



SAN FERNANDO VALLEY JAPANESE AMERICAN COMMUNITY CENTER

Website: www.sfvjacc.com

Issue 63

May/June
2022



2022 SFV Queen Emily Kumagai

By NJ Nakamura

Emily Kumagai has been selected as the SFV JACC Queen for 2022.

At the age of 18 years, she earned two Associate Degrees in STEM Sciences and Behavior Studies. Then, one year later, she graduated from Azusa Pacific University with a Bachelor of Arts Degree in Allied Health. Her end career goal is to practice medical law as a medical doctor and lawyer or as an administrative board member as a physician.

Emily thoroughly enjoys anything related to martial arts. During her years of training in Shotokan Karate, she was able to deepen her understanding of the Japanese culture in the dojo setting. Her favorite way to spend the day was to train with Art Ishii's dojo and then to grab some yummy Japanese food from Little Tokyo after training! She also enjoys performing pop dancing, cooking and baking, singing, vlogging, and watching anime.

Emily is 20 years old and lives in Northridge with her parents Russell and Joanne Kumagai. Her grandfather, Ken Kumagai, served as the treasurer and president of the SFV JACC Meiji Senior Citizens Club.

Emily will be attending the SFVJACC Memorial Service on Sunday, May 29. Later that evening, she will be crowned as our queen for 2022 and introduced to our Community Center members.

Congratulations to Emily!



VETERANS MEMORIAL DAY SERVICE

By Liz Doomey

This was the first in-person service we were able to have in a couple of years. There were over 120 who attended the special service with many surprises. We didn't find out until the Wednesday before the event that Bacon Sakatani would be bringing the 48 Star American Flag Signing Project to our event. Judge Johnny Cepeda Gogo of Santa Clara County, a Superior Court judge in San Jose, is recognizing Japanese Americans who were placed in World War II internment camps and the project is part of an effort to get the internees to sign the WWII era flag. Judge Gogo wants to ensure that the shameful actions taken against Japanese Americans during WWII are not forgotten. The flag will be donated to the Japanese American Museum in San Jose on Fred Korematsu Day, Jan. 30, 2023.

CC member, Sandra Yamamoto, also brought her father's, Shiro Shiraishi, memorabilia to share with our members and guests. It was quite a collection of his years in the service of the USA during WWII.

The Coordinating Council's organization representatives were announced and each gave a floral presentation. The Deceased Veterans Roll Call was announced and their family representatives also gave a floral presentation.

We were honored to have David Honjio play a heartwarming rendition of taps at the service. The SFVJACC Queen, Emily Kumagai, was introduced to the members by Kendra Motoyasu, the CC's 2021 Queen. Emily will be representing us in this year's Nisei Week pageant to be held in August. Also joining her and Kendra on stage were past queens, Jaclyn Tomita (2016) and Ariel Imamoto (2019). The three recipients for the 2022 SFVJACC Scholarships, Jensen Emi, Rane Kita, and Kishi Sugahara-Strahl, were also introduced at the event by Kyoko Nancy Oda.

We would like to say a special thank you to the following - Ms. Jennifer Hamamoto for emceeding the program; Mr. Kazuhiro Nakanishi for the Bonsai tree display; Mr. Russell Nakaishi who was our guest speaker; Rev. James Iwata for leading us in prayer and Cherrystones for catering the wonderful dinner. Also, a big thanks to the volunteers for an excellent job well done.

More photos on page 4.





PRESIDENT'S MESSAGE

There is a lot to be excited about.

As 2022 starts to move towards our new normal, it has been exciting hearing about the events that have happened already and we are looking to return for all of us to enjoy. The Community Center has started to become more active and alive as organizations and clubs are returning with people coming back to experiences and friends they have missed. One of the great things about this time, is that it is also a good opportunity to see what else you may be interested in trying and being a part of while making new friends.

If you have not done so in the past, feel free to visit the website to find activities and calendar events at www.sfvjacc.com like the Veterans Memorial Service, Japanese Language Institute, Judo, Athletics, and so many other great clubs and groups, too.

Some other exciting things to know about: SFV Hongwanji Buddhist Temple (SFVHBT) celebrated their 100th year Anniversary in April, Hot Meals has returned and on June 11, Meiji Club is having a special luncheon (by invitation only) to honor their members turning 85 for 2021 & 2022. SFVHBT Obon is scheduled for June 25-26 and Steak Dinner is hopefully returning! Also, the Community Center is doing a zoning study as the next step to the consideration of a new multipurpose building,

I am sorry if I did not list every event and all our wonderful groups and activities, but again, they are all easy to find on the CC website www.sfvjacc.com under Activities. Enjoy the upcoming summer, it should be exciting and fun in a way new. Thank you and as always thank you to everyone who has been working hard to make all this available for our members to enjoy and experience. And please be patient.

