

The Helpful Honda Ice Cream Truck Comes to SFVJACC Hot Meal!

On Friday, July 22, the Helpful Honda guys surprised our Hot Meal seniors with delicious treats from their ice cream truck. The seniors were able to choose from an assortment of Cookies & Cream bars, Big Dippers, ice cream sandwiches, 50/50 bars, frozen fruit bars and more with the top favorite being the Choco Taco*.

This was made possible through a request to Random Act of Helpfulness by Kyoko Nancy Oda. Thank you Kyoko and Honda!



*(News Alert: On July 25, CNN announced that Klondike is discontinuing the beloved Choco Taco!)



Self Defense Class for Seniors

On Wednesday, July 20th, 2022, SFVJACC Queen Emily Kumagai and her dojo kicked off the middle of the week with an interactive self-awareness and defense workshop! Emily felt devastated by the sharp increase in Asian Hate Crimes, and thus decided to invite many to learn how to protect themselves in dangerous situations.

Emily Kumagai is a premedical student who takes care of the elderly in her family. As someone who lives with and dearly treasures the elderly, she has been an active advocate against Asian Hate crimes through karate, one of her favorite hobbies.

She says, "Enough is enough. We need to take immediate action. Unfortunately, there are ruthless people who will target the elderly or young women because they think it will be easier to attack the physically weaker members of our community."

The Matsubayashi Shorin Ryu dojo has already done several self-awareness and self-defense workshops in various locations, with emphasis on both awareness and physical defenses. "We can't stop others from having ill intentions, but what we can do is prevent opportunities for these people to act upon those ill intentions from happening," Emily explained as she and the dojo went over the importance of self-awareness.

During the first half of the session Sensei Art, Sensei Francois, and Emily went over several practical tips on how to scan environments for potential threats, how to "escalate to de-escalate", and why these tactics matter.



Continue on page 3.

Acknowledgements

For the month of June & July 2022

Donations

Tamlyn Tomita and Daniel Blinkoff.....
Masako Hollowell.....
Arts & Crafts.....
Yetsuko Hanamoto.....
 In memory of husband/father/grandfather Jimmy
 Akira Hanamoto
Reed Clement.....
 Matching Donation
Garry and Joy Monji.....
SFV Judo Club.....
Jean Yamada.....
 In memory of Chizuko Morita
John Oda.....
Diane Yamashita.....
Facebook Fundraiser.....
Keiro.....
 In appreciation of advertising their events in the
 CC newsletter
Yasumasa Hirayama.....

Use of Facilities

Kizuna.....
Tuesday & Friday Exercise Class.....
Ping Pong Club.....
Tai Chi.....
Thursday Nite Basketball.....
Aloha Club.....
Country Western Music.....
Jan & Co.....
Line Dancing.....
Celia Orozco.....

**We apologize for the mistake made in
the May/June Newsletter...**

**Ping Pong Club donated \$300 for the
months of May & June.**

Miscellaneous

Joy Longworth..... 2 (3 lbs) Coffee
SF Athletics..... 2 (2 lbs) and 2 (3 lbs) Coffee

SFVJACC Veterans Memorial Day Service Donations

Doomey, John & Liz	Okui, Tadao & Lois
Endo, Mary, Art, Matt & Melissa	Rivera, May
Fujimoto, Susie	Rosero, Lipo & Dorothy
Fujimoto, Kisui	Rothenbach, Jeff
Hagihara, Yasuko	Sarian, Leslie
Hamamoto, Sally & Jennifer	Sato, Setsuko
Hayamizu, Sumiko	Schuetze, Jan
Imazu, Roy	SF Athletics
Ito, Richard & Cheryl	SFV Judo Club
Kadonaga, Dale	Shinbashi, Ken & Ritsuko
Kanemura, Karen	Stewart, Stephanie
Kondo, Jennie	Sugahara, Nobuo & Michiko
Koyano, Duane & Karen	Takimoto, Margaret
Kus, Michiko Tokunaga	Tanaka, Leonard & Geneva
Kushida, Al & Mitzi	Tanaka, Denise
Longworth, Joy	Tanaka, Donna
Mitarai, Evelyn	Tanaka, Frank
Monji, Gary & Joy	Valley Japanese Community Center
Monji, Yoshiko	Vivian, Darrell
Motoyasu, Naomi	Wada, Pauline
Motoyasu, Michael & Denise	Whitesell, Amy
Muraoka, Clarae	Yamada, Katsuko
Muraoka, Shigeko	Yamaoka, Ruby
Muraoka, Victor & Lois	Yamaoka, Emmy
Nakamura, Joanne	Yamaoka, Ruby
Oda, Kay & Nancy	Yamashita, Mas & Norma Jean
Ohara, Eddie	Yoshimoto, Minoru & Yukiko

Thank you for your generous donations!

In Loving Memory...

Our thoughts and condolences go
out to the families of —

Mrs. Mitsuko Chiba
Chiz Morita
Toshiko White



We now have a QR
code to make donating
easier. Just scan the
symbol on the left with
your phone to go directly
to the CC PayPal.

