



SAN FERNANDO VALLEY JAPANESE AMERICAN COMMUNITY CENTER

Website: www.sfvjacc.com

Issue 46

July/August
2019

Save the Date



Saturday,
January 11, 2020

SFV JACC
60th Anniversary

11:00 AM
Odyssey Restaurant

Honoring our Founders

George Asao	Arata Mizushima	Ted Shoji
Tom Endow	Takeshi Monji	Richard Suenaka
Mas Enomoto	Fred Morishita	Hiro Tabuchi
Katsutarō Fujinami	Robert T. Mukai	Yosh Takayama
Floyd Fujii	George Murakami	Fred Takemoto
Mas Furushiro	Roy Murakami	Henry Takemoto
George Harada	Seigoro Murakami	Shigematsu Takeyasu
Joe Hatanaka	Minoru Muranaka	Fred Takimoto
Fred Higashida	Fred Muto	Tosh Takimoto
Kunizo Higashida	Fumio Muto	Berry Tamura
Roy Higashida	Tom Nagatani	George Tamura
Tokinori Higashida	Harry Nakada	Frank Y. Tanaka
Yosh Hirano	Tom Nakamoto	Youtaka Tatewaki
Kazuo Hombo	Pete Nakao	Kinya Tatsumi
Shigeo Hombo	Tadashi Namba	Kiyoshi Tomiye
Joe Ikuta	Haruki Nitta	George Tsukashima
Tom T. Ikuta	Kenji Nitta	Herbert Tsutsui
Mas Imamoto	Shigeo Nitta	Kaoru Tsutsui
Fred Imoto	Mas Noda	Mitsuo Usui
Billy Ito	Setsuji Oda	Rokuro Watanabe
Yoshio Izumi	Tom T. Ohara	Bob Yamabe
George Kadonaga	Gengi Okura	Bob Yamanaka
John Kaneko	Kay Oshiyana	John Yamano
Kenji Kihara	Frank Sagara	Mas Yamano
Hideo Kobayashi	Akira Sakamoto	Sekai Yamanouye
George Koike	George Sakamoto	Shig Yamaoka
Gene Kono	Jim Shiba	Shigeto Yasuda
Kenji Kurosaki	Bill Shibuya	Hideo Yokomizo
Hiroyuki Matsuo	George Shibuya	Tatsuo Yorita
Sam Mayeda	Mike Shimotsukasa	Imaharu Yoshimura
George Mayekawa	Roy Shiroma	

Memories Of Our Founders

This year, the center is going to celebrate the 60th Anniversary of the Memorial Hall (gym). The founders names (listed on this page) were on a plaque found in the Sakaguchi Hall. These men were instrumental in making the Center what it is today. A long-term project to write family memories about each founder was just started.

We need help from you, our members, in reaching out to these families. If you have any information on how we can contact any of the founders' families, please contact the office (818) 899-1989.

Following is a memory from Doug Muraoka -
Seventy years ago -

Robert Takuji Mukai served as a vital bridge between the older and younger generations. He knew the importance of the Community Center as he worried about the many temptations that would face the Nisei generations as they acclimated to the California lifestyle. At the end of the war, he was particularly concerned about activities for the youth and having somewhere to engage collectively. He was the primary reason why Harold Muraoka got involved in community affairs. The Memorial Hall was built ten years later in 1959.

Sam Kihara's memory of his father, Ken Kihara -

The main thing I remember is that he and the other founders would go out after work and ask for donations to build the SFVJACC. If I remember correctly, the majority, if not all, came from donations of the Nikkei community. It was very hard for JAs to get loans in the mid 50's. The founders would meet at our house to formulate answers as to why we needed a Center. You have to remember the majority of the community had come out of camp or were able to return to SoCal only after the war ended...

SFVJACC MISSION STATEMENT

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



PRESIDENT'S MESSAGE

Dear CC members,

One of the important goals that I have is to bring all of us together. All for one and one for all. Our freshly painted buildings provide a huge welcome to those who use the facilities most like the SF Athletics youngsters in the gym, SFV Judo Club, SFV Japanese Language School, and Meiji Senior activities. All of the organizations and clubs can be proud of the facelift! Thank you to Mike Basore and his team for a great job. The last time we painted was thirty years ago. Please take care of our spaces and keep it clean.

During the recent SFVHBT obon, many of you participated in the demonstrations organized by Nancy Gohata. Visitors were able to see Judo, ballroom dance, yoga, tai chi....Thank you for promoting our wellness programs! The gym was also home base for the history of Obon, Tuna Canyon Detention Station, and the SFV Bonsai Club that made the front page of the local paper.

Working together and engaging others tells me that we are stronger together. On September 17, we will hold our famous Steak BBQ dinner. Invite your friends to see our places, people, and programs.

Kay Oda
SFVJACC President

CCメンバーの皆さん、

私の重要なゴールのひとつに皆さんがひとつになるという事があります。“一人は万人の為に、万人は一人の為に”

新しく塗装された体育館、SFV柔道クラブ、SFV日本語学園、明治シニアの活動などで施設を使用する人達に大きな喜びを与えてくれます。マイク・バスレと彼のチームのお陰でとてもきれいになりました。前回の塗装作業は30年前でした！大切に使いきれいに維持していきましょう。

6月のSFVHBT OBONIにはナンシー・ゴハタさんが担当して健康志向プログラムの紹介が出来ました。たくさんの人達に柔道、ボールルームダンス、ヨガ、タイチのデモンストレーションを見てもらえました。体育館にはお盆の歴史、ツナキャニオン・ディテンション・ステーションや盆栽のディスプレイもありローカル新聞の一面にも載りました。

共に活動し他の人と関わることで私達は更に一緒に強くなれると私は信じます。9月17日は美味しいステーキBBQディナーを予定しています。CC施設、多種プログラムを知ってもらえるように是非ご友人を誘って参加して下さい。

ケイ・小田

amazon smile

You shop. Amazon gives.

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

CC Would Like To Start A Boy Scout Troop



If you are interested in the Boy Scout experience for your child, the CC would like to explore forming such a group.

In 1958, veteran Frank Tanaka was actively involved with Troop 104 that helped hundreds of young boys become leaders in their communities. Many earned the rank of Eagle Scout.

