



SAN FERNANDO VALLEY JAPANESE AMERICAN COMMUNITY CENTER

Website: www.sfvjacc.com

Issue 51

May/June
2020

Mr. Kazuhiko Nakanishi received The Agricultural Society of Japan's Achievement Award



Mr. Kazuhiko Nakanishi was awarded the Agricultural Achievement Award from the Agricultural Society of Japan on Tuesday, December 10, 2019. The event was hosted at the residence of Consul General Akira Muto. The Agricultural Society of Japan was established in 1881 for the development and improvement of Japanese agriculture, agricultural communities and farmers.

Consul General Akira Muto offered congratulations and presented Mr. Nakanishi with the Certificate Commendation and the Ribbon of the Green-White Achievement Award.

Mr. Nakanishi has been working in the gardening business over 50 years, when he first started working with his uncle. Recently he has been working as a volunteer for the City of Glendale maintaining and preserving their Japanese garden known as "Shoseian and Japanese Friendship Garden". In 2017, The Ministry of Land Infrastructure, Transport and Tourism of Japan sent a group of Japanese landscape gardeners to restore the garden under the Japanese Gardens Restoration Project. Mr. Nakanishi was actively involved in the coordination and acted as

interpreter between the Japanese team and the local gardeners. The Glendale Mayor, Vartan Gharpetian, awarded a commendation to Mr. Nakanishi for his part in the Japanese gardens' renovation.

Family members, friends, colleagues and invited guests attended this ceremony. Congratulatory remarks were given by Consul General Akira Muto, Mr. Kaoru Kawata, President of the Japanese Chamber of Commerce of Southern California, Mr. Michael Beizer, President of the Friends of Shoseian (an organization to maintain and preserve "Shoseian and Japanese Friendship Garden"), Mr. Happy Mizutani, President of the Japanese Prefectures Association of Southern California and Mr. Shindichi Koyam, President of the Agricultural Society of Japan (Dai Nihon Nokai), Southern California Branch.

Mr. Nakanishi thanked everyone and said he would continue to work for the development of the United States–Japan friendship.



Communication During COVID 19

By Nancy Oda

The recent pandemic hastened the need for a way to send our bimonthly newsletter in a safe way. Going to the post office was no longer an option due to the risk of infection. The May-June edition is the first broad distribution to our clubs and organizations. Thank you to the our membership chair, Tadao Okui, who has maintained the roster for many years since all users are supposed to be members. Fortunately, SF Athletics, Meiji Senior Club, and Japanese Language Institute had current rosters. This enables us to send the newsletter, related events, health and safety warnings like fire, earthquake, etc. rapidly. The list is strictly confidential.

Many of our groups worked together since April while maintaining social distances. For example, the Board of Directors have held their monthly meetings via Google hangout. The JACL and the CC Scholarship committee met on Webex to check on each other and make adjustments. Kiyo Watanabe, JLI PTA president, and Danny Okazaki, Coordinating Council chair, met members on Zoom. As they say, necessity is the mother of invention.



About JLI

Chief JLI Coordinator, Noriko Murata, wrote, "Our teachers are willing to work to keep language education alive although we will not be able to offer any physical classroom instructions in this academic year."

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PRESIDENT’S MESSAGE

Thank you all to the medical teams, first responders, and essential service workers who have put their lives on the line to keep us safe.

I am proud that our community is helping each other selflessly. So far, we are fortunate that no members have been COVID 19 positive that I am aware of. The Oda family is wearing masks, washing hands, and maintaining six feet distance. In fact, we have no visitors so we know how hard it is.

If any member needs help with picking up groceries, and prescriptions, or if you know someone that may need help, please contact me by calling (818) 786-0914 or email me at kay_oda@sfvjacc.com. It will be confidential, of course. Thank you to the volunteers too.

The CC Board’s first priority is the safety of our members. When we reopen, we ask you to act as though you have the virus and take necessary precautions to protect your family and friends. We will waive fees for children’s activities on a limited basis during these days of economic uncertainties.

Congratulations to all the 2020 high school and college graduates, and to all students, parents, and teachers who are persevering during this difficult time. We are proud of you!

Kay Oda
SFVJACC President

SFVJACC Scholarships Deadline Extended



Each year, our community center congratulates our high school seniors and on going college students. We celebrate our youth for the future is on their hands.

This year, the application has been rescheduled for September 10 in order to mitigate the sudden closure of school on March 16. The committee met to discuss the changes that the coronavirus has caused. To make sure that no further harm comes their way, checks for successful applicants will be issued as soon as registration has been confirmed. Since some of them will be away, we would like

the students to attend the New Year lunch scheduled for January 9 unless large gatherings are not permitted. Thank you to Grace Iwamasa, Chisato Kanagi, Leslie Shirazawa for serving on this committee.

The scholarship applications on the website are described on www.sfvjacc.com

They are: Dr. Sanbo and Kay Sakaguchi
Mrs. Lillian Sakaguchi Thibodeaux

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With the closure of LAUSD, gym permits were canceled causing our basketball program no place to practice. In addition, our young people lost a lot in every direction since the memorial hall, judo, and Japanese Language Institute were locked down based on CDC safety rules.

Continued from front page -

Communication During COVID 19

The Japanese Language Institute’s dedicated teachers have provided students with shukudai (homework) every week and will continue to do so for the summer break. So depending on the necessity and capability, some of the classes may meet online using the application/platform such as Zoom® or Hangouts Meet®. We are using both traditional pen and paper style assignments and online worksheets.

Adult class instructor, Nina Kato, has used Zoom before the pandemic for conferencing during the week. Student, Doug Carden, said. “ It’s been good but long distance learning doesn’t replace in person classes. He joked that with Zoom, you only need to put on a nice shirt!