Dining with the Chef



On Saturday, August 27, 2022
from 2 PM to 4 PM, Chef John
Nishio, known for the
Chinamishi Far East Feast he
does for the Grateful Crane
Ensemble Fundraisers, will be
demonstrating how to make
Far East style Sea Weed Soup
and as requested, Tamago

Dashi Yaki. The cost will be \$10 per person (to cover
cost of ingredients and donation to Grateful Crane
Ensemble). Please contact Liz Doomey, call or text to
818-429-4096 or email lizdoomey@yahoo.com by
Aug. 22nd. Class will be limited to first 15 members.

Self Defense Class for Seniors - Continued from front page.

The dojo explained that oftentimes, these self-awareness tips can help victims escape life-threatening situations without the need to get physical. "The perpetrators generally don't want attention drawn to them, so if you can spot them ahead of time and avoid them or attract attention by screaming help, they'll tend to lose interest in you as a target," Emily advised.

The second half gave the elderly, young women, and even a couple of little girls the chance to unleash some karate moves on the judo floor. The instructors and Emily strapped on protective padding and taught attendees how to make the most out of simple strikes to successfully escape. At the end of the workshop, the Matsubayashi Shorin Ryu dojo and Emily each performed their own "katas", or traditional karate routines to rally up the fighting spirit of the community.



(L-R): Sensei Francois, Sensei Art, Emily and Kate.

ZUMBA with **Teresa** at SFVJACC



Location: Nikkei Pioneer Hall at SFV
Japanese American Community Center
12953 Branford Street, Pacoima 91331

Zumba returns August 1, 2022

Class will meet every Monday 7:00 - 8:00 pm

\$8.00 per class for CC Members

(CC Membership required - \$40 single/\$60 family)

*Wear comfortable clothes & tennis shoes and bring water & towel.

For more information, please contact Margaret Takimoto:
jncmom@aol.com or 818-621-8670

Sponsored by SFVJACC Athletics <https://www.sfvjacc.com>



Save These Dates!

**CC Events Are
Coming Back!**

September 17, 2022
Family Steak Dinner Night

October 29, 2022
CC Clean Up

November 5, 2022
Super Bingo Fundraiser



SFV Meiji Senior Citizens Club News

By Liz Doomey

There are still several members who have not signed up for the 2022 Meiji Club membership. Please contact Kay Yamada to sign up.

The Las Vegas trip is on August 8-10. Details can be obtained from Grace Iwamasa.

The next AARP Smart Driving Class will be this Fall. This is a 2-day class from 9:00 AM to 1:00 PM. Contact Liz Doomey to have your name put on the list.

We will be having a bingo fundraiser for Meiji Club on August 12th after the Hot Meal lunch. Five cards for \$5.00. Please join us for the fun.

We are still looking for players for Mahjong, Hanafuda, Harmonica and Bridge. If you are interested in joining any of these groups, please contact Kay Yamada.

Grace Iwamasa - 818-368-9086
Kay Yamada - 818-763-4861

Liz Doomey - 818-429-4096



Mah Jong Group

BENTO & ART: LUNCH PROGRAM FOR OLDER ADULTS

A KEIRO and JAPANESE AMERICAN CULTURAL & COMMUNITY CENTER (JACCC) EVENT

MONDAY, AUGUST 15, 2022 • 11:30 AM - 1:30 PM

The members of the Meiji Seniors Club are invited to lunch and a cultural arts demonstration at the JACCC. A tour of the JACCC campus will also be given. Bus transportation will be provided.

To register, go to <https://www.keiro.org/bentoandartsfvjacc>

Or call Liz Doomey at (818) 429-4096 or

Email lizdoomey@yahoo.com

Lois Okui (818) 515-8287 or lois_okui@sfvjacc.com



MONTHLY BLOOD PRESSURE CHECKS RESUMING



Friday, August 12

9:00 - 11:00 AM

Nikkei Pioneer Conference Room

Starting in September, monthly
blood pressure checks will
be every 3rd Friday.

SENIOR HOT MEAL MENU

August 2022

MENU SUBJECT TO CHANGE

**LUNCH WILL BE SERVED AT 11:45 AM
NO TAKEOUTS**

August 5	Fish
August 12	Mochiko Chicken
August 19	Fried Rice, Tofu & Miso Nasu
August 26	TBD

Dear Senior CC Members,

Let us know what classes or forums you would be interested in taking. Please fill out the Keiro survey below and mail back to Liz Doomey at 12953 Branford Street, Pacoima, CA 91331.

Keiro Survey

Would you come to the Center to get a flu shot in September or October? Yes No

Keiro is making a return to in-person programs and activities. If you have an interest in having Keiro return to in-person programs, please let us know. Below is a list of current programs and presentations we are offering:

Iyashi Care Yes No

Tech Hour Yes No

Fall Prevention Yes No

AARP Smart Driving Course Yes No

Emergency Preparedness Yes No

Keiro is proud to announce the 5th annual Keiro no Hi Festival to be held on **Saturday, September 17, 2022**. Keiro no Hi honors the older adults in Our Community and will consist of a complimentary bento and gift bag pick up and interactive activities with registration in Pasadena, Gardena, Cerritos, and Venice. **Registration is now open on our website** Go to Keiro.org Capacity will be limited and available on a first-come, first-served basis.

