



SAN FERNANDO VALLEY JAPANESE AMERICAN COMMUNITY CENTER

Website: www.sfvjacc.com

Issue 61

January/
February
2022

NEW GARDEN FOR NIKKEI PIONEER BUILDING!

Thank you to Kenji Couey, Erik Estrada, Green Valley Growers and SFV Judo Club for the new landscaping in front of the Nikkei Pioneer Building. Kenji and Erik tore out all the old plants and planted new ones, creating a simple and asthetic look. The Judo Club dedicated the garden to the CC which was done in honor of longtime Judo members, Bobby Endow, Timbo Whitesell, Allan Tokunaga and Kenji Watanabe.

A special thanks to Green Valley Growers for donating the plants.



Kenji Couey (on left) and Erik Estrada (on right).



Daniel Nagasawa, MD

New Scholarship Established by Dr. Daniel Nagasawa

By Nancy Kyoko Oda

Many years ago, Dr. Daniel Nagasawa knew that he would be a brain surgeon. In fact, at age five, he liked building things and taking them apart. His parents were Shotokan Karate teachers at the Center when he was growing up so he has decided to donate a scholarship to help deserving students to further their education, particularly in the health sciences. Since he was an athlete in high school, he wants the student to be a scholar athlete. He is the Co-Founder of Achieve Brain & Spine, having completed his Neurological Surgery residency at UCLA and Sub-Specialization Fellowship training in Advanced Techniques for Complex Spinal Surgery at Kaiser LAMC. He has authored more than 50 peer-reviewed books, book chapters, and articles on topics ranging from management guidelines for spine fractures and cord compression to optimal treatment strategies for rare malignant brain tumors. Paramount to his therapeutic strategy is open communication, so that both he and his patients have a full understanding of the disease process and subsequent symptoms being produced; then together they can determine the best course of action to most effectively improve the patient's quality of life. He emphasizes patient education above all else, and has received numerous awards for his research and patient care. Dr. Nagasawa credits love for his family as the core of his strength, and treats every patient the same as he would any of them. We welcome this outstanding and caring neurosurgeon back home to the Center.

Please apply for this scholarship opportunity named the Nagasawa Education Scholarship by April 1, 2022 at www.sfvjacc.com



PRESIDENT’S MESSAGE

I hope everyone’s New Year’s went well and all of you are doing well and staying healthy! With so many new cases affecting families, I do appreciate the organizations and groups efforts to do their best to not open up new opportunities that may cause exposures.

That said, I also wanted to share that we still remain optimistic, as the board has been making the efforts to allow the center to start coming up with ways to open up opportunities for people to utilize the Community Center. I still ask for your patience as things continue to change, but since it has been ongoing for over a year, I believe your board has been able to anticipate more vs.

having to react to city and state directives and the overall safety concerns we truly have for each of the members and other organizations tied to our Community Center.

I believe by the time this goes to print the gym will be ready or almost so, to open. I am also hearing plans of other annual events that will hopefully be able to go forward later this year. Improvements around the Center, continue to be made as we have tried to take advantage of the downtime so we can expand outdoor and indoor activities. We are hoping the Center can remain active without creating temporary shut downs.

Please stay safe and continue to take the time to use the unique time together to create some nice memories our normal busy schedules would not have allowed for. I also continue to be thankful for all of you that have been able to help and support other members or outside groups that need your help or just your caring to support them!

Sincerely,
Danny Okazaki
SFVJACC President

Acknowledgements

For the month of December 2021 & January 2022

Donations

- Anonymous
- Gary and Sandy Yamamoto
- Year end donation
- Brenda Reitz
- Alexandria Real Estate Equities donation program
- Robert and Ina Inouye
- In honor of Yoshimori and Kimiko Inouye
- Andrew Jonokuchi
- Tim and Akiko Manaka
- Kyoko Watanabe
- In memory of her husband Kenji Watanabe
- SFV Judo Club.....
- Majorie Motooka
- Liberty Mutual "My Rewards" Program
- Cheryl Noda
- In memory of her husband Dave Noda
- Garry and Joy Monji.....
- Donna Arie
- Amy Whitesell
- In memory of her husband Tim Whitesell
- FIA Insurance Services.....
- Holiday donation
- David and Candice Linder
- Kay Saevivat.....
- Leo and Geneva Tanaka
- John and Susan Goka
- In memory of Sandy Nobuyuki
- John and Susan Goka
- In memory of Kenji Watanabe

- Lenor and Dick Bennet
- Anonymous
- Lawrence Livermore National Laboratory Helping Others More Effectively (HOME) Campaign
- Suzi Delander
- Dale Kadonaga
- Cecily Umezuka
- Keiro.....
- Orei for advertising their events in the newsletter
- Taro and Mary Ishimoto.....
- Anonymous
- Lawrence Livermore National Laboratory Matching Donation
- Martin Tanisaki
- Ben Toyoshima.....

Use of Facilities

- Tai Chi Class
- Tuesday Exercise Class
- Friday Exercise Class

Miscellaneous

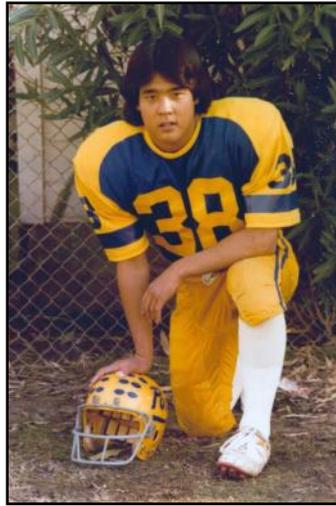
- Jill and Willard Clever..... 3 Manzanar Barbwire T-Shirts (Sm, Med, Lg) & 2 Yamabe Manzanar T-Shirts (Med, XL)

Thank you for your generous donations!