2020 High School & College Graduates

We are so proud of our graduates...
so families, please submit a digital photo, name, school for a special edition of the CC News.

Deadline: July 1, 2020

Email to lois_okui@sfvjacc.com

WELCOME NEW MEMBERS

Michael Coleman	Maria Rodriguez
Alex Dena	Todd Suenaka
Taku Hatori	Justin Sun
Yulia Karabanova	Shannon Suyemoto
Dmitri Kossakovski	Marie-Reine Velez
Tracy Lucas	Jerold & Andrea Winnick
MSMD LLC	

ACKNOWLEDGEMENTS

For the Month of April 2020

Donations

- Thomas and Naomi Gentle
To help offset expenses during the COVID-19 pandemic
- Grace Goto
In memory of her husband George Goto
- Greg Kimura
United Way Charitable Contribution
- Amy Okui
Capital Group Matching Donation
- Brenda Reitz
In memory of Yone Takimoto
- Todd Uramoto.....
Employees of Northrop Grumman Political Action Committee (ENGPAC) Contribution
- Diane Yamashita
In memory of Harumi Sylvia Yamashita

Use of Facilities

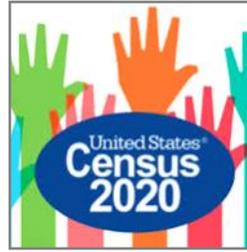
- Monday Nite Basketball

Thank you for your generous donations!

Quote of the Century:

**Dear God,
Can you please uninstall 2020
and download it again??
It's has a virus!!!!**

JUNE 1 - New Deadline for Census 2020



The Census released a new operational timeline.

- Field operations delayed to June 1, 2020. Field operations are the Census workers who go to your house or do the homeless count.
- Self-response extended to October 31, 2020.
- Apportionment counts to President by April 30, 2020.
- Redistricting data to states by July 31, 2021.

We are still encouraging everyone to complete their Census questionnaire as soon as possible. And remember, that everyone is able to respond online or over the phone in Japanese!

60th Anniversary T-Shirt

Limited supply
Honoring Our Founders
\$10 per T-Shirt

Call the CC office (818) 899-1989 or email
lois_okui@sfvjacc.com
christine_inouye@sfvjacc.com



News From The Gardens...

By Mayumi Barr, Director of Life Enrichment

The community, families and friends of Nikkei Senior Gardens have been supportive during this very challenging time. We have received generous donations like hundreds of surgical grade masks, homemade masks, hand sanitizers, activity items, homemade cards for residents, and so much more. Most importantly, we would like to thank everyone for the kind words and encouragement to the team members who are the true heroes on the frontline everyday. Please be assured that Nikkei Senior Gardens has been taking additional precautions including increased cleaning of surfaces within the community, educating both staff and residents on awareness of symptoms, and proper hand washing. We continue to take in order to protect our residents and team members from this invisible pandemic. We work together as a team and we will get through this together.



Share With Us Your Stories About Your "Stay At Home" Experiences

You are part of history and years from now, people reading your stories and seeing your photos will be able to better understand the COVID-19 experience of 2020.

Are you keeping a journal or record of your thoughts? Are you taking photos? Subjects you might want to write about and share.

How has your life and the lives of those you love changed?

How are you keeping in touch with family and friends?

Are you leaving your home for neighborhood walks, food shopping, necessary appointments or work?

How does it feel to see empty shelves and closed restaurants and other businesses?

How are you filling your time at home? New activities? More time for other activities that there never seemed to be enough time for?

Are you working from home?

If you have children at home, what are their days like?

Did you get the virus? How was your care and recovery?

Anything else that you would like to share with future generations?

Your "stories" can be sent as notes or short answers to the above questions or any other subjects that relate to this historical event, or a paragraph, an article or a longer journal and can be transmitted by regular mail or e-mail to: nancy_oda@sfvjacc.com

Thank you, Bolton Hall, for these suggestions.

History never looks like history when you are living through it. -- John W. Gardner

Here Are What Some CC members Are Doing The "Stay at Home" Order



Shuko Akune

Miss our friends at the SFVJACC during this time of stay home orders but we know that we are apart today so that we can all be together tomorrow. I've been filling the time at home sewing, knitting, cooking as well as working on Yancha for JANM's online store. I also worked

on a reading of Velina Hasu Houston's new play on ZOOM which was a fun new experience. Japanese expressions seem so appropriate at this time. That kimochi/feeling from the heart resonates so true at this time.

When messaging or calling the Meiji Ondo family, I'll ask "Daijobu/Are you Okay?" and I end by saying "Please Take Care of yourself/Kara da ni Kiyotsuketei Odaijini". We are Arigatai/Grateful for all the simple things we took for granted in the past.

We are extremely thankful for all the health care providers, essential workers and those working on the front lines. We see the best in people during these times too. Inspired by crafters making masks and donating to front line workers, families and friends. The word Gaman/Perseverance resonates with me. Our lives today are nothing in comparison to what our beloved Issei and Nisei had to endure. We are reminded of their strength, resilience and patience. Also the resourcefulness of the Mottainai credo to never be wasteful. I look forward to seeing you one day soon/Mata o ai dekiru koto o tanoshimini shiteimasu. Stay safe. Stay well dear tomodachi.



Kaori Hall

CC member Kaori Hall has been very busy during the COVID-19 pandemic. Besides making baby booties for her business, Rakuchin, she is also making face masks and she has made thousands of them since March.

As well as selling the face masks, Kaori is also donating a large portion of them. So far, she has donated over 3,000 masks to hospitals, nursing homes, police and fire stations, and pharmacies.

