



SAN FERNANDO VALLEY JAPANESE AMERICAN COMMUNITY CENTER

Website: www.sfvjacc.com

Issue 68

March/
April
2023

Margaret Nitta Takimoto Recognized as Woman of the Year



Margaret Noriko Takimoto is a sansei born in San Fernando, California, to her kibe Nisei parents, Kenji and Emiko Nitta, who met and were married in Tule Lake internment camp in 1945. Margaret's parents were CC pioneers who helped raise funds to build the San Fernando Valley Japanese American Community Center, Japanese Language School, and SFV Hongwanji Buddhist Temple.

Margaret earned her bachelor's degree in Microbiology from UCLA and completed her medical technology internship at Los Angeles Kaiser Hospital. She then became a licensed Clinical Laboratory Scientist. Returning to work after a life changing illness in 1991, she continued to oversee the technical operation of the laboratory testing, she implemented PCR testing a highly complex analysis onsite. To meet the challenge of improving patient care, Margaret was asked to develop a phlebotomy training program. Now the program is required by the State of California Field Services. Her staff trained and certified over two hundred and fifty nursing assistants to draw blood. This was

a challenging endeavor but one of the most gratifying things, to be able to help so many learn a new skill and elevate their professional worth.

Margaret retired in 2015 as a Hematology Supervisor in the Clinical Laboratory at Northridge Hospital Medical Center where she worked for the past forty years as a Hematology Supervisor and Clinical Laboratory Scientist Internship Training program director.

For 25 years Margaret was the parent representative for her children's basketball teams. She has served as the Co-Head Commissioner for SFVJACC Athletics which has two hundred fifty participants grades K-12 for twenty years. She initiated the Pee Wee clinic for children 4-7 years old and recruited the prep-age players to assist in running the camp as part of giving back to the program. In addition, Margaret oversees the Athletics Scholarship program. She organized and provided a Zumba class for the parents while the youngsters practiced.

Since 2015, Margaret has been co-chair of the SFVJACC Future Planning Committee. The mission of the FPC is to develop short and long-range plans for the Community Center, including physical improvements by seeking experts and architects to design plans. Like her parents many years ago, she is a visionary who has been working on plans to add a new multipurpose room, new Japanese school, and gym on SFVJACC campus where all generations will thrive.

Continued on page 2.

Meet Bing Lau, The CC's New Administrative Director



The SFVJACC Board would like to introduce Bing Lau as the newly hired Administrative Director. With Lois Okui planning to retire in the near future, Bing will be in place to manage the Center. The Board feels that Bing is the perfect person for the job as he knows the Center very well.

He has been involved with the Community for well over 20 years as a longtime member of the Friday Night Nikkei Bowling League. He has served on the SFVJACC Board of Directors and has been Co-Head Commissioner for the Athletics program for over six years. As part of the SFVJACC Board, he has dedicated much of his efforts into developing standards and improving the SFVJACC's capabilities through infrastructure upgrades. Some notable projects that he has coordinated are the Adopt a Bench program, Athletics Summer Pee Wee League, CC Cleanup Day, Athletics Basketball Clinics, Mochi Display Contest, SFVJACC Day of Remembrance. Additionally, during the pandemic, he was a key member of the Reopening committee and helped produce Virtual programs including Virtual Bingo, Cooking

Demonstration videos, 2021 New Year's Toast, 2021 Memorial Day Virtual program, and the 2021 JET 10 Years Later program.

One of Bing's goals has been to bring more cultural activities to the Center that are in line with our Mission Statement. He has already started these efforts with the annual Mochi Display contest, the Center's first SFVJACC Day of Remembrance event (see article on page 4) and he is busy planning a Children's Day event for April 29th (flyer and article on page 10).

We're looking forward to the new and exciting things happening under Bing's direction!



PRESIDENT’S MESSAGE

Hello everyone. My name is Jeremy Paul Tsuneishi and it is an honor to accept the role of co-president of the San Fernando Valley Japanese American Community Center along with Charles Muranaka. I have been a part of the Community Center since I was a little boy, attending events and playing baseball with the San Fernando Aces and my four children have been participating in basketball since they were in kindergarten, so the Community Center is and has been a large part of our lives.

As we try to evolve after the pandemic, I would personally like to work on membership retention and growth. I am dedicated and fully invested in improving and preserving the culture and traditions of the Community Center while also working on modernizing our processes and updating our infrastructure.

As a member of the Board of Directors for the past 6 years, it has been a privilege to work with other dedicated members to improve the Community Center. After three long years I am proud to announce that the Community Center has signed a 15 year lease with Bert Corona, which will help provide financial stability for the Community Center.

I have so many fond memories from the Community Center throughout the years, and I promise to work hard to ensure that future generations can create their own positive memories for years to come.

Thank you all so much for this amazing opportunity!

Sincerely,

Jeremy Paul Tsuneishi
SFVJACC Co-President

Woman of the Year - Margaret Nitta Takimoto - Continued from Front Page.