Continued in next column.

Todd Matsuda

In memory and honor of Todd Matsuda, the Stuart Matsuda family, along with parents Ike and Yoshi Matsuda, generously sent the SFVJACC Athletics program a \$10,000 donation to honor and remember their late son and brother. As a participant in the SFVJACC Athletics, Todd also excelled in sports at Poly High School. He played both baseball and football and was selected to the 1978 All East-Valley League First Team Defense as a linebacker. Todd was voted Varsity Football Captain and Most Valuable Player by his teammates.



WELCOME NEW MEMBERS

Samuel Bernal
Philip Coronado
Scott & Melanie Higa
Nancy Hayata
Yoon-Jin Lim
Jessie Loucks

Leelee Poms
Giovani Rodriguez
Wayne Song
Lindsay Taguchi
Pauline Temple
Alexander To



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.

Class of 2022

High School & College Students

Announcing 2022 Scholarships

See page 12 and 13 for descriptions of the scholarships.

SF Athletics Scholarships

Must be received by April 1, 2022 (See page 13)

Hoshiko Hirano Scholarship

Wayne Yamamoto Award Scholarship

Lauren Taguchi Memorial Youth Service Scholarship

Evan Niizawa Memorial Continuing Education Scholarship

SFVJACC Scholarships

A variety of opportunities are available for you.
Deadline: April 1, 2022 (See page 13)

Dr. and Mrs. Sanbo Sakaguchi

For academic excellence

Lily Sakaguchi Thibodeaux Scholarship

For Leadership and Service

Mrs. Kazuko Sakaguchi

For Visual or Performing Arts

Nagasawa Education Scholarship

For high school and college scholar athletes

SFV JACL Scholarship

Deadline: March 4, 2022 (See page 12)

Dr. Sanbo and Mrs. Kay Sakaguchi Scholarship

For academic excellence

WORK PLACE GIVING CAMPAIGN & MATCHING GIFTS

Does your work place or company do employee giving campaigns or matching gifts to non-profit organizations? Consider naming our Community Center as a recipient. Thank you to our members that have been doing this for years. our donations do help!



Food For Thought....

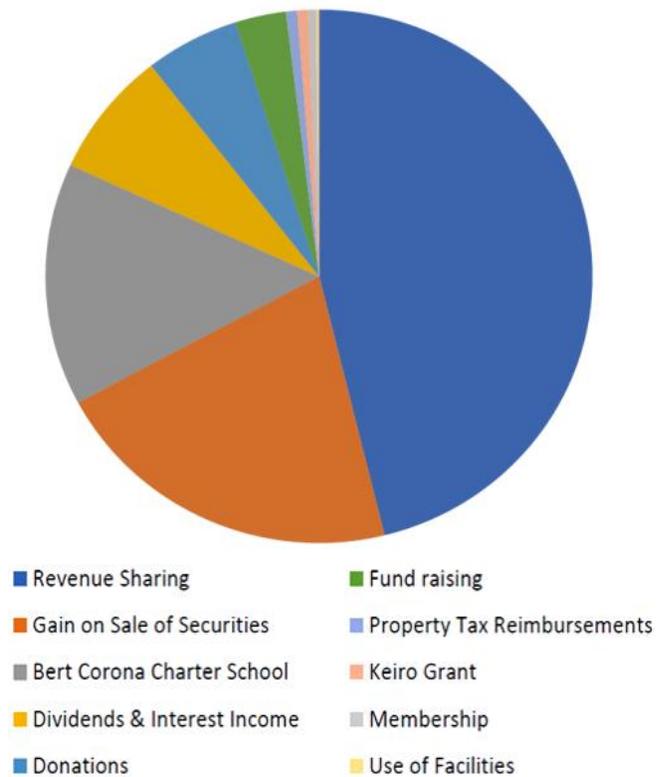
"Things work out best for those who make the best of how things work out."

