



MINISTER ARTICLE

In March we held a half-day meditation retreat at the temple. The purpose of the retreat was to take time to reflect and re-energize on ourselves by slowing down and trying to realize harmony in the present moment. Since the retreat I have been reflecting on my own sense of contentment. Being content takes practice and requires questioning almost everything that one desires. For instance, the advancement in technology brings about bigger, better, more efficient devices for us to crave and dream about almost every year. The advertisements from the media, the fascination with the lifestyles of the rich and famous, and peer pressure can make it difficult to find contentment in the present moment. Just think about that new purchase that you made, perhaps it was for a vehicle. When we first purchased the vehicle, we were satisfied in that moment with the look and how the vehicle operated. But when the newness of the vehicle faded away, we may have started to notice things that we no longer liked with it.

Prompting us to desire a newer vehicle to satisfy our changing cravings. The Buddhist philosophy about contentment is that it involves finding satisfaction and inner peace with what we have in the present moment rather than constantly looking for external sources to find satisfaction and inner peace.

A collection of Shakyamuni Buddha's teachings is found in the Dhammapada and from Verse #204 it states:

Health is the best gift, Contentment the best wealth, Trust the best relationship. Nirvana the best joy.



MINISTER ARTICLE

My interpretation of Verse #204 is a reminder to be grateful for one's health because it can change in a New York minute. To be satisfied and appreciate what one has in the present moment. Make oneself trustworthy to others and trust in the guidance of the Three Treasures. Follow the Path that leads to blowing out greed, anger, and delusion for it will bring about the best joy.

Shinran Shonin wrote extensively on Amida Buddha and the Pure Land and spent years collecting passages to support Amida's Vow of compassion to save all sentient beings. We are not Buddha's in the present moment but the passages that Shinran Shonin has provided for us about Amida Buddha serve as an aspiration to emulate Amida's virtues. In the Collected Works of Shinran, Volume one, he quotes from the Larger Sutra on how Amida fulfilled great virtues by performing bodhisattva practices with a pure mind:

No thought of greed, anger, or harmfulness arose in his mind; he cherished no impulse of greed, anger, or harmfulness. He did not cling to objects of perception - color, sound, smell, taste. Abounding in perseverance, he gave no thought to the suffering to be endured. He was content with few desires, and without greed, anger, or folly.

From Shakyamuni Buddha to Shinran Shonin we are reminded about how craving and wanting more without being grateful and content for what we have in the present moment leads one away from developing a deep sense of inner peace.

Once, there was a monk who lived a simple life in a small monastery nestled in the mountains. One day, a traveler passing through the area stopped by the monastery and asked the monk, "What is the secret to true contentment?" The monk smiled and invited the traveler to sit with him in the garden. As they sat together, the monk pointed to a small, modest hut nearby and said, "Do you see that hut? That is where I live." The traveler nodded, impressed by the monk's simplicity. Then the monk continued, "And do you see that beautiful mansion on the hill?" The traveler looked up and saw a grand mansion overlooking the monastery. "Yes, I see it," the traveler replied. The monk smiled and said, "Well, the secret to true contentment is this: whether you live in a simple hut or a grand mansion, true happiness comes from within. It is not the external circumstances that matter but rather our attitude towards them." The traveler nodded in understanding, realizing that contentment is not found in the pursuit of wealth or possessions but in cultivating gratitude and inner peace. As the traveler continued on his journey, he carried with him the valuable lesson taught by the monk: that true contentment is found in embracing simplicity and cherishing the present moment, regardless of external circumstances.



Namo-Amida-Butsu Robert Gubenco Sensei



Calgary Buddhist Temple

658-1st Ave N.E. Calgary, Alberta

Telephone: (1)403-263-5723

www.calgary-buddhist.ab.ca

APRIL 2024 MEMORIAL (SHOTSUKI) SERVICE LIST

Camalot Bernier Loty Flores Keiko Gomyo Butch Hayashi Marion Ishii

Rev. Susumu Ikuta Amy Kitagawa Roy Nagata Barbara Pittman Margaret Rice Prince Shotoku Taishi Ronnie Takeda Ronald Tamaki Yoshiko Teshima

