



Sushi Rolling Workshop

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The Community

Japanese communities have a significant presence across nearly every province in Canada. Since the arrival of the first Japanese immigrants in 1877, beginning with British Columbia, the Japanese community has been steadily growing. This journey began with Manzo Nagano, the first Japanese individual to land and settle in Canada, and has continued through successive generations of immigrants who have made Canada their home. Over the years, this vibrant community has played a vital role in shaping the multicultural aspect of Canada by contributing to the country's cultural, economic, and social landscapes.



The entrance of the Kamloops Japanese Canadian Association is located at [160 Vernon Ave, Kamloops, BC](#) (Photo by Fida Rafi, 2025).

A parent organization called the [National Association of Japanese Canadians \(NAJC\)](#) unites the Japanese Canadians. NAJC's primary goal is to promote and develop a strong Japanese Canadian identity and thereby strengthen local communities and national organizations. The NAJC is composed of numerous member organizations spread across the country, each of which plays a pivotal role in supporting the Japanese Canadian community.

Among these organizations is the [Kamloops Japanese Canadian Association \(KJCA\)](#), which proudly serves the Japanese Canadian community in Kamloops, British Columbia. Like many other member organizations of the NAJC, the KJCA is dedicated to preserving the history and cultural heritage of Japanese Canadians while also providing resources, support, and a sense of belonging for all its members. Through its efforts, the KJCA helps build a thriving community that strengthens the bonds between

the past generation of Japanese Canadians and those of the present.

Kamloops, British Columbia, is home to a vibrant Japanese community of around 995 people, making up about 1% of the city's population, according to the [2021 census](#). The Japanese community in Kamloops plays an important role in enriching the city, creating opportunities for cultural exchange and fostering a deeper understanding of Japanese traditions and values. Their presence helps make Kamloops a more diverse and inclusive place for everyone.



The commemorative plaque hung on the wall of the Shinataro Yamada room at the KJCA (Photo by Fida Rafi, 2025).



The dolls were kept in the Uji room on the occasion of [Hinamatsuri](#), also known as Japanese Girl's Day at the KJCA (Photo by Fida Rafi, 2025).



The Uji room at the KJCA regularly switches its displays based on the occasion, following a rotation schedule (Photo by Fida Rafi, 2025).

The Opportunity

I am excited to propose a unique opportunity to unite both Japanese Canadians and those who appreciate the rich culture of Japan through an engaging and educational event—a Sushi Rolling workshop. This event not only provides an opportunity to learn how to roll sushi but it also provides an immersive experience into Japanese culture, cuisine, and history. Participants will have the chance to explore the art of sushi-making while gaining valuable insights into the traditions that shape this beloved cuisine.

For the residents of Kamloops, especially those with a passion for Asian cuisine, this workshop would be a fun and interactive way to connect with others who share similar interests. It's a wonderful opportunity for community members, many of whom may not have previously known about the local Japanese Canadian community, to come together and bond over a shared appreciation for Japanese culture.

Moreover, this workshop has the potential to attract visitors who are visiting the city of Kamloops.



A business card from [Taka Japanese Restaurant](#) in Kamloops, British Columbia (Photo by Fida Rafi, 2025).

People who enjoy exploring vibrant neighbourhoods like Chinatown in larger cities would likely find this sushi-making workshop an intriguing and memorable experience if they are tourists or travellers who are drawn to experiences that celebrate unique cultural traditions.

By offering this workshop, not only is the Japanese culture being promoted, but it also creates a space for connection, learning, and enjoyment. It's an opportunity to build a stronger and larger community while also showcasing Kamloops as a city that celebrates diversity and cultural exchange.



This is a type of sushi made by the chefs at Taka Japanese Restaurant which is called the California Roll (Photo by Fida Rafi, 2025).



This is another type of sushi made by the chefs at Taka Japanese Restaurant which is called the Atlantic Salmon Nigiri (Photo by Fida Rafi, 2025).

The Experience

The sushi rolling workshop would essentially be an experience where residents, visitors, and any other individuals interested in Japanese culture are welcome to join. The event will consist of a talk session, a gift handout session, a sushi rolling tutorial, and the opportunity to eat sushi made together with newly connected people.

To make this workshop happen, I have collaborated with two organizations: [Kamloops Japanese Canadian Association](#) and [Taka Japanese Restaurant](#).

The workshop will take place in the [Shintaro Yamada Room](#) at the Kamloops Japanese Canadian Association. This workshop will accommodate a maximum of 15 people, which may include residents, visitors, and students. Apart from the attendees, there will be 2 volunteers from KJCA to help run the event and 2 chefs from the Taka Japanese restaurant coming in to help teach the attendees how to roll sushi. There will also be a guest speaker who will give the opening talk and briefly talk about Japanese history and culture and the Japanese community here in Kamloops.



The [Maneki Neko](#), also known as the Japanese Lucky Cats, were placed on the counter of Taka Japanese Restaurant (Photo by Fida Rafi, 2025).

