

SAN FERNANDO VALLEY JAPANESE AMERICAN COMMUNITY CENTER

Website: www.sfvjacc.com

Issue 57

May/June 2021

2021 QUEEN KENDRA MOTOYASU

By NJ Nakamura



As our cities slowly "reopen" and more public contact is allowed, there will be many new opportunities to support each other in the Japanese American communities. Even though the Nisei Week Festival has been cancelled, a Nisei Week 2021 Court of young ladies will be available to offer encouragement and service to others.

Kendra Motoyasu has been selected as the SFV JACC Queen for 2021. She is 25 years old and graduated from UCLA in 2018, with a BA in English, and a minor in Asian American Studies. She currently works for the non-profit Society for the Promotion of Japanese Anime (SPJA).

Some of her many hobbies are lifting weights at the gym, running, crafting/DIY, finding ways to be more sustainable, crocheting, planning events for her fraternity's alumni network, cooking, playing games on her Nintendo Switch, running her fraternity's alumni Instagram account, thrifting, going to festivals, and planning events for her friends. A shining achievement from her adolescence, was earning a 2nd degree black belt in taekwondo. She competed, nationally and

internationally, as an elite fighter and forms competitor before retiring at age 16.

Kendra's recent involvement with the local JA community includes being a Kizuna Summer Camp Counselor, Kakehashi Cultural Ambassador, Manzanar At Dusk discussion leader, and working as Activities Assistant at Nikkei Senior Gardens.

Having grown up in the Santa Clarita Valley, Kendra was a familiar face at the SFVJACC. Through basketball, she has made lifelong friends. She also remembers the special times of playing bingo with her grandparents. Her grandparents, Mitchio and Naomi Motoyasu, were long-time active members at the Community Center and with the VFW Post 4140. Her father, Michael Motoyasu, is a past SFVJACC President, past Girl's Commissioner of Athletics, past Executive Director of Nikkei Senior Gardens, and he was the main person involved in the installment of the Nikkei Pioneer Building & the Sponsor Tree.

Kendra believes, "The San Fernando JA Community has been essential to the development of who I am today, and how I identify as a JA woman. No matter the distance or years apart, San Fernando and the JA community will always be home." Congratulations to Kendra!

2021 Recipients of the SFVJACC Scholarship Awards



Ruby Estolas is the recipient of the Mrs. Lily Sakaguchi Thibodeaux scholarship. She is the daughter of Elpidio and Naomi Estolas. Ruby attended Marantha High School and has been accepted into several colleges that include Asuza Pacific University, Pepperdine and Point Loma University. She is undecided on a major. She was a four year varsity soccer player and varsity captain in her senior year, a scholar athlete and on the Dean's List

throughout high school. Currently, Ruby is an intern at the Christian Assembly Church and was a ministry team leader at her school. She has participated in numerous community activities. As a family member was diagnosed with Parkinson's Disease, Ruby has been involved with the Soaring for Hope Parkinson's Disease organization. She folded over 1,000 cranes and collected over 16,000 cranes that she presented to the World Parkinson's Conference in Japan. During the COVID-19 pandemic, she participated in the shibori tie-dyed fundraiser which involved preparing fabric and making tie-dyed

masks. Ruby stated that she "envisions a deeper understanding of compassion for one another with a shared respect and interest in preserving Japanese culture through the promoting of various events and relationships that will continue to unfold throughout this Community Center". Congratulations Ruby!



Alyssa Miyamoto is awarded the Dr. Sanbo and Mrs. Kay Sakaguchi Scholoarship. She is the daughter of Mica and Julie Miyamoto. She graduated from La Canada High School. Alyssa has been accepted to the University of Michigan, UC Irvine, UC Santa Barbara and USC. She plans to major in the field of health and biological sciences.

Alyssa's scholastic honors include the National Honor Society and CA Scholarship Federation Gold Sealbearer.

Continued on page 2.

ACKNOWLEDGEMENTS

For the Months of April and May 2021

Donations

JA Community Foundation
JACF Emergency Spring 2021 Grant Award
John and Liz Doomey
Todd Uramoto
2020 Yearend Northrop Grumman Employees Charity
Organization Program
SFV JACL
Annual donation
Michael Anderson
Gary Monji
Mary Endo
In memory of Henry Nakamura
Ruby Chizuko Yamaoka
In appreciation for the CC 60th Anniversary Booklet
Mimi Soho
In appreciation for the CC 60th Anniversary Booklet

In Memory of Marge Tanaka

Frank Tanaka
Matsuo and Goldie Shimomaye
Shigeko Muraoka
Gary and Pam Nishida
John Goka
Clarae Muraoka
Leo and Geneva Tanaka
Gary and Jeanne Fujita
Roy Imazu
Duane and Karen Koyano
Tadao and Lois Okui

JET 10th Anniversary Fundraiser

<u>JET TUH AHIIIVEISALY FUHULAISEL</u>
John and Liz Doomey
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Patti Kimura
Gary Nakada
Linda Tanaka

Miscellanous

Colleen O'Lear, Pampered Chef Consultant	
One stainless steel mixing bowl set (valued	d at \$105)

Thank you for your generous donations!