Kaori's main mission, though, is to make sure seniors have the masks and has been handing them out to whoever needs them. If you'd like to buy a mask or knows someone who needs one, email her at - kaorisroom@hotmail.com or go to her Facebook page [facebook.com/RakuchinBaby/](https://www.facebook.com/RakuchinBaby/)



Raiden, her son, models one of her face masks.



Donation of 100 masks

Continued on next page.

Here Are What Some CC members Are Doing The "Stay at Home" Order



Harrison with Bao Bao

Harrison Hirota

Many call this year a curse, from the start everything went downhill. While the Covid-19 pandemic continues to spread, we try to cope with the situation the best that we can. There will never be a better time to get comfy in your home and become a "homebody".

Ranging from video games to exercising, many people are accomplishing things that they would never have done during their regular schedules. For myself, as a teammate on the SF Samurai basketball team, this meant a break from practices, regular season games on Sundays, and weekend tournaments. These events took the majority of the year and as many parents would know, were very time-consuming. While social distancing strictly restricts physical contact with other people, we are fortunate to have handheld video-conferencing technology so we can keep in touch with friends and family.

Like everyone else, I reside in my home trying to stay safe and keep others safe as well. While boredom may occur, I resort to such things as walking my dog, playing online games with my friends, keeping up with my schoolwork, playing basketball in the driveway, or sometimes just relaxing on my bed.

As I transition to high school in the Fall, I am forever grateful for the ability to stay connected with school friends that are going on their own separate journeys in life. Some of my friends are taking different paths by attending different high schools. With the news that this school year will finish while we are at home, I will not be able to bid them a farewell in-person. Fortunately, I'm still able to talk to them (even if it's through a screen). While I am savoring the unique opportunity to relax, I'm also looking forward to the day when we can return to our normal lives and I can resume my basketball practices at the community center with my teammates.



SFV MEIJI SENIOR CITIZENS CLUB NEW YEAR'S PARTY

By Liz Doomey

All scheduled events for Meiji Club at the SFVJACC have been temporarily cancelled. We are trying to keep all our members informed but need your email address if you have not provided Kay Yamada with the information. We can send SFVJACC members with the newsletter using your email address. Please send your information to lizdoomey@yahoo.com to update our files.

If you have a problem getting groceries or food you can contact the City of Los Angeles by dialing 211.

Virtual Keiro Forums - Registering for Virtual Keiro Forums

To find out more about the scheduled virtual forums or to register for any of the available webinars, go to keiro.org/virtual-keiro-forums. If you have never participated in a webinar before, please contact Keiro at programs@keiro.org or call (213) 873-5792 if you need assistance. See Keiro flyer on page 11.



Richie Endow

By NJ Nakamura

Richie Endow was one of twenty-three Americans who attended the International Judo Federation's Referee, Sport and Education Seminar, held in Doha, Qatar on January 11-12, 2020. This seminar was attended by 293 participants from all over the world.

Richie has many accomplishments. He holds a 4 Dan rank, is the San Gabriel Judo Dojo Head Instructor, a USA Judo International Coach, and an IJF-B Continental Referee. Over the past eight years, he has either coached or refereed at every USA Judo National Championship.

Richie grew up at the Community Center, playing basketball and baseball in the SF Athletics program, as well as participating in judo. He began training at the San Fernando Valley Dojo Club in the 1980s. Later, he assisted head sensei, Roy Murakami, with teaching and instruction. He continues to teach at the San Fernando Valley Dojo Club and at the San Gabriel Judo Dojo.



The CC Board wanted to thank the 226 volunteers who helped at our CC events throughout the 2019 year. Without their help, **New Year's Luncheon, Family Day, Memorial Day Service, CC Clean Up, Steak Dinner and Super Bingo** could not have happened. They are truly a big part of the Center.

On March 28, we were going to honor them with a dinner but due to the COVID-19 pandemic and the "stay at home" order, it had to be canceled.

We still would like to recognize each one of them so below is the list of our dedicated, hard working volunteers.

THANK YOU TO OUR WONDERFUL VOLUNTEERS!!