- John Wooden

2021 INCOME & EXPENSES

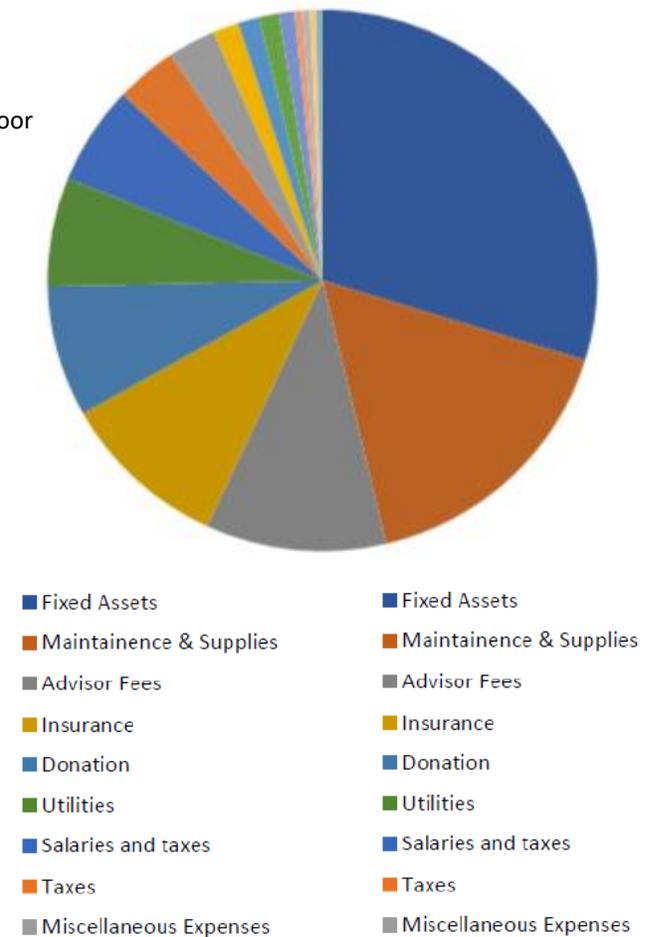
2021 Income

Revenue Sharing	358,251
Gain on Sale of Securities	163,110
Bert Corona Charter School	114,000
Dividends & Interest Income	59,322
Donations	43,198
Fund raising	23,335
Property Tax Reimbursements	5,066
Keiro Grant	5,000
Membership	3,740
Use of Facilities	1,240
Total Income	<u>\$ 776,262</u>



2021 Expenses

Fixed Assets	103,290	New Gym Floor
Maintainence & Supplies	57,340	
Advisor Fees	36,929	
Insurance	34,417	
Donation	27,200	
Utilities	22,561	
Salaries and taxes	20,529	
Taxes	12,640	
Miscellaneous Expenses	9,743	
Fund Raise	5,258	
Telephone	4,368	
Scholarships	4,000	
Landscaping	3,200	
Koden	1,600	
Alarm Monitoring	1,539	
Office Equipment & Supplies	1,217	
Copier Lease	956	
Postage	364	
Total Expenses	<u>\$ 347,151</u>	





Happy New Year to everyone from SFVJLI.

We have 38 students with 31 families in Japanese School at the start of 2022.

We decided to skip the Virtual Online New Year's Party this year but would like to mention all the families, students, teachers, and staff at our school are striving to survive the Pandemic and welcome the near future 100th Year of this historic Japanese Language School.

It is difficult to schedule an in-person or online fundraiser, especially around this time of the Covid-19, Delta and Omicron infections spreading around us. SFVJLI is seeking monetary donations from anyone who would like to support our school.

Our next Virtual Community Fundraiser with Panda Express is scheduled for Friday, February 11, 2022. Special codes will be announced with reminders of events in the near future.

We have tentatively scheduled a Yard Sale date in April. When this event is confirmed with better possibilities, more information will be announced.

We sincerely hope that everyone stays safe and healthy and we hope to see you soon.



2022 The Year of the Tiger

Worried About Your Memory? You're Not Alone!

By Isabelle Miyata

From attending the virtual seminar on the **Update on Alzheimer's Disease Research** on January 22nd, our takeaway was a greater understanding of Alzheimer's Disease. The topic was discussed at length by Monica Moore, MSG, who is the Community Health Program Manager for the Mary S. Easton Center for Alzheimer's Disease Research at UCLA and the Co-Director of Training and Education Activities, UCLA-CADC. Ms. Moore has worked in the field of aging and Alzheimer's disease for 20 years focusing on community education and outreach, and caregiver support.

Ms. Moore explained the latest findings related to the symptoms and causes of Alzheimer's disease, which comes under the "Umbrella of Dementia". She discussed the latest treatments available and what research is currently being done to find a cure. Her talk explored risk factors for the development of Alzheimer's disease and methods to modify these risk factors. Current FDA treatments available were also shared. In addition, the seminar provided an update on Alzheimer's disease clinical trials and the current clinical trials at the Easton Center. Ms. Moore at the end of her presentation graciously invited all of us to contact her directly at:



Monica R. Moore, MSG
Community Health Program Manager
Mary S. Easton Center for Alzheimer's Disease Research at UCLA
710 Westwood Plaza, Room C224
Los Angeles, CA 90095
(310) 794-3914
(310) 794-3148 Fax
MRMoore@mednet.ucla.edu
www.eastonad.ucla.edu

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"I thought Monica's overview of Alzheimer's Disease was understandable and informative. Everyone could certainly learn something from her talk".....Harvey Negro

"This presentation was a terrific opportunity to learn more about a disease that has affected so many people in the JA community either directly or indirectly. Statistics broken down by demographics and risk factors were truly enlightening. Although there is no cure and current treatments can only slow the progression, it was heartening to learn about lifestyle changes we can make now to reduce our risk. Props to Monica Moore for offering this presentation to the SFVJACC members".....Carol Hironaka-Reminick

Ms. Moore has expressed her willingness to return as a guest speaker. We will keep all of you informed so that you will not miss her talk later this year. Feedback from the attendees has been extremely positive. We hope those of you who attended will encourage your friends and family to attend her future presentation.



SFV Meiji Senior Citizens Club News

Happy New Year!

Life has been challenging but I hope everyone is well and staying safe. It has been almost two years since we had to close the Center due to the COVID pandemic but we must stay vigilant during the current Omicron variant. We are closely watching the CDC recommendations and hope to safely start some Meiji Club events in the upcoming months. Please stay well and I hope 2022 will be a better year and we can meet in person soon.