Today, we have a Girl Scout troop but no program for the boys. If you want this type of opportunity for your youngster, please write to contact@sfvjacc.com

ACKNOWLEDGEMENTS

For the Months of May & June 2019

Donations

- Christine Iso
Referral commission from her real estate sale
- Dexter Frye
Bunge North America matching donation
- Anonymous
- Jill Clever
Facebook Giving Tuesday
- Greg Kimura
United Way Charitable Contribution

Donations In Memory of Dr. Bo Sakaguchi

- George and Helen Abe
- Helen Oda
- Sylvia Yamashita
- Natsuko Akiyama

Use of Facilities

- Hawaiian Island Creations (HIC)
- Crescent Bay Sports League
- Hitomi's Cooking Class
- Monday Nite Basketball
- Ping Pong Club
- Tuesday Nite Basketball
- Lily Okumura
- Tuesday Exercise Class
- Jan & Co.
- Thursday Nite Basketball
- Wednesday Nite Basketball
- Senior Arts & Crafts
- Yoga Class
- Tai Chi Class
- Friday Exercise Class
- Manzanar Reunion
- Hula Wahines
- Aloha Club
- Country Western Music
- Tuesday Mah Jong
- Hanadfuda
- Friday Mah Jong

Miscellaneous

- Coffee Donation
- Anonymous 1 (20 lbs) Bag of Sukoyaka
Genmai Brown Rice
- Anonymous 3 (2 lbs) Coffee
- Tom Haak 66 Pkgs Mabu Tofu Sauce, 2 Boxes
of individual serving size Neuman's
Own salad dressings
- Yaeko Mochizuki 2 (3 lbs) Coffee
- Marian Murphy 1 (2 lbs) Coffee & 1 (12 oz)
pkg coffee
- SFV Ballroom Dance 1 (3 lbs) Coffee
- Smokey and Toshi Sugii 2 (3 lbs) Coffee

*Thank you so much for
your generous donations!*

DONATIONS TO HOT MEALS

For the Months of May & June 2019

- Jimmy Kitazaki..... Framed Stained Glass Picture
(hanging in the kitchen) In honor
of Kei Inoue's Appreciation Award
- Musashi Restaurant..... 200 lbs. Rice, 4 pkgs. Chopsticks,
5 gal. Rice Vinegar
- Sherrie Nakamura..... Porto's Cake for Mom, Dorothy's,
Birthday & Pastries for the Kitchen
Volunteers
- Kazu (Henry) Nakamura Cake for His Birthday
- Ken and Yoko Nomura Cookies & Red Lily Flowers for the
Kitchen Volunteers
- Eddie Ohara..... 3 Boxes of Cod, 37 lbs. Wahoo
- SFV Judo Club..... Judo Tournament Orei
- Toshi Sugii Roses for the Kitchen Volunteers
- Shigeo Sumida Cake for Sumie Kimura's Birthday
- Robert and Linda Takayama 25 lbs. Red Onions, 3 Crates
Tomatoes, 1 Large Box of Lettuce
- Ruby Yamaoka Cake for Mother's Day Lunch

Our apologies to **Laraine Hirata** for misspelling
her name in the Family Day
Raffle Fundraiser Acknowledgements.

Inviting you to

Tuna Canyon Detention Station Exhibit

at


Cerritos Library

18025 Bloomfield

**Special event
on August 7**

**Nancy Oda,
Guest Speaker**

**August 1-
September 6**





Summer has arrived and we are all trying to survive the 100 degrees plus days. It is important to make sure you drink more liquids, wear sunscreen, and stay as cool as possible.

On June 26th, the seven members who took the 6-weeks iPad class completed their objective to learn how to use their device. We are hoping that we will be able to bring back this class soon with two days a week class for three weeks which may be easier for our members.



Keiro iPad Class - Clockwise from left: Ritsuko and Ken Shinbashi, Yoko Nomura, Reiko Moriguchi, Kay Yamada, Nancy Takayama, Ken Nomura, Diane Yoneoka, Gene and Genevieve Lew.

Like many women, I rely on my husband to take care of our automobiles, but we should take the opportunity of Keiro's CarFit program. On July 12th, Keiro brought a team to the SFVJACC to educate our members about their vehicles. They checked out our cars, also our position in the cars, and other features many of us were unaware of. We had twelve members go through the program with positive results. I hope the next time we have this event we will have more members sign up for this educational and important program.

Sign-up sheet is in the lobby for the JACCC Keiro no Hi Festival on September 14th. They are providing free transportation. The bus will leave SFVJACC at 10 am and return at 2 pm. Bento will be provided for those who register by Sept. 2nd. This will be a very educational event for the aging with booths to answer questions on health, caregiving, and related topics. There will also be entertainment.



From left to right: Sandra Okada, NJ Nakamura, John Doomey, Tadao Okui, Don Tanaka, John Nakaki, Elaine Fong, Mark Oune.

The Las Vegas trip in August is from the 12th to the 14th. I hope you signed up for this fun-filled trip. As a reminder, if we do not make the trip minimum we may have to cancel for lack of participants. Sign up early to avoid this action.

Our next trip to San Manuel is tentatively set for Oct. 16th. See Kay Yamada for the sign-up sheets.

Bert Corona Charter School students would like to do community service with the Center. Anyone interested in learning how to use an Apple computer or its apps are asked to contact Liz Doomey 818-429-4096. We may even be able to ask if their students would like to learn Bridge, Hanafuda or Mah Jong to interact with our seniors.

If you would like to have me research any other programs please call me with your requests, Liz Doomey 818-429-4096 or lizdoomey@yahoo.com

Have a great safe fun-filled Summer!

Time for a break



See You In September

The Tuesday Exercise Class will be taking a break during the month of August.



(L-R): Instructor Ralph Ahn, Dorothy Shiba and Ralph's wife, Anne.





San Fernando Valley Japanese Language Institute

By Mikiyo Ueda, Historian

As usual the end of the school year means each student competes in a Japanese reading contest with family members and friends gathering in the audience to encourage them. It was a great event that motivated all the students to practice and improve their Japanese and enabled the parents to socialize. After the contest an award ceremony honored the students and showed appreciation to PTA members and volunteers. The event culminated in the annual end-of-school potluck and students received their summer homework packets to help them prepare for the next school year which will begin August 10. It was a perfect way to end the school year .



The biggest Temple event of the year, the Obon festival, was held June 27th-28th. Each year the Japanese Language school sells delicious somen, edamame, tasty lemonade and mugicha. The day before the festival the parents got together and prepared the ingredients late into the night. Everything went amazingly well, with exceptional efforts from the many volunteers, including parents, TA's and students.

The teachers had a " Design your own Japanese Senu" class in which everyone enjoyed making their own fans. It was very hot on both days but we persevered and with record sales we sold-out of the Somen and Edamame.



PAINTING PROJECT OF THE COMMUNITY CENTER BUILDINGS



Happy to report that all four structures on our campus have been painted during July. The restrooms in the gym and Sakaguchi Hall are on the to do list during August. Many thanks to CC member, Randy Burris, PPG executive and his team.

Also, a special thanks to Board Member Nancy Oda and committee for all the hours they spent on this huge project - meeting with different painters, a color specialist and then checking on the progress as the structures were being painted. The Center looks great!!