Danny Okazaki
SFVJACC President

Acknowledgements

For the month of April & May 2022

Donations

- John and Liz Doomey.....
- For a Gold Leaf for the Donation Tree
- CAF (Charities Aid Foundation America).....
- Eric Hirota.....
- Disney VoluntEars Grant for Athletics
- Don Kihara.....
- In memory of his wife Donna Kihara
- Lily Nagatoshi.....
- John and Liz Doomey.....
- In memory of her mother Yone Takimoto
- Craig Kawamoto.....
- Disney VoluntEars Grant
- Janet Matsuda.....
- In memory of her husband Robert Matsuda
- Steven Seto.....
- Thank you to Ms. Miyata and the Alzheimers
- Caregivers Support Group
- Garry and Joy Monji.....
- Michael Anderson.....
- Lorna Fong.....
- In honor of Kyoko Nancy Oda - for her leadership
- and friendship
- Masako Hollowell.....
- In appreciation of the KN95 Mask Giveaway
- Jean Yamada.....
- In memory of Chizuko Morita
- John and Liz Doomey.....
- In memory of Sandy Nobuyuki
- John and Liz Doomey.....
- In memory of Yoshihiko Sugii
- John and Liz Doomey.....
- In memory of Marge Tanaka
- John and Liz Doomey.....
- In memory of Kenji Watanabe

Acknowledgements - Continued

Donations

- Keiro.....
- Ruby Yamaoka.....
- In appreciation of the KN95 Mask Giveaway
- Barbara Okita.....
- In memory of Alden Uyemura
- Janet Schuetze.....
- In memory of Ralph Ahn
- Janet Schuetze.....
- In memory of John Yamada

Donations Made In Memory Of Wallace Arakawa

- Kim Allen-Niesen.....
- Shig and Mich Nomura.....
- Susan Nomura.....
- Sharon Umene.....
- Darrell Vivian.....
- Willy and Eva Hostettler.....
- JoAnn Yamada.....
- Lorraine Arakawa.....
- Katherine Squires.....
- Darren Kameya.....

Use of Facilities

- Tuesday & Friday Exercise Class.....
- Thursday Nite Basketball.....
- For March/April/May
- Aloha Club.....
- Ping Pong Club.....
- Hawaiian Hula - Ohama Pu'uwai Nami.....
- Country Western Music.....
- Jan & Co.....
- Line Dancing.....

Thank you for your generous donations!

SENIOR HOT MEAL PROGRAM IS BACK!!

By Liz Doomey

We're going into week 5 of our return to the "Hot Meal Program". We started the first two weeks with bento boxes from Nijiya Market so that Kei Inoue and her kitchen staff could re-stock their staples that were over two years old. Realtor and CC member, Christine Iso wanted to make the first week back special by providing a cake from Rose Bakery and handing out special chopsticks to each senior. Kei worked her magic on week 3, making Oyako Donburi, a comfort food, which brought a smile to everyone's lips and for dessert, Kyoko Nancy Oda brought in a delicious strawberries and cream cake to celebrate her birthday. The following week, a lunch of Spam Musubi, chicken, and macaroni salad made you think about Hawaii.

It was great to be back. Everyone was excited to see familiar faces, sitting with groups of special friends and exchanging comments about the past couple of years.

We had to go back to bento boxes on week 5 because of a water heater problem. The kitchen was unable to cook without hot water. Thankfully, Mr. Shiokawa at Nijiya Market came to the rescue and they were able to make over 150 bentos in short notice. I am sure the meatloaf will be back on the June menu, along with Kei's other specialty recipes.

A special thank you to Garry Monji, Doug Nakada and the other volunteers who came early to set up the hall for lunch and the members assisting them in the clean-up. It takes team work to get all this done every Friday. Don't forget to thank all the volunteers in the kitchen who come in early to prepare your meals and serve them, too. We are like family at our community center and family takes care of family.



Kei Inoue (front row, middle) and her volunteer kitchen staff.



Chatsworth West United Methodist Church

By Phil Shigekuni

In July of last year, Pastor Eric Iki was assigned to Chatsworth West United Methodist Church by Bishop Grant Hagiya who presides over the United Methodist California/Pacific area. Pastor Eric is a 34 year old Yonsei, whose grandparents were interned at Heart Mountain. He grew up in Torrance, and attended Faith United Methodist Church. Eric was married last year, and he and his wife, Crystal, are awaiting the arrival of a girl in August. Since his arrival, Chatsworth West UMC has held Covid-Safe worship services each Sunday at 10 am. Senior gatherings occur each Wednesday. On the first and third Wednesday. A light lunch is provided at the church followed by either games, or a program of interest. On the second and fourth Wed. members and friends have lunch at a local restaurant. Of interest for young families, a movie night is planned for June, July and August. All are invited.

Chef John Nishio Is Coming To The CC!



Join us for our first cooking Demonstration of the season. Chef John Nishio, of "Grateful Crane Ensemble, Far East Feast" will be our instructor on Saturday, June 25, 2022 at 2:00 PM in the kitchen. There is only room for 15 people. Cost is \$10 per person. For information or to register call Liz Doomey at

(818) 429-4096 or email lizdoomey@yahoo.com

In Loving Memory...

Our thoughts and condolences go out to the families of —

Donna Kihara
John "Johnny" Yamada

VETERANS MEMORIAL DAY SERVICE - Continued from front page.



VETERANS MEMORIAL DAY SERVICE VOLUNTEERS

Thank you to the following who helped at the Veterans Memorial Day Service -

Chow, Dana, Lucas & Brandon	Monji, Garry	Porter, Barbie
Doomey, Liz	Motoyasu, Kendra	Shinbashi, Ken & Ritsuko
Fukunaga, Audrey	Nakada, Doug	Takayama, Nancy
Hamamoto, Jennifer	Nakamura, Richard & NJ	Tanaka, Denise
Hamamoto, Scott	Oda, Kay & Kyoko	Tomita, Jaclyn
Imamoto, Ariel	Ohara, Eddie	Watanabe, Kiyoko, Tenka & Asuka
Kumagai, Emily	Okazaki, Danny	Yamada, Kay
Lau, Bing, Diana & Tre	Okui, Tadao, Lois & Family	Yamauchi, Darlene & Brenden
Longworth, Joy		



2022 SFVJACC Scholarship Award Recipients

By Leslie Shirasawa

This year the Community Center awarded scholarships to three deserving applicants. Congratulations to all of them!