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

<u>2021 SFVJACC Scholarship Winners</u> - Continued from front page

Alyssa played varsity basketball (10-12th grade) and was co-team captain in her senior year. She also played volleyball in high school. As a Girl Scout, she received Bronze and Silver Awards. She played on the Pasadena Bruins basketball team, was a team member of the Yonsei 24 basketball team and a participant in the Rising Stars Leadership program. During COVID-19, she started Lily Co. Creations, a business that sells handmade crochet stuffed animals and accessories. She sees the SFVJACC "as our kizuna where we're linked not only by ethnicity but a desire to connect over our similarities, preserve cultural heritage and honor the legacy of those who came before us". Congratulations Alyssa!



Our thoughts and condolences go out to the families of —

Marge Tanaka

THANK YOU TO THE BONSAI CLUB



The members of the Bonsai Club will come to groom the pine trees in the gardens early in the morning on June 27. The stylized shapes are typical of Japanese gardens that is pleasing to the eye.

Good News

- On Monday, May 24, Tai Chi restarted their classes in the courtyard from 9:00-10:00 am. Florence Takaaze is the instructor.
- The boys' and girls' basketball has held outdoor practices in the parking lot.
- A new gym floor is in the works. The lights will also be upgrade to brighter ones.
- Judo continues to practice outside on Mondays, Wednesdays and Fridays from 6:00-7:30 pm.

Once again, due to COVID-19, we had to cancel the annual in-person Memorial Service at the CC. Here is a list of the deceased veterans to remember and honor.

MEMORAL DAY HONOR ROLL

MEDAL OF HONOR PFC Kiyoshi Muranaga

KILLED IN ACTION

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

DECEASED COMRADES

George Asanuma Hiroichi Baba **Bobby Endow** Walter Fujimori **Ben Fujimoto** Tom M. Fujimoto **Ted Yoshito Fujimoto** Fred N. Fujiu **Noboru Furushiro** Alfred Giron George K. Goto Jimmy S. Gozawa Harold Hagihara Joe Hamamoto Hisaya J. Hasegawa Robert Hayamizu **Hideo Hayashi** John Y. Hazama **Edward Hernandez Jimmy Hernandez** Seiji Hirami Harry T. Hiraoka Takeshi S..Hiraoka John H. Honda Tsuneichi B. Honda **Kaz Honjio** Fukashi Hori Deborah J. Hoshii Henry Hoshii Ike M. Ikeda Keiji Iko Joe H. Ikuta Ted T. lida Minoru Imai **Tsugio Imamoto** Gakuji J. Imamura **Ernest D. Imoto** Stanley Y. Imoto

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Harry Nakada

Arthur Nakadaira Frank Fumio Nakama **Fumio Nakamura** George Nakamura Henry E. Nakamura Kazu Henry Nakamura Mark M. Nakamura **Kuni Pete Nakao** George Nishioka James Oda Suyehiko Oda Hisayuki F. Ogimachi Yoshihito Ogimachi Jimmy Ohara Mel F. Okano **Toshio Okui** Gengo W. Okura Howard L. Parker **Tony Raagas Earnest Riley Orlino Paul Rosete** Frank Sagara Giro Saisho Bo T. Sakaguchi Chebo Sakaguchi Sanbo Sakaguchi Akira J. Sakamoto Ben H. Sakamoto Charles H. Sasaki **Gene Terry Schuetze Harry Shimada Toru Shishido** Katsumi Shojinaga **Clayton Spooner** Larry Kiyoshi Suenaka Richard K. Suenaka Hisashi Suiishi Satoru T. Sunamoto

Frank Suzuki Yoshimasa Suzuki **Tetsuo Suzumoto Albert Takami** Kentaro Takatsui **Ernest Takemoto** Fred K. Takimoto **Tommy Isamu Takimoto Toshio Takimoto** Frank Y. Tanaka Takeshi S. Teraoka **Shiro Tomita Kiyoshi Tomiye** Huddy Y. Tomomatsu Yoshio Tsuchiyama Jim Tsuii Mitsuo Usui Isamu Uyehara Cary Y. Wada Yasumatsu Wada Isamu S. Watanabe Timothy "Timbo" Whitesell George T. Yamamoto **Henry Yamamura Robert Yamane** Masaharu Yamanouye Ricky Yamaoka Tad T. Yamaoka Tak Yamaoka Mitoji Yamashita Fred Yamauchi Shigeru Yasuda Takaaki Fred Yasui Ike A. Yokomizo **Hideo Yokomizo** Jim N. Yokoyama Masaru Yoshida **Howard Yonehiro**