Pee Wee Clinic

By Margaret Takimoto

SFVJACC Athletics held their 12th annual Pee Wee Clinic for four Saturdays in May and June. Twenty-four 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, along with a hot dog and pizza on the last day. The Pee Wee Clinic is held every summer to introduce new players to the game and to encourage new players to join the SFVJACC Athletics in the fall.



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

Aidan Banayo
Gavin Banayo
Lucas Chow
Emily Gima
Declan Hirota
Harrison Hirota
Kyle Iwanishi

Troy Kadonaga
Taylor Kariya
Nicholas Kurada
Tre Lau
Jonevan Limpus
Edison Im
Ryuto Murata

Scotty Nimura
Michaela Okuyama
Cameron Imperial-Pham
Cody Imperial-Pham
Xander Rhee
Nolan Sarez
Quinn Suarez

Curtis Takimoto
Michael Wong
Ethan Wong
Carsen Yahata
Alana Yamauchi
Branden Yamauchi
Jaren Yee



Peewee camper Kai Limpus with Coach Curtis

SF Athletics Basketball Registration Form On Page 14.

SF TIGERS

Tigers Tournament Tiggers Division

(L-R): Kaeden Tsutsui, Oliver Anderson, Nikko Masuda, Aiden Gort, Tyler Uemura, Hunter Joaquin, Keir Anderson, Carson Uemura

Coaches: Philip Uemura, Alana Yamauchi, and Jenny Wong

Team Parent: Renee Uemura



SF WOLFPACK

Tigers Tournament 6th Grade Silver Division 2nd Place Winners

(L-R): Left to Right: Asst. Coach Bruce Sakamoto, Jasen Serapio, Brendan Jusi, Zen Shimabukuro, Joren Sakamoto, Garrett Kido, Travis Dao, Bryce Koga, Jonevan Limpus and Coach Don Shimabukuro.

SF SAMURAI

DMI Memorial Tournament 8th Grade Division

First row: Kaden Sasaki, Nick Kuroda, Taylor Quan

Second row: Harrison Hirota, Aiden Banayo, Nolan Suarez

Coach George Suarez, Jaren Yee, Ethan Wong, Lucas Chow, Kyle Oda

Missing: Carsen Yahata, Coach Craig Yahata, Coach Kay Oda



Dale Makoto Inouye was ten years old when he played as a FOR Pacer. Today he would have been twenty one years old. Dale left too soon succumbing to leukemia. The DMI tournament educates players up to grade eight about his life, about A3M bone marrow match, and INNER STRENGTH.

This basketball tournament is different. The referees and scorekeepers are not paid. There are no trophies yet everyone leaves inspired. The SF Samurais were honored to be invited to a very special weekend. Dale said, "Remember me," and they will.

The SF Samurai received a t shirt, utility bag, and sleeveless hoodie since they "graduated" from the DMI tournament.

2019 SAN FERNANDO OBON FESTIVAL

Gathering of Joy!



The weekend of June 29 & 30 was abuzz with activity as the San Fernando Valley Hongwanji Buddhist Temple held our annual OBON FESTIVAL at the SFVJACC. Many community organizations participated by offering delicious food, fun family games, entertainment, beautiful Japanese cultural displays and opportunities to learn about our local history and community services available to us. Thank you to the SFVJACC, SFV JACL, SFVJACC Athletics, Sunrise Japanese Foursquare Church, SFV Judo Club, SFVJACC Senior Arts & Crafts, Valley Japanese Community Center, SFV Japanese Language Institute, SFV Bonsai Club, SFV Japanese Doll-Making Group, Japanese Calligraphy Class, Zeta Epsilon Tau, Pi Theta Kappa, Tuna Canyon Detention Station, Egao, Nikkei

Senior Gardens, Eiko Masuyama's Buddhism in WWII Camps, SFVJACC Clubs (Judo, Hula, Tai-Chi, Yoga, Ballroom Dancing, Karaoke, Line Dancing, Ondo and Taiko), Taiko of WLA Buddhist Temple and SFV Taiko.

We are very grateful for everyone's collective energy, hard work and cooperation to put together what has become the largest gathering of its kind in the San Fernando Valley. All signs indicate attendance was high -- Branford Business Park's 200+ car capacity was full both nights and preliminary sales numbers are up!

Although Obon is always a lot of work for all involved, we hope everyone enjoyed meeting old and new friends and especially had the opportunity to reflect on the meaning of Obon or "Gathering of Joy" -- that is, to appreciate all who have lived before us, as without them we would not have our wonderful community and life we enjoy today -- and 'just dance!' See you in 2020! In Gassho (in gratitude, with palms together)!

~ Carolyn Sanwo, SFVHBT 2018-2019 Obon Chair



Here's What's Happening Around Nikkei Senior Gardens

SADO KADO SHODO 2019

By Patti Kimura

Nikkei Senior Gardens was once again privileged to host Japanese American Cultural and Community Center's Sado Kado Shodo 2019. Sado Kado Shodo is a cultural arts program made possible by the JACCC together with the Department of Cultural Affairs, City of Los Angeles. This program is a series of lectures and demonstrations of Japanese cultural arts that include Japanese flower arranging and calligraphy.

This year residents were treated to a lecture and demonstration by Mr.



Internationally acclaimed violinist Ken Aiso.



Koto Sensei Saeko Kujiraoka Zirkelbach



Ikenobo Ikebana with Yukiko Yoshimoto and Mayumi Dennis.



Sogetsu Ikebana with Kaz Kitajima.

Tetsuya Nakamura on traditional Sho which is a musical instrument played in the Japanese Emperor household and harmonica; Ikenobo Ikebana Flower Arranging; Beikoku Shodo Kenkyu Kai Japanese Calligraphy; Japanese Koto presentation; Sogetsu Ikebana Flower Arrangement; and a violin presentation by Mr. Ken Aiso.



The School Cafeteria

By Old Wakaba, Bud Sagara

Several years ago, the Los Angeles Unified School District banned the sale of junk food in school cafeterias in an effort to steer children away from obesity to healthier eating habits. In reality, junk food is what many kids prefer to eat when not at school. Soft drinks are a big no-no to a good nutrition program because high fructose carbonated beverages contain lots of sugar that can lead to obesity, diabetes and heart disease. Man was not made to intake his calories from liquids. The vegans and vegetarians cheered the decision to say good-bye to burgers and french fries and say hello to kale salads. The school board is now slowly reintroducing “healthier” junk food back into cafeteria menus like hamburgers on whole wheat buns or healthy pizza. Those alone should put a big dent in the black market for Cheetos and Ding Dongs.