Rane Kita with parents, Greg and Katie Kita.

RANE KITA, son of Gregg and Katie Kita is the recipient of the Nagasawa Education Scholarship. He is a graduate of West Ranch High School. He has been accepted into UC Irvine, UC San Diego, San Diego State University and Ohio State University. His academic honors include AP Scholar, National Honor Society and Scholar Athlete Award. At West Ranch, Rane played both junior and varsity basketball and was team captain in 2018 and 2019-2022. He also played on the San Fernando Hawks Team and coached the San Fernando Blast. Rane has volunteered at many Community Center events. His wish is for the Community Center “to keep inspiring Asian American youth to find individuality through the community.”



Jensen Emi with parents, Jeffrey and Stephanie Emi and sister, Taelyr

JENSEN EMI is awarded the Dr. Sanbo and Mrs. Kay Kazuko Furata Sakaguchi Scholarship. She is the daughter of Jeffrey and Stephanie Emi. Jensen attends Granada Hills Charter High School and will serve as Valedictorian. She has been accepted into several colleges that include Santa Clara University, UC Davis, UC San Diego and Cal Poly San Luis Obispo. She plans to major in Computer Science or Mathematics. Scholastic honors include AP Scholar and Gold Honor Roll. Jensen played high school basketball and was the Most Valuable Player on the Frosh/ Soph Team and also selected for the West Valley League Team in her junior and senior years. In addition, she played on the SF Swish and Hollywood Dodger Xtreme teams. Community activities include crocheted scarves for Operation Gratitude and during COVID-19 served as Website Editor and Tutor for Quaranteen Mentors. Jensen said SFVJACC Athletics Program “allowed her to meet new people, have fun playing basketball and

hopes others will be able to have the same opportunities and experiences.”



Kishi Sugahara Strahl with parents Roy Sugahara and Shari Strahl and sister, Kai

KISHI SUGAHARA STRAHL is the recipient of the Mrs. Lily Sakaguchi Thibodeaux Scholarship. She is the daughter of Roy Sugahara and Shari Strahl. She will graduate from the Valley Academy of Arts. Kishi has been accepted to several institutions including UC Berkeley and UCLA. She plans to major in Biology. Her scholastic honors include AP Scholar and membership in the California Scholastic Federation. Kishi has participated on her high school decathlon team and awarded a Bronze medal and also scored the highest decathlon score for her team. She has participated in numerous community activities that included creating a learning project focusing on the magic of books, bringing light to negative effects of reading deficits. She also participated in karate. Kishi has been involved in her school’s musical theater productions and played the lead role in one musical. She also finds time to work part-time as a barista at her neighborhood Starbucks. After graduating, Kishi plans to contribute more time to

the Community Center. She would “like the Community Center continue to grow and have a mixed environment of opinions in the operation of the Center”.



SFV Meiji Senior Citizens Club News

By Liz Doomey

AARP Smart Driver Program - Learn proven safety strategies to maintain your confidence behind the wheel. Two-day class, Wednesday and Thursday from 9 am to 1 pm (date to be determined). Limited to the first 17 Meiji members who register. Completion of this course can make you eligible for possible insurance discounts (except AAA members). This program is free and made possible by Keiro. Donations to Keiro are welcome. Sign up with Liz Doomey at lizdoomey@yahoo.com.

"What happens in Vegas stays in Vegas" - After two years, Meiji Club is going back to the "CAL" in Las Vegas on August 8th through 10th. The last day to register is July 22nd. Our appreciation to our new trip coordinator, Yoshimi Sussan who will replace Grace Iwamasa. Thank you, Grace for all these years of taking care of our members who love to go to Las Vegas. The bus holds 35 current Meiji members, if we don't get that number of members the trip will have to be cancelled. Prices and details of the trip are available in the hall lobby. We are still in need of a leader for the Indian Casino trips. If interested, please contact Kay Yamada at kayyamada@aol.com

Communication is very important to the Meiji Board. If you know of a member who is ill or passed away, please contact Ritsuko Shinbashi or Kay Yamada with the information.

Meiji Club is still accepting membership applications (\$5 person). Please mail in your information (name, address, phone number, email address if you have one, birthdates of each person, and an emergency contact including their name and phone number) to Kay Yamada at the SFVJACC, 12953 Branford Street, Pacoima CA 91331 and let her know if you would like to receive the two year calendar refill, too.

Ritsuko Shinbashi - 818-892-0470
Kay Yamada - 818-763-4861

Grace Iwamasa - 818-368-9086
Liz Doomey - 818-429-4096

Keiro Virtual Forum Events For June

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

- Thursday, June 2: (10:30 am)
- Tuesday, June 7: Self Care & Fashion (10:30 pm)
- Thursday, June 9: Memory Loss and Alzheimer's with Alzheimer's LA (10:30 am)
- Saturday, June 11: Alzheimer's Conference (10:00 am)
- Tuesday, June 14: Self Care: Cooking with Mary - Ellen Wong (10:30 pm)
- Thursday, June 16: Community Bingo (10:30 am)
- Tuesday, June 21: Self Care: Crafts with Eric Nakahara (10:30 am)
- Thursday, June 23: Kokoro no Hashi (10:30 am)
- Tuesday, June 28: Self Care for Stress Relief with Keiko Ishii (10:30 am)
- Thursday, June 30: Conversation Kitchen (10:30 am)

The Ikebana Class Has Open!