Barakat, Chloe	Hall, Raiden	Lara, Izaiah	Nobuyuki, Sandy	Tanaka, Linda
Bennett, Dick	Hamamoto, Jennifer	Lara, Tristan	Norihiro, Kathy	Tanaka, Frank
Carden, Doug	Hashimoto, Fuyumi	Lau, Bing	Oda, Kay	Tanaka, Marge
Chai, Eugene	Hashimoto, Hitomi	Lau, Diana	Oda, Nancy	Tanijiri, Wes
Chang, Carri	Hashimoto, Toji	Lau, Tre	Oda, Alex	Tiongson, Kim
Chang, Lauryn	Herrejon, Josh	Lew, Caroline	Ogimachi, Linda	Tjenaloosi, Kayla
Chen, Miles	Higgins, Gabriel, Jr.	Longworth, Joy	Ohara, Eddie	Tjenaloosi, Krystal
Cheng, Gary	Higgins, Gabriel, Sr.	Longworth, Wally	Okazaki, Danny	Tjenaloosi, Ryan
Cheng, Kiko	Hirota, Eric	Lopez, Mia	Okui, Lois	Tomita, Jaclyn
Cheng, Tamiya	Hirota, Harrison	Louie, Walter	Okui, Tadao	Tsuda, Jim
Cheng, Noa	Hirota, Alana	Macagase, Cole	Okui, John	Tsuneishi, Jeremy
Cheng, Rei	Hirota, Declan	Macagase, Drew	Okui, Amy	Tsuneishi, Karen
Cheng, Grace	Hiura, Doug	Macagase, Grady	Okui, Kayla	Tsuneishi, Wyatt
Cheng, Joe	Hiura, Cooper	Macagase, Miles	Okui, Kyle	Tsutsui, Kaeden
Cheng, Kenny	Hiura, Sanay	Macagase, Staci	O'Neill, Coleen	Villareal, Eugenia
Chiba, Kimi	Hiura, Miles	Macagase, Vince	Orozco, Soeko	Watanabe, Kiyoko
Chiba, Hale	Huanga, Julie	Maekawa, Stephen	Otake, Julie	Watanabe, Asuka
Chow, Dana	Igawa, Kayla	Manaka, Akiko	Iwata, Paul	Watanabe, Tenka
Chow, Eugene	Imamoto, Ariel	Manaka, Tim	Pearlstein, Joshua	Weiss, Jason
Clever, Jill	Inoshita, Bill	Matsuda, Jeff	Pearlstein, Ryan	Weiss, Jeanne
Couey, Kenji	Inoshita, Luke	Matsuda, Kain	Pearlstein, Tiffany	Wong, Jenny
Dao, Quang	Inoue, Bert	Matsuda, Kial	Reyman, Charlie	Woo, Emily
DeLeon, Lizz-Ann	Inoue, Kei	Matsuda, Yoshi	Reyman, Quinn	Wood, May
DeLeon, Lucas	Ishida, Emily	Matsuda, Ike	Reyman, Tiffany	Yahata, Ryan
DeLeon, Grayson	Ishii, Akira	McClure, Teri	Rhee, Xander	Yahata, Carsen
Docken, Shirley	Ishii, Yasuo	Miyata, Isabelle	Sagara, Bud	Yahiro, Clay
Docken, Terry	Ito, Kara	Monji, Curtis	Sagara, Cora	Yamada, Kay
Doomey, Liz	Iwata, James	Mori, Michelle	Sasaki, Kaden	Yamamoto, Janet
Doomey, John	Iwata, Paul	Mui, Priscilla	Sasaki, Kirk	Yamane, Teddy
Duong, Mina	Kagiyama, Wendy	Murata, Yoichi	Shigekuni, Marion	Yamane, Midori
Duong, Miki	Kamimura, Christy	Nakada, Doug	Shigekuni, Phil	Yamasaki, Erika
Duong, Nancy	Kanagi, Chisato	Nakada, Gary	Shimabukuro, Don	Yamasaki, Jayden
Endow, Kamryn	Kanagi, Lauryn	Nakada, Will	Shimabukuro, Tina	Yoneoka, Harris
Endow, Peyton	Wang, Karin	Nakama, John	Shimabukuro, Zen	Yoneoka, Diane
Endow, Melissa	Kawamoto, Ray	Nakama, Joel	Shimizu, Bryan	Yoshimura, Kasey
Ezaki, Drew	Kimura, Patti	Nakamura, Kazu Henry	Shimizu, Yukiko	Yoshimura, Kathy
Ezaki, Joyce	Kita, Gregg	Nakamura, NJ	Shinbashi, Ken	Yoshinaga, Juli
Ezaki, Justin	Kitagawa, Desiree	Nakamura, Richard	Shinbashi, Ritsuko	Yoshizawa, Evan
Fujimoto, Kisui	Kobayashi, John	Nakano, Cathy	Shojinaga, Susan	Yoshizawa, Jill
Fujimoto, Cathy	Kuratomi, Linda	Nakano, Samantha	Takayama, Nancy	Yoshizawa, Justin
Fujitani, Erin	Kuroda, Nick	Nakata, Sam	Takayama, Linda	Yoshizawa, Kaelyn
Fukumoto, Nancy	Kuroda, Steve	Nakata, Rumi	Takimoto, Margaret	Young, Megan
Fukunaga, Audrey	Kushida, Mitzi	Nakatsu, Barbara	Tam, Jennifer	
Gohata, Nancy	Kushida, Al	Negoro, Harvey	Tam, Mark	
Gotshall, Marika	Lac, Luc	Nicklaus, Debbie	Tam, Zachari	
Hall, Kaori	Lac, Jamie	Nicklaus, Garland	Tanaka, Denise	



The **SFVJACC Memorial Day Service** scheduled for May 24, 2020 had to be canceled due to the COVID-19 pandemic. The annual event has taken place for decades and was first sponsored by the SFV VFW Post 4140 until the Center took over a few years ago. This is the first time it had to be canceled.

Memorial Day serves as a reminder of our service members who paid the ultimate price and gave their lives in defense of our nation. Remembering their legacy and sacrifice is the best way we can honor them.

We would like to honor and recognize the deceased veterans of our community for their service to our country.

