

KJICA

NEWSLETTER

Published monthly by the Kamloops Japanese Canadian Association
to give you news and happenings of interest to the Japanese Canadian Community

Upcoming Events for November & December 2025

Monday, November 3, 10, 17, 24.

Raiden Taiko / 6:30PM-8:00PM

Tuesday, November 4, 18, 25.

Museum / 10:00AM-2:00PM

Tuesday, November 4, 18.

Japanese Class (Beginner & Advance)
6:30PM-8:00PM

Wednesday, November 5, 12.

Japanese Class (Intermediate 1&2)
6:30PM-8:00PM

Thursday, November 6, 20.

Craft Group / 10:00AM-2:00PM

Friday, November 7, 14, 21, 28.

Raiden Taiko / 6:30PM-8:00PM

Saturday, November 22.

Craft & Bake Sale / 10:00AM-2:00PM

Friday, November 28.

Udon Lunch / 11:30AM & 12:15PM

Tuesday, December 2, 9, 16.

Museum / 10:00AM-2:00PM

Thursday, December 4, 18.

Craft Group / 10:00AM-2:00PM

Sunday, December 7.

Children's Christmas Party
10:00AM-12:00PM

Friday, December 19.

Udon Lunch / 11:30AM & 12:15PM

Monday, December 22.

(- Friday, January 2, 2026.)
Centre is closed

Saturday, December 27.

Mochi Making / Pickup 1:30PM-3:00PM



Editor

Kaori Sorokopud

President

Lance Yamada

**Kamloops Japanese
Canadian Association**

160 Vernon Avenue,
Kamloops, BC,
V2B 1L6

TEL. 250-376-9629

Email

kjca@telus.net

Website

<https://kjca.ca>



KJCA President's Report

I hope everyone is enjoying the fall season.

Thank you to Sayaka and her committee for organizing a fantastic 2025 Keirokai dinner social. We had an excellent turnout!



New Website

Our new website is nearly finished, and I'm gathering testimonials from members to showcase on the site. This updated platform will make it easier to manage memberships, events, and donations, and it will become the main template for other Japanese cultural centers across Canada. Once it's live, I'll host an evening session to guide members through the new site. Your feedback is invaluable.

We've made significant changes to our office administration and management tools, aiming for smoother operations, and we are transitioning to a new email address right now at contact@kjca.ca

Our **NAJC** capacity grant committee spent months considering bringing the "Broken Promises traveling exhibit" project to Kamloops in 2026. We ultimately decided against it, as there wasn't enough enthusiasm or volunteer support. I thank Lana and Michelle for spending time on this project, with lots of hours and research spent on getting every detail possible for proper presentation. This is disappointing, but we must look ahead for other exciting projects to take on in the future.

Nisei Curling League

Thanks to Mike & Anita Mori, and the rest of the curling board for another enjoyable year of curling! The league, which started Sunday, Oct. 18th, is full, with both familiar and new faces joining. The Nisei league, the oldest in the Kamloops Curling Club (over 55 years!), welcomes everyone. I'm working on organizing a KJCA curling social for our members and families, although ice time is limited due to the North Shore closure increasing demand at the Kamloops Curling Club. Details to follow.

It is with regret that I announce Donna Tabata's retirement. Her tireless contributions to the KJCA have been invaluable, and she will be missed. We're searching for members interested in stepping into her role—contact me at kjca@telus.net if you're interested. With several board members set to step down in 2026, now is a crucial time for younger and returning members to take on key roles. We welcome your ideas, energy, and especially new fundraising suggestions.

Thank you for your steadfast support!

Best regards,

~ Lance Yamada
KJCA President



Request for Baking

The KJCA **Craft & Bake Sale** is on **Saturday, November 22**. This is a fundraiser for the cultural centre and we are asking members to please donate your favourite baking to help make our sale a success. We would appreciate any cookies, squares, pies, cakes that you could add to our bake sale.