Come join the class and learn the art of Japanese flower arranging. The class meets on the 2nd and 4th Wednesday of every month from 10 am to 12 pm. Contact Mayumi Dennis (818) 224-3346.

Arts & Crafts Has Returned, Too!

If you're interested in sharing their artistic footprint or want to learn to make something different, you should attend. The group meets on Mondays from 10 am to 12 pm. Contact Liz Doomey (818) 429-4096.



L-R: Janet Minami, Keiko Botz, Mayumi Dennis, Ritsuko Shinbashi, Yukiko Yoshimoto



SFVJLI Annual coming back from Pandemic Yard Sale on May 7, 2022, was a great success. We thank everyone who donated sale items to our school for this past yard sale. Thank you. We had over 35 community and school volunteers who helped to make this event so much success. We were unsure how we can prepare and operate coming out of this ongoing pandemic with Covid-19 and the different variants, going into with one way in one way out safe distance sale format worked out safe enough. Thank you to all who showed up at as early as 6:30 am and stayed as late as 3:30, with such an exhaustion we have never experienced in our past yard sales but had a feeling of such satisfaction in completing a good yard sale. Thank you for all the volunteers and you know who you are! Thank you very much.

We completed our record sale in just three hours, making close to \$1,800.00. We must share that we only sold what was stored in the classroom and downstairs of our storage room. This means that we only sold about 50 percent of what we acquired and collected for our yard sale during this pandemic which started in early 2020. SFVJLI will plan to have a safe second part of our annual yard sale in the near future, please stay tuned and keep an eye out for our future announcement.

Since we had so many surprise volunteers from our community, we know that we can get together for this difficult time to be even stronger than ever, thank you!

.....
A Letter from Japanese School

May 20, 2022

Greetings To Our Japanese School Students, Alumni, Families and Friends,

As we near the end of our second on-line school year and look forward to our 100th anniversary in 2024, the PTA wants everyone to know, we are here, we are alive and working toward a better tomorrow with in-person classes set to begin in the Fall of 2022.

The Pandemic has been challenging for everyone in all endeavors - personal, school, business, social – everyone everywhere has been affected. Our School will also go through changes at the end of the 2021-2022 School Year. After 2 ½ year of Pandemic, some of our teachers must return to Japan to attend to family matters and others need a break from teaching. For many different reasons, the School will end the current school year with all of its teachers needing to step back from teaching next year. Additionally, our tireless office administrator will also be taking a break from the School. Our School staff has worked very hard, and for some for many years, to continue the wonderful School that began nearly 100 years ago. We have to applaud and thank them for their efforts.

The 2022-2023 School Year will be a challenging year with a new teaching staff and office administrator and a return to in-person classes. But make no mistake, the School is alive and well and, with the committed effort of the PTA, is making plans for the Fall semester. Our plan is to have both elementary and high school level classes. Although our schedule has not been finalized, we expect School to open on August 20th and to end on June 10th which coincides with the Los Angeles Unified School District calendar. We will provide additional information about our calendar and plans as they develop ---- STAY TUNED!

We look forward to having a strong and healthy School that will celebrate its 100th Anniversary with a foundation that will set the School on the road toward the next 100 years. We call on all of our students, families, alumni, and friends to help us build for our future and the next 100 years of learning Japanese.

Sincerely,
Kiyo Watanabe, PTA President

SFVJLI Get Back Together Picnic
June 19, 2022 Father’s Day Sunday
The Shoseian Whispering Pine Japanese Tea House
Located in:
[Friendship Garden and JapaneseTeaHouse](#)
1601 W Mountain St, Glendale, CA 91201
10:00 am -3:00 pm

RECRUITING TEACHERS at our Japanese Language School. In addition to studying Japanese, you can experience Japanese events throughout the year. January is Mochi-tsuki (rice cake making), February is Mame Maki (bean sowing), March is Hina Matsuri (Girls Day), May is Children’s Day-Undokai (Athletic meet) or Field trip (excursion), June Speech Contest or Reading Contest, Obon Festival, October Halloween, November There will be a visit to Nikkei Senior Gardens, a December learning presentation, and a cooking class during a school year. **This is a Japanese language school that was born 98 years ago**, where you can learn Japanese while experiencing Japanese culture. Next to the school building, there is a Japanese community center, a gymnasium, a judo room, and there are plenty of fun events and SFV Athletics and other clubs and organizations. It is a job to deepen the understanding of Japan through Japanese culture and language. Would you like to teach Japanese to your children together? For inquiries, please contact: sfvjli@hotmail.com and or k.watanabe@sfvjli.com

2022 Tournament Results

SF Raptors Tiger Tournament 2nd Grade Boys Silver Division 1st Place

L-R: Grady Magcase, Mikah Chi,
Lucas Wimmer, Aaron Tsuneda,
Cody Tan, Maximilian Lydick,
Grant Yamaguchi, Austin Lee

Coaches: Vince Magcase (Left),
Steve Lee (Right)



SF Dragon Ballers For Tournament 4th Grade Boys Silver Division 1st place

L-R: Max Kadotani, Aleksi
Rembuskos, C.J. Ito, Cole Magcase,
Sola Evans, Izaiah Lara, Jackson
Moffat, Theodore Kim, Miles
Magcase, Drew Ezaki

Shinobi Slayers FOR Tournament 4th Grade Boys Bronze Division 2nd Place

Photo from L to R: Gary
Way (asst coach), Mark
Tam, Zachary Tam,
Landon Wah, Benjamin
Yi, Cameron Bernardo,
Nathan Altre, Peter
Bernardo (head coach)

Not pictured: Brayden
Baker, Malakai Bae,
Peter Bae (asst coach),
Derrick Baker (asst
coach)



2022 Tournament Results



SF Cyclones FOR Tournament 6th Grade Boys Bronze Division Champs

L-R: Asst Coaches,
Eric Shing and Nate
Yoshizaki, Eli
Yoshizaki, Jacob
Shing, Toby Weiss,
Tyler Chang,
Jameson Darling,
Matthew Kim, Jacob
Cho, Coach Jason Weiss.