MEMORIAL HONOR ROLL

Medal of Honor

PFC Kiyoshi Muranaga

Killed in Action

PFC Louis Hirata	Pvt. Lloyd N. Onoye
Pvt. Fred Sasaki	PFC Tadashi Obana

Deceased Comrades

George Asanuma	Takao Ishibashi	Arthur Nakadaira	Frank Suzuki
Hiroichi Baba	Joji Ito	Frank Fumio Nakama	Yoshimasa Suzuki
Elmer Boomhower	Paul K. Jonokuchi	Fumio Nakamura	Tetsuo Suzumoto
Ben Fujimoto	David S. Kado	George Nakamura	Albert Takami
Tom M. Fujimoto	Hiroyuki Kajiki	Henry E. Nakamura	Kentaro Takatsui
Fred N. Fujiu	Shigeru Kamiya	Kuni Pete Nakao	Fred K. Takimoto
Noboru Furushiro	Robert Y Kanemura	George Nishioka	Tommy Isamu Takimoto
George Goto	Tadao Katayama	James Oda	Toshio Takimoto
Jimmy S. Gozawa	Mitsuo Kato	Suyehiko Oda	Frank Y. Tanaka
Harold Hagihara	James Komatsu	Hisayuki F. Ogimachi	Takeshi S. Teraoka
Joe Hamamoto	Thomas Komatsu	Yoshihito Ogimachi	Shiro Tomita
Hisaya J. Hasegawa	Bobby M. Komura	Jimmy Ohara	Kiyoshi Tomiye
Robert Hayamizu	Minoru Kono	Mel F. Okano	Huddy Y. Tomomatsu
Hideo Hayashi	Herbert S. Kondo	Toshio Okui	Yoshio Tsuchiyama
John Y. Hazama	Sam M. Koyama	Gengo W. Okura	Jim Tsuji
Edward Hernandez	Wesley Kaname Koyano	Howard L. Parker	Mitsuo Usui
Jimmy Hernandez	John M. Kubota	Tony Raagas	Isamu Uyehara
Seiji Hirami	Yoshimi Kunitsugu	Earnest Riley	Cary Y. Wada
Harry T. Hiraoka	Masaharu Kuraoka	Orlino Paul Rosete	Yasumatsu Wada
Takeshi S..Hiraoka	Koji Maeyama	Frank Sagara	Isamu S. Watanabe
Tsuneichi B. Honda	Takeshi Monji	Giro Saisho	George T. Yamamoto
Kaz Honjio	Atsushi Moori	Bo Sakaguchi	Henry Yamamura
Deborah J. Hoshii	John Mori	Chebo Sakaguchi	Robert Yamane
Henry Hoshii	Kay Morimoto	Sanbo Sakaguchi	Masaharu Yamanouye
Ike M. Ikeda	William Morita	Akira J. Sakamoto	Ricky Yamaoka
Keiji Iko	Mitch M. Motoyasu	Ben H. Sakamoto	Tad T. Yamaoka
Joe H. Ikuta	Roy Murakami	Charles H. Sasaki	Tak Yamaoka
Ted T. Iida	Ken Muranaga	Harry Shimada	Mitoji Yamashita
Minoru Imai	Yoshio Muranaga	Toru Shishido	Fred Yamauchi
Tsugio Imamoto	Harold F. Muraoka	Katsumi Shojinaga	Shigeru Yasuda
Gakuji J. Imamura	Raymond Muraoka	Clayton Spooner	Ike A. Yokomizo
Ernest D. Imoto	Roland M. Muraoka	Larry Kiyoshi Suenaka	Hideo Yokomizo
Stanley Y. Imoto	James Murata	Richard K..Suenaka	Jim N. Yokoyama
Kenneth F. Inouye	Noboru Muto	Hisashi Sujishi	Masaru Yoshida
Tommy Y. Inouye	Harry Nakada	Satoru T. Sunamoto	Howard Yonehiro



A Better View

By Old Wakaba, Bud Sagara

I turned 70 a few months ago and it's not bad. COVID-19 sure has made changes to our everyday lives with unprecedented closures of businesses, social distancing and being ordered to stay home. Seniors are especially susceptible to the serious consequences of this virus because their immune systems have gradually weakened over time regardless if they have underlying medical issues or not. We are all to isolate ourselves from contact with others outside of our immediate household, wash our hands frequently, and continue to disinfect surfaces around the home. COVID-19 is a serious matter not only because of the suffering and loss of life it brings, but also the anxiety and worry it brings because so much about it is unknown. COVID-19 will pass as did all the other catastrophes like the threat of nuclear annihilation, communism, and Y2K. They did not bring an end to the world, but we worried nonetheless.



With age comes a life perspective based on making it through all the struggles and trials that the Lord has put us through. To quote the late actress Ingrid Bergman, "Getting older is like climbing a mountain. You're a little out of breath, but the view is much better." The boomer generation lived through rough times including small, futile wars that still took many lives and caused so much personal pain and damage while accomplishing nothing. We recognize that if we had spent just half of all that money and effort on education, medical care, communities and help for the needy instead of those wars, we would be in a much better place today.

The world is so much different than the one I grew up in. In those long past years, there were jobs available for anyone who was willing to work hard and some jobs came with pensions. People actually put money into savings accounts for rainy days and house mortgages were affordable. There were trade surpluses and fiscal restraint in the governing bodies that served the 99 percent instead of the one percent. I drift back to the "good old days" when new technology meant a telephone that did not have a rotary dial or having an 8-track tape system from Madman Muntz in Van Nuys that represented the ultimate in car stereo sound. It was a time when Ford, General Motors and Chrysler dominated car manufacturing and hardly anyone would consider an automobile made in Japan or Germany. The Boss 429 Mustang, Pontiac Trans Am, and Plymouth Barracuda were desired muscle cars for people who could afford them. Other than my parents, my high school transportation consisted of my bicycle or an occasional ride squashed into the back compartment of the Yamamoto's brown Chevy station wagon that was later painted dark green by Earl Scheib who advertised he would "paint any car for \$29.95."

The iconic food of the 1960's provided pleasant memories for those of us old enough to have enjoyed them. At the top of the list is the cheap, easy to heat-up and filling Swanson frozen TV dinners. What could be better than a complete fried chicken or roast beef dinner, although loaded with salt, fat and preservatives that could be purchased for twenty-five cents? Wash that all down with a big bottle of Bubble Up or RC Cola and then shake Jiffy Pop popcorn on the stove for dessert or perhaps try some freeze dried astronaut ice cream. During this time, a little known company named McDonald's opened its first Los Angeles store in Downey serving 15 cent hamburgers, with a side of French fries for ten cents. Did you think at that time this fast food restaurant would succeed?