Your name _____ Phone number _____

Email Address _____



Loved and Honored for 85 Years

By NJ Nakamura

While coping with life's troubles of higher prices, infections and new weather patterns, it is always a welcome change to get together to share happiness with others.

A joyous birthday celebration was held on Saturday, June 11, for seniors who are 85 years loved. Fifteen birthday celebrant members of the San Fernando Valley Japanese American Community Center's (SFV JACC) Senior Citizen Meiji Club were treated to a hearty bento lunch. Their loving family and friends were there to help them celebrate this life achievement.

Several of them began their early years in Japan, Okinawa, the Philippines and Hawaii. However, the majority were born and raised in the mainland United States. Fortunately, many of those seniors were willing to share some of their unique life experiences. After being released from the internment camp, Tom was shy and didn't have much to look

Continued on page 6.



Back row, from left: Powell Kodani, Kenzo Shinbashi, Kei Inoue, James Kitazaki, Marion Shigekuni, Tom Uyeda, Katsuko Yamada, Ritsuko Shinbashi, Meiji Club president. Front row, from left: Kathy Endo, Kimiko Miseroy, Florence Sato, Jean Shinsato, Florence Takaaze, Asako Tomita, Kisui Fujimoto, Ruby Yamaoka.

Loved and Honored for 85 Years - Continued from page 5.

forward to. Yet, he clearly remembered a special highlight in his life. He joined a coed social club started by Roy Murakami and it was called the Larks. Beaming with a huge smile, he explained that it opened the door to "meeting many GIRLS!"

As a group, they went to the movies, dances and the zoo. He appreciated having Roy grab him by the arm and then place him to stand face to face with a gal to dance with. That is truly a fond memory for him.

In 1958, after graduating from the University of Hawaii as a medical technologist, Florence moved to California. With that move, her life improved immensely. There were more job opportunities, more travel destinations and she made many new friends. She currently teaches the tai chi class at the SFV JACC.

One woman felt that after 85 years, she is a wiser person. Her life experiences made her more aware of the various personalities and behaviors of those around her. Some are more friendly and others are different. Overall, she believes it is better to stay involved with people, to avoid loneliness.

As a young child living in the Philippines during World War II, another woman remembered hearing the dreaded planes fly overhead. Then the bombs would fall and explode in the nearby city of Manila. Along with three other family members, she would hide in an underground cave next to her house.

Yet the most heart-stopping, terrifying feeling was of trying to hide from the Japanese soldiers. If seen by any of those soldiers, they were required to bow their heads or risk being killed immediately.

Ruby is still grateful for the opportunity to travel to Europe with the Meiji Club. They visited England, France and Germany in the early 1990s. She continues to participate in the Meiji Club's guitar class, hula class and the Aloha Poker Club. As an eager beginner, she quickly learned the game Texas Hold 'Em and became a third-place winner!

All of the Meiji Club activities give her a sense of purpose because she laughs a lot and she feels alive. After moving from Texas in 2008, James made many new friends at the SFV JACC. He joined the ukulele class, guitar and the Aloha Poker Club. He especially enjoys the senior "HotMeal" on Fridays, with the most recent meal served being pork tonkatsu. Naturally, he sits at the lunch table with his poker-playing buddies.

Kei met and married her husband at the age of 21. By the age of 27, they had four children and then a surprise child later. Since 2009, she has overseen the preparation and serving of the senior Hot Meal program. Before the COVID

shutdown of the SFVJACC, the meals were offered twice a week. One of her pleasures is seeing everyone enjoy the food while laughing and smiling during the meal.

A person is never too old to have a birthday party. It is a wonderful way to honor and celebrate everyone's life and accomplishments.



Aki Uta Kai

秋歌会

Saturday October 15, 2022 @ 6pm

10月15日(土)

We are officially open and invite you to come enjoy a night of singing performed by members of VJCC and SFVJACC! Come out to our first fundraiser since the pandemic!

Admission (入場料): \$10

Bento (弁当): \$10

Complimentary Water and Tea

RSVP to christineinouye@yahoo.com

Please indicate Aki Uta Kai in the subject line

*Limited seating available, RSVP early to reserve a seat!