SFV Meiji Senior Citizens Club News

By Liz Doomey

It's been fifteen months since the CC closed for the Pandemic. The good news is that there is hope with the COVID-19 vaccinations being administered to the general public and hopefully the CC will be able to reopen slowly and safely in the near future. There are reopening forms for our

groups to submit to the Board for approval to return to the Center on the CC website. We hope everyone who was able to get their vaccination did so for the protection of themselves and others. Our membership has suffered with the loss of many members this past year and we send our condolences to their family and friends.

Ralph Ahn who has lead the older adults exercise class on Tuesday mornings, along with his supportive wife, Anna, announced that he is retiring after twenty-one years. Ralph (95 years young) feels that he lacks endurance to continue. I would like to express our sincere appreciation to them for taking care of our seniors and keeping us physically fit and flexible.

We are continuing with our twice a month virtual get togethers until we can meet again in 2021. I hope you have enjoyed the meetings and bingo games and we are always seeking topics that will entertain you. Suggestions are still welcome.

Thank you to the Keiro organization for providing entertaining and informative forums to our membership.

Save the Date -

2021 Keiro no Hi Festival Saturday, September 18, 2021 Online Video Premiere

Keiro and Japanese American Cultural & Community Center (JACCC) are proud to present their fourth annual Keiro no Hi Festival, virtually, on Saturday, September 18, 2021. Keiro no Hi, or Respect for the Aged Day, is a Japanese holiday that honors and celebrates older adults.

This **FREE** event will not be in-person but will be delivered as an interactive virtual event you can enjoy from the comfort of your home.

Keiro no Hi honors the older adults in Our Community and will consist of:

- Online video premiere with performances, workshops, and special guest speakers
- · Keiro no Hi Fine Arts Showcase

Keiro hosted bento with registration (pick up locations to be announced). Register with Liz Doomey 818-429-4096 by June 20, 2021. I will need a head count so I know how many bento boxes we will need. The first 150 people will be offered the free bento.

Be careful and be safe.

Keiro Virtual Forum Events for June

- Tuesday, June 1: Keep Sharp Book Review with Kelsey Uyeda (10:30 am)
- Thursday, June 3: N/A
- Tuesday, June 8: Tokyo Travels with Hitomi Aoyama (10:30 am)
- Thursday, June 10: Iyashi Care (10:30 am)
- Tuesday, June 15: Card Craft (2:00 pm)
- Thursday, June 17: Safe Driving Tips for Seniors (10:30 am)
- Tuesday, June 22: Conversation Kitchen (10:30 am)
- Thursday, June 24: Community Bingo (10:30 am)
- Tuesday, June 29: Summer BBQ Series (10:30 am)



Are you in need of a shredding service? Unwanted documents, letters, etc.

We are checking to see if there is an interest for our members to have a secured company to shred at no charge to you. If you are interested in this service, contact Liz Doomey at 818-429-4096 or lizdoomey@yahoo.com . Planning for a July 2021 date.



San Fernando Valley Japanese Language Institute

By Kiyo Watanabe, PTA President

The Japanese school is getting close to the end of the school year with the second-semester test given on May 15th. The last day of our school year is June 5, 2021. We would like to thank everybody that supported Japanese school with our online food fundraisers and for their donations throughout the year. We are currently monitoring the pandemic situation to see if we can get the campus ready for a safe re-opening. We are seeking any new students including students for the adult conversation classes. Our flyer for the new school year beginning in August 14 is ready to hand out or send out. If you, your families and friends are interested in joining our school, please email or call us to register or ask about more information.



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SFV Athletics Jamboree

By Kristy Tanijiri

San Fernando Athletics held their annual Jamboree on May 15, 2021. The Jamboree is an event where players from Kinder through 12th grade get together to celebrate the end of their basketball season. Unfortunately, due to COVID, the players were not able to play in their CBO/JAO leagues and no tournaments were held in 2020 nor this year. Even though there was no basketball for the last 15 months, we wanted the kids to get together and have fun. It's usually a big gathering at the CC but this year we had to meet virtually on Zoom. The Dominators and Ninja Stars hosted the event.