Missing:
Clayton Polisky

SF Shooting Stars FOR Tournament 7th Grade Girls 3rd Place

L-R: Charlie Reyman,
Marlise Fenton, Sarah
Huang, Sarah Louie, Joey
Takiguchi, Kaelyn Yoshizawa,
Kayla Tanijiri

Coach Wesley Tanijiri
pictured in the back.



SF Emeralds Tigers Tournament 8th Grade Girls 1st Place

L-R: Maddie Park Abbey Chang,
Jamie Lac, Madelyn Geromini,
Maddie Smith, Alexis
Yoshimura, Alyssa Badua



2022 Tournament Results



SF Dominators Tigers Tournament 5th Grade Boys Silver Division 1st Place

Back row: Coach
Justin Yoshizawa
Front row (L-R):
Devan Lama, Kyle
Nakaza, Lucas Kwan,
Hayes Geromini,
Hudson Kim, Evan
Yoshizawa, Dexter
Rhodes, Aaron Yeom,
Parker Low, Kyle
Chen (not shown)

SF Emeralds San Jose Tournament 8th Grade Girls 1st Place

L-R: Coach Patrick, Maddie
Park, Alexis Yoshimura,
Madelyn Geromini, Alyssa
Badua, Jamie Lac, Maddie
Smith, Coach Luc



Workshop Title: Your Words, Your Voice

Description: A free 4 week public speaking workshop for youth ages 10-18.

Dates: June 25, July 2, July 9, July 16

Time: 10:00-11:30

Register at <https://bit.ly/yourwordsvoice>

Contact Jordan Lac at jlacalexandra@gmail.com for questions.

Girl Scout Gold Award - Highest Award in Girl Scouts

Spaces are limited. Acceptance will be confirmed via email by June 18.



Never Too Old to Hula

By NJ Nakamura

So, you think you are too old to learn to dance hula? Are you having some arthritis or achy muscles? This class may be the answer for some of those concerns.



The new hula instructor is Barbara Dempsey, a former professional Polynesian dancer for over 16 years. During her younger years (age 19-35), she performed at numerous venues such as Don the Beachcombers, the Tropicana Hotel in Las Vegas, Harrah's in Atlantic City and more! She has also taught hula-fitness classes at Los Angeles City College during the summer sessions.

Barbara now teaches hula using body movements that appeal to mature women. She was motivated to modify the hula movements because her own body began to have pain. Her back pain was due to arthritis & degenerative spinal discs. Remarkably, she had a speedy recovery by using modified hula movements in her exercise program. Now her back pain is non-existent.

Hula dancing is a body friendly form of exercise that builds self-confidence, strengthens balance & coordination, develops new friendships & laughter with your classmates, and fills oneself with a feeling of accomplishment and self-worth.

Meiji Senior Citizen Club president, Ritsuko Shinbashi said, "She teaches step by step and will repeat the movement until all the students understand." Other hula students mentioned that Barbara is gently encouraging. She will also walk by various students to correct arm or hand positions because she wants to make them aware of what looks best for them.

Barbara said, "I have dedicated myself to sharing my knowledge of Polynesian dance, fitness, and physical rehab with women of all ages, while specializing in the fabulous 50 & above ages.

This new hula class has been named, "Ohana Na Pu' uwa Nani," meaning Family with beautiful hearts. Classes are held every Monday morning at 11 am in the main room of the Sakaguchi Building.



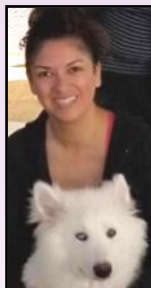
ZUMBA with **Teresa** at SFVJACC

Location: Pioneer Hall at SFV Japanese American Community Center

\$ 8.00 per class for CC Members

Class will meet every Monday • 7 - 8 pm

*Wear comfortable clothes and tennis shoes, and bring water and towel



For more information, please contact Margaret Takimoto: jncmom@aol.com or [818-621-8670](tel:818-621-8670)



Sponsored by SFVJACC Athletics

amazon smile

Do you shop on Amazon?
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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

San Fernando Valley Taiko 2015-2022

By Jean Taguchi

Douzo yoroshiku onegaishimasu; and so it began on Sunday, March 27, 2022 as it had for seven years. This phrase served as the opening greeting for every class and was recited together by every student of San Fernando Valley Taiko accompanied by a bow of respect and so it was only fitting that on that final class meeting it would be the refrain spoken in unison by all the students past and present, along with friends, family members, and SFVJACC leadership who gathered on that day to bid a fond farewell to the activity they had grown to appreciate and enjoy.

As he had done for all those seven years, Reid Taguchi led the proceedings. The day was bittersweet with reunions between friends getting reacquainted who began playing taiko together in the early years of the group's formation, but who for reasons wide and varied had had to step away. Even those who had maintained continuous friendships throughout the seven years knew this day would be the fork in the road. Promises were made to keep in touch, hugs were exchanged, and tears were shed. Throughout the displays of friendship, and all the while, many taiko songs were played and remembered. Everyone wanted to take one last opportunity to play taiko side by side with Reid and their fellow students turned friends. A slideshow ran in the background, on a loop, thanks to the tech savvy and creativity of SFVT student Naomi Estolas, with photos of class sessions, performances and parties, classes with students in Halloween costumes, Holiday dinners and images of friendships forming and growing. Thank you, Naomi for providing the fitting backdrop for the farewell party and for creating the perfect digital scrapbook for SFVT. You captured every memory beautifully.