Things were different when I was going to public school back in the 1950’s. The cafeteria at Fernangeles Elementary School in Sun Valley brings back memories of red plastic trays, which always seemed so big, and indestructible yellow plastic bowls and plates serving sometimes unidentifiable substances. The kids who had paid their 25 cents for lunch lined up in single file to enter the warm environment of the cafeteria. The temperature was always warm in the cafeteria which was welcomed during cold weather, but it was unpleasant during the hot days of early fall and late spring. The cafeteria ladies were always dressed in all white uniforms, white shoes and heavy hair nets as they served plates of brown stuff or red stuff along with an occasional piece of cake which was the only item we could positively identify as food. There was nothing served that was fat free or gluten free as these terms were completely unknown. The choices for lunches were simple; a kid ate the single meal that was served, brought a home lunch or did not eat. Thursday was hot dog day at the cafeteria so the queue on that day was particularly long.



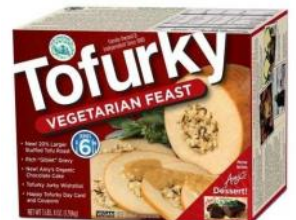
My mom worked at Byrd Junior High in Sun Valley as a cafeteria lady along with Sylvia Yamashita as the financial manager. They did this to support their families after the kids were old enough to go to school on their own. The pay was low, but the benefit of having medical insurance, which was not as common as it is today, was a primary factor why so many Nisei women like Yo Monji and others went to work in school cafeterias.

When thinking about eating out in the good old days, does anyone remember eating at truck stop cafes and small diners like the Long Green Cafe on San Fernando Road in Sun Valley? No one likes to admit that they ate there because the food was in great portions, greasy and cheap. My Dad would take my brother and me for lunch there when we were working in the area or going to the public dumps in Sun Valley. Lots of truckers stopped to have their fill of artery clogging fats with coffee that was strong enough to fuel an eighteen wheeler. Patrons would sit at the counter and eat with their hats on and ask for ketchup even before the food was ordered. The kind of people who ate there didn’t know Russian caviar from applesauce, but they could drive a loaded trash truck in reverse down a narrow alley as easy as a kid rides a bike. These were the same men who would invariably stop to help any stranger in trouble by the side of the road. It’s sad that these types of men and places are not here anymore.

When my wife explained to me the different types of fats and complete vegetable proteins, it occurred to me that regardless of the fact that eating bacon will probably kill me; bacon could never be replaced by vegetable protein patties in my book. My doctor told me to avoid red and processed meats and to eat more vegetables and whole grains to prolong my life. People should listen to their doctors, so I begrudgingly made some changes to a healthier diet. So I left my chili dogs and nachos for the dull world of broccoli, whole wheat flour and plain yogurt. My diet requires the avoidance of red meat; so no cows, pigs, or lambs are allowed to walk around in our kitchen!

My finely tuned metabolism is fueled by a precise blend of fish oils, brown rice, colorful fruits, green leafy vegetables, and fat free dairy. Should I overload on any one of the above, the delicate balance would be thrown out of whack and I might just explode right there at the kitchen table. This keeps me awake at night. I am also to avoid sucralose and maltodextrin, but my problem is that I don’t know what the heck sucralose or maltodextrin are.

I am glad that the holidays have passed because I certainly had my fill of turkey and loved it. Some animal activists are concerned about the fate of turkeys that are destined for dinner’s center stage. I sympathize with them to some degree and continue to abstain from eating endangered species like condors and white rhinos, but for me, God put turkeys on this earth for eating. Some people take issue with the small amount of space that turkeys and chickens are raised in. Even though turkeys are raised in crowded quarters, they have more room than the Japanese people living in Tokyo, so why the fuss? If one objects to eating turkeys, then they can eat the tofu substitute, tofurkey with a balanced plate of fish oils, brown rice, colorful fruits, green leafy vegetables and fat free dairy. *Bon appetit!*



Is it really worth obsessing about food? Yes, we should take care of our bodies by not filling it with pork rinds and Twinkies, but God is the one who numbers our days and cares for us. We can trust him to meet all our needs and give us the courage to face suffering, the passing of loved ones, and even our own death. It’s only human to desire feeling good and avoiding pain, but we don’t always get what we want. However, by placing our trust in God, our attitudes and desires slowly change from being selfish to acceptance of his provision. In Matthew 6:25, Jesus tells us, “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food and the body more than clothing?” Jesus urges us to rise above worries concerning our physical needs and to pursue important things that have eternal consequences. Worry immobilizes, while pursuing moves a person into action.

Results of the Future Planning Committee (FPC) 2019 Survey

Thank you to those who took the time to participate in the SFVJACC Future Planning Committee 2019 Survey. 192 people responded to the survey. The results are as follow.

Question 1 - Are you a SFVJA Community Center member? - Total Responses 192 Skipped 1

Yes (98.96% - 190 Responses)	No (1.04% - 2 Responses)
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Question 2 - What groups are you a member? (Check all that apply) - Total Responses 152 Skipped 41

Athletics (42.76% - 65 Responses)	SFV Bonsai Club (1.32% - 2 Responses)	SFV JAACL (16.45% - 25 Responses)
SFV Japanese Language Institute (7.89% - 12 Responses)	SFV Judo Club (2.63% - 4 Responses)	SFV Meiji Senior Citizens Club (46.05% - 70 Responses)

Question 3 - What activities do you participate? - Total Responses 83 Skipped 109

Senior Arts & Crafts (15.15% - 13 Responses)	Bridge (3.61% - 3 Responses)	Country Western Music (4.82% - 4 Responses)
Exercise Class (19.28% - 16 Responses)	Hanafuda (2.41% - 2 Responses)	Harmonica Class (3.61% - 3 Responses)
Hawaiian Hula (3.61% - 3 Responses)	Hitomi's Cooking Class (18.07% - 15 Responses)	Ikenobo Ikebana (1.20% - 1 Responses)
Japanese Calligraphy Class (3.61% - 3 Responses)	Karaoke (3.61% - 3 Responses)	Line Dancing (14.46% - 12 Responses)
Mandolin Class (0% - 0 Responses)	Nikkei Bowling League (7.23% - 6 Responses)	Tuesday Mah Jong (2.41% - 2 Responses)
Friday Mah Jong (3.61% - 3 Responses)	Ondo Dance (18.07% - 15 Responses)	Ping Pong Club (16.87% - 14 Responses)
Shigen Class (Kokusei) (0% - 0 Responses)	Tai Chi (3.61% - 3 Responses)	Taiko (8.43% - 7 Responses)
Ukulele (7.23% - 6 Responses)	Yoga (8.43% - 7 Responses)	Zumba (8.43% - 7 Responses)

Question 4 - How often do you participate in activities at SFVJACC? (Check all that apply) - Total Responses 180 Skipped 12

Weekly (37.02% - 67 Responses)	2 Times a Week (24.31% - 44 Responses)	Monthly (8.84% - 16 Responses)
Every 6 Months (1.66% - 3 Responses)	Occasionally (14.92% - 27 Responses)	Rarely (11.60% - 21 Responses)
Never (1.66% - 3 Responses)		

Question 5 - When you attend specific events or activities, where were they held? (Check all that apply) - Total Responses 180

Social Hall (77.35% - 140 Responses)	Gym (44.75% - 81 Responses)	Japanese School (7.18% - 13 Responses)
Judo Dojo (13.81% - 25 Responses)	Meeting Room (26.18% - 51 Responses)	Kitchen (17.13% - 31 Responses)
Other (5.52% - 10 Responses)		

Question 6 - What types of activities would you participate in or would like to see if they were available at the SFVJACC?