The annual slideshow featured every team from Kinder through 12th grade. They all had candid pictures of playing basketball, eating and hanging out as a team. Since the teams haven't played together for over a year and wouldn't have recent pictures, we asked them to submit pictures from past years to see how much they've grown. They've all grown so much and seem to enjoy basketball with their teammates. Thank you to Jill Yoshizawa for organizing and putting together the slideshow.

We usually give the players and coaches a small gift at the Jamboree. This year we chose mugs with a basketball logo. Bona Lee, mom from Ninja Stars and X-Overs, is an awesome graphic designer and she created the design called "heart in hand". Thank you to Bona and Walter Louie for handling this.

We ended the Jamboree with the Virtual Team Battle. Twelve teams signed up and they competed against each other based on their age groups. They completed a series of challenges like singing a song as a group for 20 seconds, making a sandwich with 3 ingredients and taking a bite, and drawing a picture of your coach to name a few. The team who finished the fastest within their age group was declared the winner. The 1st place winners within their age groups were Starbursts/

Lightning Sparks, Dominators, and Aloha Girls. Each team won \$200! Congratulations and great job on working as a team to finish with the fastest time!

Thank you to Justin Yoshizawa for creating and executing this fun competition.

Special thanks to:

Dennis and Susan Taguchi, Gary and Sandy Yamamoto, Guy and Tracy Niizawa, Margaret Takimoto, Kevin Endow, Bing Lau, Justin & Jill Yoshizawa, Bona Lee, Walter Louie, Dominators families and Ninja Star families.





The mug was a gift given to all the players and coaches





SFV Athletics Jamboree - Continued from page 7.





2021 Athletics Scholarship Winners

Wayne Yamamoto was a student athlete and a member of SF Athletics in the 1960's who's memory we honor wih the **Wayne Yamamoto Memorial Scholarship**. This year's award is presented to two deserving senior boys, Austin Lee, and Jaren Tanaka. Both Austin and Jaren are involved in various volunteer activities at school, church and SF Athletics and have elevated their commitment to values of scholarship, service, leadership, and character through activities and community service.



Austin Lee is the son of Sheri and Andrew Lee. Austin played SF basketball for nine years with the SF Sharks and four years of high school basketball at Mark Keppel High School. He is a scholar athlete and was captain of his school basketball team. Austin wrote "Without a doubt, SFVJACC Athletics program"

shaped me to become the person I am today. I am so thankful and humbled to be part of such a loving supportive community. These opportunities of giving back has taught me significant practices that will stay with me forever."

Austin will be attending UC Riverside majoring in chemistry.



Jaren Tanaka is the son of and Jason and Stacy Tanaka. Jaren has played 13 years in the Athletics program with the SF Sharks and played high school basketball at Chatsworth High School where he was selected cocaptain. A student athlete, Jaren wrote "The SFVJACC Athletics program has impacted my life as I have built lifelong friendships with

teammates and has allowed to bond with my family. I am so thankful to this program because it has helped me grow as a player, friend and son. My dad, Jason,

has dedicated the last 13 years to being my coach. It has brought us closer over the years as he is always teaching me and providing life-long lessons for me on and off the court. My mom, Stacy, has been the Team Parent for myself and my brothers' teams, for many years. Athletics gave us the opportunity to spend time together as a family whether it was celebrating a win or learning perseverance though a loss. I will forever be grateful for the Athletics program for affecting my life in a such a positive way. I will deeply miss my participation in this amazing program.

Jaren will be attending Cal State University Long Beach majoring in kinesiology.

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Hoshiko Hirano was the first Girls' Athletics Commissioner and was instrumental in starting the girls' athletics program in the 1960's. In those days, the girls only played softball. The late Mrs. Hirano and along with her husband Yoshio Hirano, who was the boys' commissioner were actively involved in promoting our program. The **Hoshiko Hirano Memorial Scholarship** was established to honor her memory and contribution to girls' Athletics program. We are please to award this years Hoshiko Hirano Scholarship to two deserving senior girls, Jessica Deng, and Taylor Yoshino.

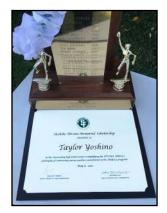


Jessica Deng is the daughter of Tina and Victor Deng. Jessica played SF Athletics basketball for nine years with the Sharks and the Jaguars. She is an AP Scholar Athlete with a 4.50 GPA and attends Burbank High school and played four years high school basketball where she was captain. Jessica has been active in various volunteer activities mostly revolving around her interests in the

STEM field. Jessica wrote "The nine years I spent playing basketball with the Jaguars helped me prepare my four years of high school basketball at Burbank High school. The Obon and Pancake Breakfast were my first ever volunteer experiences and taught me how to interact with customers and how to contribute towards a group effort.