*Proof of vaccination and masks are required

Valley Japanese Community

Center Auditorium:

8850 Lankershim Blvd Sun

Valley, CA 91352

Art by @annieadachi.art

WELCOME NEW MEMBERS

Kay Allen	Nicole Muraoka
John Bogenberger	Glen Nakasako
Debbie Henson	Aya Osawa
Susie Hori	Karen Pells
Penny Iriye	Thanapol
Brooke Ishimoto	Rergsuranent
Joy Isman	Janet Saito
Kiyomi Kiri	Kevin Sasaki
Leibi Kiser	Deborah Shimojima
Patrick Ku	Luana Takahashi
Emily Kumagai	Ja Tecson
Ayumi Kurata	Jaclyn Tomita
Jordan Maseng	Hiroko Valdez
Brian Medal	Corrine Wada
Kendra Motoyasu	Concetta Yamauchi



San Fernando Valley Japanese Language Institute

By Kiyo Watanabe, PTA President

SFVJLI is getting ready to return to campus starting August 20, 2022. The re-opening of in-person school brought more challenges and difficult tasks for us to overcome but we see new opportunities to start the 98th year of our historic school.

In addition to our returning students and families, we will welcome new students and their families, new teachers and a new staff member.

All of our classrooms were repaired, AC units and filters updated and serviced, new fire extinguishers, each room newly painted and floors cleaned and waxed - just in time for the first day of school. We want to share our vision because these students will be the future core of our community. We thank you for any support that you can give to our students. When things become safer, we plan to have more activities that involve our students and the community to bring us all together.

Please let us know if anyone is interested in attending our school as a student or in becoming a teacher. Look for new announcements coming up in near the future.



Thank You For Your Service!

By Kyoko Nancy Oda

The San Fernando Valley Japanese Language Institute students and their families expressed gratitude at the year end picnic at the Shoseian Whispering Pine Japanese Tea House in Glendale for their more than twenty years of service at the San Fernando Valley Japanese American Community Center in Pacoima.

The Japanese Language Institute recognized retiring Principal Noriko Murata, teachers Noriko Caudhill, Tsugako Tokumitsu, and office manager, Yoshiko Kawada with certificates from Assemblymember Luz Rivas and Councilmember Monica Rodriguez honoring them for their outstanding dedication.



L-r Noriko Caudill, Tsugako Tokumitsu, Yoshiko Kawada, Principal Noriko Murata



An Asian Food Court In The Valley

9346 Corbin Avenue, Northridge, CA 91324

Below is an article by Lucas Chow about one of the restaurants in the food court.

Six Degrees of Separation?

By Lucas Chow

I thought I was going to a suggested restaurant with some friends but little did I know, I already had a greater connection to it.

We found out about Maxwell's Chicken and Rice because of a church friend's suggestion. We got the Hainan chicken and rice along with the fried chicken. The tastes were excellent. The combinations you could make with the sauces brought a new and delicious taste to the Hainan chicken every time, and the rice was savory and a perfect match with the poached chicken. The fried chicken was some of the best I have ever had. Its crust was crispy, its meat was perfectly juicy, and the sauce it came with was a flavor that elevated the whole dish.

As it turns out, my friends went back a few days later, but Maxwell's was closed. Luckily for me, when we asked where they wanted to meet the next day, they said Maxwell's.



Maxwell's Chicken Rice

Continued on page 8.

An Asian Food Court In The Valley - Six Degrees of Separation?

Continued from page 7.

Of course, we had fried chicken! This time, we added a Chinese chicken salad, which brought back memories of Obon.

The owner Shaun, is extremely kind and gave my group ice cream. Unbeknownst to me at the time, both Shaun and I were a part of the Yonsei Basketball Association as players. Not only did I have a connection with him, but I also saw an old SFVJACC basketball teammate's parent here as well. It didn't take me long to realize how close the Japanese American community is connected. If we aren't connected through sports, family, church, or community centers, we are connected with one degree of separation through food.

Maxwell's Chicken Rice is one of the four restaurants in an Asian food court called Northridge Eats. It is located on Corbin Avenue, off of Plummer Street.

Shaun has graciously offered **free ice cream when you purchase \$25** and mention this article.



2022 Tigers Tournament Results

SF Aloha Girls Girls Prep 10th Grade Lower Champs



L to R: Coach Thang Huynh, Coach Kelly Nakano, Lani Murata, Lindsey Kadonaga, Olivia Yoshizaki, Magdalena Paloma, Lauryn Chang, Kelly Chen, Kamryn Endow, Miye Kodama, Michaela Okuyama, Coach Kevin Endow



SF Supersonics Boys 8th Grade Bronze Second Place

L to R: Coach Brian Ito, Evan Muranaka, Connor Chang, Grant Chang, Jonathan Paloma, Taizo Ito, Coach Charles Muranaka

Missing: Tyler Hiji, Luke Kim, AJ Lee, Sean Wimmer

Dodgers Japanese Heritage Night

By NJ Nakamura, SFV Meiji Ondo Dance

"Hey, batter, batter, SWING!" This is a familiar chant by kids during baseball games because they want the batter to strike out. A lot of "striking out" actually did happen with the Angels team. Phenomenal Dodger pitcher, Tyler Anderson, almost had a no-hit game as he caused numerous Angel baseball players to strike out or to hit foul balls. Then in the ninth inning, everyone's hero, the Angels' two-way star player, Shohei Ohtani, rescued the Angels by ending the no-hit bid. The Dodgers still won! Yay!

Such excitement added to the already festive Japanese Heritage Night, sponsored by the Los Angeles Dodgers at Dodger Stadium on Wednesday, June 15.