Please bring to the centre on Friday between 10:00 am and 2:00 pm or on Saturday morning before 9 am.

Thank you so much!



JAPANESE CULTURAL CENTRE

160 VERNON AVE/ 250-376-9629

KJCA@TELUS.NET

CRAFT & BAKE

SALE

FREE ADMISSION

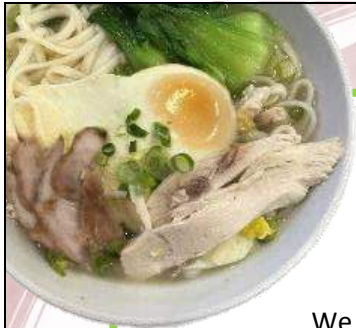
SATURDAY, NOVEMBER 22

10 AM-2 PM

HANDMADE GIFTS, CHRISTMAS BAKING

SANDWICH PLATE WITH TEA/COFFEE

AND MUCH MORE!



Udon Lunch

Friday, November 28th, 2025.

We require that you phone **250-376-9629** or email kjca@telus.net your udon and sushi order and any reservation.

Please note: Cutoff for orders is **November 27th at 2:00pm.**

We will have 2 sittings, **11:30 am** and **12:15 pm**. Or **Takeout.**

Eat in Udon \$15.00 and Sushi \$13.00
Take out Udon \$13.00 and Sushi \$13.00

*If you have mobility issues, please let us know when placing your order or reservation — we will be happy to open the back gate for easier access.

KAMLOOPS ARTISTS FINE ART SHOW & SALE

November 14, 15, 16
10 am to 4 pm

Original Paintings, Cards
& Boutique items

Join us and Enjoyour Art at the
Japanese Cultural Centre
160 Vernon Avenue, North Kamloops



CHILDREN'S CHRISTMAS PARTY

MEMBERS ONLY

SUNDAY, DECEMBER 7, 2025.

10AM TO 12PM

AT THE CENTRE

Please bring one gift (up to \$20) per child with their name written on it. Santa will hand them out to the children.

Pictures with Santa (by donation to KJCA) will be taken by Romi, our photographer.

Preregister by phone (250-376-9629) or email (kjca@telus.net).

National Association of Japanese Canadians

Hello KJCA members,

KJCA President Lance Yamada and I as the NAJC liaison attended the 2025 NAJC Annual Capacity Building Conference in Lethbridge, Alberta Sep. 27-28.

The theme of the conference was "Building Together" (Tsunagari). The workshop offerings focused on how we as JC organizations can **grow stronger, work better** and **make a bigger impact**. The workshops I attended were "Leadership" and "Money, Tech & Security." What I got out of these workshops and the conference in general is the need to be forward thinking and evolve with the changing times so that we are meeting the needs of our volunteers and the general membership. This requires developing leadership skills and using technology to service our community more effectively. Attending the conference was also confirmation for Lance and I that we are on the right track with the NAJC Capacity Building Initiatives grant application. On this note, the deadline for Phase 2 of the grant application is October 31, 2025 and the items we are looking to receive approval for are:

- Lunch/refreshments for a strategic planning/leadership training workshops led by NAJC facilitators
- Grant writing fees, grant-writing course
- Fundraising course
- Staff time to support member participation and volunteer coordination
- More tech upgrades including printer, QuickBooks online subscription, QuickBooks training, Windows Suite for Mac, conference speaker with camera capabilities, Zoom Pro account
- Adaptive equipment for Exadon workshops
- Happi coats with KJCA branding

In December's newsletter, I hope to be reporting out on the phase 2 grant items that were approved! Until then, take care.