Somewhere along the seven years of its existence, the phrase Taiko Family was coined to describe the bond and connection that was formed between Reid, his SFVT co-founder Eryn Tokuhara and all their students. Their students came in all shapes and sizes, young, old, and in-between and from many ethnic backgrounds. There were grammar school aged children playing alongside people old enough to be their parents or in some cases grandparents. Everyone was encouraged, and no one was left out. Bonds were forged and friendships made. This was what SFVT was about. Taiko didn't discriminate and neither did Eryn or Reid.

During this final class meeting, and following some parting words of gratitude and appreciation from Reid, members took turns sharing their memories and impressions of SFVT and its Co-Founder, Reid. The overarching sentiment conveyed by every student who spoke was one of deep appreciation and admiration to Reid for sharing his love of taiko, for forming this taiko family, and for coaxing us to play the songs he had written utilizing his talent, wit, humor, and patience, lots and lots of patience.

While the main focus of the day was to bid a formal farewell to the activity everyone had grown to enjoy, to each other, and to Reid, an equally important component of the day was to extend a most sincere and heartfelt expression of appreciation to the SFVJACC and its leadership of Mr. Kay Oda, Mrs. Nancy Oda, Mr. Tadao Okui, and Mrs. Lois Okui because if it weren't for them, SFVT wouldn't have had a place to grow. So it was with this sentiment, and thanks to Jeanie Woo Berger for doing all the legwork that a plaque was presented to the CC leadership. Beneath a group photo from our performance at JANM and with sentiments crafted by Reid, the plaque inscription read -

Our deepest thanks to the SFVJACC
for believing in our dream. May the
arts and passions of this community
always find a home here.

San Fernando Valley Taiko.
2015-2022

Reid Taguchi & Eryn Tokuhara
Founders

In addition, a monetary donation was made that came from funds that were amassed over the seven years of the group's existence which consisted of monthly student class fees, performance honorariums, gifts, and donations made to SFVT. The group was grateful and honored to be able to give to the Center the sum of \$15,000.

Thank you SFVJACC! We owe you a debt of gratitude because without your belief, trust and support these past 7 years of taiko would've never happened. Thank you, Kay and Nancy for the glorious potted orchid. It will serve as a beautiful reminder of your friendship and generosity.



Continued on page 13.

San Fernando Valley Taiko - Continued from page 12

In closing, it seems only fitting to share the phrase Reid and his students would recite in unison at the end of every class while bowing in respect and friendship because it conveys all the emotions from that last day and from the past seven years. That phrase is: Otsukaresamadeshita!



San Fernando Valley Hongwanji Buddhist Temple Celebrates 100th Anniversary And Reverend Patricia Usuki's Retirement

By John Mullins

On April 16, San Fernando Valley Hongwanji Buddhist Temple (SFVHBT) celebrated its 100th Anniversary. Originally scheduled for October 2021, pandemic conditions delayed the event as well as the retirement luncheon for Rev. Patricia Usuki, who completed her sixteen years of service as resident minister in 2020. Both occasions were combined into a joyful gathering of 200 members, guests, and ministers from throughout Southern California and Nevada.

The morning began with a special service at the temple. The temple facilities were shining with recent renovations from its 100th Anniversary Capital Campaign, including new carpeting and window coverings in the Hondo and a remodeled Social Hall kitchen. With in-person services only recently resuming, this was the first opportunity for many attendees to see the results of a three-year fundraising effort.

In his dharma message, Bishop Marvin Harada reflected on how society has changed over the past 100 years. He noted that while our technology evolves, we still face social conflicts and suffering due to our greed, anger, and ignorance. Fortunately, the temple can continue to be a special place for generations to come together and listen to the teachings.

Temple President Eric Reardon and Service Chairperson Roger Itaya each movingly expressed their appreciation for the temple and Rev. Usuki, with Reardon saying "The dharma brought us into the temple. Rev. Patti is why we stayed."

Following service, a festive luncheon was held at the Odyssey Restaurant in Granada Hills. MC Aaron Sanwo shared commendations from Gov. Gavin Newsom, Sen. Dianne Feinstein, Congressman Tony Cardenas, and Councilwoman Monica Rodriguez.

After lunch, each table shared qualities the members valued in Rev. Usuki by reading from cards themed to the letters in her name. The SFVHBT Choir, led by Nancy Gohata, took the stage for a three-song arrangement. Rev. Usuki then made remarks about the past, present, and future of SFVHBT.

The highlight of the program was the 100th Anniversary documentary video. Filmed over a period of two years, the 25-minute video was a heartfelt retrospective, featuring rare historical photos and interviews with temple elders, some of whom have since passed away. Produced by Jason Fenton and Jean-Paul deGuzman, the video offered a glowing appreciation of the temple pioneers' spirit, the cheerful reputation of its present members, and a promising future of walking the dharma path together.

The 100th Anniversary committee was co-chaired by Eileen Kawana and Ken Mui, who extended their deep gratitude to the tireless contributions of SFVHBT's members, Temple Board, Supervising Minister Rev. William Briones, and Interim Minister Rev. Patricia Usuki.



Rev. Patricia Usuki



Temple group photo on page 14.