Kendra Motoyasu (3rd from right) and the 2021 Nisei Week court.

Pre-game field entertainment included the thunderous roar of the taiko drums and the introduction of the 2021 Nisei Week Queen and Court. As a princess on the Nisei Week court, our own Kendra Motoyasu, waved enthusiastically to the joyful crowd. The Star-Spangled Banner was sung by our past 2001 SFVJACC Queen and 2001 Nisei Week Queen, Lauren Hanako Kinkade. Then actor Ken Watanabe (The Last Samurai), threw the ceremonial first pitch.

A new addition to the entertainment was ondo dancing at the Blue Heaven on Earth patio, which was located just inside the Center Field Gate. Odori instructor, Nancy Hayata, was contacted by the Dodgers to coordinate the dancing. Four SFVJACC Meiji ondo dancers were included in her group of 12 ondo dancers. They were Janet Yamamoto, Julie Otake, Shuko Akune and NJ Nakamura.

By Joyce Ezaki, SF Athletics

On the evening of June 15th, 123 people from SF Athletics attended the heavily anticipated freeway series between the Dodgers and the Angels on Japanese Heritage Night at Dodger Stadium. It was a night to remember and highlights included: taiko and odori performances, the singing of the Japanese national anthem, and a ceremonial first pitch thrown by actor Ken Watanabe. Kai Gonzales, a 6th grade basketball player, was selected to join the Dodgers on the field as part of the Kids Take the Field program and received an autographed baseball from outfielder Cody Bellinger! Each attendee in our group also received a commemorative special edition baseball cap with the Japanese flag embroidered on one side and a beautiful Japanese design with a tsuru (crane) on the underside of the brim.



It was wonderful to see so many of our Athletics families in attendance in a relaxed and fun environment -- many of whom we had not seen in person in over two years! Thank you to everyone who attended the event and a special thanks to fellow parents, Liz-Ann Padua and Doreen Kushida, for helping me organize the event.



More pictures on next page 10.

SF Athletics at Dodgers Japanese Heritage Night





Singin' in the Rain

By Old Wakaba, Bud Sagara

"I'm singin' in the rain, just singin' in the rain. What a glorious feeling, I'm happy again." These are the opening lines of the title song from the movie Singin' in the Rain. The other night we were watching this 1952 movie, starring Gene Kelly and Debbie Reynolds and it kindled memories of the turnaround bus trips to Las Vegas hosted by the CC's Meiji Club prior to the pandemic. I recall we had so much fun accompanying my mom on these senior trips years ago. It wasn't just the usual Las Vegas activities that made these trips enjoyable; it was also the unexpected, fun time spent with the CC seniors on the bus getting there.



When we arrived at the CC for the morning departure, the parking lot facing Branford was already buzzing with excited seniors. There was a sentinel posted on the sidewalk looking up and down the street for the bus and when it arrived, the seniors and baggage was quickly loaded through helping hands everywhere. Pitching in where needed and considerations for others are common identifying traits of CC seniors. The drive time passed quickly with onboard activities such as bingo, the passing of endless bags of goodies, friends in the aisle chatting, and watching Singin' in the Rain. We must have seen this movie three or four times on those buses. These were great memories of our super seniors, many of whom are no longer with us. I miss their laughter, kindness, and warm smiles.

One of the highlights of all Las Vegas trips for me is going to buffets which are now reemerging after years of closure. I enjoy the variety of food choices, planning a strategy to avoid getting full too early, and skipping the prior meal so that I would be extra hungry when hitting the buffet line. I remember the food coupon book at the California Hotel that was part of the package for the Las Vegas turnaround. It took determination and perseverance to be able to use all those coupons and the super seniors of the CC were certainly up to the task.

The coronavirus pandemic has curtailed events at the CC like the Las Vegas turnarounds, but many of us have discovered new activities to focus on like lining up at Costco for toilet paper each time a new COVID variant starts a new wave of infections. We all have heard stories of empty shelves at grocery stores and big box stores because of hoarding. Attention people: the apocalypse has not arrived and there is no need to fight to the death over a case of Van Camp's pork and beans. Panic buying has created a problem that really does not need to happen and it actually hurts others. There are many families in our communities that cannot afford to make large quantity purchases. They depend on the products they need being in stock when they have the money to purchase them. They have no reserve; they have no overflowing freezer in the garage. An empty grocery shelf means doing without for those families.

Presently, we're restricted to watering our yards to two specific days of the week. I can remember the oil crisis of 1973 when OPEC instituted an oil export embargo that cause long lines at gas stations and the governmental mandates of "odd" or "even" to determine when a person would be allowed to purchase gas providing they could find a station that was open. We all needed gas to get to work, so getting up at 4 a.m. to line up was necessary at that time. But is it really necessary today to line up to restock a pantry that's already full? I can understand the mindset of poor immigrants who came to this great country with very little like our *Issei* generation. They had to take care of themselves, so they tried to keep a small stash of food and cash on hand for emergencies. Even though money was tight, they were able to put simple, tasty meals on the table each day.