Ritsuko Shinbashi
SFV Meiji Club President

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SFV Meiji Senior Citizens Club メンバーの皆様

2022 年の年頭に当たり謹んで新春のご挨拶をもうしあげます。

いまだにコロナ禍の中、皆様方も大変不安に思っておられる事でしょう。

当コミュニティーセンターが使用出来なくなって、はや二年が経ちました。

最近では、omicron菌にかかり多数方が苦しんでおられます。どうぞ、皆様方も予防接種を受けて健康を保って下さいませ、心からお願い申し上げます。近い将来センターが再開すれば、以前の様に色々なクラブ活動が出来る様に頑張っていきたいと思っております。皆様方の2022年が、輝やかな年でありますように、心からお祈り申し上げます。

Meiji Senior Citizen Club President
新橋律子

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Meiji Club is having their 2022 Membership Drive. Anyone who would like to receive the 2022-2023 calendar refill please let Kay Yamada know when you send her your \$5 per person membership. Make checks payable to SFV Meiji Senior Citizens Club. Since the Center is closed because of the pandemic we ask that you mail your membership request to her home along with your payment to 12636 Emelita Street, North Hollywood, CA 91607.

The Re-opening Committee has been meeting monthly to discuss the time frame for opening the center up for more than just a few of the classes we currently have ongoing. Exercise Classes on Tuesdays and Fridays from 9 AM to 10 AM, Ondo Group on the 2nd and 4th Fridays at 7 PM, and Tai Chi on Mondays from 9 AM to 10 AM. If you want to apply for your Meiji Club group to be able to meet at the center at this time, please contact Kay Yamada for the application. The committee will review your request and if it meets the requirements, they will contact you with the restrictions that are currently in place.

Our forums that take place on the 2nd and 4th Monday of each month from 10:30 AM to 12 Noon welcome anyone to join us. We need your name and email address to send you an invitation to join us. If you have any talent that you would like to share with the group, contact us and we would love to have you demonstrate at one of our forums in the future. We have an exciting movie review happening on the 14th of February and a baking class on the 28th. For more information contact Lois Okui at lois_okui@sfvjacc.com or me (Liz Doomey) at 818-429-4296 or lizdoomey@yahoo.com for details.

Since we all are staying at home and isolated from people if you just want to talk or need any help of any kind, please feel free to contact me and I will be of any assistance you may need or find someone who can help. Call, text or email-I am not far away.

Liz Doomey, 818-429-4296, lizdoomey@yahoo.com

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Keiro Virtual Forum Events For February

To register for any of these events, go to www.keiro.org/what-we-do/classes/virtual-keiro-forums

Thursday, February 3: Community Bingo (10:30 am)

Friday, February 4: Kokoro no Hashi (4:00 pm)

Tuesday, February 8: Tech Hour: Cybersecurity (10:30 am)

Wednesday, February 9: KonMari - Part 4: Papers (2:00 pm)

Thursday, February 10: Watercolor Craft w/ Eric Nakahara (10:30 am)

Tuesday, February 15: Preparing for a Doctor's Appointment w/ Dr. Tomita (10:30 pm)

Thursday, February 17: Presentation w/ Chris Komai (10:30 am)

Tuesday, February 22: Baking w/ Mary Ellen Wong (10:30 pm)

Thursday, February 24: Conversation Kitchen (10:30 am)

Pee Wee Clinic 2021

SFVJACC Athletics held their annual Pee Wee Clinic for four Saturdays in October and November. Fourteen youngsters (4-7 yrs) attended the clinic where the children learned basketball fundamentals. Camp director, Curtis Takimoto, along with camp counselors worked with the kids on dribbling, passing, and shooting skills. All the participants enjoyed the program and were given a certificate of participation on the last day. The Pee Wee Clinic is held every summer to introduce new players to the game and to encourage them to join the SFVJACC Athletics in the fall.

A special thanks to the following junior and prep players of SFVJACC Athletics. We wouldn't been able to provide the Pee Wee Clinic without the support of the camp volunteers!

Camp Volunteers

Chang, Lauryn
Chow, Lucas
Endow, Kamryn
Gima, Emily
Imanishi, Kyle
Kadonaga, Lindsey
Kadonaga, Troy
Kido, Garrett
Minami, Kyle

Motoyasu, Peyton
Murata, Lani
Murata, Ryuta
Nimura, Scotty
Okazaki, Andy
Okuyama, Michaela
Paloma, Magdalena

Ramos, Elijah
Rhee, Xander
Rhee, Addy
Sakamoto, Joren
Serapio, Jasen
Shimabukuro, Zen
Yoshizaki, Olivia



Shorten CBO Season at the Terasaki Budokan

By Karen Muranaka

At the Terasaki Budokan in Little Tokyo, the Titans and SuperSonics closed the mini CBO season together. While following health and safety guidelines of temperature checks, proof of vaccinations/negative tests and masks, it was a successful start to hopefully many more games in the year ahead.



SF Titans (L-R): Coach Eric Hirota, Quinn Suarez, Declan Hirota, Assistant Coach Jon Pearlstein, Gavin Bayano, Michael Wong, Joshua Pearlstein, Kylar Niitsuma, Tristan Lara

Missing: Jacob Won

SF SuperSonics (L-R): Grant Chang, Jonathan Paloma, Taizo Ito, Sean Wimmer, Tyler Hiji, Evan Muranaka, Assistant Coach Charles Muranaka, Coach Brian Ito

Missing: Connor Chang, Luke Kim, AJ Lee and Assistant Coach Michelle Akiyama

ALZHEIMER'S SUPPORT GROUP

Sponsored by Little Tokyo Service Center

If you have a loved one affected by Alzheimer's disease, come and join us. A non-judgmental, confidential place to share frustrations, concerns and ideas.