Being a part of SF Athletics has a huge role in my life and making many friends and memories that I hope will last a lifetime. I'm so happy to have been a part of this amazing community and am forever grateful for all the lessons and skills that I have learned along the way."

Jessica will be attending UC Berkeley majoring in molecular and cell biology.



Taylor Yoshino is the daughter of Karen and Gary Yoshino. She played SF Athletics basketball for nine years with the Sharks and Jaguars. Taylor attends Granada Hills Charter School and is an honor roll student athlete with at 4.15 GPA. She has been captain of both the JV and Varsity basketball teams. When she was a freshman, the varsity coach said that she was too short to

play high school varsity basketball. Taylor made it her mission to prove the coach wrong. Taylor worked hard to show that she could complete. Taylor wrote "Basketball has given me the chance to give back. Since the eighth grade, I have been volunteering at a basketball clinic for my club team. Every Sunday up until the pandemic, I volunteered working with children ages 5-10, teaching them fundamentals and interacting with the kids. I liked sharing my story about my coach telling me I was too short and talking to them about hard work and not giving up. I am grateful for the opportunity I had to participate In the SFVJACC Athletics program. It has allowed me to find my passion for basketball which has been such an inspiration in my life."

Taylor will be attending University of San Francisco majoring in biology.

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Athletics established the Lauren Taguchi Memorial Youth Service Scholarship in 2009 year to honor her memory. As an active member of the SFVJACC Athletics, as well as many other community organizations, Lauren was an exemplary student athlete, a role model, friend, and teammate who demonstrated sportsmanship on and off the court. We are pleased to announce Angeli Paull was selected as recipient of the Lauren Taguchi Memorial Youth Service Scholarship. The scholarship committee's selection was based on her spirit of volunteerism and citizenship, through community service.



Angeli Paull is the daughter of Ardath Yamada and Michell Paull. Angeli played with the Jaguar team for 5 years. She is an AP scholar/athlete with a 4.6 GPA, attending La Canada High School where she has been a varsity swimmer for 4 years, is member of the Athletic Leadership Council, Global Health Club,

and PTSA and a certified lifeguard. Angeli has been a Girls Scout since 1st grade and achieved her gold award spending over 130 hours volunteering. She loves to bake and created her own baking business, Baked by Angeli. Outside of school, she and members the Global Health Club were inspired to support The Cookstove Project. This nonprofit organization uses locally sourced materials to build safe, efficient, clean cookstoves to reduce carbon emissions in homes in Uganda and Nepal. The fires and smoke from the current cookstoves, kills 4 million people annually and is the leading cause of death of kids under 5 years. Angeli and her friends' goal was to raise \$1000 to build cookstoves in 100 homes in Uganda. They held fundraisers and raised over \$1500 to fund a village in Uganda. Angeli wrote "One of my biggest goals in life is to make other people smile. Helping other people gives me a feeling unlike any other: a feeling of happiness, pride, and accomplishment. Swimming is my happy place, believe it or not, I have basketball to thank for why I love it so much. While the sport was not for me, basketball showed me the importance of teamwork. Teammates are there for your lows, your highs and everything in between. The Jaguars gave me the most amazing teammates, and even when I wasn't enjoying the sport itself, my teammates were the reason I stayed. So overall, people and relationships are very important to me. From helping others to interfacing with my teammates, I've experienced that a little kindness and support can do for a person from both sides. And that is the reason why I do what I do. Why I swim. Why I bake. Why I do community service.

Angeli will be attending Case Western University in Ohio, will be majoring in food science/engineering and or entrepreneurship.

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The Evan Yoshio Niizawa Memorial Continuing Education Scholarship is given in memory of his accomplishments, scholastic excellence, and participation in athletics in the face of severe illness and life challenges. Evan was an inspiration to all who knew him and admired his determination in all aspects of his life. The Evan Niizawa Memorial Continuing Education Scholarship was established by his parents Guy and Tracy Niizawa along with SF Athletics to honor Evan's memory. Evan had a long battle with cancer but was able to continue his extraordinarily successful high school and college career and attend UC Berkeley but had to leave school in the end. This scholarship is given to a current or past member of SFVJACC Athletics who has demonstrated scholastic excellence and overcame challenges during their life.



