

# JSS NEWS

## Japanese Social Services

Japanese Canadian Cultural Centre 2<sup>nd</sup> Floor. 6 Garamond Court, Toronto, Ontario M3C 1Z5  
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Mrs. Teruko Maekawa prepares the *sukiyaki* beef for the Wynford Seniors



Jitsuo Hayashida with his wife Nelly says, "It's good. It's always good."



Marge Suyama, Mich Hamade, Pat Adachi and Norma Cheng of the Wynford Seniors enjoy a hot lunch.

## Hot Lunch Kicks off to a Successful Start

JSS kicked off one of its most popular fund raising and seniors' programs with a Hot Lunch of delicious *sukiyaki* *domburi*, or beef and vegetables in a special sauce served over steaming rice.

The program gives members of the Wynford Seniors group at the JCCC lunch at very reasonable prices and allows JSS to raise some needed funds. The event was held on September 16<sup>th</sup> and grossed over \$400 for JSS.

From all of us at JSS, thank you Wynford Seniors! And thanks to all of our wonderful volunteer chefs for all of their hard work and dedication.

(Check out page 2 for a special recipe)



**Japanese Social Services**

A non-profit, charitable organization providing culturally relevant services in Japanese and English

Summer/Fall  
2009 Edition

# Toke Suyama takes the JSS Toronto Challenge

Long time board member and counselor Toke Suyama completed another successful Toronto Fund Raising campaign for JSS. Almost five thousand dollars was raised by Toke at the annual Toronto Challenge, a 5 km walk for charity held on a cool June 14 morning.

Our wonderful supporter Mits Ito raised over one thousand dollars while board member Ruth Sumi brought in almost eight hundred.

Other participants and donors of note were Jean Peasah, Kiyoshi Hao, Ruth Sagara and Joanna Lalka.

Almost eight thousand dollars was raised. A big JSS thank-you to Toke and his team and to all the participants and donors.



## JSS News Acknowledgements

**Editor David Ikeda**

**Thanks to our friends Mika Fukuma and Yusuke Tanaka at *Nikkei Voice* for their help with the layout and production.**

**Thanks to President Takeo Maekawa, Teruko Maekawa, Junko Lui, Takanori Kuge and Jean Peasah for their contributions and translations. Thanks to the wonderful JSS volunteers for the distribution and help.**

## HOT LUNCH RECIPE

At this fall's Hot Lunch Mr. Maekawa will serve a dish he says is symbolic of Autumn for Japanese, *kuri-gohan* with *kinpira-gobo*. The dish is completely vegetarian and is thus healthy and nutritious as well as delicious.

*Kuri-gohan* (For 4 person)

Ingredients

Short-grain rice	3 cups
<i>Mochi</i> rice	1 cup
Chestnuts	20 or more
<i>Sake</i>	3 tblsp
Sugar	3 tblsp
Salt	1 tsp
Cold Water	4.4 cups

Directions:

Peel the chestnuts and boil them for about 20 min. In a separate bowl mix the cold water and sugar. After boiling the nuts, place them in the bowl of sugared water over night. (You can use sweetened chestnuts from the Asian grocers as a substitute). Cook rice in a rice cooker as you normally would but add the salt and *sake*. After the rice is done, place it in a large bowl and mix in the sweetened chestnuts.

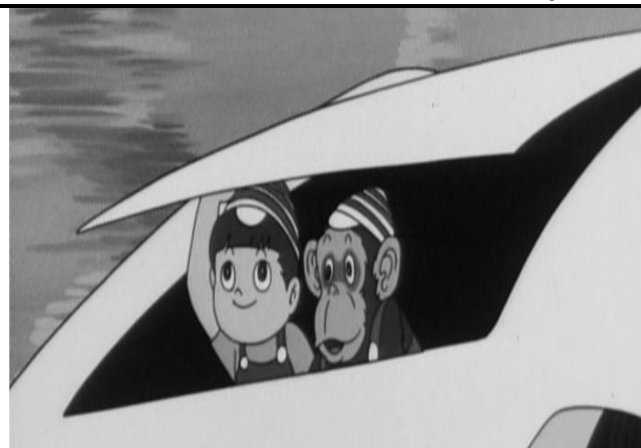
*Kinpira-gobo* (For 4 person)

Ingredients

<i>Gobo</i>	1 Medium sized root
Carrots	1/4 cup
Vegetable oil	1 tblsp
Sugar	2 tblsp
<i>Shoyu</i>	1 tblsp

Directions:

Peel the *gobo* with the dull edge of a knife. Slice fine diagonally and cut it into thin strips or cut several times vertically like pencil shavings. Soak the *gobo* in waters for about 10 minutes and drain in a strainer. Cut the carrots in the same manner. Combine the vegetables in a saucepan with the vegetable oil, sugar and soy sauce and cook on low heat for about 10 to 15 minutes or until the *gobo* is tender.