COVID-19 has put a halt to the fervor that us sports nuts enjoy in following our favorite teams. No Dodgers, Lakers or Summer Olympics are on the horizon for us. It is so sad that the sports section of the Los Angeles Times is now relegated to three pages towards the end of another section of the paper. Many of the articles are nostalgic remembrances of great games and competitors from the past. This makes me recall some of the baseball players who proudly wore the green uniforms of the Wakabas or the San Fernando Aces. In the Japanese-American baseball leagues around the city, San Fernando fielded such stars are the Tamura brothers, Butch Yonemura, Mike Ikeda, Tad Okui, Rolen Higashida, Jerry Ikeda, Gary Yamamoto, Ernie Takemoto, the Yoshiwara brothers and many more. These were mighty men and even greater teammates and friends.

Being a senior brings its own worries. Each morning I have oatmeal with skim milk for breakfast. It's not that I like it, but my doctor and wife say it's good for me. I'm advised to stay away from having red or preserved meats, salt, sugar, rice and just about everything else I used to enjoy eating. Each day I struggle with my laziness by urging myself to take a walk in the neighborhood, while keeping social distancing in this COVID-19 paradigm. Every time I pass someone on my walk or at the grocery store, I worry if that person will be the one who gives me COVID-19. This is not how God intended us to live.

COVID-19 has changed the way we go about our daily business and its aftermath will probably change our lives even more. So are we to worry about what's in store for us tomorrow? Jesus clearly states what we should do about tomorrow in the gospel of Matthew 6:34, "Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Continued in next page.

Continued from page 8 - Old Wakaba

One of the greatest blessings from Jesus is that he does not want his people to worry or to add tomorrow's problems onto today. He will be the same tomorrow as he is today as he comforts us like a mother hen gathers her brood under her wings. Jesus wants us to enjoy his peace and the security found in him alone. Jesus spoke these words to help us overcome the things that make us anxious like COVID-19, broken relationships, job interviews, money problems, and health issues. The more central his lordship becomes in our lives, the less anxious we will be. Jesus came, lived, died, and rose from the dead, in that he might reign as Lord over an anxiety-free people. So come to Jesus. Forsake all other allegiances. Seek him first in all you do to make known his lordship over your life. This and this alone is the way to freedom from anxiety and worry.



SF DOMINATORS

2019 CBO Season
3rd Grade Division
2nd Place

Back row: Coach Justin
Yoshizawa, Coach Dai Kim

Front row: Evan Yoshizawa,
Kyle Chen, Kyle Nakaza, Dexter
Rhodes, Hayes Geromini, Parker
Low, Hudson Kim

Missing: Ryan Kwon



Love, Evan Project

In 2016, Evan Niizawa passed away at the age of 20, after a 5 year long fight with cancer. As a member of the San Fernando JACC, he played basketball, learned Judo, attended Japanese school, and participated in Rising Stars. During his cancer journey, he and his family received love and help in countless ways from innumerable people from the JACC and beyond. Founded by Evan's family, LOVE, EVAN aims to pay forward the love they received during their struggle. Inspired by the help received during Evan's battle, we

offer resources to help not only people battling with cancer, but also those supporting them, through gifts, meals, and other services.

Small actions have a tremendous impact in improving a person's quality of life. We distribute gift cards for daily needs, like groceries or gas. We also provide gifts, such as blankets, hats, or scarves. Dealing with cancer puts a strain on everyone involved, so we want to provide support any way we can.

Another crucial part of our mission to support those fighting cancer is through providing healthy, balanced meals. We are ramping up our efforts to prepare and distribute meals to anyone fighting cancer who may need it. At LOVE, EVAN, we believe good nutrition is essential to ensure a person can properly fight cancer.

For those with other needs, we will work to find volunteers and resources to help. From grocery shopping to cleaning to social visitations, we hope to provide whatever help anyone may need.

If you are in need of assistance or want to join us in our mission, please reach out to us at LoveEvanProject@gmail.com. You can also find us at love-evan.org

Written by:
Tony Chen
Dustin Niizawa

SF ATHLETICS PANCAKE BREAKFAST UPDATE



May 10, 2020

Dear Supporters of the SFVJACC Athletics Program,

We hope you and your family are well and staying safe.

As you know, the Pancake Breakfast is one of the highlight events at the SFVJACC. It is a beloved event that brings together friends and family each year. It is one of the foundational pillars of the Athletics program that introduces our youth to volunteerism and what can be accomplished not only as an organization but as a community.

After much discussion by the SFVJACC Athletics' board, it was decided that in order to comply with local and state guidelines, and in the best interest of Community Center members, we needed to cancel this year's onsite Pancake Breakfast. We will continue to hold the raffle portion of the event to honor those of you that have donated so generously to our program.

*We are sensitive to the financial situation that some of you might be experiencing during this crisis and offer you the opportunity to request a refund, if so desired, by submitting a request via e-mail to athletics@sfvjacc.com subject line: **Pancake Breakfast Refund**, no later than June 15 . Additional details can be found on the SFVJACC website. <http://www.sfvjacc.com/sf-athletics.html>*

In lieu of holding the onsite Pancake Breakfast, Athletics will increase the total prize fund to 50% of the collected money and the number of prizes. The raffle will include numerous minimum cash prizes valued at \$200 each and a significantly larger Grand Prize. If you previously purchased a pancake breakfast ticket and do not request a refund, you will automatically be included in the drawing! Additional tickets are available by e-mail request.

The raffle drawing will be held July 1, 2020.