Margaret has been a board member with the Rising Stars Youth Leadership Program based in Little Tokyo for the past sixteen years and sees it as a great opportunity to encourage our youth to become active in the Japanese American community as future leaders. The Program is designed to develop leadership skills and cultural awareness that can be used by the students in school, in their careers and back in their communities.

Margaret and her husband Dick Takimoto, married for fifty years, have a daughter Jamie Bledsoe, a family nurse practitioner living in North Carolina with her family and first grandson, Gregory Kai. Her son is Curtis Takimoto, a Real Estate Developer/Investor and coaches high school basketball, lives in Long beach with his wife, Leah. She has three siblings, Eugene Nitta, of Hawaii, Dianne Doi, of La Palma, and Teri Flock, of Escondido, California.

“The person you are is the person your children become. Show love, compassion, self-control, and discipline; seek knowledge and demonstrate good values.” John Wooden

If you are interested in supporting Margaret by attending the Women of the Year Luncheon, please contact Liz Doomey (see flyer on the right).

Sponsored by
Downtown Los Angeles Japanese American Citizens League
Japanese Women’s Society of Southern California

Women of the Year Luncheon

Sunday, May 7, 2023
12:30-2:30 PM

Quiet Cannon - Crystal 1 & 3 Room
901 N Via San Clemente, Montebello

Honoring:
Kyūka Kanesaka (AKA Yukari Kanesaka)
Matsutoyo Sato ♦ Fumiyo (Fumi) Stark
Margaret Nitta Takimoto

\$50/person adult
prime rib or pasta primavera
\$25/child - chicken strips

For more info or to register, contact Liz Doomey
(818) 429-4096 or email lizdoomey@yahoo.com

Deadline April 19, 2023.

WELCOME NEW MEMBERS

Diego Estrada	Marlene Hurst
Kristen Fujitaki	Eric & Yvonne Inouye
Trevyr Geronimo	Patricia Silverlake
William & Mary Hazard	Marlina Sukendra

SENIOR HOT MEAL MENU

April 2023

MENU SUBJECT TO CHANGE
LUNCH WILL BE SERVED AT 11:45 AM
NO TAKEOUTS

April 7 - Fish	April 21 - Meatloaf
April 14 - Chili & Hot Dog	April 28 - Chicken Stir Fry

Acknowledgements

For the month of February & March 2023

Donations

Todd Uramoto.....	\$1,000.22
2022 Year-end Charitable Donation	
CAF America	\$1,000.00
Disney Charitable Donation	
Marcia Mahony and Family	\$500.00
In memory of Thomas Yoshio Doi	
SFV JACL	\$500.00
Year End Donation	
Akio Uejima	\$300.00
Keiro	\$200.00
In appreciation of putting the Iyashi Care ad in CC Newsletters	
Garry and Joy Monji	\$200.00
SF Bonsai Kyokai	\$100.00
New Year's Donation	
Valley Japanese Community Center	\$100.00
New Year's Donation	
Jean Yamada	\$100.00
In memory of Chizuko Morita	
Franklin and Florence Shimizu	\$60.00
Suzi Delander	\$50.00
Ruby Yamaoka	\$50.00
In memory of Tom Doi	
Florida Blanca Legaspi	\$40.00
Jon Oda	\$40.00
Margie Omiya	\$40.00

Donations in Memory of Roy Imazu

Mitsu Asaoka	\$50.00
Jean Barber	\$100.00
Kathleen Dunlevy	\$30.00
Jean Fong.....	\$100.00
Sally Hamamoto	\$100.00
Hiko and Etsuko Hashimoto	\$100.00
Lorraine Iida.....	\$50.00
Harold and Ellen Kameya.....	\$30.00
Hide and Jeanne Karatsu, Doug Karatsu, Amy Karatsu and Ray Boteilho, Brooke Karatsu-Boteilho and Bree Karatsu-Boteilho	\$100.00
Ray Kawamoto	\$50.00
Sumie Kimura	\$50.00
Duane and Karen Koyano	\$50.00
Linda Kuratomi and Jack Takeshita	\$50.00
Takashi Kushi	\$50.00
Fumiko Miyata and John Chung.....	\$100.00
Joanne Nakamura	\$100.00
Kay and Kyoko Oda.....	\$100.00
Orange County Gardeners Association.....	\$100.00
Hiroyo Sakaguchi	\$50.00
Ken and Ritsuko Shinbashi	\$50.00
Gayle Shishima	\$50.00
Denise Tanaka	\$100.00
Frank Tanaka	\$100.00
Ruby Yamaoka	\$50.00

*Thank you for
your generous donations!*

Donations in Memory of Eiko Muto

Kisui Fujimoto	\$50.00
Grace Goto	\$40.00
Dick and Pauline Kaku.....	\$100.00
Michiko Kus.....	\$100.00
Clarae Muraoka	\$30.00
Noda Families - Elaine Mercurio, Cheryl Noda and Patty Nishimura	\$150.00
Barbara and Ken Stevenson.....	\$100.00
Katsuko Yamada	\$50.00