We are pleased to announce Tiauna Vasquez was selected as recipient of the Evan Niizawa Memorial Education Scholarship and is the daughter of Laura Fujita and Archie Vasquez. She is an AP scholar and will graduate as valedictorian from Granada Hills Charter High School. Tiauna faced her life challenges due self-doubt and self-esteem issues

and was able to turn the negative experiences into positive

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2021 Athletics Scholarship Winners - Continued from page 9.

by applying to the Kizuna leadership program and then being a mentor and role model when she became a Kizuna camp counselor. She states "Not only was I able to create new connections for kids while educating them of their community and culture, but I've also reinforced and developed new ties for myself, all while making discoveries about myself. Never would I have thought I was capable of such flexibility and responsibilities. It was through Kizuna I was able to hone my newly discovered skills and take a step forward towards overcoming my struggle with applying myself. I could not let my fear of failure and inadequacy keep me from living how I could've any longer. While I am still working on this newfound confidence, I continue to push myself to apply without letting rejection become my reality." We know that Tiauna will pay it forward in Evan's memory!

Tiauna will be attending UC Santa Cruz majoring in computer science.

Austin, Jaren, Jessica, Taylor, Angeli and Tiauna, we are enormously proud of all of you and wishing you much success in your college endeavors.



NIKKEI SENIOR GARDENS

News From The Gardens...

Spring is Here!

A new month brings welcomed changes in the weather as the days are longer and the trees start to bloom.

A new colorful display of flowers such as wisteria, cherry blossoms, geraniums and wild flowers stun our garden scenery. We hope everyone has been enjoying the flowers blooming and getting some fresh air. Nikkei Senior Gardens is now open to family/friend visits with residents in their apart-



By Mayumi Barr, Director of Life Enrichment

ments. However, safety protocols are still in place and scheduled visits are offered daily as health and safety of our residents is our top priority.

Residents can start enjoying more activities and expanded family/friend visitations. Movies are playing in the Theatre twice daily at 1:30 pm and 6:30 pm. In order to maintain proper social distancing, seating capacity is limited. The Fitness gym located behind the Concierge desk opens daily from 7:00 am to 6:00 pm. The Beauty Salon (with Christine Nomura), located on the second floor by the elevator, is now open for service. To make an appointment for all of the above services, please contact Concierge at (818) 899-1000 or makeyourhome@nikkeiseniorgardens.net

Our activity team continues to provide various life enrichment programs in May. Participation in physical, social and mental activities is important to overall residents' health and wellness. Please check our activity calendar for a complete list of activities.

Wishing everyone a happy, safe and fun-filled summer ahead.





IT'S OKAY TO BE NOT OKAY

By Old Wakaba, Bud Sagara

Okay, I admit being an addict. Korean television drama series have me hopelessly hooked and they've been a highlight during the gloom we've endured the past year. The emotional rollercoaster ride that these K-dramas produce takes us through intricate plots affording action, laughs and always to the depths of despair that an unfulfilled love story can bring. Our relatives have been fans of these shows for years, but we did not know what we were missing until lately. There is nothing like having lively conversations about the characters from the shows over dinner and then have nervous

breakdowns due to cliffhanger endings for each episode. The sadness is real when a series we've been watching is finally over and we face a bleak empty space in our daily lives until we're sucked into another K-drama to start the rollercoaster ride again.

The question is why are K-dramas so attractive and captivating? From an Asian American perspective, watching a show with an all Asian cast seems so natural. It's like going to an Asian country and everyone looks like me, except not so old and gray! In western films and television there are few Asians in lead roles and those that do perform land in stereotypic roles. Without any focus on ethnicity because everyone is Asian, the series can center on the wildly entertaining story lines interwoven with chaste romance and heartbreak which provides seriously addictive viewing.

Unlike western programs, K-dramas are for the most part G-rated. Main themes are about family values, loyalty, finding love and maintaining relationships in times of trouble. Some people might find these things kind of boring and would probably rather see car crashes or the Avengers fighting to save the planet, but I find the themes of K-dramas to be a welcomed break from negativity and moral corruption. K-dramas paint true romance with a delicate brush that is largely ignored by western media. We wait in anticipation for that quiet, exquisite moment when the lead actor gently touches the lead actress's hand. It usually takes around seven episodes before the pair realizes they actually have feelings for each other and then another couple of episodes before they have their first kiss. The audience waits on pins and needles for the lead man to finally make a move toward the lead actress while the beautiful sound track plays softly in the background. This is where I usually yell at the TV saying, "It's about time, don't let her walk away again you fool."

The actors are super attractive; they wear the trendiest clothing and have the latest electronic gadgets at their disposal. K-dramas allow us to be hyper exposed to Korean cultural nuances, their respect for elders, the intense emphasis on education, and especially the food. Korean cuisine on display in each series make the viewers' taste buds water for kimchi, bibimbap, samgyetang, and a myriad of steaming noodles. This makes me want to phone BBQ Chicken on Reseda and Nordhoff to order Korean fried chicken take out.