TEMPLE SERVICE REMINDERS

APRIL SERVICES

- Wednesday, April 3rd Meditation Body Scan from 7:00 to 8:00 pm
- Sunday, April 7th Shotsuki/Monthly Memorial and Hanamatsuri Service at 10:00 am
- Tuesday, April 9th Meditation and Naikan Reflection from 7:00 to 8:00 pm
- Thursday, April 11th Book Club "Living Nembutsu" from 7:00 to 8:00 pm
- Tuesday, April 23rd Meditation and Naikan Reflection from 7:00 to 8:00 pm
- Thursday, April 25th Book Club "Living Nembutsu" from 7:00 to 8:00 pm

ANNUAL GENERAL MEETING

2024 ANNUAL GENERAL MEETING

Sunday, April 14, 2024 shortly after service (11:15 -11:30AM)

Our annual general meeting will be held on April 14, 2024 shortly after service (11:15 -11:30AM).

We will go over the temple finances, talk about events/highlight of the past year, discuss and vote on key issues and elect a new board of directors.

We expect it to run for about 30 to 45 minutes. Attending the AGM is a good way to become more familiar with how the temple is run and to ask any questions or voice concerns. If you have any questions or are interested in becoming a board member, please contact Dan at <u>dan37mcc@gmail.com</u>.



UPCOMING WORKSHOPS AND EVENTS

TEMPLE CLEAN UP - SUNDAY APRIL 21, 2024 - AFTER SERVICE

We are looking for volunteers to assist with some annual cleaning inside and outside the temple. This will be done on Sunday, April 21, 2024, after service. Refreshments and snacks will be available! There will be many jobs to choose from, please consider bringing outdoor gardening gloves if you have them.

Many hands make light work and we anticipate this will take 30-60 minutes. This is a great opportunity to meet other temple members. A sign-up Genius will be emailed out so we have an idea of how many people we may have.

Many Thanks, Tracee

COMMUNITY OUTREACH

Sunday, April 14th, 2024



We'll be providing lunch service at the Calgary Drop-In (DI) Centre.

We leave after the Sunday service around 11:15 am and walk over to the DI together or meet there at 11:30 am. Eight volunteers are required, and the minimum age is 16 years old.

Go to <u>https://bit.ly/community-14Apr24</u> to register and support the community!

SPRING IKEBANA CLASS

March 16 and 30, April 13 and 27, and May 11 1:30 pm – 4:30 pm

Classes will be held on Saturday afternoons at The Calgary Buddhist Temple from 1:30 pm – 4:00 pm.

The 5 classes are a series and the cost is \$250 total including flower material and instruction for Temple members or \$300 for non-members. No refunds for missed classes.

Students must supply their own containers (please ask Rika for a suitable size and shape), scissors and kenzan (frog). Contact Rika if you need help selecting your items but these are not supplied as part of the lesson.



Rika Saruwatari trained under Ms. Takako Yokoyama, and became a certified Shihan (teacher) in 2012.

Rika's contact info: rikaandshiro@gmail.com or call 403-701-0390



UPCOMING WORKSHOPS AND EVENTS

MENTAL HEALTH AWARENESS

Sunday, May 26, 2024 from 2pm-3:30pm

Join the Sangha as we gather in the Temple lower level to learn about Mental Health and Self-Compassion. A lack of compassion for the self can play a role in mental health conditions.

Many people find it difficult to feel self-compassion especially when it might be linked in the mind to self-pity or as undeserving. This self-judgment may lead to conditions such as anxiety, insecurity, or depression. Self-compassion, however, often allows people to accept their failures, move past them, and keep trying.

Our special guest speaker is Sara Clark who is a valued Jodo Shinshu Sangha member. She is a clinically trained Master's level social worker registered in the province of Alberta, and her focus is to help people live a fuller life.

No pre-registration required to attend what is sure to be an interesting, thought-provoking, free workshop open to all. Temple donations are always greatly appreciated.



COMMUNITY OUTREACH

Sunday, June 2, 2024

Save the date as we'll be providing lunch service at the Calgary Drop-In (DI) Centre. Registration information to come.



UPCOMING WORKSHOPS AND EVENTS

SUMMER IKEBANA CLASS

June 1, 15, and 29 July 13 and 27 1:30 pm – 4:30 pm

Classes will be held on Saturday afternoons at The Calgary Buddhist Temple from 1:30 pm – 4:00 pm.

The 5 classes are a series and the cost is \$250 total including flower material and instruction for Temple members or \$300 for non-members. No refunds for missed classes.

Students must supply their own containers (please ask Rika for a suitable size and shape), scissors and kenzan (frog). Contact Rika if you need help selecting your items but these are not supplied as part of the lesson.