There's more information on the web.

Check us out at

# JSS.ca



# Helpful Info for the Japanese Newcomer to Canada

**By Takanori Kuge**

I'd like to offer a piece of advice for new immigrants to Canada: Get a family doctor and get used to the medical system here.

This is because the medical system in Canada is totally different from the one in Japan. "Family Doctors" do not exist in Japan. If you have a medical issue you contact a specialist and get treated right away. In Canada as we know, patients get referred to a specialist by a family doctor after what could be a significant waiting period. There is also most likely a waiting period between a visit to the specialist and treatment.

For Japanese who are used to same-day service, facing a medical condition can be acutely stressful in their new homeland; especially if they are unaware of the process. As a matter of fact, a lot of the familial problems JSS's clients face, in particular regarding the issues around parenting and/or couple-relationships, have their starting point with their shock and frustration of coming into contact with the Canadian medical system.

## JSS facing critical financial challenges

**By Junko Lui**

JSS is supported mainly by donations from the public and membership fees. Some support comes also from the City of Toronto. Apart from one qualified counsellor and one part-time office staff, JSS's activities are undertaken by volunteers. In 2008, the total number of volunteers was approximately 520.

In counseling, 2008 statistics indicate there were 524 cases, including brief contacts (575 cases in 2007). Of these, 164 were immigrants (233 in 2007) while 83 had working holiday visas (41 in 2007). Information on 68 persons (73 in 2007) was not obtained. Interviews took place in the office in 294 cases, during home visits in 29 and 11 by email.

Main concerns brought to the counsellors's attention were separation and divorce, 155 cases; legal issues, 153 cases; mental health related issues, 138 cases and crime related issues, 36 cases. It is obvious then, to deal with such workload, the counselor is required to put in a lot of overtime

With the help of volunteers, JSS conducts group activities as well, on various topics such as parenting, women support, English classes, etc. Public seminars and workshops are also organized. JSS participated in a three-day event held at JCCC in 2006 and 2008 raising \$4,000 and \$5,200 respectively.

While individual donations, membership fees and fundraising proceeds have remained fairly constant over the years, it is noted that non-individual donations have decreased each year.

As a result, JSS had limited surplus (\$1,700 in 2006 and \$4,000 in 2007) until 2007, but in 2008, it was compelled to shoulder a deficit of \$4,300. According to its budget for 2009, a deficit of \$6,600 is expected.

The aggregate surplus at the end of 2008 amounted to \$32,400. If it is assumed that there will be a deficit of around \$5,000 each year, it is extremely concerning because JSS may be bankrupt in 5 or 6 years. Out of its annual expiture of less than \$90,000, over 70% is required to pay the counsellor and office staff. The remainder is used for indispensable expenses such as running programs, fundraising and purchasing TTC tickets for volunteers.

In July, JSS organized a seminar on lung cancer that was very well received. Through such events and programming, I am proud of the fact that JSS is making a significant contribution to the Japanese Canadian community. JSS needs the support and assistance of many people including the *shinijushas* to enable it to continue its operation into the future.

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## Membership/Sponsorship Application Form for 2009/2010

Individual;		1 Year	\$25.00		2 Years	\$40.00
Family		1 Year	\$40.00		2 Years	\$70.00
Corporate		1 Year	\$250.00			
Non-profit		1 Year	\$100.00			

Name(s): \_\_\_\_\_ Date \_\_\_\_\_

Corporation/Organization \_\_\_\_\_

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

Telephone: (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

Membership Fee \_\_\_\_\_ Payment Method

Donation Amount \_\_\_\_\_ Cash  Cheque

Total Enclosed \_\_\_\_\_

**Please make all cheques payable to Japanese Social Services.**  
**Membership and donations are tax deductible. Tax receipts will be forwarded. No contribution is too small.**  
 Charitable tax number: 13338-8710-RR0001

## JSS Programs Rely on Volunteers & Support

Along with counseling, JSS is involved in many community programs targeting Japanese speaking people who may be isolated or vulnerable because of language and cultural barriers. Some of these are listed below:

**Nobody's Perfect:** A regular meeting of new mothers to discuss issues in their lives.

**Craft Club:** A meeting of women over various activities that allows them to socialize.

**Canadian Conversational English** classes.

**Hiyokko, Konnichiwa** and the **Holiday Drive** programs which all target isolated individuals or those who may have fallen into hard times.

JSS also thanks Ikebata Nursury for child-care services during some of the above programs.



Thanks for  
 becoming a  
 member of JSS!  
 Donations help  
 us continue the  
 good work!