The workshop will offer both vegetarian and non-vegetarian options, and the attendees can choose what they would like before the workshop date on the sign-up form. There will also be an entry fee of \$30 per person.



The Shintaro Yamada Room at the KJCA (Photo by Fida Rafi, 2025).



The layout of the Shintaro Yamada Room, which is available for booking at the KJCA. There is a kitchen at the back and this room can fit up to 100 people (Photo by Fida Rafi, 2025).

SCHEDULE OF THE WORKSHOP

The workshop will last three hours and will take place on an afternoon between 11:00 AM and 2:00 PM on a summer day.

- **First 30 minutes: Guest Speaker & Token of Appreciation Distribution**
 To start the workshop, we would have a guest speaker, the head chef of Taka Japanese Restaurant, Mr. Song, come in and say a few things about Japanese culture and history, the origin of sushi, and more about the workshop. The attendees are given a small token of appreciation, and these would be small sushi keychains that the attendees can take home with them as a memory and token of appreciation for attending the workshop.
- **Next 15 minutes: Preparing to Roll Sushi**
 Preparing everyone for the workshop: handwashing, table set up, sushi mat set up, arranging ingredients in order, and other crucial things to complete before rolling sushi.
- **The next 2 hours: Sushi Rolling**
 The workshop officially starts after the prep. The attendees can get hands-on, follow the facilitator's instructions, and create their sushi rolls.
- **The last 15 minutes: Petit Sushi dinner with new friends**
 This is an optional segment of the workshop – all the guests get a chance to interact with each other and have the sushi they just made together!

SUSHI ROLLING TUTORIAL

A quick sushi rolling tutorial by an employee from Taka Japanese Restaurant, Kamloops, B.C. This video was filmed at Taka Japanese Restaurant (Video captured by Fida Rafi, 2025).

This workshop would be a memorable event for the attendees as they gain hands-on experience and get a chance to immerse themselves in the culture and history of Japan. Once this workshop is done, the attendees will have learned quite a bit about Japanese culture. The following would be the key takeaways:

- Learning how to roll a sushi,
- Learning more about the Japanese culture,
- Learning more about the Japanese community in Kamloops (KJCA),
- Building connections with people who share similar interests,
- Building a new community within an already existing community.

COST

Below is a detailed cost breakdown that would be required for the workshop from start to finish:

Category	Amount
<i>Venue:</i>	
Shintaro Yamada Room at KJCA	\$40 per hour (x3 hours) = \$120 total
<i>Supplies:</i>	
<u>Gloves</u>	\$12.58 for a box of 100
<u>Sushi mats</u>	\$32.74 for a pack of 25
<i>Food items:</i>	
Sushi ingredient kit provided by Taka Japanese Restaurant	\$10 each (x17 persons; including the chefs) = \$170
<i>Takeaway piece:</i>	
<u>Sushi Keychain</u>	\$3.44 each (x15 persons) = \$51.6

<i>Hourly pay:</i>	
Taka chef 1	\$17.40 (x2 hours) = \$34.8
Taka chef 2	\$17.40 (x2 hours) = \$34.8
<i>Total:</i>	\$456.52

The Small Tourism Effect

The sushi rolling workshop brings together both visitors and residents who are interested in learning more about a particular culture. Indulging oneself in the cuisine of a nation helps a person understand a lot about the culture and heritage of the country.



An image capturing a few dishes that were made by the chefs at Taka Japanese Restaurant. This image includes different types of sushi, such as the California roll, Green Dragon Roll, Atlantic Salmon Nigiri, Sushi Crown, and the Aonori Onigiri (Photo by Fida Rafi, 2025).

This workshop, because of its size, falls under the category of small tourism. The workshop will be functioning by the collaboration of two currently existing organizations in Kamloops both of which are passionate about sharing and preserving Japanese culture. They will be coming together to share their knowledge of their culture with others. This helps in sustaining the Japanese culture within the Kamloops community.

Beyond simply enjoying a new experience, participants will have the opportunity to bond with others and deepen their understanding of a culture that may be unfamiliar. This workshop will help the Kamloops community to only grow stronger and feel more connected. In this workshop, there is also potential for the creation of a new community dedicated to exploring and embracing Japanese traditions, which could serve as a platform for non-Japanese people who wish to engage more deeply with the culture.

This type of small tourism plays a vital role in promoting cross-cultural

understanding. By participating, both locals and visitors can appreciate diversity and enrich their lives with the shared experience of learning and appreciating another culture authentically.



A type of sushi called the Green Dragon Roll is made by the chefs at Taka Japanese Restaurant (Photo by Fida Rafi, 2025).

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Secwepemcúl'ecw, the traditional and unceded territory of the Secwépemc. Our region also extends into the territories of the St'át'imc, Nlaka'pamux, Nuxalk, Tšilhqot'in, Dakelh, and Syilx peoples.

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