As an Asian American, it's the dinner meal that binds the family together. "Have you eaten yet?" is equivalent to saying "How are you?" in many Asian homes. A full meal is defined as eating any dish accompanied with bowls of steamed rice. For me, it's automatic to never leave even a single grain of rice in your rice bowl. There is a poem from the ancient Tang dynasty that says, "Each grain in your rice bowl is the result of hard labor." Also, it is a big faux pas to nest your chopsticks stuck upright in the rice in your bowl. Speaking of rice bowls, this haircut style for kids was a common sight in the early years of the CC. The food portions that my mom prepared for dinner could easily feed ten people even though there were only five of us in the family. Amazingly, every food item she served was somehow "good for you" in some obscure way. She would continue to cook in excess after we became adults so that there was always plenty to take home which was always appreciated.

Asian families have their quirks like sometimes leaving the original plastic wrapping on a product. This is especially true for furniture and the TV remote. Things wrapped in plastic seem to be everywhere and there is probably a drawer or a big plastic bag in the kitchen solely devoted to storing more plastic bags. There would also be in another kitchen drawer or big plastic bag stacks of clean takeout food containers standing ready for future use, such as, for taking home the surplus of food that mom had prepared. On the plus side, the pandemic has steered people toward takeout food orders so that the drawer or bag of clean food containers is constantly being replenished and the inevitable fight between senior relatives over a restaurant bill can be totally avoided. Sure, we all have witnessed many strange things in our families that are shrugged off as normal, but this is where a person truly finds the feeling of belonging. We can see our past as well as



Continued on page 12.

Singin' in the Rain - Continued on page 11.

our future in the faces of those family members. They are the ones who will nourish and prop us up when we have been beaten down by life and they will be the ones who will bravely stand beside us when the world comes at us with knives out.

Although our parents might not have said "I love you" or given us hugs and goodnight kisses; deep down, we knew that they loved us. There's a love stronger than a parent's love for their children. The Apostle Paul proclaims in his letter to the *Romans 8: 38-39*, "For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." God's love covers the breath of our experiences for our entire lives and comforts us when we are discouraged or when we tumble into the depths of despair. When we feel lost, isolated, and without a light at the end of the tunnel, remember that we can never be separated from God's love through faith in Jesus Christ. What a glorious feeling, I'm happy again!



News From The Gardens...

By Mayumi Barr

ACTIVITIES



POKER GAME



JAPANESE CALLIGRAPHY CLASS



ELVIS IS HERE!

Providing high quality Assisted Living & Memory Care for over a decade.



Schedule A Tour Today!



HONORING THE PAST, CELEBRATING THE FUTURE.

9221 Arleta Ave. | Arleta, CA 91331
(818) 899-1000 | NikkeiSeniorGardens.com
RCFE #197607606

Volleyball Club

Sunday Night

6:00- 9:00 pm

In the gym

All ages & skill levels - 5th graders to adults

Contact: Kimiaki Chiba

kimiakichiba@yahoo.com or
Kay Oda kay_oda@sfvjacc.com



Movie Review Club



We meet the first Monday of every month in the Conference Room at the Center from 12:00 noon to 3:00 PM.

Potluck Lunch
We view various movies followed by discussion.

Contact Liz Doomey for more information at 818-429-4096 or lizdoomey@yahoo.com



SAN FERNANDO ATHLETICS BASKETBALL SIGN-UP

2022 - 2023 Season

Boys and Girls grades Kindergarten – 12th

We know this time has been trying for everyone. The SFVJACC and the Athletics Association thank you for your continued participation and support. **Every player, new and returning, must submit an online registration form by August 19th to be placed on a team by November 1st.** Volunteerism is key to the success of this program. Family participation in the Athletics fundraisers is required to keep the program running. The two mandatory fundraisers are Pancake Breakfast and Obon.

Any questions please contact by email: Athletics@SFVJACC.com Attn: Kevin Endow.

San Fernando JACC Athletics is open for fall Girls and Boys basketball registration. Good news - JAO (girls league) will have a season starting January 2023. Please see the below link and information to register. <https://tshq.bluesombrero.com/default.aspx?portalid=29438>

Registration is currently open for returning players. New player registration will be open August 1, 2022.



Boys and Girls can join
the **BOY SCOUTS
OF AMERICA**

Want to make lifelong
memories with your child?
Sign up and bring your kid
along for the adventure.

If we get at least 5 people
and 3 parents, we can
start planning a new troop
at the Center.

Contact Kyoko at
nancy_oda@sfvjacc.com

Scouting is family, fun, friends
and a lifetime of adventure!



Rising Stars

Youth Leadership Program
Building Tomorrow's Leaders Today

Rising Stars 19 Youth Leadership Program will be held October 2022 through April 2023 at Union Church of Los Angeles in Little Tokyo. One to two Saturdays per month. Sessions will be from 8:30 a.m. to 4:30 p.m.

The application period for the 2022-2023 program will open in August 2022.