Use of Facilities

Celia Orozco	\$500.00
SFV Judo Club.....	\$500.00
Ikebana Class	\$300.00
Ping Pong Club	\$300.00
SFV Judo Club.....	\$300.00
Tuesday/Friday Exercise Class	\$255.00
Liz Doomey	\$250.00
Denise Tanaka.....	\$250.00
Aloha Club	\$249.00
NALC USA-Grant.....	\$200.00
Thursday Nite Basketball.....	\$200.00
Yurica Yamaguchi.....	\$175.00
Senior Arts & Crafts	\$126.00
Hawaiian Hula.....	\$108.00
Dining with the Chef.....	\$50.00
Movie Review Club	\$50.00
NJ Nakamura	\$26.00

Donation Correction from the January/ February Newsletter

Doomey, John and Liz \$2,500.00
*To thank CC members for their prayers & support
for John this past year*

2022 Hot Meal Acknowledgements

April 2022

Jane Sato..... See's Candies

May 2022

Roy Imazu..... Ice Cream Bars
Jane Sato..... Zucchini Bread for kitchen staff
Ray Kawamoto \$200.00
Liz Doomey..... Latex gloves
Ruby Yamaoka Cake for her mom's birthday

June 2022

Fumi Miyata French cookies for kitchen staff

July 2022

Barbara Nakatsu Goodies for kitchen staff

September 2022

Aloha All Ways, LLC.... \$100.00

October 2022

Mitsuko..... Pine Plant

December 2022

Garry and Joy Monji..... Cake for mom's birthday
John Chung & Fumi Miyata..... Cake for the holidays

Day of Remembrance Event

By Bing Lau

On February 19, 2023, SFVJACC held its first Day of Remembrance event in Sakaguchi Hall. The event presented a chance to learn and reflect on the lasting impact of Executive Order 9066 on our community. The hall was filled with the sights and sounds from videos playing around the room, numerous stories being told and exhibits standing tall throughout the room. The hall transformed from its normal dining hall into an immersive exhibit hall, complete with a map to guide you through the exhibits.

Unlike other DOR events that offer a more formal program style, the SFVJACC's "Café Style" format offered a unique opportunity to learn through interactive exhibits and interact with "Honored Guests" in a relaxed environment. "Honored Guests" Bob Moriguchi, Kay Oda, Kyoko Oda and Mas Okui sat at small "Café" tables and generously shared their "Camp" stories while enjoying beverages and snacks.

On the main screen, short format videos "The Orange Story", "9066 to 9/11" and "Kenji" were played. Static exhibits included a series of panels from the Manzanar High School Reunion (Courtesy of Dorothy Oda), a Takeuchi/Imai Family/WRA correspondence display and selections from the Tuna Canyon Detention Center exhibit. Interactive exhibits included a 1,000 Cranes folding exhibit (Conducted by Lois Okui), Manzanar Relics and Books (Presented by Carolyn Sanwo), Tule Lake Artifacts (Presented by May Wood), "Wesley Koyano and Koyano Family Story" (Discussions by Duane Koyano), Web based Family History Research Stations (Guided by Nancy Takayama), Family Reflections featuring Yone Takimoto's Oral History (Discussions by Liz Doomey and Shirley Docken).



Mas Okui (on left) and Bob Moriguchi (in middle) share their experiences with students.



(L-R): Terry Docken, Shirley Docken and Liz Doomey shared memories of their families experiences.

Event Volunteers

- | | | |
|----------------|---------------|---------------|
| Tre Lau | Kay Oda | Edwin Zane |
| Diana Lau | May Wood | Sheri Sasaki |
| Jacey Opiana | Liz Doomey | Tadao Okui |
| Shirley Docken | Duane Koyano | Bob Moriguchi |
| Nancy Takayama | Lois Okui | Mas Okui |
| Kyoko Oda | Carolyn Sanwo | Dorothy Oda |

Day of Remembrance
Executive Order 9066
Incarceration of Japanese American

Attendance was greater than anticipated with around eighty guests passing through the exhibit. Notable guests included the CSUN Japanese Students Association board and Jess Guzman, a representative from Assemblywoman Luz Rivas' office. For many of these guests this was their first time to the SFVJACC. They were able to learn about Executive Order 9066, about the history of the SFVJACC, the SFVJACC's role in the community and enjoy a variety of local treats including Butter mochi, Chi Chi Dango and baked treats.

The event was a great success for the SFVJACC. The event's goal was to present opportunities for current generations to reflect on a difficult topic and foster an understanding of how the shadow of Executive Order 9066 continues to shape our community. It fulfilled these goals and more thanks to the support of the community.



CSUN Japanese Students Association Board

Photos by Kyoko Oda.

GRANT UPDATES

By Garry Monji

JACF 2022 Senior Health and Home Safety Grant

In February, the Japanese American Community Foundation sponsored Senior Health and Home Safety Grant was completed. This grant allowed for 10 speakers who were able to provide practical information on a wide range of topics affecting our Seniors and those who serve as caregivers for them, whether family members or private parties. Many of the speakers had personal connections to the Community Center and we thank them for their time and professional expertise.