Adult Day Care (18.31% - 26 Responses)	Licensed Child Care (9.15% - 13 Responses)	Licensed Infant Care (4.93% - 7 Responses)
Senior Exercise Class Offered More Frequently (18.31% - 26 Responses)	Adult Exercise Class, Yoga, Tai Chi in the Evening (26.06% - 37 Responses)	Children Hula/Ballet/Tap (8.45% - 12 Responses)
Boy and Girl Scouts (9.86% - 14 Responses)	Bowling (9.15% - 13 Responses)	Fishing Club (11.27% - 16 Responses)
Golf Club (9.15% - 13 Responses)	Wine/Sake Club (11.97% - 17 Responses)	Adult and Youth Volleyball (9.86% - 14 Responses)
Computer Class/Cyber Senior/Social Media Instructions (25.35% - 36 Responses)	Smart Phone (15.49% - 22 Responses)	Summer Camps (16.20% - 23 Responses)
Education Classes (26.76% - 38 Responses)	Cultural Activities (40.14% - 57 Responses)	Leadership Classes (10.56% - 15 Responses)

Survey continued from page 10.

Question 6 - What types of activities would you participate in or would like to see if they were available at the SFVJACC?

Health and Fitness (28.87% - 41 Responses)	Monthly Health Screening (11.27% - 16 Responses)	Social Services, Health Care, Meals on Wheels (21.13% - 30 Responses)
Expanded Hot Meals (15.49% - 22 Responses)	Subsidized Housing Information (7.04% - 10 Responses)	BBQ Club (7.75% - 11 Responses)
Anime Club (7.04% - 10 Responses)	Computer Gaming Club (8.45% - 12 Responses)	

Question 7 - What types of activities would you participate in or would like to see if they were available at the SFVJACC?

(Check all that apply) - Total Responses 142 Skipped 51

Adult Day Care (18.31% - 26 Responses)	Licensed Child Care (9.15% - 13 Responses)	Licensed Infant Care (4.93% - 7 Responses)
Senior Exercise Class Offered More Frequently (18.31% - 26 Responses)	Adult Exercise Class, Yoga, Tai Chi in the Evening (26.06% - 37 Responses)	Children Hula/Ballet/Tap (8.45% - 12 Responses)
Boy and Girl Scouts (9.86% - 14 Responses)	Bowling (9.15% - 13 Responses)	Fishing Club (11.27% - 16 Responses)
Golf Club (9.15% - 13 Responses)	Wine/Sake Club (11.97% - 17 Responses)	Adult and Youth Volleyball (9.86% - 14 Responses)
Computer Class/Cyber Senior/Social Media Instructions (25.35% - 36 Responses)	Smart Phone (15.49% - 22 Responses)	Summer Camps (16.20% - 23 Responses)
Education Classes (26.76% - 38 Responses)	Cultural Activities (40.14% - 57 Responses)	Leadership Classes (10.56% - 15 Responses)
Health and Fitness (28.87% - 41 Responses)	Monthly Health Screening (11.27% - 16 Responses)	Social Services, Health Care, Meals on Wheels (21.13% - 30 Responses)
Expanded Hot Meals (15.49% - 22 Responses)	Subsidized Housing Information (7.04% - 10 Responses)	BBQ Club (7.75% - 11 Responses)
Anime Club (7.04% - 10 Responses)	Computer Gaming Club (8.45% - 12 Responses)	

Question 8 - Rate the Following (Check all that apply) - Total Responses 193 Skipped 0

There is adequate parking for all events	Strongly Agree 12.63% 24 Responses	Agree 46.84% 89 Responses	Neither Agree or Disagree 13.68% 26 Responses	Disagree 21.05% 40 Responses	Strongly Disagree 3.68% 7 Responses	N/A 2.11% 4 Responses
There is adequate seating in the social hall for all events	Strongly Agree 14.74% 28 Responses	Agree 51.58% 98 Responses	Neither Agree or Disagree 14.21% 27 Responses	Disagree 12.63% 24 Responses	Strongly Disagree 2.11% 4 Responses	N/A 4.74% 9 Responses
I can view all performances/movies performed on the stage in the social hall	Strongly Agree 10.22% 19 Responses	Agree 39.78% 74 Responses	Neither Agree or Disagree 21.51% 40 Responses	Disagree 13.44% 25 Responses	Strongly Disagree 1.61% 3 Responses	N/A 13.44% 25 Responses
The stage is adequate for all events	Strongly Agree 7.89% 15 Responses	Agree 35.26% 67 Responses	Neither Agree or Disagree 29.47% 56 Responses	Disagree 16.84% 32 Responses	Strongly Disagree 1.58% 3 Responses	N/A 8.95% 17 Responses
The restrooms are adequate in size and number	Strongly Agree 11.52% 22 Responses	Agree 43.46% 83 Responses	Neither Agree or Disagree 20.94% 40 Responses	Disagree 17.80% 34 Responses	Strongly Disagree 3.66% 7 Responses	N/A 2.62% 5 Responses
There is a need for a family/unisex bathroom	Strongly Agree 8.15% 15 Responses	Agree 27.72% 51 Responses	Neither Agree or Disagree 40.76% 75 Responses	Disagree 10.87% 20 Responses	Strongly Disagree 4.35% 8 Responses	N/A 8.15% 15 Responses

Survey continued from page 11.