One of my favorite K-dramas is It's Okay to be Not Okay. It's not easy to watch because this series deals with three main characters suffering from psychological trauma and/or mental illness. The storyline is about a man employed as a caregiver in a psychiatric hospital who has been taking care of his autistic older brother since their mother was murdered when they were children. The caregiver meets a stunning woman who is extremely selfish and arrogant in addition to having an antisocial personality disorder. She also happens to be a very popular author of children's books that are very weird. The series is about how each of the trio deals with their long standing, hidden emotional and psychological wounds. As the story unfolds the characters slowly and painfully peel back their individual fears. Each step out of their comfort zones to let the others in to finally find a degree of rest within their new found family. Of course, a precarious love story between the lead actor and the lead actress brings anguish and lots of tears to the audience.

We can get an idea about the debilitating effects of the pain these characters are experiencing by a direct sampling of the dialog from the series: "Your body is honest. When you're in physical pain, you cry. But the heart is a liar. It stays quiet even when it's hurting. Then, when you're asleep, you finally weep and whimper like a dog." "You don't know what kind of emotion is getting you so worked up. You are all empty inside. You are just loud like an empty can." "You can't get out once you're trapped in the past. You won't be able to see the door." "Stop pretending that it doesn't hurt. Stop pretending that you're okay."

We can also see in the dialog how the trio starts to trust in each other to break free of their emotional prisons. "People stick together because they are weak. We lean on each other like this; that's what makes us human." "We go hand in hand like a grenade and its safety pin. I'm volatile and you're patient." "Being together torments you, but breaking up will be equally painful. If both options feel like death, wouldn't it be better to suffer together?"

In this drama, we follow the characters in their search to break free of the emotional burdens that have smothered their lives. Today, we may also be experiencing this same weariness to different degrees or for different reasons which cause darkness to enfold us. Because our burdens are not simple, they are not lifted by self-motivation or a simplistic "Tomorrow will be a better day." There is light, however, in the simple promise made by Jesus Christ to relieve any load of complex burdens that we bring to him if we believe that he can do so. In Matthew 11:28, Jesus says, "Come to me, all who labor and are heavy laden, and I will give you rest." Jesus says to "come to me" because he has already removed the burden of trying to prove ourselves worthy of his love and the burden of the guilt and shame for all the dark, hidden things we have committed. He tells us to cast our anxieties on him because he loves us and promises to give us rest. The rest that Jesus promises is love, healing and peace with God, and you don't have to do anything to receive it except to believe in him. To believe gives our souls hope. That's what we are frantically seeking whenever our souls are burdened and restless: hope. So if you are weary, for whatever reason, however complex, come to the only person who can truly help, Christ himself.

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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: Carolyn Sanwo

Due to the COVID-19 situation, services are being held via Zoom until further notice. Please contact the temple if you wish to be included on the invitation list. Please check our website for updates. Thank you, and be safe and well.

June

- 1-20 Silent Auction fundraiser (online at: http://32auctions.com/sfvhbt2021obon)
- 6 10:00 am Shotsuki monthly service
- 13 10:00 am Regular service
- 20 10:00 am Father's Day and Graduation service
- 26 10:00 am 1:00 pm Silent Auction contact-less pickup and "sights and sounds" of Drive-through Obon 7:00 pm Obon odori (Zoom)
- 27 10:00 am Regular service
- 30 10:00 am 12:00 pm Silent Auction contact-less pickup

July

- 3 10:00 am 12:00 pm Silent Auction contact-less pickup
- 4 10:00 am Regular service
- 11 10:00 am Obon/Hatsubon and July-August Shotsuki monthly service
- 18 10:00 am Summer service
- 25 10:00 am Summer service

Your donations gratefully accepted:

- PayPal on http://www.sfvhbt.org/donate/ or
- Zelle sfvhbt@sfvhbt.org (indicate "donation" on memo line) or
- Check mailed to SFVHBT (address above)



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

Office Phone:

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

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

English Department

Pastor Roland Hazama Pastor Raynold Nakamura

We are now doing hybrid services and have resumed gathering on campus while maintaining the online streaming presence on Sundays at 10:00 am. (Registration is required for in-person services.) 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: Karen Murata 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