Thank you to Laurie Shigekuni, Attorney at Law; Megan Okui-Young, Occupational Therapist; David Honjio, DC; Fernando Ruiz and Dr. Steven Loy, CSUN Kinesiology Department; Emily Kumagai, Masters Candidate; Greg Kimura, MD Palliative Care; Jami Tanihana, Audiologist; Harvey Negoro, MD Internal Medicine; NJ Nakamura, RN Oncology, and Sandra Hattori-Okada, Occupational Therapist, Senior Driving and Community Mobility.

The JACF Grant also allowed the CC to purchase an AED Heart Defibrillator and paid for 37 representatives of the various groups and organizations that make up the community center to receive online and live instruction to earn their Red Cross Certification.

In addition, the grant allowed for the purchase of Stretch Bands being utilized by the Senior Exercise classes. Thank you to Kay Saevivat and Phil Shigekuni for attending Stretch Band training to ensure that our Seniors utilize this exercise aid safely and correctly.

Lastly, the grant allowed us to purchase a wireless microphone to improve the abilities of speakers to be understood and heard by our community center members and visitors.

A sincere and big thank you to the Japanese American Community Foundation, based in Oakland. Programs like this involve behind the scenes help to run successfully. We would like to thank Lois Okui for preparing the handouts and other presentation materials and flyers for this speaker series. Thank you to Liz Doomey for introducing the speakers and to Doug Nakada for his Audio-Visual assistance, and to Scott Hamamoto and Curtis Monji for their assistance on the audience mics. Finally, a thank you to Ukelele for rearranging their practice location for the series and to Kei Inoue and the kitchen crew for accommodating our speaker schedules.

County Of Los Angeles Supervisor Kuehl Grant

The County of Los Angeles Board of Supervisors awarded the SFVJACC a discretionary grant from former Supervisor Sheila Kuehl's office in the amount of \$25,000.

This grant will be used to upgrade and integrate the electronic infrastructure of the Community Center. As a result, all areas within the grounds will have improved internet reception and connection. This will also allow the Community Center to have or receive improved electronic reception in the Kitchen, Judo Dojo, Japanese Language Institute, Memorial Hall and Sakaguchi Hall.

Bing Lau and John Tsunada are leading the project and are receiving contractor bids to complete the tasks that they will need assistance with. They will research and coordinate the ordering of parts and necessary materials. Kiyoo Watanabe is also assisting with this project. Thank you to this group for their collective efforts.

COVID Test Kit Distribution

The County of Los Angeles has a free COVID Test Distribution agreement with manufacturers whose COVID test kits will expire shortly. This program is expected to sunset sometime in May of 2023.

The SFVJACC has received over 11,000 Rapid Covid Tests to date. We will be placing an additional order in April. If your group or organization is in need of any kits for any upcoming events, please email garry.monji.1509@gmail.com or text Garry Monji at (626) 818-1509. You can also contact bing_lau@sfvjacc.com or lois_okui@sfvjacc.com.

Keiro Awards Community Two Grants For 2023

Keiro has been a long time supporter of the SFVJACC, providing valuable informational seminars and other supportive services throughout the years.

For the 2022-2023 period, Keiro has awarded the Community Center two Grants for proposals submitted by the Board of Directors.

The first grant awarded funds for **Senior Field trips to Culturally Sensitive Sites**. Three trips have been funded with the Keiro Grant. Bus trips, admission and a lunch allowance has been funded for trips to:

- Terminal Island Monument and Museum
- Santa Anita Racetrack (WW II Assembly Center)
- CSU Fullerton Memorial to Japanese American Farmers

At this time, the logistics for these site visits are being put in place. We anticipate sign ups in April with the trips to begin in late April or early May.

The second grant will provide meal delivery to Seniors who would benefit from meals delivered to their residences, twice per week. The project focuses on providing nutritional meals to Seniors who live alone, no longer drive, have undergone recent surgery affecting their ability to get out, have a caregiver or family member providing care who might need a respite period, or otherwise may experience food insecurity.

For more information on either of these grant programs contact garry.monji.1509@gmail.com or text (626) 818-1509.

Grant Updates - Continued from page 5.

At this time, the logistics for these site visits are being put in place. We anticipate sign ups in April with twice per week meals to begin in late April or early May. We will be contacting various churches and groups to develop a list of potential meal recipients (we currently have a list of about 15 names). **We will need volunteer drivers who would deliver the meals and provide some social interaction with each of the recipients. (Volunteer Driver Sign Ups Sheets will be up shortly).** For this program, one meal would come from a restaurant and the other through the Friday Senior Hot Meal program.



SFV Meiji Senior Citizens Club News

Meiji Membership

Please submit your Meiji membership of \$5.00 if you have not done so yet.

Thank You For The Generous Donations:

Mr. & Mrs. Yasumasa Hirayama
Mr. & Mrs. Albert Kushida
Ms. Janet Minami



April 14, 2023 - Bingo after Hot Meal

Las Vegas Trip

May 8-10, 2023 (Contact Yoshimi Sussan)

Senior Activities

By Liz Doomey

Please contact Liz Doomey at 818-429-4096 or lizdoomey@yahoo.com if you are interested in joining any of the classes listed below.