Question 8 - Rate the Following (Check all that apply) - Total Responses 193 Skipped 0

The kitchen facility is adequate in size for all events	Strongly Agree 6.99% 13 Responses	Agree 36.02% 67 Responses	Neither Agree or Disagree 30.11% 56 Responses	Disagree 11.83% 22 Responses	Strongly Disagree 1.61% 3 Responses	N/A 13.44% 25 Responses
The meeting rooms are available and adequate for your meetings	Strongly Agree 8.65% 16 Responses	Agree 38.38% 71 Responses	Neither Agree or Disagree 25.41% 47 Responses	Disagree 5.95% 11 Responses	Strongly Disagree 0.54% 1 Responses	N/A 21.08% 39 Responses
The Japanese School rooms are adequate in size and number	Strongly Agree 5.52% 10 Responses	Agree 11.60% 21 Responses	Neither Agree or Disagree 27.07% 49 Responses	Disagree 3.31% 6 Responses	Strongly Disagree 1.10% 2 Responses	N/A 51.38% 93 Responses
The Judo dojo is adequate in size for all events	Strongly Agree 6.11% 11 Responses	Agree 9.44% 17 Responses	Neither Agree or Disagree 26.11% 47 Responses	Disagree 3.33% 6 Responses	Strongly Disagree 0.56% 1 Responses	N/A 54.44% 98 Responses
The SFVJACC is well maintained for cleanliness	Strongly Agree 35.79% 68 Responses	Agree 55.79% 106 Responses	Neither Agree or Disagree 5.26% 10 Responses	Disagree 0.53% 1 Responses	Strongly Disagree 0.00% 0 Responses	N/A 2.63% 5 Responses
The SFVJACC is a safe environment	Strongly Agree 33.33% 63 Responses	Agree 50.79% 96 Responses	Neither Agree or Disagree 8.99% 17 Responses	Disagree 3.70% 7 Responses	Strongly Disagree 1.06% 2 Responses	N/A 2.12% 4 Responses

Question 9 - Would you support the construction of a multi-purpose building to address future growth needs of the CC that are currently being defined and reviewed by the Future Planning Committee. - Total Responses 193

Very Likely 24.87% 48 Responses	Likely 46.63% 90 Responses	Neither Likely Nor Unlikely 21.24% 41 Responses	Unlikely 4.15% 8 Responses	Very Unlikely 3.11% 6 Responses
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Question 10 - Would you support this project if it would require a substantial fundraising (estimate of \$8 million) over 5-year period. The project would only break ground when 80% of the funds are collected. Operational costs of the new building will be considered as well as construction cost to maintain the health and viability of the CC. - Total Responses 183

Very Likely 18.58% 34 Responses	Likely 50.82% 93 Responses	Neither Likely Nor Unlikely 20.22% 37 Responses	Unlikely 7.65% 14 Responses	Very Unlikely 2.73% 5 Responses
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Business Banner Opportunity



Size of Banner - 4' x 4'

For Display In The Gym

\$500 a Year

Contact: kaysoda1@gmail.com



SFVJACC BOARD OF DIRECTORS ELECTION

August 2019

The election committee is now taking nominations for the SFVJACC Board of Directors for the two year term of office for 2020 and 2021. Four positions need to be filled and are being vacated by Bing Lau, Akiko Manaka, Jeremy Tsuneishi and Kiyo Watanabe. Continuing members of the BOD are Liz Doomey, Kay Oda and Tiffany Pearlstein.

Nominees:

- Must be a member of good standing with the SFVJACC for the last 3 years.*
- Must be willing to serve at least one 2 year term.*
- Must be willing to attend 1 meeting a month (3rd Wednesday).

*Note: A board member can serve consecutive terms without any limit to the number of terms served.

Deadlines/Dates:

September 2, 2019	Last day to <u>receive</u> nominations.
October 12, 2019	Election ballots mailed out to CC members.
November 1, 2019	Last day to <u>receive</u> completed election ballot.*
December 4, 2019 (Wednesday)	New Board confirmed by the membership at the annual members' meeting.*

*Note: In accordance with the By Laws of the SFVJACC.

Please submit your nominations to arrive at the SFVJACC no later than September 10, 2019.

Thank you,
Lois Okui
Election Chairperson

SFVJACC Board of Directors Election for 2020–2021 **NOMINATION FORM**

I nominate the following person(s) to serve on the SFVJACC Board of Directors.

1. _____ 3. _____
 2. _____ 4. _____

Note: Nominees must be a member of good standing at the SFVJACC for the last 3 years and must be willing to accept being a candidate for the Board of Directors.

Nominated by: _____
Name/Address _____
Signature/Date/Phone _____

Nominations must be received by September 2, 2019 at the SFVJACC. Mail or deliver this completed form to the SFVJACC, 12953 Branford St. Pacoima, CA 91331.

Farm Walk for Childhood Cancer

Saturday, September 14, 2019

9am-noon

@ Tanaka Farms - 5380 University Dr, Irvine, CA



Proceeds from this event will benefit local cancer organizations - The Love, Evan Project, Friends of Cathryn, CHOC Children's Adolescent & Young Adult Cancer Program - and will also help support research through Optimist International's Cancer Research Initiative with Johns Hopkins.

Register Today!!!

www.farmwalkforchildhoodcancer.org

Like us on Facebook!!!

<https://www.facebook.com/FarmWalkforChildhoodCancer/>

Follow us on Instagram!!!

<https://www.instagram.com/childhoodcancercampaign/>



SF ATHLETICS BASKETBALL REGISTRATION

Boys and Girls Kindergarten – 12th Grade
2019 – 2020 Season

The San Fernando Valley Japanese American Community Center Athletics Association invites you to join one of our boys or girls basketball teams. The K-1st and all boys' basketball teams participate in the Crescent Bay Optimist Sports League (CBO), and girls' basketball teams participate in the Japanese American Optimist Girls' Basketball League (JAO). Practices are held at the Community Center and/or at local middle and high school gyms.

The SFVJACC and the Athletics Association thank you for your continued participation. We know this coming season will be as enjoyable as seasons past. **Every player, new and returning, must submit this completed registration form and payment by August 1st to be placed on a team. Form on page 15.**

- Boys and girls entering kindergarten through 12th grade are eligible to play.
- **There are two mandatory fundraisers, Pancake Breakfast (March) and Obon (June).** Volunteerism is key to the success of this program. Family participation in the Athletics fundraisers is required to keep the program running.
- **\$100** per player registration fee and **\$60 per family*** annual SFVJACC membership fee is due with this registration form. Cash or checks payable to SF Athletics.
- Additional league and uniform fees will be collected at the beginning of the season by team parent representative.

New players – Please mail printed forms and payment to the current commissioners (listed below).

Returning players – Please give forms and payment to your team parent.