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EVERY MOMENT MATTERS

National Volunteer Week April 14 - 20, 2024

The National Volunteer Week theme for 2024 is Every Moment Matters. It highlights the importance of every volunteer and each contribution at a moment when we need support more than ever. The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and wellbeing of our communities.

The Calgary Buddhist Temple as a non-profit organization, relies on volunteers to achieve our goals and missions. Volunteers enhance and extend services, and assist to accomplish mutual objectives. Appreciation and gratitude are conveyed to all the volunteers who support the Calgary Buddhist Temple.

THANK YOU, MERCI, DOMO ARIGATO うとあもうど



"Through volunteering we experience our interconnectedness, making our lives more meaningful. Getting involved in various ways, we find friendship, develop trust, and link our relationships. During National Volunteer Week 2024, we come together to recognize and celebrate the importance of each and every volunteer's impact. Now more than ever, Every Moment Matters."

https://volunteer.ca/index.php?MenuItemID=482

Temple Volunteer Participation

- Communication /Website
- Temple Cleaning and Maintenance (Inside) Washrooms, floor, dusting, vacuuming, etc.
- Temple Cleaning (Outside) Picking up trash, snow clearing, tree trimming, etc.
- Fundraising Events Dough making, Mein Making, Gyoza, Chow Mein Dinner, Garage Sale...
- Sangha Engagement Events Classes, volunteering, etc.
- After Service Lunches Toban (organizers), potluck dishes
- Service Help Greeting and handing out books, Chairperson, tea making, other
- Sangha Engagement Committee organizing events for the Temple
- Fundraising Committee organizing fundraising events for the Temple
- Omatsuri- All Things Japanese sale
- Temple Board Managing the Temple, committees and employees
- Library- Assisting librarian with inventory and library day
- Newsletter

Volunteering exemplifies some principles of the Eightfold path

- Intention and Empathy shape our thoughts and actions.
- Action acts of kindness and love show compassion and care towards others.
- Livelihood- practice kindness, dutifulness and good conduct
- Effort combines action and Intention.



"STAMP" OUT WASTE WITH THE WOMEN'S FEDERATION



Save the Children-Canada collects used postage stamps for resale to dealers and collectors. Money raised by this method of fundraising is used to help provide a better life and a brighter future for children around the world and in Canada.

The JSBTC Women's Federation takes ALL stamps, foreign and Canadian. Please remember to put your stamps in the container at the entrance to the Temple by April 28 th as they will be taken to the next WF Annual Meeting in Steveston for national consolidation.



These stamps are sold to stamp collectors by the stamp store so the condition of the stamps is important!

- Please cut with scissors (do not tear!!) and leave a 1/3 to 1/2 inch border around the stamp.
- Stamps with postmarks showing the location and date are worth more so please cut around the postmark. Leave multiple stamps together.
- If you have a postcard with the postmark showing the date and location, please turn in the whole postcard do not cut it.
- If it does not show the town or city, just trim around the stamp with border as above.
- Stamps without enough border trim and machine-generated business postage are not usable.



CANADA POT CONT CANADA OO.75 UI UI UIG. 00.17 UIC UIC CANADA CONT CANADA CANADA CANADA CANADA CANADA CONT CANADA CANAD

Machine generated postage

Not Accepted.



bad trimming



CALGARY BUDDHIST TEMPLE



Japanese Canadian Survivors Health & Wellness Fund

APPLICATION SUPPORT & ID ELIGIBILITY VERIFICATION

Sunday, May 19, 2024 Appointments Only between 1:00pm - 3:00pm Calgary Buddhist Temple 658-1st Ave N.E., Calgary, AB T2E 3Y1

TO BOOK AN APPOINTMENT, call Susan Huntley at 403-973-5433 or email <u>susan.huntley@jcwellness.org</u>

An Outreach Worker can assist you with your application and/or validate your documents. Please be prepared to show 2 pieces of ID (one photo) plus proof of address.

For information on the grants available and requirements, see www.jcwellness.org or contact an Outreach Worker.

Alberta Regional Outreach Workers:

 Roger Teshima roger.teshima@jcwellness.org 587-896-5178
 Susan Huntley (Takeda) 403-973-5433

We are grateful to be doing this work on the ancestral lands of the Coast Salish peoples.