~ Lana Tomiye
NAJC Liaison



Building Together
Tsunagari 繋がり



KJC Museum & Archives

Friends of KJCA,

We continue to work hard towards preparing the exhibits for the renovated museum. As all of the previous museum displays have been totally dismantled and new ones are being created, this has been an onerous task. We are looking towards having the official reopening next year in late January. Please help us by looking into your photo collections and send to kjcma2012@gmail.com, any photos you may have for 1994-1997, 2000-2007, 2009 2010 and after 2018. We particularly needing photos of events that occur outside of the Centre such as bowling, golf, picnics, curling. We can also scan your photos and return them if you bring them to the Centre. Your assistance is greatly appreciated in getting our display completed.



The museum would like to thank Chizu Kan, one of our committee members, who generously created the mini albums for the Keirokai. For those of you who were not lucky enough or old enough to attend Keirokai, Chizu create 10 albums prizes. One lucky person at each table won each album with 17 pages of Keirokai photos spanning many years!

~ Shirley Nakashima



Kamloops
Japanese Canadian
Museum & Archives

Challenging Exile

Japanese Canadians and the Wartime Constitution

By **Eric M. Adams** and **Jordan Stanger-Ross**

In September 1945, Canadian democracy faced a fundamental question of constitutional law: Could citizens be expelled on the basis of race? Canada proposed exiling Japanese Canadians to Japan, a country devastated by war. Thousands who had already experienced uprooting, internment, and dispossession were now at risk of banishment. *Challenging Exile* investigates the origins, administration, litigation, and aftermath of this attempt at gross injustice, and shares the stories of resilience of those who faced it.

How did Japanese Canadians navigate the challenges arrayed against them? Eric M. Adams and Jordan Stanger-Ross detail the circumstances and personalities behind the proposed exile. They follow the lives of families facing government orders that forced them from their homes, stripped their livelihoods and possessions, and deprived them of fundamental rights. And they analyze the constitutional framework of the court case in which lawyers and judges grappled with the meaning of citizenship, race, and rights at a time of change in Canadian law and politics.

Unfolding in a context of global conflict, sharpened borders, and racist suspicion, the story told in *Challenging Exile* has enduring relevance for our own troubled times.

This meticulous and moving account of a shameful episode in Canada's past tells a necessary story not only for scholars and historians of law, politics, and human rights, but also for lawyers, judges, and readers of Canadian history.

Eric M. Adams is a professor in the Faculty of Law at the University of Alberta and has written widely on constitutional law, legal history, employment law, human rights, and legal education. He lives in Edmonton.

Jordan Stanger-Ross is a professor of history at the University of Victoria and is the author of numerous works on the history of migration and race in North America. He lives in Victoria. Together, they were awarded the John T. Saywell Prize for Canadian Constitutional Legal History for their joint scholarship with the Landscapes of Injustice partnership, examining the uprooting and dispossession of Japanese Canadians during the 1940s.



328 pages, 6 x 9

71 b&w photos, 4 maps, 4 b&w illus.

Paperback | \$34.95

**Available
October 15th**

Order online at
www.ubcpublishing.ca/challenging-exile

**Email us about book club
and bulk orders.**



Keirokei

今年は10月18日の土曜日に開催される事となった敬老会ですが、92名の方々が出席され大変盛況となりました。私達も大勢の年配の方々の元気なお姿を拝見し嬉しく思いました。今回のイベントは30人を超えるボランティア構成で、昨年よりもさらに連携の取れた物となったと思います。キッチンを主に手伝ってくださった、トッド康子さん、宮川由美さん、鈴木陽子さん。デコレーションやギフト類を主に手伝ってくださった、ホール未来さん、ソロコプド香穂里さん。そして、その他大勢のボランティアの方々の支えがあってこそ成り立つイベントです。どうも皆さま大変ありがとうございました。

2026年の新年会は、カジュアルなポットラックのソーシャルパーティーになる予定です。是非とも皆さま何か一品と共に集まっていただけたらと思います。

イランダーさやか



This year's Keirokei (Respect for the Aged Day gathering) was held on Saturday, October 18, and it was a great success with 92 attendees. We were very happy to see so many energetic seniors in good health.