All K-1st grade and Boys (all grades):

SFVJACC Athletics
Attn: Dana Chow
12953 Branford Street, Pacoima 91331
Email: SFAthletics@gmail.com

Girls 2nd - 12th:

SFVJACC Athletics
Attn: Leslie Shirasawa
12953 Branford Street, Pacoima 91331
Email: DKYZIG@aol.com



SF ATHLETICS PLAYER INFORMATION

(Use one form per child)

Available online
at sfvjacc.com

Please check one: BOYS: K-8 9-12 Prep
GIRLS: K-8 8-12 Prep

New: Returning: Team Name: _____

Player's Name: _____ School Grade in September: _____

Age: _____ Birthdate: _____ Phone Number: _____

Address: _____

City: _____ Zip: _____

Father's Name: _____

Email: _____ Cell Phone: _____

Mother's Name: _____

Email: _____ Cell Phone: _____

Insurance Carrier: _____

Does your child have and disabilities, handicaps, present injuries or limitations, allergies, hemophilia, heart condition, history of respiratory illness or any other significant medical condition?

Yes: No: If yes, please describe: _____

In case of emergency for which I cannot be reached, please contact:

Name: _____ Relationship: _____

Address: _____ Cell Phone: _____

I am aware that basketball is a strenuous sport and that participation in basketball games, training, and conditioning can result in physical injuries, such as sprains, broken bones, head injuries, etc. I am fully familiar with my child's medical and physical condition. My child has no illness or other medical condition which prevents him or her from fully participating in a vigorous sport such as basketball or which would be aggravated or exacerbated by or otherwise result in a worsening of my child's medical or physical condition due to his or her participation in basketball games, training, or conditioning. I understand that San Fernando Valley Japanese Community Center (SFVJACC), SFVJACC Athletics and the coaches, assistant coaches, parents, and other team members acting in such capacities or in the capacity of activity supervisors will rely on the foregoing representations. For and in consideration of my child being permitted to participate in SFVJACC Athletics, Japanese Optimist Organization (JAO), Crescent Bay Optimist (CBO) and its affiliated organizations, and in their basketball games, training, and conditioning. I voluntarily waive, release, and discharge and relinquish for myself and my family, including my child, our heirs, successors and assignees, any and all liability, claims, suits, actions or causes of actions against the SFVJACC, SFVJACC Athletics their respective officers, agents, and employees, and the coaches, assistant coaches, parents, and other team members, for personal injury, death, or property damage occurring to my child arising from my child's participation therein and in any activity incidental thereto wherever or however the same may occur, and whether the same may arise from the negligent acts or omissions of any of said persons, or otherwise.

I, the undersigned, parent (legal guardian) of _____, minor, do hereby consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment, and hospital service that may be rendered to said minor, under the instructions of the registered leaders of SFVJACC or coaches of SFVJACC/CBO/JAO, as provided for in Section 25.8 of California Civil Code. It is understood that this consent is given in advance of any specific diagnosis or treatment being required, but is given to encourage the registered leaders of SFVJACC or coaches of the SFVJACC/CBO/JAO to exercise their judgment as to the requirements of such diagnosis or medical or surgical treatment. It is further understood that the undersigned will assume full responsibility for any such action, including payment of costs. Additionally, I hereby authorize the SFVJACC Athletics to use the name and likeness of my child in non-commercial promotional materials about the SFVJACC Athletics Program.

I have read all the forgoing and am fully aware of the legal consequences of signing this document.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

*** If multiple children are participating in the program, \$60 CC Family Membership fee is paid through which team:** _____

For Registrar Use: \$60 CC Family Membership Fee: Cash or Check #

\$100 Player Fee: Cash or Check #

back in the day



Grateful Crane &
San Fernando Valley JACL
PRESENTS

A Special Concert for
Baby Boomer Sansei &
Nikkei Caregivers

Open to ALL SFV JACL
& SFVJACC Members
and Guests

FEATURING The Grateful Crane Singers

KEIKO KAWASHIMA KURT KUNIYOSHI HELEN H. OTA

SPECIAL GUEST SINGER—BRIAN YAMAMOTO (“Elemental Funk”, “The Ronin Stones”, “Local Mojo”

MUSICIANS—SCOTT NAGATANI KEYBOARDS DANNY YAMAMOTO DRUMS HIRO MOROZUMI BASS

Sunday, August 25, 2019 3 p.m. to 5 p.m.

FREE ADMISSION (Light refreshments provided by the SFV JACL)

San Fernando Valley Japanese American Community Center 12953 Branford St. Pacoima 91331

TAKE A TRIP DOWN MEMORY LANE with the Grateful Crane Ensemble as we proudly present, “Back in the Day”, a special concert just for Sansei baby boomers and Nikkei caregivers featuring your favorite tunes from those Sansei dances of the 1960’s and 70’s. Whether it’s “My Girl”, “Hello Stranger” or “That’s All”, Back in the Day will take you to Rodger Young’s or Blarney’s Castle where only you remember what you were wearing, who you were dancing with—and the songs like “Summer Sun” that will bring it all back, just like old times.

This special one-hour concert is designed just for you to relive those carefree days of dancing to the sounds of Carry On, Free Flight and Winfield Summit, and the after-dance good eats at Holiday Bowl or Mago’s. A post-concert reception will give you a chance to remember those good ol’ days, and reunite with friends old and new. And for Nikkei caregivers, it’s a chance for you to forget all your troubles, take a much needed break and have some fun! So come out and join us—it’s FREE and it’s gonna be a GAS!

GRATEFUL CRANE ENSEMBLE 
PERFORMING OUT OF GRATITUDE

ALZHEIMER’S SUPPORT GROUP



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

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

Time: 10 am - 12 pm

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

Volleyball Club

Saturday Night
Gym closed August 5-20



6:00-9:00 pm

In the gym

All ages and skill levels
Fourth graders to adult Seniors

Contact: Kay Oda (818) 786-0914
Leave message

To register—

[Email at kaysoda1@gmail.com](mailto:kaysoda1@gmail.com)

COORDINATING COUNCIL ORGANIZATIONS - MEETINGS - CONTACT PERSONS

Coordinating Council.....	1st Wed., 7:00 PM.....	Danny Okazaki.....	818 899-1989
Community Center.....	3rd Wed., 7:00 PM.....	Call CC Office.....	818 899-1989
Athletics.....	3rd Tues., 7:30 PM.....	Margaret Takimoto.....	818 701-7628
CC News.....	Lois Okui.....	818 892-1487.....	Email: loisokui@aol.com
Chatsworth West United Methodist Church.....	2nd Sun., 1:00 PM.....	Pastor Ruy Mizuki.....	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.....	818 515-8247
SFV Bonsai Club.....	4th Sun., 8 AM-12 PM..	Kazuhiko Nakanishi.....	805 492-3439
SFV Hongwanji Buddhist Temple.....	2nd Mon., 7:30 PM.....	Jean Taguchi.....	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.....	818 896-8612 818 237-8540 (cell)
SFV Judo Club.....	4th Wed., 7:03 PM.....	Kenji Couey.....	818 381-7232
SFV Meiji Senior Citizens Club.....	1st Fri., 12:30 PM.....	Liz Doomey.....	818 892-7381
Senior Hot Meals.....	Tues. & Fri. (no meal on 5th Tues. & 5th Fri.).....		818 899-1989
Sunrise Foursquare Church.....	Reverend Paul Iwata.....		818 782-8738
Valley Japanese Community Center.....	2nd Fri., 7:30 PM.....	Joy Longworth.....	