03/20/2024



② 2024 BC Jodo Shinshu Buddhist Temples Federation Vancouver Island Obon and Japanese Canadian History Tour

Date: August 10 -14, 2024

Fee: \$800 per person for double occupancy \$1300 for single occupancy (space limited)



Registration Deadline: June 1, 2024

The BC Jodo Shinshu Buddhist Temples Federation is proud to announce the 2024 Vancouver Island Obon and JC History Tour from Aug. 10th to 14th. Co-sponsored with the Victoria Nikkei Cultural Society, and the Seven Potatoes Nikkei Society in Nanaimo, we are organizing a comprehensive tour highlighted by the Obon Cemetery visitations with additional focus on the Nikkei community history on Vancouver Island prior to WWII as well as the re-establishment of communities post WWII.

Maximum Participants: 48 people: Due to the co-sponsoring nature of this year's tour, we have blocked 15 spaces for the BCJSBTF members until April 30. This means that the first 15 applicants from any of our affiliated temples will receive priority acceptance. Once the first 15 applicants have been received, and/or from May 1st, any additional applicants will be included with the general public and would not be guaranteed a spot. In other words, the earlier you apply the greater chances of being accepted on the tour.

On May 5th, 2021, the BC Provincial Government acknowledged their part in the wrongdoing of the unlawful relocation of 22,000 Canadians of Japanese ancestry from the west coast in the early 1940's. As part of the reconciliation process, the government allocated a very large sum of money which became the basis for the Nikkei Legacy Foundation. For this year's Obon tour, the BCJSBTF has received a grant for \$40,000 from the Nikkei Intergenerational Wellness Fund. The Grant will help offset expenses for the trip.

Highlights from the trip include fellowship gatherings with local Nikkei communities in Victoria, Port Alberni, Nanaimo, and Cumberland. During these gatherings, we hope to get to know the local communities and learn about their history on the Island. We will hold healing circles to acknowledge injustices done in the past, but also to help forge ahead, looking towards the future with a sense of gratitude and hope.

Obon Cemetery services will be held in Victoria, Duncan, Chemainus, Nanaimo, Port Alberni, and Cumberland. In Nanaimo, we will be joining the Seven Potatoes Nikkei Community Sponsored Bon Odori Dance, as well as visit the "New Japanese Canadian Exhibit" and "the Broken Promises Exhibit" at the Nanaimo Museum.

Join us for this "Journey of the heart". A trip you won't want to miss.

For registration forms and for more information please contact Rev. Grant lkuta at rev.ikuta@steveston-temple.ca, or at the Steveston Buddhist Temple (604) 277-2323.

What's Included:

- Transportation Expenses (Chartered bus will pick us up on Aug. 10 at the Steveston Buddhist Temple. Vehicles may be left over the weekend in our covered parkade at Wisteria Place)
- All meals included
- Hotel for 4 nights in Victoria, Nanaimo, Port Alberni, and Courtenay (double occupancy).

Trip Sponsors & Supporters: BCJSBTF, BCJSBTFWF, Japanese Canadian Legacies Foundation, Victoria Nikkei Cultural Society, Seven Potatoes Nikkei Society, Nanaimo Museum, Cumberland Village, Comox Valley Nikkei Association, Old Cemeteries Society of Victoria











JAPANESE CANADIAN LEGACIES



jclegacies.com

Message from the JCLS

Work to make the monument a lasting legicy for thousands of Japanese Candidans has been a four-year journey of community magament. In 2019 the NALIC BC Redress team consolided community consultations across Ganada, asking the question what have the deverment do to exceptine and apologia for the variant instances of Japanese Canadamar We thank the team of Mayria Amataa. JA Mail, Japanese Canadamar Devine for the early NAC Community consultations to the other early NAC Community or consultations and the second seco

The idea of giving rames and places of origin to suffered from government accors of the 1940s was met wi across the country. In particular from displaced familie forgotten and irlt out of the narradive of community centries

togetter and lift out of the number of community centre. Sevent Movement Works in Victoric calculated the trough series of well space needed to contain the number based on versige character numbers of Japoneo Canadian number and cognitive with BC Government tath, helped us find a location in Victoria neet the Lepidinate presentation. Community Jack Koskynshil performant per-design services for preliminary costing.

services for preimonary costing. The location will be a meditative park, accessible totall, including local residents, and unrounded by a low profile wall of names of Japanese Canadians organized accossing to place of organ. The names on the wall will be suddated but discoverable and cessible to the human fouch for unsiding, and connections with the part. Orkiteri and their parents and gravidgarents will be able to viet and locate the family names, then cross-reference them on a digital database locate.