2022 San Fernando Valley Hongwanji Buddhist Temple



SFVHBT 2022 OBON LITE

Saturday June 25th : 5 pm - 8 pm
Bon Odori Dancing, Food, Drinks & Fun

Sunday June 26th : 6:30 pm - 8:30 pm
Bon Odori Dancing only

9450 Remick Ave, Pacoima, CA 91331

The following food items: Chinese Chicken Salad, Kalua Pork & Chirashi are only sold with pre-orders.

Orders can be made with the link <https://tinyurl.com/32wj2p9s>
Please note the link will close on June 18th:

Other food options such as pizza, ice cream, baked goods, edamame will be sold on site.



**Boys and Girls can join the
BOY SCOUTS OF AMERICA**

**Want to make lifelong
memories with your child?
Sign up and bring your kid
along for the adventure.**

**If we get at least 5 people and
3 parents, we can start plan-
ning a new troop at the Center.**

**Contact: Kyoko
at nancy_oda@sfvjacc.com**

**Scouting is family, fun, friends
and a lifetime of adventure!**



A Greek Lifestyle

By Old Wakaba, Bud Sagara

My doctor informed me that I have a 16 percent chance of having a heart attack or stroke based upon my age, health factors and lab results. Well, that's enough to scare me off the couch. There's nothing like the threat of a heart attack to motivate a person to make changes in diet and lifestyle. The challenge is to know what to do when there is so much information on the internet or in print resources about diets and healthy lifestyles. It's hard to stick to a particular plan because advice seems to change as new health studies emerge. For example, when I was a kid, eggs were on every breakfast plate, then eggs were no no's, and now eggs in moderation are okay. It's so confusing.

Since I was raised in a Japanese American family, it shouldn't be too hard to follow a completely Japanese diet because the Japanese people enjoy one of the longest life spans of any ethnic group. The problem is that I prefer carne asada burritos and Costco pizza over most anything in Japanese cuisine. The Japanese also have different attitudes toward food than many Americans. In Okinawa, for instance, residents practice *hara hachi bu* or eight parts of ten. They stop eating when they are around 80 percent full, while I usually fill the remaining 20 percent with chips and salsa. The Japanese smaller portion size also helps to keep the waist slimmer and the use of multiple small plates actually serves as a visual deterrent for overloading one's dinner plate. The Japanese use the same word, *gohan*, to mean cooked rice or a meal. Prefixes are attached to *gohan* to form words for breakfast, lunch and dinner: *asagohan*, *hirugohan* and *bangohan*. This is proof to me that a meal without rice is not a meal at all, especially when having Portuguese sausage and corned beef hash for breakfast at the California Hotel in Las Vegas. The problems with a Japanese diet are the high levels of sodium because *shoyu* is in everything and the desirability of fatty portions of red meat. Have you ever watched the Japanese cooking shows on television where the panel of judges drool over portions of red meat that are more fat than lean?

At least up until press time, one of the world's healthiest diets is the Mediterranean Diet. It is abundant in fruits, vegetables, whole grains, legumes and olive oil. It favors fish and chicken over red meat because these protein sources contain less saturated fat. Research suggests that the benefits of following a Mediterranean lifestyle and eating habits may be many: improved weight loss, better control of blood glucose (sugar) levels and reduced risk of depression. Eating a Mediterranean diet also has been associated with reduced levels of inflammation, stroke and Alzheimer's disease.

In one study, Greek males least likely to have heart attacks are shepherds, olive growers or beekeepers. There are not many job openings in these professions in the Valley, but if it works for the Greeks, then I'm willing to give it a go. Our typical Greek man will either walk to work or ride his donkey for longer commutes. This would be an issue for me because donkeys are not allowed on the I-5 Freeway. Our Greek man will start work around 10 am and then take a 3-4 hour break around 1 pm at a local café over a meal and a glass of wine or lemonade. After lunch he might go home to take a nap and then go back to work until he returns home as the evening sun dips into the Aegean Sea. His main meal might be eggplant, squash, fresh vegetables, with crusty artisan bread dipped in olive oil. He might have chicken or lamb once or twice a week or he might have fresh fish caught in the turquoise blue sea outside of his door.

It is no wonder our Greek man and his family live so long because his work seems leisurely even if the sheep and the bees need to be tended to from time to time. He doesn't spend his days jousting with crazy bosses or trying to survive the traffic on the 405 Freeway during rush hour. The Greek male is in harmony with his environment as he contemplates life; much like Plato did centuries before, while looking deeply into the azure sea below and the striking blue sky above. I could retire on a Greek Isle along with my wife because she cooks eggplant and squash really well. It would be good for a week or two, but we would miss our grandchildren, the daily newspaper, the Dodger bullpen exploding, or having those carne asada burritos, cucumber kimchee, and McDonald's french fries that I am no longer allowed to eat. We would miss Crossway Church, Super Bingo, walking to the supermarket and the loads of junk mail that come daily. We would miss our friends and it would not feel like home.

We can attempt to change our lifestyles and diets to keep our bodies more healthy, but there will come a time when any manmade change will fail to keep our bodies from fading. This earth is a grand, empty show that renders nothing lasting beneath its stars. However, there is a change that will stand through eternity. The Apostle Paul teaches us in *2 Corinthians 5:17*, "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" This is not turning over a new leaf or changing diets, but receiving a whole new life in gracious unity with Jesus Christ. There is freshness about it that is everlasting. It's being able to drink from the fountainhead of life where the crystal stream is cool and clear, not muddied by the flow from earthly channels.

As long as we are clothed in this failing flesh, let us strive with all our heart and soul to be found in Christ right now in order to receive this new life that time and death will never impair.