Participants will learn:

- Team Dynamics — Understanding who we are and how to work in groups with those different from us.
- Speak to Persuade — How to do powerful and persuasive public speaking.
- Cultural Values — How Japanese values influence us and how we lead.
- Assertiveness — How to be assertive, not passive or aggressive, and how to be ethical, in various real-life situations.
- Networking — How to introduce ourselves to new people, talk with them, and develop a network.
- Japanese American Heritage — Understanding the history, culture, and legacy of Japanese Americans and how to be actively involved in the Japanese American community

How To Apply—online at <https://www.risingstarsylp.org>

Applicants for the program must be enrolled in high school during the 2022-2023 school year. Enrollment will be limited to a maximum of 25 students.



SAN FERNANDO VALLEY HONGWANJI BUDDHIST TEMPLE

9450 Remick Avenue, Pacoima, CA 91331
818 899-4030 sfvibt@sfvibt.org
www.sfvibt.org

Supervising Minister: Rev. William Briones
Temple President: Eric Reardon

Services continue to be held via Zoom, with hybrid (in-person and Zoom) services once a month or so. Please contact the temple about in-person service guidelines or if you wish to be included on the Zoom invitation list. Please check our website for updates. Thank you, and be safe and well.

August

7 10:00 am Summer service
14 10:00 am Summer service (hybrid)
21 10:00 am Summer service
28 10:00 am Summer service

September

4 No service
11 10:00 am Shotsuki monthly memorial service, Dharma School starts (hybrid)
18 10:00 am Fall Ohigan service and seminar (hybrid)
25 10:00 am Regular service

October

2 10:00 am Shotsuki monthly memorial and Eshinni-ko/Kakushinni-ko service (hybrid)

Your donations gratefully accepted:

- Zelle to sfvibt@sfvibt.org
- PayPal on [sfvibt.org](https://www.paypal.com/donate/?url=https%3A%2F%2Fsfvibt.org) or
- check mailed to SFVHBT (address above)



9610 Haddon Avenue
Pacoima, CA 91331
(2 blocks east of Laurel Canyon Blvd.
between Branford and Osborne St.)

Office Phone:

818 896-1676 (English)
(818) 899-4115 (Japanese)

Please refer to our website for more information: www.crosswaysfv.org

English Department

Pastor Raynold Nakamura

Japanese Department

Pastor In Hyun

We are now doing hybrid services and have resumed gathering on campus while maintaining the online streaming presence on Sundays at 10:00 am. For more information, email info@crosswaysfv.org



Chatsworth West United Methodist Church

Open Hearts, Open Minds, Open Doors

10824 Topanga Canyon Blvd.
Chatsworth, CA 91311
818 341-1270

E-mail: chatsworthumc@juno.com
FAX: 818 341 1271

Pastor: Eric Iki
Lay Leader: Jim Melichar

Due to the changing times of the COVID-19 pandemic, services are being held on Sundays at 10 am and bible study on Thursdays at 10 am and 7 pm through Zoom.

If you would like to join the services or bible study meetings, call (818) 341-1270 or email at chatsworthumc@juno.com



SUNRISE JAPANESE FOURSQUARE CHURCH

Church address:
5853 Laurel Canyon Blvd.
Valley Village, CA 91607

Pastors:
Rev. Paul Iwata
Rev. James Iwata

Join us for our worship services on
Sundays at 10:30 am through Facebook at

https://www.facebook.com/pg/sunrisejapanesechurch/posts/?ref=page_internal

COORDINATING COUNCIL ORGANIZATIONS - MEETINGS - CONTACT PERSONS

Coordinating Council	3rd Wed., 7:00 PM.....	Kay Oda	818 899-1989
Community Center.....	1st Wed., 7:00 PM.....	Call CC Office	818 899-1989
Athletics.....	3rd Tues., 7:30 PM.....	Margaret Takimoto.....	818 701-7628
CC News	Lois Okui.....	818 892-1487.....	Email: lois_okui@sfvjacc.com
Chatsworth West United Methodist Church.....	2nd Sun., 1:00 PM.....	Pastor Eric Iki.....	818 341-1270
Crossway Church	2nd Sun., 12:30 PM		818 896-1676
Nikkei Senior Gardens.....	2nd Thurs. (even months), 7 PM..	Tadao Okui.	818 517-7907
SFV Bonsai Club	4th Sun., 8 AM-12 PM ..	Kazuhiko Nakanishi ..	805 492-3439
SFV Hongwanji Buddhist Temple.....	2nd Mon., 7:30 PM.....	Eric Reardon	818 899-4030
SFV JACL	2nd Wed., 7:00 PM	Nancy Takayama.....	818 601-6296
SFV Japanese Language Institute.....	2nd Sat., 8:30 AM.....	Kiyo Watanabe.....	818 237-8540
			818 896-8612 (Office)
SFV Judo Club	4th Wed., 7:03 PM	Kenji Couey	818 381-7232
SFV Meiji Senior Citizens Club..	1st Fri., 12:30 PM.....	Ritsuko Shinbashi.....	818 892-0470
Senior Hot Meals.....	Fri., 11:30 AM	CC Office.....	818 899-1989
Sunrise Japanese Foursquare Church		Reverend Paul Iwata....	818 782-8738
Valley Japanese Community Center.....	2nd Fri., 7:00 PM	Joy Longworth	818-270-6833

**Want to reserve the
Community Center for
an event?**

Call Tadao Okui at
(818) 517-7907 or email:
tadao_okui@sfvjacc.com

**Want to submit an
article for the CC
Newsletter?**

Email:
lois_okui@sfvjacc.com

CC Deadline:
The 15th of every odd
month.