This year's event was supported by more than 30 volunteers and, compared to last year, ran even more smoothly thanks to everyone's cooperation.

A big thank-you to Yasuko Todd, Yumi Miyagawa, and Yoko Suzuki, who mainly helped in the kitchen, and to Miki Hall and Kaori Sorokopud, who took charge of decorations and gifts. Of course, this event could not have come together without the support of all the other volunteers as well. We sincerely thank you all.

The 2026 New Year's party is planned to be a casual potluck-style social gathering. We hope everyone will join us and bring along a dish to share!

~ Sayaka Elander

Thank You for

Your Generous Donations

We gratefully acknowledge the following people for their donations for September 26, to October 24, 2025.

General

Arnie & Bernie Bepple (2)
Katsuji & Kuniko Chiba
Larry & Mae Doi
Eugene & Dawn Ebata
Deborah Gonvick
Gordon & Lynn Gordey
Kazuyo Isobe
Marvin & Nancy Keller
Edna Miyahara
Cindy Mochizuki
Henry Uyeda
Michelle Ziebart

In Memory of Len Tateyama

Arnie & Bernie Bepple
Anthony Imai
Cathy Morimoto
Shelley Tateyama
Tomi Wakabayashi

Condolences

Our sincere condolence to Hellen Sawada, Brenda Sawada and Scott Carson and Kaz & Kobe Carson on the passing of Fred Sawada on October 8, 2025.

Here is the handbill introducing the EXADON-inspired wellness program. (It will be known as "Senpai TaikoFUN!" in the future.)

Session 1: **Jan. 7, 14, 21, Feb. 4, 11, 2026** (No class on Jan 28), **10:30 am to noon.**

Cost: **\$25**

Open to **KJCA members 65-plus** (1961 or earlier).

For registration and availability, please contact Kamloops Japanese Canadian Cultural Centre at 250-376-9629 or email kjca@telus.net.

COMING SOON!

EXADON-Inspired Taiko

Exercise for Seniors

Exciting New Wellness Program!



☀ **Feel the Beat. Strengthen Your Mind and Body. Connect with Community.** ☀

A new kind of wellness experience is coming for adults 65+ in early 2026!

Thanks to a generous grant from the NAJC's Capacity Building Initiative, we're proud to launch a dynamic new program that blends movement, music, and connection.

What is EXADON?

Developed by the esteemed Kodo Cultural Foundation in Japan, EXADON uses the power of taiko to enhance coordination, improve circulation, boost brain health and deliver many other benefits - in an environment that's friendly, inclusive and fun! The EXADON approach is the key to delivering our program. We are indebted to the Kodo Cultural Foundation for allowing us to follow those principles.

Why join:

- ✓ Improve your health and wellness
- ✓ Experience something new in a safe, inclusive environment where everyone belongs
- ✓ Celebrate the art of Japanese drumming
- ✓ **Have fun!**



Introductory video

<https://www.youtube.com/watch?v=19-18QAa1rg>

Learn more about EXADON: <https://en.exadon.com/en-about>

⚠ **Class sizes are limited. Stay tuned for registration details!**

Q&As

Q1: Do I need musical experience?

A1: No, the program is more about having fun and less about technique and skills development.

Q2: I'm not very mobile. Can I still participate?

A2: Absolutely. The program is adaptable to any level of fitness and mobility, e.g., if you can't stand for extended periods, chairs will be used. Periods of rest are built into each session.

Q3: Why is it open to members only?

A3: Sessions are initially open to members only to align with the NAJC Capacity Building Initiatives grant. We will see how Session 1 is received and make adjustments going forward.

Q4: Will you have more sessions?

A4: Class sizes are intentionally small. As awareness of the program increases, additional sessions will be introduced.

Regards,

~ Les Tabata



Raiden Taiko



Happy fall, everyone.