Keiro in-person Classes at SFVJACC - On Friday, March 31, 2023 we had the Emergency Procedures Part III - First Aid. Members attended to learn hands-on CPR instructed by Ms. Katina A. Calvin, Licensed American Red Cross trainer. She also talked about what to do in an emergency and provided safety resources.

Tech Hour - On Wednesday, April 5th from 10 - 11 am, the Keiro staff will help members one-on-one for any of your devices - iPhone, android phones, tablets, or laptops. If you need help in using your device this is the class for you.

Exercise Class are on Tuesdays at 9-10 AM in the Sakaguchi Hall and Fridays 10 - 11 AM in the Dojo. Rubber band resistance exercises have been added to the Stretch, Balance and Light Free Weights program.

Movie Review Club meets the first Monday of every month (unless it's a holiday then the 2nd Monday), from 12 noon until about 3 PM. The club has lunch, watches a variety of movies, and then discuss them. The movie on April 3rd will be *Memoirs of a Geisha*.

Arts and Crafts are on Mondays, from 10 AM to 12 Noon in the Conference Room. Come and learn different crafts from our members. Kay Yamada taught "String Art" and a watercolor painting class is now in the planning stages. Kay Kami and May Wood will start the classes in May.

"Dining With The Chef" - Chef John Nishio's cooking demonstration will be scheduled in June 2023. Space is limited so sign up now. Classes are usually on Sunday afternoons from 2-4 PM. The last class was on March 26th where we learned how to make a variety of Donburi meals.



Upcoming Keiro Forums: Tuesdays at 10:30 - 11:30 AM - Register at Keiro.org
When you register for one it will automatically register you for all the month's forums.

April 4, 2023 - Emergency Preparedness	April 18, 2023 - First Aid
April 11, 2023 - Making a Personal Go-Bag	April 25, 2023 - Community Conversations: Security



**Girl's Day - Hinamatsuri -
February 25, 2023**

We had Girls' Day - Hinamatsuri event during school hours on February 25. We had a brand new Hina Ningyo Display donated from the City of Glendale Shoseian Tea House for this year's event. Students learned about this cultural traditional day on March 3 (Hinamatsuri) and enjoyed Matsuri Snacks. Hina Mochi was donated by Linda Miyamoto and other snacks were offered by SFVJLI PTA.



Kurimanju Sale – March 11, 2023

We wanted to express our gratitude for all the hard work that was put into the Kurimanjyu Sale. Our concerns about the number of volunteers turned out to be unfounded because the turnout was terrific! Kurimanju sale was an incredible success, thanks in large part to the effort that each one of you put into it. We were



able to raise a great deal of funds that will go towards supporting various school initiatives and we couldn't have done it without your dedication and commitment.

We would like to extend a special thank you to Kei Inoue and SFV Hot Meal volunteers, who played a particularly critical role in making the Kurimanjyu sale such a success. Our Anko for this year's (inside the Kurimanju) is all home made by Kei and Hot Meal volunteers.

Thank you once again to all the volunteers who showed up and spent countless hours mixing and rolling and baking, setting up tables, and cleaning up. We could not have done this without you, and we are so grateful for your support.

**March 8, 2023 - Japan Foundation and
Kobe Japan Non-Profit Organization,
Kiito Meeting**

JLI and CC Board representatives met with JF and their client from Japan to discuss future possible creative event in the community with kids and seniors with other volunteers combined. The idea of creating a small city, for example, bakery, coffee shop, that kids will learn from sponsored professionals and create, operate actual mini businesses, or get together with designer and architect to create their dream house model is listed among few other possibilities. We were talking about getting small scale city created with in Southern California, then if it works out to bring such creation to Japan for them to display and operate.



April 22, 2023 SFVJLI Spring Yard Sale 9-12 pm

Please bring your donation to front parking lot on 4/22/2023 early morning hours or email/call SFVJLI for advance drop off. Please do not drop off anything at the CC front lobby.

April 29, 2023 SFVJLI Undokai (Athletic Event)

at the Bert Corona field if it's a sunny day, in the CC hall if it rains.

May 6, 2023 Curry Rice Sale – Order forms in near future.

SF ATHLETICS' PANCAKE BREAKFAST

On March 4th, SF Athletics held our Annual Pancake Breakfast Fundraiser. It was the first time since the pandemic that pancake breakfast opened the hall for dining in and it was packed! Thank you to all that supported the event and to the teams for coming together to make this event possible. We earned \$15,575 in ticket sales and donations! Events like this not only raise money for our program but help strengthen the roots of our community center.

