyouto yume miteta
samishisa oshikomete
tsuyoi jibun wo mamotte iko

Almost heaven, West Virginia
Blue Ridge Mountains,
Shenandoah River

カントリーロード
この道 ずっとゆけば
あの街につづいてる気がする
カントリーロード

country roads
kono michi zutto yukeba
anomachi ni tsuzuiteru kigasuru
country roads

Life is old there, older than the
trees
Younger than the mountains
Growin' like a breeze

どんな挫けそうな 時だって
決して涙は 見せないで
心なしか 歩調が速くなっていく

donna kujikesouna tokidatte
kesshite namida wa misenaide

Country roads, take me home
To the place I belong
West Virginia, Mountain mama
Take me home, country roads

思い出 消すため

kokoro nashika hochou ga hayaku natteiku
omoide kesutame

Country roads, take me home
To the place I belong
West Virginia, Mountain mama
Take me home, country roads

カントリーロード
この道 故郷へつづいても
僕は行かないさ 行けない
カントリーロード

country roads
kono michi furusatoe tsuzuitemo
boku wa ikanaisa ikenai
country roads

VERNON BUDDHIST TEMPLE NEWS

Our Temple continues to meet on the Saturday before the 4th Sunday of each month. Hirano Sensei leads a one hour Zen-style meditation session at 2:30pm. The monthly Service starts at 4:00pm. We would love people to join us.

Every Wednesday evening, Hirano Sensei leads a one hour Zoom Zen-style meditation session or lecture on Basic Buddhism. Please email us at Vernonbuddhisttemple@gmail.com if you would like the Zoom Invitation.

The Vernon Chapter of the Men's Shed has accepted the project to hang our Kansho bell on the main hall in a safe but artistic enclosure. Stay tuned for this new installation which will make our Kansho easier to ring. We will pay for this project with the Garage Sale proceeds. The Garage sale was a huge success thanks to all of you who donated many beautiful and useful items and who came out to volunteer for 2 days.

Our volunteers also came out to make apple pies as a fund raiser in November. We had lots of fun and I finally learned how to make a good pie crust! Thank you again for your time and effort everyone.

Our upcoming Temple services will be on Dec. 10 th, January 21st , February 25th and March 25th.

We will be observing monthly memorials for the following people at these services. If you cannot come to the Service for your family member, please let me know and we will ask someone to offer incense in their memory for you.

In gassho, Mari

DECEMBER

Sutezo Nabata, Fumie Tanaka, Ko Yakura, Roy Teramura

JANUARY

Asajiro Tsuji , Toki Ohashi, Kinu Yamamoto, Iwazu Isobe, Masano Yamada, Chiyoko Yakura, Toshiaki Ogasawara. Fumiye Nishimura. Kiyoko Ohashi

FEBRUARY

Isaku Yamada, Usa Natsuhara, Kumakichi Sato, Shigeo Tanaka, Kikuye Okazaki, Masaye Ohashi

MARCH

Hiroshi Nagano, Kanichi Yamada, Yoshihiro Okano, Yoshitomo Ogasawara, Tokimitsu Takemura, Jujiro Ohashi, Chiyoshi Sakakibara

VJCS GARAGE SALE REPORT

Our October VJCS Garage Sale was a huge success with many happy buyers who found incredible deals and treasures. The donations kept coming in and the hall was overflowing with items. The VJCS members' donations filled the Conference room. The Buddhist Temple members shared the gym with individual table renters. The Japanese School had their tables in the foyer.

Thanks to many VJCS, Temple and Japanese School volunteers we had items out and priced in about 3 hours on Friday night. We opened the doors at 9:00am to a line-up of eager shoppers. People were leaving with arm loads of beautiful things. I heard during and after the sale that people were amazed at the quality of furniture, art work, kitchen goods, etc. that we had for sale. Looks like VJCS, Temple and Japanese School members have good taste and are very generous!