We appreciate your continued support during these unprecedented times.

Thank you,

Co-Head SFVJACC Athletics Commissioners

Margaret Takimoto, Kevin Endow & Bing Lau

Keiro Virtual Forum: Join Us!

Join Keiro on Zoom webinars to learn something new, and stay connected with others!

Registration: Visit keiro.org/virtual-keiro-forums to sign up. Instructions will be emailed to you.
New to Zoom? Questions? Visit keiro.org for instructions, contact programs@keiro.org or call 213.873.5792.

Here are some of the upcoming Keiro forums:

Conversation Kitchen

Wednesday, June 3

10:30 - 11:30 a.m.

Join in on a casual discussion while Keiro staff is cooking a dish.

Food Delivery Apps

Tuesday, June 9

10:30 - 11:30 a.m.

Learn about how to install and create an account to get food delivered to your home.

What is Iyashi Care?

Thursday, June 18

3:00 - 4:00 p.m.

Learn about this innovative Keiro program providing support to older adults with serious illness.

For the full list, please visit keiro.org.

*All programs are **FREE** unless otherwise noted and are made possible by Keiro along with support from our community partners, donors, and volunteers.*



SAVVY EXPRESS Free Virtual Caregivers Workshops

June 4, 11 & 18
1:00–3:00 PM

Savvy Express is a 3 week program specially designed to benefit someone providing care for an individual living with dementia by providing more understanding and tools to help navigate the journey.

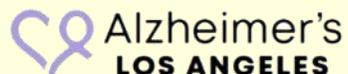
Free sessions will help attendees:

- Obtain a better understanding of Alzheimer's & Dementia
- Recognize & develop self-care strategies
- Identify resources that can help with managing care
- Learn how to address challenging behaviors & obtain skills to help keep a manageable routine



Classes are small-group format & held virtually for 3 consecutive weeks. Computer with camera and microphone and internet access required.

To register, please contact Sara Mikael
by June 1st: 323.451.2699 • smikael@alzla.org



844.HELP.org
AlzheimersLA.org



San Fernando Valley Japanese Language Institute

By Kiyo Watanabe, PTA President



SFV Japanese Language Institute Update

JLI's last online class was on May 30 and will end their school year on June 6 with a virtual Undokai. Undokai is a sports festival and a school tradition that's held every year. Students, teachers and family gather for a day of outdoor events but due to the COVID-19 pandemic, it will do the event virtually this year.

JLI plans to open the new school year on August 15. This date is tentative since the online classes may not be ready by then. The delayed start may happen on 2020-2021 school year.

SFVJLI have been going through some very unique and tough times since this pandemic started and have been faced with new challenges. We will do our best to get through this. Thank you, everybody, for your support!



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CONTACT: SFV.TAIKO@GMAIL.COM TO ORDER OR FOR MORE INFORMATION

***EXPECTED DELIVERY JUNE 21 - 30, 2020**

***ALL PROFITS WILL BE DONATED TO THE SFVJACC**

COORDINATING COUNCIL ORGANIZATIONS - MEETINGS - CONTACT PERSONS

Coordinating Council	3rd Wed., 7:00 PM.....	Danny Okazaki.	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: loisokui@aol.com
Chatsworth West United Methodist Church.....
.....	2nd Sun., 1:00 PM.....	Rev. Karen Murata.....	818 341-1270
Crossway Church	2nd Sun., 12:30 PM	Jennifer Trax	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.....	Carolyn Sanwo	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..	2nd Fri., 12:30 PM.....	Ritsuko Shinbashi	818 892-0470
Senior Hot Meals.....	Tues. & Fri. (no meal on 5th Tues. & 5th Fri.).	818 899-1989
Sunrise Foursquare Church.....	Reverend Paul Iwata	818 782-8738
Valley Japanese Community Center.....
.....	2nd Fri., 7:30 PM	Joy Longworth	818-896-7775

Want to reserve the Community Center for an event?

Call Tadao Okui at
818-517-7907 or
email:
tad_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

Arts & Crafts.....	Monday.....	10:00 AM-12:00 PM.....	Sally Hamamoto.....	818 361-2902
Ballroom Dance.....	Tuesday.....	7:00-9:00 PM.....	Barbara Okita.....	818 784-5128
Bowling*, Matador Bowl.....	Thursday.....	9:30 AM.....	Sam Nakata	818 894-5307
Bridge*.....	Monday.....	12:00-3:00 PM.....	Ray Shinsato.....	818 767-5550
Country Western Music*.....	Tuesday.....	10:30-11:30 AM.....	Janet Schuetze	818 767-1819
Exercise Class.....	Tuesday.....	9:00-10:00 AM.....	Ralph Ahn	818 302-6658
Exercise Class.....	Friday.....	10:00-11:00 AM.....	Phil Shigekuni	818 893-1581
Hanafuda*.....	Friday.....	1:00-3:00 PM.....	Call CC office	818 899-1989
Harmonica Class*.....	Friday.....	1:00-11:30 AM.....	Call CC office	818 899-1989
Hawaiian Hula (Hula Wahines).....	Friday.....	12:30-1:30 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.....	10:00-2:00 PM.....	Mayumi Dennis	818 224-3346
Japanese Calligraphy.....	1st/3rd Thursday.....	9:30-11:00 AM.....	Call CC office	818 899-1989
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.....	8:45-10:00 AM.....	Call CC Office	818 899-1989
Mandolin.....	Friday.....	9:30-11:00 AM.....	Call CC Office	818 899-1989
Nikkei Bowling League.....	Friday (Winnetka Bowl).....	8:00-10:00 PM.....	Stan Date.....	818 701-6607
Tuesday Mah-Jong*.....	Tuesday.....	1:00-3:00 PM.....	Call CC office	818 899-1989
Friday Mah-Jong*.....	Friday.....	1:00-3:00 PM.....	Call CC office	818 899-1989
Ondo Dancing*.....	2nd/4th Friday.....	7:00-9:00 PM	Masako Rodriquez	818 899-8777
Ping Pong Club.....	Thursday/Tuesday.....	10:00 AM-3:00 PM.....	Aaron Sanwo.....	661 755-0584
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 Takaaze	310 202-6693
Taiko.....	Sunday.....	10:00 AM-2:00 PM.....	sfv.taiko@gmail.com	818 899-1989
Ukulele Class.....	Friday.....	9:30-11:30 AM.....	Call CC Office	818 899-1989
Yoga Class.....	Wednesday.....	10:00-11:00 AM.....	Call CC Office	818 899-1989
Zumba.....	Monday.....	7:30-8:30 PM.....	Margaret Takimoto.....	818 701-7628