All meetings are confidential.

Group meetings are being done virtually.

If you are interested in attending or want more info, contact Lois Okui at lois_okui@sfvjacc.com

amazon smile

Do you shop on Amazon?
Why not shop on AmazonSmile?

AmazonSmile is a simple and automatic way for you to support our Center every time you shop, at no cost to you. AmazonSmile offers the exact same low prices, vast selection and convenient shopping experience as Amazon and 0.5% of the price of your eligible AmazonSmile purchases will go to our Community Center.



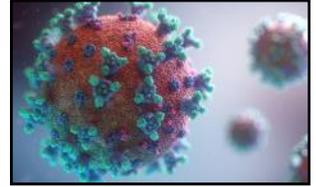
To register, go to smile.amazon.com



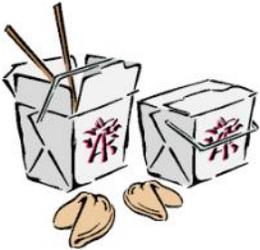
New Normal

By Old Wakaba, Bud Sagara

As COVID-19 endures with each changing variant from Alpha to Delta to Omicron, we seem to be stuck in an unending loop of adjustments to a new “normal” way of living every few months. We shouldn’t be surprised because change is inevitable and very much part of being human, so don’t give up. Please have hope for the future because we will get through this! Quoting the late Laker star Kobe Bryant, “Everything negative - pressure, challenges - is an opportunity for me to rise.”



Who would’ve thought that toilet paper and hand sanitizer would become as precious as gold and silver in the early phase of the pandemic? Then a few months later, its value fell to earth as the supply chain restored normalcy. With more contagious variants evolving, a trip to the grocery store might be viewed with as much trepidation as any dangerous adventure like rock climbing or driving on the freeway in LA that places life and limb in jeopardy. Any trip outside the home could be the one that gives you COVID, even if you are vaccinated.



Masks are mandatory or discretionary depending on the severity of the daily infection rate and the politics of the region. We give the stink eye and distance ourselves quickly from anyone who coughs or sneezes. Taking a commercial airline flight is a nightmare with all the potential for infection in the check-in and security lines, the terminal, and finally crammed into unsocially distanced seats on an airplane for several hours surrounded by strangers, some of whom will cough or fail to wear their masks properly if at all. If we are allowed to actually eat and drink inside our favorite restaurant or coffee spot, we no longer have the pleasure of lingering after with friends or family because the coronavirus lurks in the air. Takeout food orders are the new normal, and when was the last time you enjoyed rooting for your favorite sports team in person?

For our family, the greatest impact of the new normal is not being able to visit our loved ones as often as we would like. Think of the loneliness of elderly parents and grandparents who are isolated for their own protection from the ones they most want to talk to and hug. We understand why these measures are necessary, but they are still disheartening. Although it is wonderful to have so much time with our loved ones within our household pod, for those of us with children and grandchildren living far away, there is a sense of loss. We yearn to laugh with them, to share a meal with them and watch the little ones do what they do. All of this seems strange, lonely and not normal because human contact is absent and distress overshadows our lives. The weeks and months die one by one, how soon they fly on and on.

Even as coronavirus vaccines are readily available to the public, it is still difficult to make arrangements for future travel or personal events. The coronavirus has disrupted millions of plans made around the world for those once in a lifetime experiences like births, weddings, graduations, reunions and funerals at the terrible cost of experiences never enjoyed and memories never made. The loss of common milestones that families celebrate definitely impacts our quality of life. How many times will grandma celebrate her 80th birthday? Or the greater question, will we ever be able to see her again? The following is a true story. As 32 year old Jonathan Coelho left his Bethel, Connecticut home, he told his small children that “Dad has to go to work.” He hid the tears in his eyes from his kids because he was actually on his way to the hospital because of his illness from COVID-19, his wife Katie recalled. In the weeks that followed, Jonathan’s condition worsened and he apparently knew his end was near because he left a farewell note open on his phone for Katie the day before he was sedated and placed on a respirator. The note read, “I love you guys with all my heart and you’ve given me the best life I could have asked for. Seeing you be the best mom to the kids is the greatest thing I’ve ever experienced. Let Braedyn know he’s my best bud and let Penelope know she is a princess. I am so lucky. Don’t hold back if you meet someone. Know that if he loves you and the kids that I love that for you. Always be happy no matter what.”



“I couldn’t imagine what it does to you mentally and emotionally to say goodbye to your family,” Katie said. “I’m so happy I have it, but when I read it, it breaks my heart that I wasn’t there,” she continued in tears. “I know he loved me but just seeing it in words just makes me want to hug him and hold him and tell him how much we love him too. I keep hearing my husband’s voice in my head calling Braedyn ‘my buddy’ and our daughter Princess Penelope as he always did. I’ll never hear him say it out loud again.” Katie’s heart breaks knowing her husband wrote that note alone in a hospital bed three weeks before he passed away. As the coronavirus pandemic continues, she urges others to take it seriously. “I have my kids, but the biggest part of our family is gone. So, people just really need to understand that this takes lives and even after everything’s lifted it’s never going to be normal again,” she lamented.

The COVID-19 pandemic has forced all of us to change our everyday lives to a new normal and we aren’t naturally good at doing that. Routines usually provide us with some sense of comfort and stability, so disruptions may cause us discomfort and instability. This unending pandemic has caused people to isolate and avoid others as well as fostering divisiveness in which directives to wear a mask or get vaccinated are viewed as affronts to personal rights.