2023 Pancake Breakfast Committee

Joyce Ezaki (Dragon Ballers), Jill Yoshizawa (Dominators), Kiko Cheng and Natalia Okumura (Ninja Stars)

Thank you to our donors:

- SF Athletics Teams – Orange Juice for Event
- Hitoshi Fujiwara from Hakko Products - \$1,000
- Pacoima Costco - \$250 Costco gift card used to buy pancake batter
- WebstaurantStore - Two pancake batter dispensers
- In-N-Out – Swag bag and 10 hamburger combo vouchers
- Doreen Kushida - \$50 CPK gift card
- Margaret Takimoto – 6 Gift Baskets, Echo and a basketball for raffle
- Joyce Ezaki - \$50 in Disney gift cards, syrup containers
- Natalia Okuyama – Coffee, Creamer, \$20 in Boba Time gift cards, \$10 Baskin-Robbins gift card, painter's tape, two table cloth rolls
- Stephanie Imada - \$30 in Ralphs gift cards
- Benco Dental – Gloves and masks
- Smart and Final - Coffee
- Denise Tanaka – Coffee

Ticket donations \$100 and over:

- o Taro and Lance Ishimoto - \$100
- o Art Okumura - \$100
- o Dale Kadonaga - \$100
- o Jessy and Teddy Yamane - \$100
- o Margaret Takimoto - \$100
- o Dave and Cheryl Noda - \$100
- o Aviva Weiner - \$100
- o Wes Tanijiri- \$100
- o Dana Chow - \$100
- o Kei Inoue - \$150
- o Liz Doomey - \$150
- o Nancy Oda - \$200

Thank you
FOR YOUR SUPPORT

Congrats to our Grand Prize Raffle Winners:

\$500 Prize – Veronica Cuevas



Not pictured:

\$250 Prize – Richard Shojinaga
\$100 Prize – Lauryn Chang



Continued on pages .

Pancake Breakfast - Continued from Page 8



SF Athletics Basketball

**1st Place Boys'
Champions**

**2023 Terasaki Budokan
San Tai San
3 on 3 Basketball
Tournament**



A combination team from SFV Raptors (3rd grade) and SFV Tigers (4th grade) won 1st place in the Boys 4th grade Division at the San Tai San Budokan Tournament on March 11th.

Pictured (from left to right):
Austin Lee (Raptors), Dean Magcase (Tigers),
Grady Magcase (Raptors)



SFVJACC Children's Day "Kodomo No Hi"

April 29, 2023

SFVJACC Children's Day "Kodomo No Hi"

By Bing Lau

May 5th is known most commonly in the San Fernando Valley as "Cinco De Mayo." However, May 5th is also celebrated in Japan as "Children's Day" or "Kodomo No Hi". The origins and customs associated with this holiday are complex and span centuries. Historically, this holiday was known as "Tango No Sekku." A day associated with warding off evil spirits. During the 12th century, it became known as "Boy's Day." In 1948, the holiday was officially changed to "Children's Day" to celebrate all children. Some traditions from the historical holiday remain, such as the flying of "Koinori" carp streamers or displaying Kabuto.

The SFVJACC will celebrate Children's Day a little early. May 5th would be traditional but we know that many of our families will be participating in a basketball tournament that weekend. On April 29th, we will hold a Children's Day event at the SFVJACC. We hope to provide a fun filled afternoon of "Children's Day" themed Arts & Crafts activities, storytelling and snacks.

Pre-registration for the event is requested.

Please see the SFVJACC website www.sfvjacc.com for registration information and how you can volunteer or contribute to the event.



WORD SEARCH PUZZLE

The following words are clubs and activities at the Center. Find the words in the puzzle on the right. Words are written

in straight lines forwards, backwards, up, down and diagonally. When you find a word, circle or highlight the word.

WORD BANK

- | | |
|-----------------|--------------|
| Aloha Club | Karate |
| Arts And Crafts | Line Dancing |
| Bonsai | MahJong |
| Bowling | Meiji |
| Country Western | Movie Review |
| Exercise | Ondo Dance |
| Guitar | Ping Pong |
| Hot Meals | Podiatrist |
| Hula | ATHLETICS |
| Ikenobo Ikebana | Basketball |
| JACL | TaiChi |
| Japanese | Ukelele |
| Cooking | Volleyball |
| Judo | Yoga |
| Karaoke | Zumba |

SFVJACC Clubs & Activities

T S I R T A I D O P S Q M R V D U Z X F
 L W E U O L L A B Y E L L O V R L V F L
 M X Z K K R W Y F C H H A K A R A O K E
 E E Z U G E Z P G E O D U J L E O L G P
 I T T N M W L T E N X S N B O N S A I V
 J A N V W B G E U F O E E U N G J G H A
 I R R C V T A G L E Q P R W P B E O R R
 O A E O Q Q N H U E U D G C N O Q Y U T
 O K T O I L A M T I N R D N I D J N J S
 A E S K G I B Z I A T N S P I S X H B A
 L C E I N N E A C L F A F E C P E O A N
 K N W N I E K S T O U B R G T A Y T S D
 Y A Y G L D I B J H T U L E A L F M K C
 L D R G W A O L T A L D T U I U M E E R
 C O T R O N B X M C P E D P C H A A T A
 A D N O B C O Y E L I A T S H S H L B F
 J N U B M I N V M U D D N I I F J S A T
 M O O B L N E S X B H A O E C V O Y L S
 L G C F S G K U G K T D R D S S N R L I
 G Y P R W E I V E R E I V O M E G N S M

2023 SAN FERNANDO OBON FESTIVAL

June 24 (Saturday, 4:30-10pm) & 25 (Sunday, 4:30-9pm)

SAVE THE DATE! Bring your family and friends! It's time for everyone to come out and enjoy the traditional, sounds, tastes and energy that is the largest gathering of its kind in the San Fernando Valley —

San Fernando Valley Hongwanji Buddhist Temple's annual OBON FESTIVAL!