SPECIAL CLASSES

Aloha Club (Poker)	Tuesday (11 AM-3 PM)/Friday (12:30-3:00 PM)....	CC Office.....	818 899-1989
Ballroom Dance	Tuesday.....	7:00-9:00 PM	Barbara Okita 818 784-5128
Bowling*, (Winnetka Bowl).....	Tuesday.....	9:30 AM	Sandra Yamamoto....
Country Western Music*	Tuesday.....	10:0-11:30 AM	Janet Schuetze..... 818 767-1819
Exercise Class.....	Tuesday.....	9:00-10:00 AM	Liz Doomey 818 892-7381
Exercise Class	Friday.....	10:00-11:00 AM	Liz Doomey 818 892-7381
Hawaiian Hula (Ohana Pu'uwai Nani) ...	Monday.....	11:00 AM-12:00 PM	Suzan Akamine 818 367-1723
Hitomi's Cooking Class.....	4th Tuesday.....	7:00-9:00 PM	NJ Nakamura..... 818 893-6503
Ikenobo Ikebana	2nd/4th Wednesday	10:00 AM-12:00 PM	Mayumi Dennis 818 224-3346
Karaoke*.....	1st/3rd Thursday	10:00 AM-12:00 PM	Janet Yamamoto 818 365-8361
Kokusei Shigin Class	Tuesday (J-School).....	10:00-11:30 AM	Shigeru Kamimura 818 992-4673
Line Dancing*	Thursday.....	10:00-11:15 AM	Call CC Office..... 818 899-1989
Movie Club	1st Monday	12:00-3:00 PM	Liz Doomey 818 892-7381
Nikkei Bowling League	Friday (Winnetka Bowl) ...	8:00-10:00 PM	Stan Date 818 701-6607
Ondo Dancing*	2nd/4th Friday.....	7:00-9:00 PM	Janet Yamamoto 818 365-8361
Ping Pong Club.....	Thursday/Tuesday	10:00 AM-3:00 PM	Aaron Sanwo 661 755-0584
Senior Arts & Crafts	Monday.....	10:00 AM-12:00 PM	Liz Doomey 818 892-7381
SFV Judo Club	Mon/Wed/Thurs/Fri	7:00-9:00 PM	Kenji Couey 818 381-7232
Tai Chi Class*	Monday.....	9:00-10:00 AM	Florence Takaaaze 310 202-6693
Ukulele Club	Friday	10:00-11:30 AM	
Zumba	Monday.....	7:30-8:30 PM	Margaret Takimoto.... 818 701-7628

Note: The classes and services in red are not yet meeting at the CC.

YOUTH SERVICE ORGANIZATIONS

Girl Scouts..... 3rd Saturday 2:00-4:00 PM Troop Leader: Akiko Manaka

SUPPORT GROUPS & SERVICES

Dementia Caregivers Support Group... 1st Saturday..... 10:00 AM-12:00 PM Facilitator: Coleen Nakamura, ADPI
Online only
Little Tokyo Service Center
Contact her at cnakamura@ltsc.org

Blood Pressure Screening*..... 3rd Friday 9:30-11:00 AM Nikkei Pioneer Conference Room

*Meiji Senior Citizens' Activity or Service

For more information, call the CC at (818) 899-1989.



SAN FERNANDO VALLEY JAPANESE
AMERICAN COMMUNITY CENTER NEWS
12953 Branford Street, Pacoima 91331
818 899-1989 Fax 818 899-0659

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SFVJACC Mission Statement

To preserve the Japanese culture and
to promote the Japanese American experience through
education, events, and activities for our community.

San Fernando Valley Japanese American Community Center

2022 MEMBERSHIP FORM

(Membership Period: January 1 to December 31, 2022)

1. Complete the information below.

2. Make check payable to "SFVJACC".

3. Send your check and this form to: SFVJACC

12953 Branford Street
Pacoima, CA 91331

☐ Family Membership - \$60.00

☐ Single Membership - \$40.00

(Please Print)

Name _____ Phone _____
(Last Name) (First Name)

Address _____

City _____ State _____ Zip Code _____

Email Address _____

Emergency Contact _____ Phone _____

If you would like to receive the newsletter in the mail instead of digitally, please check the box. ☐

If you would like to be omitted from future CC Directories, please check the box. ☐

* For information, please call SFVJACC at (818) 899-1989. Fax is (818) 899-0659. Website: www.sfvjacc.com