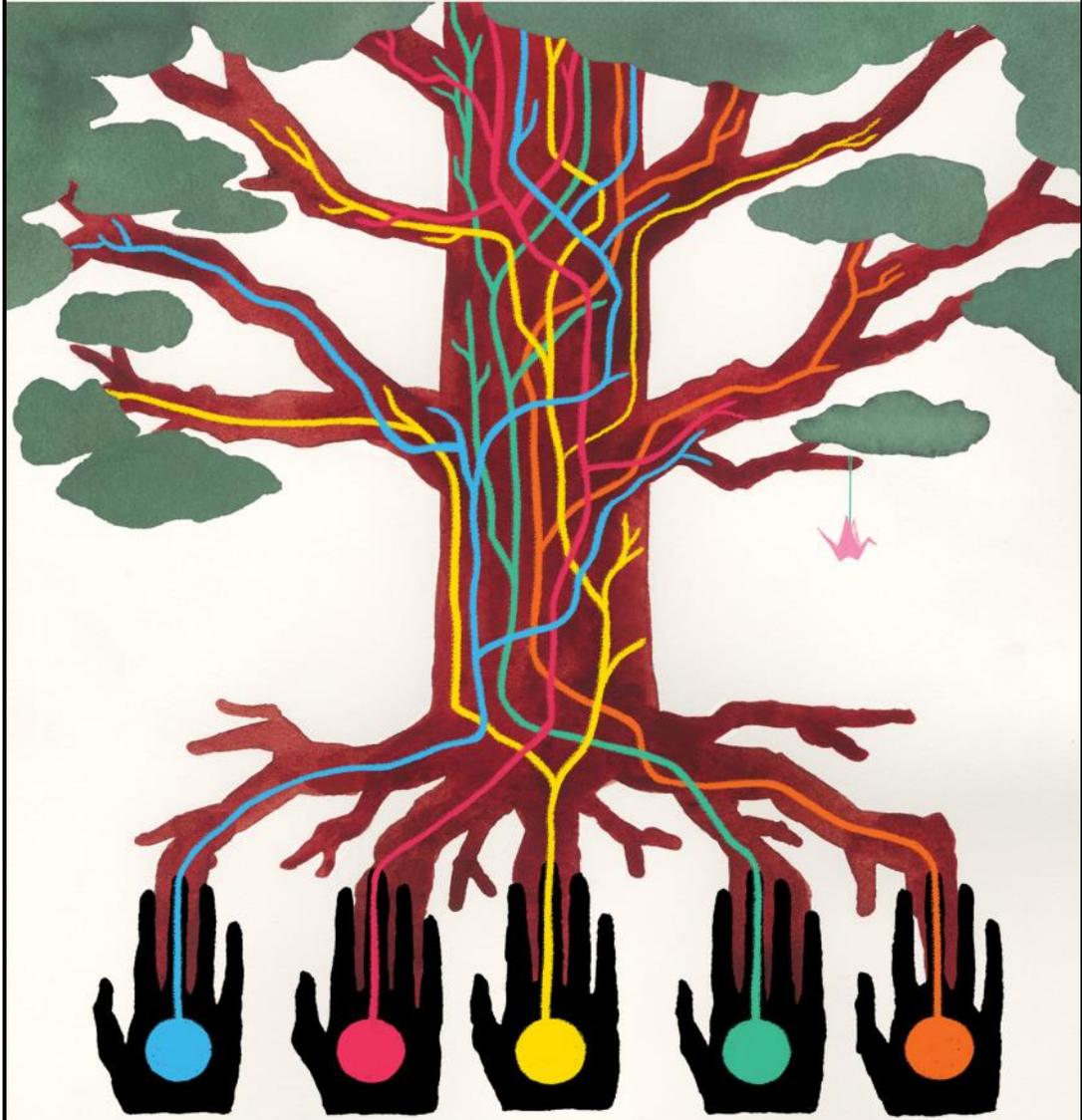
Continued on page 10.

New Normal - Continued from page 9

However, these are not days for lament or doom, but a perfect time to allow hope to rise within us. We all want to survive the coronavirus pandemic. Most of us will, and after we do, we will look back either with pride or regret on how this time changed us during the crisis. Will our lives remain committed to personal achievements, material possessions or fear of people which will all eventually fade to dust? Or will we place our hope and trust in Jesus Christ and his eternal promises which never change? A passage from the letter to the Hebrews 1: 10-12 reads, "In the beginning, O Lord, you laid the foundations of the earth, and the heavens are the work of your hands. They will perish, but you remain; they will all wear out like a garment. You will roll them up like a robe; like a garment they will be changed. But you remain the same, and your years will never end." This tells us that Jesus Christ is our only true security in this ever changing world. Whatever may happen, Christ remains forever the same. When we receive Him as Lord and Savior by placing our faith and trust in Him, we can have unwavering peace today when the uncertainty of tomorrow is placed in His hands. A line from a well-known hymn captures this truth, "On Christ the solid rock I stand, all other ground is sinking sand."

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LOS ANGELES DAY OF REMEMBRANCE
POWER OF COMMUNITIES:
BUILDING STRENGTH THROUGH COLLECTIVE ACTION
80 YEARS AFTER EXECUTIVE ORDER 9066
SATURDAY FEBRUARY 19, 2022 2PM
WITH DREISEN HEATH, traci kato-kiriyama, AND KATHY MASAOKA IN CONVERSATION



WATCH AT [YOUTUBE.COM/JANMDOTORG](https://www.youtube.com/janmdotorg)



News From The Gardens...