October was yet another busy month for Raiden Taiko!

On October 2nd, we put on a drumming workshop and mini performance at the Old Kamloops Courthouse as part of Culture Days to a full house of participants. During Culture Days, a variety of free arts and culture events are organized for communities across Canada. This will be our 8th year performing at Culture Days.

On October 3rd, we participated in a PATH (Planning Alternative Tomorrow's with Hope). PATH is used as a goal-setting tool. Trained PATH facilitators Lana Tomiye and Lori Lucier (Lana's former work colleague) facilitated the PATH for us.

On October 4th, we put on a drumming workshop and performed at Vernon's Moon Festival. The Vernon taiko group recently released their name: Oka Taiko. Oka translated to English is "hill."

On October 6th, we met to plot out our performance and workshop schedule for 2026. There have been a few new events and workshops added to an already busy schedule. Stay tuned for what those might be in upcoming newsletters.

By the time you will be reading this newsletter, several members of the Raiden Taiko group - Heather Gooch and Jim and Sheena Motokado - will have returned from an intensive weeklong workshop about taiko drumming in Ise, Japan. We are looking forward to hearing about their trip and sharing with us the new pieces they have learned, technical skills and new drills.

We would also like to take the opportunity to mention that we are doing a second run of our popular Raiden Taiko t-shirts. We will let you all know when the shirts will be available for sale. Thanks to our talented photo and videographer Jim for supplying the photos!

Until next time, take care.

~ Lana Tomiye

Raiden Kids Taiko

Raiden Kids Taiko Performs at the 3rd Annual Judo Tournament

On **October 4th**, the **Raiden Kids Taiko group** was honored to perform at the **3rd Annual Judo Tournament**. It was a wonderful opportunity to share the power and spirit of **Japanese Taiko drumming** with the athletes, families, and community members who attended.

Our group was thrilled to contribute to the celebration of Japanese culture alongside the spirit of Judo. The deep rhythms of the drums filled the venue, bringing energy and excitement to the day's events.

We thank the Judo club for inviting us and look forward to performing again in future community events!

~ Miyuki Black



Kamloops Judo Club

The Kamloops Judo Club was very pleased with the success of our 3rd Annual Ice Breaker Tournament, held at NorKam on October 4th. The day began with an exciting performance by the Raiden Kids Taiko group, setting a great tone for the event. The tournament served as a strong kick-off to the competition season, featuring over 60 competitors from various clubs. A big thank you to all of our volunteers who helped make the event run smoothly. We now look forward to our next challenge — the PEAK Tournament, taking place in Burnaby the weekend of October 24–26.

Thank you,
~ Bryan Uyeda



KJCA Members Survey



Please take this opportunity to complete our anonymous survey. We would like to give everyone the chance to have their voice heard.

Scan the QR code with your camera on either your smart phone or tablet. Tap the pop-up link, which will direct you to a Google Form. For more help, please contact the office. Paper copies of surveys are available at the centre.

Please support our sponsors.



KAMLOOPS JUDO CLUB

Mailing Address:
c/o Kamloops Sports Council
Unit 101 - 1550 Island Parkway
Kamloops BC V2B 0H7

Phone: 250-554-1742

kamloopsjudoclub@gmail.com
www.kamloopsjudo.ca

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Brenda H. Sawada
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731 Victoria Street
Kamloops, BC V2C 2B5
Bus: (250) 851-2727
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Website www.cfselaw.ca

#300 - 272 Victoria Street, Kamloops, BC V2C 2A2



Chelsea Dufficy
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Darryl Tateishi CPA, CA
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Income Tax Preparation and Consulting
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250.319.4642
dtateishi@infinite-finance.ca
WWW.INFINITE-FINANCE.CA

VIKEREALESTATE.CA
CHELSEA@VIKEREALESTATE.CA

1000 CLUBHOUSE DRIVE
KAMLOOPS BC
V2H 1R4