The expenses were few because the Buddhist Temple donated all the advertising and supplies. Delicious food for the appreciative volunteers was donated by the Buddhist Temple, Ruby Ohashi, J-Don, Mitsuyo Kaneda and the Camerons. Jocelyn Berlinguette turned the kitchen into a Pizzeria on Friday night with so many different varieties of yummy pizza! I have never had all you can eat maki zushi, age zushi, matsutake gohan, tsukemono for lunch. Thank you to all of you who donated and prepared the food!

The VJCS, Japanese School and the Buddhist Temple did very well and so did the Kindale Thrift store who received 7 car/ truck-loads of left over donations.

Thank you to all who volunteered and donated. It was a fun event which we hope to repeat in the spring. If you have items to sell, please think about renting a table for \$20 and start organizing your things. Or you can always donate them to the VJCS or Temple.

PISTACHIO BAR (350 oven for 18 - 22 mins.)

2 cups flour	2 (3/4oz.) pistachio pudding mix
1/2 cup sugar	1 tsp. baking powder
1 egg	1/2 cup melted butter
1/4 cup vegetable oil	1/2 cup milk
1 tsp. vanilla	1/2 cup pistachio - crushed for garnish

Mix flour, pudding, sugar, salt & baking powder. In another bowl beat egg, butter, oil, milk & vanilla. Mix the 2 till they are blended. Mix in the pudding. Press into slightly greased 9x13 pan. Bake at 350 for 18 - 22 mins. till slightly brown. Let cool & ice with cream cheese frosting.

CREAM CHEESE FROSTING

4 oz. cream cheese	3 tbsp. butter
2 tsp. vanilla	3 cups icing sugar

Combine till fluffy. Tinted the frosting pink & top with 1/2 cup of crushed pistachio. Very pretty served on a clear glass platter with the green cake & pink frosting. Cut into 24 squares.

ALMOND TARTS (375 oven 20 mins.)

2 doz. frozen mini tart shells
3/4 cup ground almonds
3/4 cup sugar
2 eggs
2 tsp. almond extract



Spread a bit of raspberry jam on the bottom of unbaked tart shell.

Beat eggs, sugar, ground almond & almond extract. Spoon into shells.

Bake 375 on bottom rack for 20 mins.

OLD DUTCH CARAMEL CORN

Place contents of one 175 gram bag of Old Dutch Popcorn Twists into a large roaster pan. In a 2 qt. saucepan cook together for 2 mins. the following caramel sauce ingredients:

1/2 lb butter (not margarine)
1 cup brown sugar
1/2 cup light corn syrup (I use Crown Lily white corn syrup)

Add 1 tsp. baking soda to the mixture. This will cause the mixture to foam (that's why the 2 qt. saucepan).

Allow the foam to cook down slightly, then stop cooking the caramel sauce mixture. Pour caramel mixture over the popcorn twists & stir till mixed. Place in 250 oven for 45 mins. Stir every 10 - 15 mins. Remove from oven pour onto wax paper or parchment paper. Allow to cool slightly & break apart.

NEWFIE™ CHERRY CAKE

1/2 lb. butter
1 cup sugar
4 eggs
1 tsp. vanilla
2 1/4 cup flour
1/2 tsp. baking powder
1/4 tsp. salt
1 - 6oz. jar red cherries *
1 - 6oz. jar green cherries*
1 cup mixed fruit*
*Dredge in flour

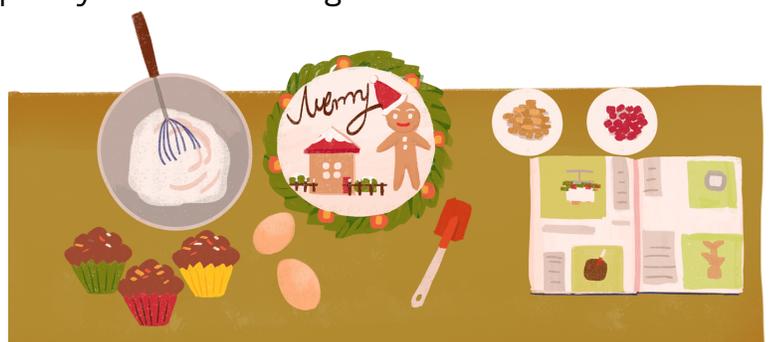
Cream butter, sugar, eggs & add vanilla

Mix in dry ingredients. Fold in the dredged fruits.