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

Call Tadao Okui
at 818-515-8247 or
email:
tadokui@aol.com

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

Email:
loisokui@aol.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*.....	1st /3rd Tuesday.....	10:30-11:30 AM.....	Janet Schuetze.....	818 767-1819
Exercise Class.....	Tuesday.....	9:00-10:00 AM.....	Ralph Ahn.....	818 302-6658
Exercise Class.....	Friday.....	10:00-11:00 AM.....	Phil Shigekuni.....	818 893-1581
Hanafuda*.....	Friday.....	1:00-3:00 PM.....	Yone Takimoto.....	818 765-6735
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.....	Ritsuko Shinbashi.....	818 892-0470
Japanese Calligraphy.....	1st/3rd Thursday.....	9:30-11:00 AM.....	Yuriko Muso.....	818 726-8935
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.....	Yone Takimoto.....	818 765-6735
Friday Mah-Jong*.....	Friday.....	1:00-3:00 PM.....	Yone Takimoto.....	818 765-6735
Ondo Dancing*.....	2nd/4th Friday.....	7:00-9:00 PM.....	Masako Rodriguez.....	818 899-8777
Ping Pong Club.....	Thursday/Tuesday.....	10:00 AM-3:00 PM.....	Aaron Sanwo.....	661 755-0584
SFV Judo Club.....	Mon/Wed/Thurs/Fri.....	7:00-9:00 PM.....	Kenji Couey.....	818 381-7232
Tai Chi Class*.....	Monday.....	9:00-10:00 AM.....	Florence Takaaze.....	310 202-6693
Taiko.....	Sunday.....	10:00 AM-2:00 PM.....	sfv.taiko@gmail.com.....	818 899-1989
Ukulele Class.....	Friday.....	9:30-11:30 AM.....	Call CC Office.....	818 899-1989
Yoga Class.....	Wednesday.....	10:00-11:00 AM.....	Call CC Office.....	818 899-1989
Zumba.....	Monday.....	7:30-8:30 PM.....	Margaret Takimoto.....	818 701-7628

YOUTH SERVICE ORGANIZATIONS

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

SUPPORT GROUPS & SERVICES

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


*Meiji Senior Citizens' Activity or Service

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



SUPER BINGO FUNDRAISER

NOVEMBER 2, 2019





**SAN FERNANDO VALLEY
HONGWANJI BUDDHIST TEMPLE**

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

Resident Minister: Rev. Patricia Usuki
Temple Co-Presidents:
Priscilla Mui and Jean Taguchi

Sundays, 11:00 am Dharma School

August

- 3 9:30 am Dharma discussion
- 4 10:00 am Summer service
- 10 10:00 am BWA service and meeting
- 8:00 pm DME* – Moon-viewing/
Otsukimi
- 11 10:00 am Summer service
- 11:30 am DME* – Sudoku
- 15 10:30 am Service at Nikkei Senior
Gardens
- 18 10:00 am Summer service
- 11:45 am DME* – Gender workshop
- 25 10:00 am Temple clean-up (no service)

September

- 7 9:30 am Dharma discussion
- 8 10:00 am Shotsuki monthly memorial
service; Dharma School
starts
- 14 9:30 am Dharma discussion
- 15 10:00 am Regular service
- 19 10:30 am Service at Nikkei Senior
Gardens
- 21 1:00-4:00 pm Fall Equinox (Ohigan)
seminar
- 22 10:00 am Fall Equinox (Ohigan)
service
- 28 9:30 am Dharma discussion
- 29 TBA

** Drop My Ego - everyone welcome!
Learn something new and live
life to the fullest!*

Please contact SFVHBT for class
location and other information or to
sign up. Cost is \$35 for 3 or more
DME classes throughout the year
or \$15/class.



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

Office Phone:

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

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

English Department

Pastor Roland Hazama
Pastor Raynold Nakamura

Sunday Schedule

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

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

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

11:15 - 11:45 AM
Coffee Fellowship

Youth Fellowship

Friday, 7:30 PM

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

Mid-Week Home Groups

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

Japanese Department

Pastor In Hyun

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

Sunday Schedule

10:00 AM
Worship Service

Lunch and Fellowship
after worship service on the
1st Sundays

Wednesdays, 10 am
Prayer @ Pastor's house



**Chatsworth West
United Methodist
Church**

(Formerly West Valley
UMC merged with Chatsworth UMC)

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: Ruy Mizuki
Lay Leader: Jim Melichar

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

Bible Study Thurs @ 10 AM & 7 PM

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

Instructor: April Warynick
Tommy Matsuda
www.ska.org
818 999-0412

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

Instructor: Sharon James

**Chi Fung Mind & Body Fitness
Tuesday @ 10 AM Fellowship Hall**

Instructor: Leo Fong

**Fellowship @ High Noon Lunch &
Activity - Wednesdays**

For info call Lowell (818) 694-1046



SUNRISE FOURSQUARE CHURCH

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

Pastors:
Rev. Paul Iwata
Rev. James Iwata

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

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

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

Monthly Events:

2nd Sunday – Board Meeting
After the service at church

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

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

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

Email: pmiwata@gmail.com
www.sunrisejapanesechurch.org

Newsletters in English and Japanese are
posted on our website.

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

UPCOMING EVENTS AT THE CC

August 5 - 20, 2019

Gym Closed for Floor
Maintenance

August 24, 2019

Judd Matsunaga - Elder Law
Seminar

August 25, 2019

SFV JACL - Caregivers Concert
by Grateful Crane

September 7, 2019

SFV JACL - Japanese American
Roots for Children

September 21, 2019

CC Steak BBQ Dinner

September 28, 2019

SFV JACL - Dan Taguchi's
Big Band Concert

October 5, 2019

CC Clean Up

October 12, 2019

SFV Japanese Language
Institute Yard Sale

October 19, 2019

CC Volunteer Appreciation
Dinner

November 2, 2019

Super Bingo Fundraiser

Rising Stars™ Youth Leadership Program

Building Tomorrow's Leaders Today



Rising Stars Youth Leadership Program is a five-month leadership development and cultural education program for high school students. 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.

Participants will learn:

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

Program Fee: \$250, payable upon acceptance to the program.

Date: October 26, 2019 - March 28, 2020 - Saturdays 8:30AM - 4PM

Location: Japanese American Cultural & Community Center

Applications for the 2019-2020 Rising Stars Youth Leadership Program are available on their website: www.risingstarsylp.org