By Mayumi Barr

★ THANK YOU VETERANS!

While Veterans Day was on November 11th, 2021 this year. The community celebrated with a veterans pinning ceremony hosted by Vitas Healthcare and Nikkei Senior Gardens held on November 12th. We honored our veterans who served our country in the times of peace and war. The ceremony started with the National Anthem, beautifully performed by resident and army veteran Ted Y. His voice was so powerful and confident that it echoed throughout the hall.

Following the performance, 12 Veterans were awarded the Veteran lapel pin by Vitas representatives. Each veteran received a pin, a certificate and a white star embroidery during the ceremony. Army veteran, Wilbur proudly displayed his army uniform and self-portrait in uniform next to his seat. In addition, Ted Y. celebrated his 100th birthday! He received a thoughtful surprise, when team members brought out a cake shaped as "100" and sang Happy Birthday. Veterans, residents, and team members celebrated the milestone birthday of Ted Y. with joy and laughter!



Wallace A.



Yoichi B.



Sadao D.



Tom I.



George K.



Hiromi N.



Bill S.



George S.



Ron S.



Mas T.



Ted Y.



Glenn Y.

Caregiver Conference

Join us for the 2022 Caregiver Conference!

- ▶ Tuesday, March 8, 2022, 6:00 p.m. PST - Understanding Long-Term Care
- ▶ Wednesday, March 16, 2022, 6:00 p.m. PDT - Navigating Challenging Conversations
- ▶ Saturday, March 26, 2022, 10:00 a.m. PDT - Stress Management for Caregivers

Register for FREE by scanning the QR code or by visiting keiro.org/caregiver-conference.

150 complimentary mailed Caregiver Care Packages will be available on a first-come, first-served basis. Caregiver Care Package registration is required and closes Monday, 2/28 (while supplies last).

Webinar registration closes Monday, 3/7.



For more information, contact programs@keiro.org



keiro.org |  



What is the Death Café? Why would I join? Where can I join? By Liz Doomey

I hope to explain what the group is and the need for it in the Japanese American Community. Dr. Minoru Tomita is a retired Family Medical Doctor who was a guest speaker in one of the Keiro forums in September 2021. During this forum he mentioned the Death Café and I was very interested in learning more about the topic. I spoke to Dr. Tomita and found out some very interesting reasons for having a virtual Death Café group. It would be a time for Japanese Americans to get together and talk about death and dealing with the subject. I feel there is a need for people to voice their concern about death and how to deal with it. Dr. Tomita said he would be able to join us as a facilitator and I said I would be the host.

Here is a little history of the cafes from around the world.

The goal of these nonprofit groups is to educate and help others become more familiar with the end of life. The idea originates with the Swiss sociologist and anthropologist Bernard Crettaz, who organized the first café mortel in 2004. Jon Underwood a UK web developer was inspired by Crettaz's work and developed the Death Cafe model in 2011. He was instrumental in the spread of the idea. They have since been held in 66 countries. The Death Café is not a physical location, but is an event hosted at someone's house or other pop-up/ temporary venue. The official objective of a death café is to help people make the most of their finite lives. Individuals can discuss their understanding, thoughts, dreams, fears and all other areas of death and dying at these events. Death Cafes have helped to relax the taboo of speaking about death, particularly with strangers, and encouraged people to express their own wishes for after they die. The open-ended discussions also provide an avenue to express thoughts about one's own life stirred up by the death of a family member. There is no agenda, theme or objective. We talk about whatever you want to talk about. All ideas, beliefs, opinions are welcomed and honored.

If you find this something you would like to participate in, contact me and we will set up a virtual program for our community. My email address is lizdoomey@yahoo.com or call/text 818-429-4096. I hope you will find this a worthwhile program for you to share your feelings and concerns.

2022 SFV JACL and NATIONAL JACL SCHOLARSHIP ALERT



The SFV JACL Administers its own Scholarship Program

CONGRATULATIONS

2021 SFV JACL Scholarship Awardee, Dariya Paull
2021 National JACL Scholarship Awardee, Lana Kobayashi

The JACL Membership and Scholarships are open to **everyone** of any ethnic background. There are over **30 Awards** totaling over \$70,000 including those for financial aid which is important in this era of raising tuition. Scholarships include Freshman, Undergrad, Law, Graduate Studies and Creative Arts.

The **JACL Scholarship Application Process is ONLINE**. Applications are available **now**. Please check online at jacl.org; click on Youth on the menu bar for a dropdown menu to scholarships. **Deadline is March 4, 2022**. This year all applications **MUST** be sent directly to the National JACL Scholarship Committee. The National JACL will forward applications to the Local JACL. Complete all documents in **one** sitting. Documents will not be saved.

Condensed version of documents:

- All applicants must be JACL members (youth Membership \$30.00)
- Include JACL membership ONLINE receipt with application
- Include Personal Statement
- Letter of Recommendation
- E-Transcripts for grades and test scores
- Work/ School Experience
- JACL or Community Involvement **IS VERY IMPORTANT**.