Use 8" round pan. I used a 9" square for easier cutting.

Bake Oven 325 -15 mins. 1 1/2 hr. 275

Very pretty with the red & green cherries & mixed fruit.



HEARING LOOP REPORT

The Japanese Canadians Health and Wellness Fund paid for the Installation of Hearing Loops in the Conference Room and the Gym at our Vernon Japanese Cultural Center.

These loops allow people with hearing aids to have the sound from the microphones go directly to their hearing aid using magnetic waves. Most hearing aids have the ability to turn on their telecoils in order to use the Hearing Loop. Our hall has joined an ever-growing list of public spaces (Performing Arts Center, Halina Center, Schubert Center, the Vernon Library, most places of worship, The People's Place, the Vernon City Chambers)

For more information please go online to <http://aurisloops.com/>

Please contact your hearing aid provider if you need to learn how to turn on the telecoil in your hearing aid. Most hearing aids being used today have them.



If you don't have hearing aids or your aids don't have the telecoil technology, we have purchased several personal devices that you can use with your own headphones or earbuds. Please bring a set of headphones or earbuds to experience this amazing technology.

THANK YOU!

Donations 2022

JC Survivors Health & Wellness Fund

Kaneda, Mitsuyo

Ohashi, Hanako

Ouchi, Suzie

Sato, Harold & Sachi – in appreciation of Taiko evening

Tabata, Toshiko

In Memory of Tomiko Ouchi – Mariko Baerg & Radner Keyes, Nobuko Fukushima, Gord, Cathy & Jenn Fukushima, Bob Fukushima, Larry & Judy Fukushima, Ed & Karen Fukushima, Stewart Kawaguchi, Suzie Ouchi, Tom & Nina Ouchi, Joe Sasaki

J-Don Restaurant – Xmas dinners

Maharoba Restaurant – Xmas dinners

Okazaki, Rosie & George

Vernon Buddhist Assoc. – for use of hall

This recipe was a special request from those at the garage sale - a delicious treat made by Mari Cameron

Green Tomato Cake

Preheat oven to 350.

Line 9 x 13 inch pan with greased parchment paper

4 cups chopped tomatoes and 1 Tbsp salt.

½ cup butter (or ¼ c butter and ¼ c crushed pineapple)

1 cup white sugar

2 large eggs (or 1 egg and ¼ c crushed pineapple)

2 cups all-purpose flour

(Or ½ cup whole wheat and 1 and ½ c all purpose flour)

1 tsp cinnamon

¼ tsp each ground ginger, allspice and nutmeg

Pinch ground cloves

1 tsp baking soda

¼ tsp salt

½ c unsweetened coconut or ½ c raisins (or ¼ c of each)

½ c chopped walnuts



Step 1: Place chopped tomatoes and 1 Tbsp salt in bowl and leave for 15 minutes. Wash with water and drain well.

Step 2: Cream room temperature butter and sugar. Add eggs and beat until creamy.

Step 3: Stir together all dry ingredients and add to butter mixture. Mix well.

Step 4: Add coconut, walnuts, and tomatoes, mix well. Spread into pan. I spread into the pan leaving about 1 inch empty so my cake is thicker.

Step 5: Bake for 40 to 45 minutes.

Can sprinkle with icing sugar or once cool frost with Cream cheese icing.

Will keep in the fridge for several days but warm in microwave for best taste.



The Chidori-kai have been practicing Thursday evenings from 7-8 pm We will have a break from Dec. 11 until around the middle of January.

We all wish everyone a Very Merry Christmas and a Happy New Year.

VERNON JUDO CLUB

The Vernon Judo Club now has four classes running—is back to 2020 numbers with room for more—and has a busy calendar planned for the 2022-23 season.