YOUTH SERVICE ORGANIZATIONS

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

SUPPORT GROUPS & SERVICES

Alzheimer's Support Group.....1st Saturday.....10:00 AM-12:00 PM..... Facilitator: Isabelle Miyata
 Blood Pressure Screening*.....3rd Friday.....9:30-11:00 AM..... Nikkei Pioneer Conference Room
 Podiatrist*.....2nd Saturday.....11:00-12:30 PM..... Nikkei Pioneer Conference Room
 (Times for the podiatrist is approximate.)

*Meiji Senior Citizens' Activity or Service

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



**SAN FERNANDO VALLEY
HONGWANJI BUDDHIST TEMPLE**

9450 Remick Avenue, Pacoima
818 899-4030 sfvhbt@sfvhbt.org
www.sfvhbt.org

Resident Minister: Rev. Patricia Usuki
Temple President: Carolyn Sanwo

Due to the COVID-19 situation, services are being held via Zoom until further notice. Please contact the temple if you wish to be included on the invitation list. All other temple activities have been cancelled or postponed at least through the end of June unless otherwise notified. The Obon Festival has been cancelled. Please check our website for updates.

Thank you, and be safe and well.

Your donations gratefully accepted:

- PayPal on sfvhbt.org or
- Check mailed to
SFVHBT
9450 Remick Avenue
Pacoima CA 91331



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 Roland Hazama
Pastor Raynold Nakamura

Sunday Schedule

9:00 - 9:45 AM
Sunday School for ages
junior high through adult

10 - 11:15 AM
Worship Service
(childcare for infants - Pre-K)

Kid Venture Children's Ministries
(K - 5th grade)

11:15 - 11:45 AM
Coffee Fellowship

Youth Fellowship

Friday, 7:30 PM

Meetings at the church
for Jr. High and Sr. High

Mid-Week Home Groups

We believe that fellowship, friendship, and spiritual growth happens best in our small groups that meet during the week. We have a number of groups meeting in the San Fernando and Santa Clarita Valleys. Come, visit, and get to know our church. For more information, please call us or check our website.

Japanese Department

Pastor In Hyun

Please refer to our website
for more information:
www.sfjp.weebly.com

Sunday Schedule

10:00 AM
Worship Service

Lunch and Fellowship
after worship service on the
1st Sundays

Wednesdays, 10 am
Prayer @ Pastor's house



**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: Karen Murata
Lay Leader: Jim Melichar

Worship Service 10AM
Sunday School 10AM
Social Hour following service
Nursery care provided

Bible Study Thurs @ 10 AM & 7 PM

Shotokan Karate of America
Fri. @ 6:30 PM Rm.1

Instructor: April Warynick
Tommy Matsuda

www.ska.org
818 999-0412

Electrobattles Dance for children
Sat. @ 11 AM Rm.1

Instructor: Sharon James

Chi Fung Mind & Body Fitness
Tuesday @ 10 AM Fellowship Hall
Instructor: Leo Fong

Fellowship @ High Noon Lunch & Activity - Wednesdays
For info call Lowell (818) 694-1046



SUNRISE FOURSQUARE CHURCH

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

Pastors:
Rev. Paul Iwata
Rev. James Iwata

Meetings and Addresses:
Sunday Morning Service – 10:30 a.m.
(Prayer for Healing – 5th Sundays)

Sunday Evening Service – 6 p.m.
Thursday Night Bible Study – 6 p.m.
In the Prayer Chapel at
14705 Wyandotte St.
Van Nuys, CA 91405

Worship Praise and Service Preparation
every Saturday at 3 p.m.

Monthly Events:

2nd Sunday – Board Meeting
After the service at church

Prayer on the last Friday of the month from
8 p.m. in the Prayer Chapel

Counseling is available for individuals,
couples, and families. Please call.

Phone: 818-782-8738
818-642-2332

Email: pmiwata@gmail.com
www.sunrisejapanesechurch.org
Newsletters in English and Japanese are
posted on our website.

Seminary Classes taught by Pastor Paul in
Biblical Studies and Greek/Hebrew.



Business Banner Opportunity

Size of Banner - 4' x 4'
For Display In The Gym

\$500 a Year

Contact: kay_oda@sfvjacc.com
if you are interested in supporting the
Center in this way.

ALZHEIMER'S SUPPORT GROUP



If you have a loved one
affected by Alzheimer's
disease, come & join us.

A non-judgmental,
confidential place to
share frustrations, concerns
and ideas.

**Meetings: 1st Saturday of the Month
(except January/July/September)**

Time: 10 am - 12 pm

For the schedule or info, call the CC (818) 899-1989.



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