COORDINATIING COUNCIL ORGANIZATIONS - MEETINGS - CONTACT PERSONS
Coordinating Council
Community Center
Athletics
CC NewsLois Okui818 892-1487Email: lois_okui@sfvjacc.com
Chatsworth West United Methodist Church
Rev. Karen Murata 818 341-1270
Crossway Church2nd Sun., 12:30 PM Jennifer Trax 818 896-1676
Nikkei Senior Gardens2nd Thurs. (even months), 7 PMTadao Okui. 818 517-7907
SFV Bonsai Club4th Sun., 8 AM-12 PM Kazuhiko Nakanishi805 492-3439
SFV Hongwanji Buddhist Temple
SFV JACL2nd Wed., 7:00 PM Nancy Takayama818 601-6296
SFV Japanese Language Institute2nd Sat., 8:30 AMKiyo Watanabe818 237-8540
SFV Judo Club
SFV Meiji Senior Citizens Club2nd Fri., 12:30 PMRitsuko Shinbashi 818 892-0470
Senior Hot Meals
Sunrise Japanese Foursquare Church
Valley Japanese Community Center
JUY LUNGWUNI 010-090-7773

Want to reserve the Community Center for an event?

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

Want to submit an article for the CC Newsletter?

Email: lois_okui@sfvjacc.com

CC Deadline: The 15th of every odd month.

SPECIAL CLASSES

Arts & Crafts	.Monday	. 10:00 AM-12:00 PM	. Sally Hamamoto818 361-2902
			. Barbara Okita818 784-5128
Bowling*, Matador Bowl	.Thursdáy	. 9:30 AM	. Sam Nakata 818 894-5307
Bridge*	Mondav	. 12:00-3:00 PM	. Rav Shinsato818 767-5550
Country Western Music*	Tuesday	. 10:30-11:30 AM	. Janet Schuetze818 767-1819
Exercise Class	Tuesday	. 9:00-10:00 AM	. Ralph Ahn 818 302-6658
Exercise Class	Friday	. 10:00-11:00 AM	. Phil Shigekuni818 893-1581
			. Call CC office 818 899-1989
Harmonica Class*	Friday	. 1:00-11:30 AM	. Call CC office 818 899-1989
			. Suzan Akamine 818 367-1723
Hitomi's Cooking Class	.4th Tuesday	. 7:00-9:00 PM	. NJ Nakamura 818 893-6503
Ikenobo Ikebana	2nd/4th Wednesday	. 10:00-2:00 PM	. Mayumi Dennis 818 224-3346
Japanese Calligraphy	1st/3rd Thursday	. 9:30-11:00 AM	. Call CC office818 899-1989
Karaoke*	1st/3rd Thursday	. 10:00 AM-12:00 PM	. Janet Yamamoto 818 365-8361
Kokusei Shigin Class	.Tuesday (J-School)	. 10:00-11:30 AM	. Shigeru Kamimura 818 992-4673
Line Dancing*	.Thursday	. 8:45-10:00 AM	. Call CC Office818 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 Date818 701-6607
Tuesday Mah-Jong*	Tuesday	. 1:00-3:00 PM	. Call CC office818 899-1989
Friday Mah-Jong*	Friday	. 1:00-3:00 PM	. Call CC office818 899-1989
Ondo Dancing*	2nd/4th Friday	.7:00-9:00 PM	. Janet Yamamoto 818 365-8361
Ping Pong Club	.Thursday/Tuesday	. 10:00 AM-3:00 PM	. Aaron Sanwo 661 755-0584
SFV Judo Club	Mon/Wed/Thurs/Fri	. 7:00-9:00 PM	. Kenji Couey818 381-7232
			. Florence Takaaze 310 202-6693
Taiko	.Sunday	. 10:00 AM-2:00 PM	. sfv.taiko@gmail.com818 899-1989
Ukulele Class	Friday	. 9:30-11:30 AM	. Call CC Office818 899-1989
Yoga Class	Wednesday	. 10:00-11:00 AM	. Call CC Office818 899-1989
Zumba	.Monday	. 7:30-8:30 PM	. Margaret Takimoto 818 701-7628

YOUTH SERVICE ORGANIZATIONS

SUPPORT GROUPS & SERVICES

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

^{*}Meiji Senior Citizens' Activity or Service

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



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NOTICE: Due to the COVID-19 pandemic, the CC Board is waiving 2021 membership fees to those who were current members in 2020.

San Fernando Valley Japanese American Community Center

2021 MEMBERSHIP FORM

(Membership Period: January 1 to December 31, 2021)

1. Complete the information below.				Family Membership - \$60.00
2. Make check payable to "SFVJAC	CC".		Ц	ranny Membership - 500.00
3. Send your check and this form to				Single Membership - \$40.00
(Please Print)				
Name			_ Phone _	
(Last Name)	(First Name)			
Address				
City		State	Zi	p Code
Email Address				
Emergency Contact			_ Phone	
If you would like to receive the new	sletter in digital form inst	ead of a har	d copy, p	lease check the box.
If you would like to be omitted from	<u> </u>			
•	, .			659. Website: www.sfvjacc.com