We started classes in September, adding a Monday "Parent & Petit Samurai (4-6)" class. Juniors (7-12) and seniors (13+) meet on Mondays and Thursdays. Our Instructors work on their skills and kata on Wednesdays. The VJC has both recreational and competitive members. So far this season, competitors fought at Burnaby and Richmond events.



Our season's first big event was hosting the Judo BC Inter-Provincial Fall Camp. Nearly 300 participants, mostly from Judo BC and Judo Alberta, gathered to train under the direction of special guest, French Olympian and international coach, Darcel Yandzi.



Upcoming, we are set to host the judo venue for the 2023 BC Winter Games (at Fulton, Mar 23-26) and our own BC Open event (at the Rec Centre Apr 21-22).

We received a new batch of fresh-pressed "Bella Vista Blend" apple juice (this year, it's about 80% Aurora—in a new 3L box). This is our Parents'

Association fundraiser to support our athletes and we thank Tom Ouchi at *Ringo En Orchards* for his support. Contact the club for details, including eTransfer or pick-up arrangements.

Finally, the Vernon Judo Club (known as Canada's longest continuously running judo club, established in 1944) gratefully acknowledges the contribution of two men, both in their 90s now, who are retiring from the club's *koenkai* but have consistently worked to ensure the club's longevity and meant a huge difference to generations of judoka: Tosh Yakura and Yosh Ouchi. We thank you for your decades of dedication. *Sensei, kore kara mo, yoroshiku onegaishimasu.*

The VJC practices Monday (Tuesday on most holiday Mondays) and Thursday nights at the Vernon Japanese Cultural Centre, with an 8-month season. The kata group tends to go year-round on Wednesdays.

For more information, contact [George Okazaki 250-542-2912](tel:250-542-2912), [Aubrey Comley 250-260-3885](tel:250-260-3885), email vernonjudo@gmail.com, or visit our website at vernonjudoclub.ca.



VJCS Membership - to November 2022

Asano, Rumi, David Laidlaw & family
Bouchard, Miki (Sakamoto) & family
Buick, Janice & Mike
Comley, Aubrey & family
Crockett, Janie
Croken, Miyoko
Davidson, Gail
Davies, Pattie & Bruce
Ducross, Keiko & family
Fujino, Dan
Gagne, Kaori & family
Hirota, Nao & family
Hoshi, Hiroko, Kazumi & family
Ikeda, Fusako
Isobe, Jessie, David & family
Kaneda, Mitsuyo & family
Kono, Takashi & family
Kotani, Joji, Showna & Ann
Love, Yayoi and Justin & family
Lowe, Tracey Sumiyo & family
MacLean, Wakana & family
Matesiu, Claudia & family
Mathies, Darren & family
Mori, Deni & family
Mori, Janice & Terry
Mori, Kelsey & family
Natsuhara, Gene
Ogata, Janice
Ohashi, Hanako
Oizumi, Irene
Oizumi, Jason
Okazaki, George
Okazaki, Rosie
Oshiro, Darrell & Jennifer
Ouchi, Kurt, Robynne & family
Ouchi, Suzie
Ouchi, Tom & Nina
Peterman, Mami & family
Quibell, Marlene & family



Ryuji, Naoko & family
Sakakibara, Agnes
Sakakibara, Akira & Miyoko
Sakakibara, Bryan, Sabrina & family
Sakakibara, Tosh & Marilyn
Santoso, Budi & family
Sasaki, Joe
Sato, Harold & Sachie
Schulz, Hisae Terashi & family
Sengupta, Claudia, Shiv, Aria, Kaia
Shibata, Masakazu & family
Smith, Wendy
Sugimoto, Shigenori & family
Tabata, Toshiko
Takagi, Grace & Fred
Watkins, Yuriko & family
Yoshikawa, Ritsuko
& family



VJCS Membership for 2023 Family: \$20 Single: \$10



You can pay your annual membership or make a donation to the VJCS by an E-Transfer to: vjcsmembership@gmail.com When you make the transfer be sure to describe what the payment is for – membership and/or donation in the message section.

Of course, you can always pay by cheque
Mail to: PO Box 566, Vernon, BC V1T 6M4