database locate. Our project could not have been possible without Michael Abe, who in January 2023, was seconded from the apconting that Wanger future Divises research project at the University of Victoria for one year. Mais took the laked in disarbiguiting ratinets from 15.000 community and a the field of the second second second second second as the field of the second second second second second as the field of the second second second second second as the field of the second second second second second April Timmer, Margan Kayanagi, Sakura Tay, Kikaya heavy, and Stacky Inauye for their work on the database.

opina or the wirry No.C. community Consolut Locking at dark, and through many sizes community engagements, we found sign support twice anabient recognition menum 2020, under the auspices of BC Rodress, au manuel to automatic the BC Govern including the monument as a key piller – a amount to thomair the 32.000 upmoded, etc.

With the heart and purpose of honouring our elders, past and present, we support programs which range from the Survivers Fund, which directly provide Inhalth support to our elders (juvelness.org, to the Community Fund, which invests in the future of the community releasanethrand cost.

(propacestunit com). Withine (osling the Arts stream on January 31, Coum Fund streams have closed and have either bee anonanced or mit the process of being assessed Community Fund and Scholishke Indiale 2 recipions are announced in the following pages. In mid-Febraary we will be announcing the recipions of he whosh-uch. Sports. and Intergramational

ark you once again to the applicants from across country who have engaged so meaningfully with community Fund.

ree community runs. We are pheased to amounce that a number of streams will spen for second intaker. We are in the process of sevening all programs are finalizing details. Shar tuned for proming amouncements and details. A second hoteground streams and Sports incide will open for spolizions in the prime. Previous sport po our newslitter (ideopoids-ingoing/station views) and a second hoteground and and another the second stream and the second hoteground and second hoteground streams.

ament Dream to Become a Lasting National Legacy Mominent Dreem to Becore a Lasting National Logacy in 1942 the BC comment shockade to the forced upconting and displacement of all costal-dwelling persons of Japanese desemt. Overright, entre communities vanished. The Landscapes of Injustice project Disoight national distribution to community records in which 14500 case filter were digited. That database gave rule in turn to the illee of creating a mominent distabase project collecting and displaying a list of interfers the individual project of origin displaying a list of interfers according to the individual project of origin to the list of creating a mominent distabase project collecting and the Displaying a list of interfers according to the individual project of origin to the list of the displaced for the individual project of origin to the displaced for the displaced base of the displaced base of origin to the displaced for the displaced base of the displaced base of origin to the displaced base of the dis



jclegacies.com | jclegaciesfund.com



Intergenerational Wellness Recipients

Apparere Canadian (egacies Sociny is present to announce the returbs of the representant) Wellows stream of the Community fand, Thank you to the families sign and capacitations from across the councy who applied in this important and. We were moved by the many project applications that spoin to the need for properticiant heavier, collaboration, and disclope. It is clear that the desite to need across generationy remains storing.

We over deep thanks to the Assessment feam who juried the applications, ensuring that the original purpose of this stream was kept front and centre. The team was made up of Jan Nobato, Alex Miki, Nicola Koyanaşi, Carley Okanura, and JohnEndo Greenavay. or Jan Mooton, wee seen, increa Angenrag, Carrey Unannus, and Jannerob Uneronovoy. Thanks also to the Intergenerational Wellness advisory team mide up of Nicola Krywstagi, Learne Tontiko Sensora, Lawy Konord, Leas Masuda, and Carley Okamma. The team was diligent and thoughthal in helping refine and sharpen the draft guidelines.

CATEGORY 1
Family Sharing Likeling
Two informations are received up to \$3,000 for projects that promote collective sharing within the family
Two informations are received up to \$3,000 for projects that promote collective sharing within the family