Held at the SFVJACC, plan to arrive early both days to take in all Obon has to offer —

- * SFVJACC SHOWCASE * TAIKO PERFORMANCES * BONSAI EXHIBIT *
- * JAPANESE DOLLMAKING EXHIBIT * JAPANESE FLEA MARKET *
- * TEMPLE BOOKSTORE * BUDDHISM IN WWII CAMPS DISPLAY * SENIOR ARTS & CRAFTS *
- * COMMUNITY NONPROFIT DISPLAYS/TABLES * FAMILY-FRIENDLY GAMES *
- * RAFFLE DRAWING * DELICIOUS FOOD & DRINK *
- * **OBON DANCING** *

San Fernando Valley Hongwanji Buddhist Temple thanks you for your support and looks forward to this unique community "Gathering of Joy" as we reflect upon our ancestors and myriad others who have passed on before us. And in expressing our deep gratitude, "just dance!"

This photo is of the first known Obon festival held in the San Fernando Valley - Pacoima, 1923 (photo courtesy of Mrs. Y. Kimura).

2021 marked the 100th Anniversary of our Sangha in the San Fernando Valley!



DEMENTIA CAREGIVERS SUPPORT GROUP

Sponsored by
Little Tokyo Service Center



"Are you a caregiver for someone affected by Alzheimer's disease or other dementias? Our non-judgmental, confidential group meets on the first Saturday of the month to share concerns, experiences and ideas."

All meetings are confidential.

Group meetings are being done virtually.

If you are interested in attending or want more info, please call Little Tokyo Service Center at 213-473-3035.



Katherine Castrejon, the district representative for State Senator Caroline Menjivar (20th District), came to tour the Center. Pictured with her are CC Board members Kay Oda (on left) and Bing Lau (on right).

Still There Somewhere

By Old Wakaba, Bud Sagara

When my mother-in-law came to stay with us in January for an extended visit, we were dismayed by the toll that dementia had taken on her since we last saw her. She appeared to keep up with our conversations, prepare her own breakfast, and go up and down the stairs; but she was different from the person we knew for so many years. Perhaps those of you with loved ones with dementia or Alzheimer's disease know this all too well.

Dementia is a despoiler of lives as it slowly erodes and steals memories from its victims. The word "dementia" is an umbrella term for a range of symptoms that are caused by disorders affecting the brain. Symptoms like short term memory loss and experiencing difficulties with problem-solving and judgment become severe enough to impact a person's ability to perform everyday activities independently. There may also be changes in mood and behavior, such as sudden bursts of anger, being uncooperative or just staring out at nothing. The disease is progressive, which means that the symptoms will gradually get worse as more brain cells become damaged and eventually die. The most common types of dementia are Alzheimer's disease and vascular dementia. Alzheimer's disease accounts for 60-80% of dementia cases. Vascular dementia is caused by ischemic strokes which occur when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells can begin to die within minutes without a proper blood supply.

According to a national study by Columbia University released in October 2022, about one in ten people 65 years or older may have some form of dementia, while another 22 percent have some form of mild cognitive impairment. Dementia is not a normal part of aging. Approximately 40% of people over the age of 65 do experience some form of memory loss, but there is a difference between memory loss as a normal part of ageing and the memory changes diagnosed as a symptom of dementia. Normal forgetfulness may include misplacing the car keys or walking into the kitchen and forgetting why you went there. A person with dementia may lose the car keys, but is unable to retrace their steps to find them. They may also have trouble following the story in a television show or seem to be preoccupied with their memories of the past. Eventually, dementia may mean forgetting how to dress or bathe.

Those who have stepped into the brink as caregivers for these seniors are also victims of the disease. Their experiences may range from stress, social isolation, anger, fatigue, increased health risks and financial problems. If the loved one with dementia is your mother or father, it also reverses one of the most basic connections in our lives as the child becomes the parent and the parent becomes the child. A diagnosis of dementia takes the same toll as a shotgun, the damage is widespread. It affects a spouse, a partner, a child, and the extended family and friends.

Here are two raw stories from real people caring for their loved ones with dementia or Alzheimer's disease: "There's not one thing wrong with my mother but the dementia. She's totally healthy; she doesn't even have arthritis. She doesn't know who I am, but she knows that she knows me from somewhere. She always tells me I'm a very nice person and she's happy to see me. I bought her a stuffed dog, and she thinks it's real. She'll hold him and say, 'He's not going to pee on me, is he?' And I'll say, 'No. I just took him out.' The main thing is, I can't stand that blank stare — it unnerves me — so I try to do whatever I can to keep her as active and involved as possible. Seeing her laugh and smile and enjoying herself — that's all that really matters. It makes me feel close to her again. I would do anything for that smile."