For additional information regarding the JACL National Scholarship Program, please contact JACL Scholarship Program Manager Matthew Weisbly at scholarships@jacl.org Jean Paul de Guzman, SFV JACL Scholarship Chair at ucla@gmail.com or May Wood, SFV JACL Scholarship Co-Chair at may.wood66@yahoo.com

**CC Scholarship Applications Now Available on the CC Website -
Go to www.sfvjacc.com**

SFVJACC SCHOLARSHIPS

DR. SANBO SAKAGUCHI SCHOLARSHIP

The Dr. Sanbo Sakaguchi Scholarship is the most prestigious recognition awarded at the San Fernando Valley Japanese American Community Center. He was a life long member who supported the San Fernando Valley Judo Club, Alemany High School football team, SFV JACL, and many community organizations like the Japan American Symphony.

KAY FURUTA SAKAGUCHI SCHOLARSHIP

The Kay Furuta Sakaguchi Visual and Performing Arts Scholarship is given in memory of Kazuko Sakaguchi, wife of Dr. Sanbo Sakaguchi and a patron of the arts including the Asian American Symphony. This scholarship was started by her niece, Helen Nina Oda Abe.

LILY SAKAGUCHI THIBODEAUX SCHOLARSHIP

The Lilly Thibodeaux Scholarship is in memory of the beloved grandmother, mother, aunt and friend who Inspired us with her love and determination.

NAGASAWA EDUCATION SCHOLARSHIP

Dr Daniel Nagasawa is a neurosurgeon whose vision is to help others. He is an example for the younger generation when he expresses his gratitude with this scholarship. This scholarship is open to high school and college students who may be scholar athletes.

All the SFVJACC Scholarships are open to graduating high school seniors of SFVJACC who has demonstrated academic excellence, extracurricular activities and service to school, local, and/or Asian community, especially with the SFVJACC. **Applications must be postmarked by April 1, 2022.**

Below are descriptions of the four Athletics Scholarships offered. Deadline: April 1, 2022

ATHLETICS SCHOLARSHIPS

HOSHIKO HIRANO AWARD

This award honors the memory of Hoshi Hirano, the woman who started and developed the Girls Athletics program at our Community Center. The purpose of the award is to recognize those girls who have contributed to the Girls Athletics program by their participation, performance and/or service to the program. The award committee will also consider any or all awards and performances by all applicants in all athletics/scholastic activities accomplished in high school.

This award is open to all senior girls graduating from high school this year. The candidate must have participated or is currently participating in the Community Center Girls Athletics program. For the purpose of the award this includes from Sure Shot to their final year of high school.

WAYNE YAMAMOTO MEMORIAL AWARD

The purpose of the award is to recognize a senior boy who has contributed to the San Fernando Boys Athletics program by his participation, performance and/or service to the program. The award committee will also consider any or all awards and performances by all applicants in all athletics/scholastic activities accomplished in high school.

This award is open to all senior boys graduating from high school this year. The candidate must have participated or is currently participating in the Community Center Boys Athletics program. For the purpose of the award this includes from Sure Shot to their final year of high school.

LAUREN TAGUCHI MEMORIAL YOUTH SERVICE SCHOLARSHIP

The Lauren Taguchi Memorial Youth Service Scholarship is given to honor her memory as an active member of the SFVJACC Athletics as well as many other community organizations. As a student athlete, Lauren was a role model, friend and teammate who demonstrated sportsmanship on and off the court. A \$500.00 award will be given to the graduating high school senior who best demonstrates the spirit of volunteerism and citizenship, through community service. Applicants should be responsible students, active in school and in their community, as well as participated in SFVJACC Athletics for at least 5 years. The student selected will receive the award to be applied towards his or her college education.

EVAN NIIZAWA MEMORIAL CONTINUING EDUCATION SCHOLARSHIP

The Evan Yoshio Niizawa Memorial Continuing Education Scholarship is given in memory of his accomplishments, scholastic excellence and participation in athletics in the face of severe illness and life challenges. Evan was an inspiration to all who knew him and admired his determination in all aspects of his life. A \$1,000.00 continuing education scholarship provided by the Niizawa Family and SFVJACC Athletics is given to a current or past member of SFVJACC Athletics who has demonstrated scholastic excellence and overcame challenges during their life. The student selected will receive the award to be applied towards his or her college education.



**SAN FERNANDO VALLEY
HONGWANJI BUDDHIST TEMPLE**

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

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

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. Please check our website for updates. Thank you, and be safe and well.

February

- 6 10:00 am Shotsuki monthly memorial service
- 13 10:00 am Nehan-e: Shakyamuni Buddha's memorial service
- 20 10:00 am Regular service
- 27 10:00 am Regular service

March

- 6 10:00 am Shotsuki monthly memorial service
- 13 10:00 am Temple clean-up (TBC)
- 20 10:00 am Spring Ohigan service and seminar
- 27 10:00 am Regular service

April

- 3 10:00 am Shotsuki monthly memorial and Hanamatsuri service, Hatsumairi
- 10 10:00 am Regular service
- 16 10:00 am 100th Anniversary service
- 17 (TBC)
- 24 10:00 am Regular service

Your donations gratefully accepted:

- Zelle to sfvhbt@sfvhbt.org
- PayPal on sfvhbt.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 Roland Hazama
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	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 Japanese 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:
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

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.....	Liz Doomey	818 892-7381
Exercise Class.....	Friday.....	9:00-10:00 AM.....	Liz Doomey	818 892-7381
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	Janet Yamamoto	818 365-8361
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
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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 are approximate.)

*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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Want to Become a CC Member?

If you would like to become a member of the San Fernando Valley Japanese American Community Center, please email Tadao Okui at tadao_okui@sfvjacc.com for a membership form.

SFVJACC Mission Statement

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