Sharon Wendy Asher	Andrea Rycko Sokiyama Kennedy	Leura Keike Óde
Cathy Babyak	Katsumi Bruie Kimoto	Kevis Eiji (kabe
Jennifer Sasaki Beck	Andrew Tostikaza Kinoshita	Gord Dicenza
Sara Havake Inelforente	Jordan Elizateth Reliko Kitagawa	Rundall Oxita
Myoko Brown	Leanne Marie Kitagawa	Lara Jean/Gmye Okitoro
Marcia Ann Car	Laura Nideis Katick	Karen Reid
John Joshu Creant	Midori Ann Rats	Reid Ranzzwa Rod
Key Kaara Cesiciishank	Taupis Karadhima	Dale Westry Soldyama
Ashley Davidsin	Nicole Elin Hiroko Larsex	Einny Rosanne Sakamoto
Laura Mideri Immpsey	Mayumi H. Lishbrook	Tracevi Savo
Clarissa Evam	Kevin Takohide Lee	Tracy Relia Sasaki
Massier Felores	Lillian Toycis Nahamura Magure	Crystal Pairicia Schatz
Noile M. Garteer	Wendy Macu	Henry Rysoke Shihata
Lake James Rori Geddes	Wendy Junks Matuchach	Latine Kiviko Smart
Emity Myoka Slowe-Higa	Irenne	Harge Soon
Reant Manifes	Names Matsuffitz	Ressell Nilvary Takata
Mary Hattaweki	Gratum Lloyd Mayoda	Kenneth Espechi
George Hayami	Kirstee Emile McAlloter	Wryne Tanaol
Rost High	Melanie Kelin Miki	Betty Mitsiyo Tanaka
Frederich Tales: Kiracawa	Lewrence H. Mitani	Shown Naveril Tanaka
Lester Hiraki	Rarriet Misissina & Matthew	Emi Julie Tesaka
Cloria Yoko Hollinger	Myssawa	Roper Testima
Patricia Mitsoto Idenouye	Joanne Mussaki	Girona Our Theurer
Letter Shinyalinita	Karan Vakiles Minuchima	Maria Kanaka Thereizy
Catoline Rariko Ishii	Emest Shiro Morimoto	Kiyoko Joyce Tobo
Kim Midori Iwasa Madge	Martene Yoshko Mortensen	Lamo Tomita
Denise Jawarsky	George Kivothi Nagali	Nao Uda
Dan futzurn Kaji	Ignore M. Nagata	Angela Signala
Frank Hiroshi Kamiya	Douglas Akio Nakamura	Marie Marae Uyesupi
Mitoko Kanazhiro	Tamiko Nichahon	Steven Keil Washi
Elzabeth Fumika Kawahara	Paula M. Webikawara	Donna Maran (Veshitake) Waest
Naomi Kawahara	Roce Multiyama	Ke Victor 'bufida
Staron Sumly Kowasaki-Dian	Arizon 2. Nithiappa	



CATEGORY 2 Sestors Intergenerational The following group: and orgi wetteris of Japanese Canadia erational Group Wellness eved landing for projects that will directly benefit the evers through programs and activities.

Wynford Soniors Club | \$3,660.60 Internetizational Rook Club/Author Reading Activity Central Vancouver Island Japanese Canadian Society | \$10,000 Seniors Group Melhess Filters & Komirebi Book Club Program Japanese Canadian Golf Club | \$2,468.30 Soscial Wellness Event Toronto BuddhistChurch / \$10,010 Toronto Buddhist Church Karaoke Program Upgrade Tsanagu | \$10,000 Tsanagu: A Deep Dire Japanese Canadian Senior's Bowling League 35,000 Japanese Canadian Senior's Bowling League Japanese Cultural Association of Mamitoba Horizon Club | \$10,000 Horizon Club Seniori Wellness and Azersability Program Hotton Class Senses and Society \$3,220 Victoria Nikkei Cultural Society \$3,220 Vancouver Buddhist Temple | \$1600 2014 Seniors Day Tig: Tashme, BC

CATEGORY 3

Cureader 3 Intergenerational Group Gatherings The following spore and reparatations have received landing for community-based and pa-species that support prima patternings, particularly will Survivers and Electedantic, relate to intergenerational writings, specially around the technical trauma of Word War Elepton discussion, and disputersion of Elapower Canadians. BC Jodo Shinshu Buddhist Temples Federation | \$40,000 Kondo Family | \$0,000 Vascouver Japanese Language School & Japanese Hall (VILS-JH) and the Kawasaki-Chan Family | \$4,03938 newrasaw-Chan Fabridly 154,03936 **TB3F17 C. Joshoretely Towlen Beels'. To my mi sm in Canada' Shring the story of two separated by you and Internment, through letters from Elizer (in Japan)ta my mi san (bleir bi dowg the 1944). Nikkei National Nuseum & Cultural Centre 150,000 NNICC Tomoshibi 37 Journey - Lightne the way through Taxon Tananeta Canufian sites of in

The successful incipients listed have yet to finalize their intergenerational Wellness grant agreement process. The list is subject to change Until the agreement is signed, we ask that successful applicants rebain hum publicly amouncing funding from the JCLS, whether an social media, in press releases, newslatters, etc.