"Alzheimer's has devastated our family. What was once normal for our family is no more. Life is ever changing in ways we never could have imagined — and not for the better. Alzheimer's is a disease of behavior. With each change in behavior, people with the disease and caregivers alike stand on shifting sand. In the early stage of the disease, it was very difficult to look at Ken and know he was a prisoner in his brain. He knew he was losing his mind and would continue to do so — he knew what was to come and there wasn't a thing we could do to stop the march of Alzheimer's or assuage the emotional pain he was enduring."

In Exodus 20: 12, the fifth commandment says, "Honor your father and your mother that your days may be long in the land that the LORD your God is giving you." This commandment teaches us to have filial affection for our parents, to esteem them, to be obedient to them, and to give them help when they need it. That's a mighty big order for any of us to fulfill and it becomes even more difficult when a parent suffers from dementia. So how do we survive the long road of caregiving for a parent?

It all boils down to love and commitment to family. Some of us were raised in good family environments and some of us were not. Try to recall the care and watching over that children require from the time of being newborns, to infants, to toddlers, to all the years in school. They were under parental control and put into bed each night with the assurance that they were safe. It's when young adults are out on their own, away from home, beyond those watchful eyes that causes worry for parents. When that child rebels against the ones who had given so much, that's when grey hairs sprout in bunches. Some fathers and mothers are figuratively murdered, not by a gun or knife, but by the unkind words and cruel deeds of their own children. Years later, many a grave may be well watered by the tears of sons and daughters who lament over their conduct toward their parents.

If you are blessed to still have a parent, you have time to honor them instead of regretting, "I should have called or visited more often or I should have done this or that for them." Think about how much they did for you; how much you can never repay. Let your love and gratitude recompense them in part by comforting them in their need. Allow them to have the joy of your company even if they no longer know who you are. Let them know that there is someone watching over them, caring for them and keeping them safe. God tells us that our days may be long in the land if we follow his commandments. So if we are able to honor our father and mother because of our gratitude for them, how much more should we be grateful to God for all his care and watching over us?

VETERANS MEMORIAL DAY SERVICE



Please join the members of the SFVJACC for the Memorial Day Service to be held in honor of the deceased veterans of the San Fernando Valley.

The service will be held on Sunday, May 28, 2023 at 4 pm. As in past, years, all CC organizations, families of deceased veterans listed on the Memorial, all veterans and the community are invited to observe this event.

SFV community members are asked to submit names of deceased veterans so that their names may be inscribed on the memorials located in the Kiyoshi Muranaga Veterans Memorial Garden. Qualifications include: Service in any branch of the armed services, served at any time in war or peace and any family

member must be a resident of the San Fernando Valley. Please call Lois Okui at (818) 899-1989 or email lois_okui@sfvjacc.com. Organizations are asked to give the name of the individual representing the organization. Families of the deceased are asked to call or email and let us know that they will be attending the services.

SUNDAY, MAY 28, 2023 ♦ 4:00 PM

12953 Branford Street, Pacoima, CA 91331 - In Dr. Sanbo Sakaguchi Hall.

Dinner will be served following the service.

For more information and/or to make reservations: call Liz Doomey (818) 429-4096 or email lizdoomey@yahoo.com

For donations and remembrances, please make donation payable to SFVJACC-Veterans Fund.

IYASHI 癒 CARE

A community-based palliative care program that can help improve quality of life for older adults with serious or chronic illnesses and their families through:

- ▶ Symptom management
- ▶ Consultation and communication between family/caregivers
- ▶ Individualized care planning
- ▶ Bilingual support in English and Japanese

Call and leave a message to inquire: 213.873.5791

For more information, visit keiro.org/iyashi-care



**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

Services continue to be held via Zoom, with hybrid (in-person and Zoom) services twice 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.

April

- 2 10:00 am Shotsuki monthly memorial and Hanamatsuri service, Hatsumairi (hybrid)
- 9 10:00 am Regular service (Zoom only)
- 16 10:00 am Regular service (hybrid)
- 23 10:00 am Regular service (Zoom only)
- 30 No service

May

- 7 10:00 am Shotsuki monthly memorial service (hybrid), Tea party fundraiser
- 14 10:00 am Gotan-e: Shinran Shonin's birthday, Mother's Day service (hybrid)
- 21 10:00 am Regular service (Zoom only)
- 28 10:00 am Memorial Day service (Zoom only)

Obon Festival – June 24-25

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 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.....	10:00-11:15 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.....	2nd 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/Fri	6:00-9:00 PM	Kenji Couey	818 381-7232
Tai Chi Class*	Monday.....	9:00-10:00 AM	Florence Takaaze....	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,
Little Tokyo Service Center
Contact her at cnakamura@ltsc.org
Online only

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.

UPCOMING IN-PERSON EVENTS AT THE CC

April 29, 2023
SFVJACC Children's Day

April 29, 2023
SFV Japanese Language
Institute Udokai

May 20, 2023
Grateful Crane Concert

June 24-25, 2023
SFV Hongwanji Buddhist
Temple Obon

April 29, 2023
SFV Japanese Language
Institute Spring Yard Sale

May 6, 2023
SFV Japanese Language
Institute Curry Sale

May 28, 2023
SFVJACC Memorial Day
Service

August 19, 2023
SFVJACC Luau Fundraiser