On February 1, 2024, the online application portal for the Japanese Canadian Sarvivors Health and Wellness Fund (CSHWF) opened to Survivors across the country. The Team has diligently worked to create an application process that is simple and efficient, and ensures that your information is secure and protected. Outmach Workers are available across Canada to support IC Survivors with their applications and will be hosting regional events to provide more information and assist with applications in-person. The online application will be accessible on our website, is vellences org from Februar 1 until March 31, 2025. Applications can be filled out by a Survivor, a trusted representative, or an Outreach Worker.

Two grants are available for Japanese Canadian Survivors

Grant 1 (\$650) is for Survivors who did not receive the grant that was offered bet October 31, 2021 n Scotember 1 to Grant 2 (\$4500) is a new grant to support living Survivors with their individual Health & Wellness needs.

Eligible Survivors must

- Lagour our rives muss. be bo folgameet elseent be bern before April 1, 1949 have (ived in British Columbia before April 1, 1949, OR had parents or grandparents who lived in British Columbia before April 1, 1949 • have been directly impacted by the actions of the BC government before April 1, 1949

All grant applications will go through a validation process. Outreach Workers will be contacting each applicant to securely validate their eligibility and identity. Dnce applications are processed, a cheque will be mailed to the Survivor within 6 - 8 weeks. Please check our website jevellness ong for further information negaring the grants, eligibility criteria, documents to prepare and frequently asked questions. The website will be updated prior to the launch on February 1 stuth more information. We, the Board of Directors and staff, appreciate your patience, and eagerly anticipate the February 1 st

launch with you

- Joanne Mivazaki, Executive Director, and the ICSHWFS Team

250.797.6300 | help@jcwellness.org | www.jcwellness.org Email Help Line Website



Sports Funding Recipents

The Japanese Canadian Legaries Society is pleased to announce the results of the list ee of the Community fund Sports stream. Thank you to the alite level ath thes from across the country who applied in this grant stream.

SUCS is grateful for the highly accomplished and experienced Assessment Teel walaated the applications. Deep thanks to Bit Hatanska, Vicky Sundhara, J Gery Kowayachi, and Matchali Kawasaki for their rigeraus wank on this stream. Thinks also to Alan Sakal for his support in the assessment proces Please note: guidelines are being revised for a second intoke in the spring, and unsuccessful applicants are encouraged to consider re-applying.

Category One | High Performance Athletes

ka Kai Bell	Diffinger larters Long
Oyu Davin Restrant	fan Peter Kipsuhi Mayor
man Julian Wishibata Chan	Kavier Milleestr
chael Dartmhire	Callie Md.eam
thaniel Tarishi Eby	Justin Kolta Mende
asbeth Even	Divia Turcic Divana
sho Calum Ritainura Gilmour	Techary Pyujin
ra Lynn Kuyami	Lilliana Nackenzie Sato
shua Kiyosh Huestin	Charlie Patrick Rkina Skalenda
andy Yuhiha Kanatsemari	Kiana Alle Serett
an Tetsahike Kimoto	Kairo loc lan
ndon Kitagawa	Reira Yusko Thom
seph Takeo Kitamura	Ava Kisato Satherland Thomson



Category One | High Performance Coaches





LIBRARY NEWS

CALGARY READS BIG BOOK SALE 2024

Dear Readers,

Do you have books that you wish to donate? The 20th CalgaryReads Big Book Sale in 2024, is looking for book donations.

The event will be held at the Calgary Curling Club May 10-20, 2024 at 720 3 Street NW, Calgary.

https://www.bigbooksale.ca/buy-books

The main book donation site is the Calgary Curling Club for 10 days, April 26-May 5 2024. April 27 – May 5 9am–8pm weekdays, 9am–5pm weekends.



If you can't make it to the Calgary Curling Club, stuff-a-truck events occur across Calgary.

Wherever you donate, bring your books in boxes or bags that you don't need returned.

"Discover more than 175,000 gently used books of every genre imaginable – and help more children experience the life-changing joy of reading. With your support, we can grow a thriving reading community! Proceeds from the Big Book Sale fuel critical early literacy work – and helping children become stronger readers has never been more important."

https://www.bigbooksale.ca/donate-books

What to donate:

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