ALZHEIMER'S SUPPORT GROUP Sponsored by Little Tokyo Service Center



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

Group meetings are virtual and confidential.
Contact Lois Okui lois_okui@sfvjacc.com



2022 San Fernando Pee Wee Basketball Clinic

Due to Covid safety restrictions, clinic length and participants numbers are reduced from previous years,

For Boys and Girls, 4 through 7,
ready to learn the basics and meet new friends!
4 Sundays of fun!

Sundays, (July 10, 17, 24, 31)
Registration 9:30 am, Clinic 10:00 - 11:15 am
SFV Japanese American Community Center
12953 Branford Street, Pacoima, CA 91331

Clinic Director: Alana Yamauchi

Assistant at Pee Wee Clinic for 3 years • Coaching SFV Tigers team for 4 years (currently 3rd Grade)
Played for Granada Hills Charter High School for 3 years • Played with club ball team at GHCHS for 3 years
Played with SFVJACC (Wildcats and Y2K) for 9 years • Played with Balboa Park and Recreation for 6 years
Refereed for SFVJACC Sure Shots Summer League for 2 years

\$60 (includes Coaching by SF Coaching Staff, Jersey and Basketball!)
Register Today! (There's space for only 15 boys and girls! First come, first served!)

TO REGISTER: Go to <https://www.sfvjacc.com/sf-athletics.html>

For more information, email Margaret at 818-621-8670 or email: JNCMOM@aol.com

WELCOME NEW MEMBERS

Cheryl Adamos	Andrew Lai
Rohzan Altre	Jeff Lee
Akane Badion	Yoon Lee
Regina Barradas	Darryl Luzande
Peter Bernardo	Robert Moffat
Selena Chaiyarrach	Arthur Ngaokrachang
Melissa Charmaraman	Keiko Nishiguchi
Derrick Chen	Christian Ortiz
Kevin Chen	Atippong Padungkeattiwong
Jason Choi	Ricardo Pena
Eugene Choi	Bank A Pop
Jessica Chung	Cindy Sha
Kelly Connell	Daniel Shaw
Brewer Dejuan	Amy Shimano
Liz-Ann de Leon	Derrick Sierra
Viyakan Diaz	Catherine Smith
Craig & Nancy Edmonds	Anthony Sornbutnark
Maritza Flores	Pisan Sujaridkitpaisan
Tammy French	Suttikeat Suksatit
Ryo Hamidi	Pon Sukthavorn
Jane Hara	Chiyako Suzuki
Enissa Harris	Katherine Symonds
Marilyn Harris	Keiko Takasawa
Scott Higa	Stephen Tan
Sachiyo Hiji	May Tang
Markie Israel-Tombs	Wiput Verapornpongkul
Bryan Kadotani	Karin Wang
Sejoon Kahng	Wendy Wieser
Diana Kim	Ikaika Yasuda
Sarah Kim	Scott Yi
Keiko Kojima	Candace Yoshimura
	Nathan Zhang

2022 VBS at Crossway Church



July 18 to 22, 2022
9am to 12pm

9610 Haddon Ave, Pacoima, CA 91331

Phone (818)896-1676

Registration: \$30/first child,
\$10 off 2nd & 3rd child, Family Max - \$70

Classes:

Mommy & Me (ages 0-36 mos),
Pre-K to 6th grade (in Fall 2022)

T-shirt guaranteed if registration
received by July 3rd.

**Enroll
today!**

Last day to register: July 10, 2022

www.crosswaysfv.org info@crosswaysfv.org

Join Us for our third Virtual
Fine Arts Showcase in
honor of Keiro No Hi!

Keiro no Hi
FESTIVAL
Celebrating our Older Adults

Keiro is inviting everyone in Our Community, age 60 or older, express themselves and the theme of 'Connection' through art. Submitted artwork will be shared on Keiro's website.

Theme: "Connection"

Submit Artwork by: Friday, July 29, 2022

For more information, visit keiro.org/arts-showcase.



敬老の日にちなみ、今年もバーチャルアート展を実施！60歳以上の方はどなたでも参加可能。ぜひご自身の作品出展をご検討ください！

テーマ：「繋がり」

提出期限：2022年7月29日（金）

詳細はkeiro.org/jp/arts-showcaseより。

For questions, email contact@keiro.org or call 213.873.5718.

Keiro



San Fernando Valley Hongwanji Buddhist Temple

**SUMMER
SILENT AUCTION**
JUNE 1 - JUNE 18, 2022

WEBSITE 32auctions.com/sfvhbtsummer2022

Submit donations by **MAY 15, 2022**

We'll be accepting gift cards, crafts, event experiences, tickets, and new items

For more information: svhbtauction@gmail.com



**SAN FERNANDO VALLEY
HONGWANJI BUDDHIST TEMPLE**

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

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

Services continue to be held via Zoom, with hybrid (in-person and Zoom) services once a month or so. Please contact the temple about in-person service guidelines or if you wish to be included on the Zoom invitation list. Please check our website for updates. Thank you, and be safe and well.

June

- 5 10:00 am Shotsuki monthly memorial service
- 12 10:00 am Regular service
- 19 10:00 am Father's Day and Graduation service
- 25-26 Obon Festival

July

- 3 10:00 am Summer service
- 10 10:00 am Obon/Hatsubon and July/August Shotsuki memorial service
- 17 10:00 am Summer service
- 24 10:00 am Summer service
- 31 10:00 am Summer service

August

- 7 10:00 am Summer service
- 14 10:00 am Summer service
- 21 10:00 am Summer service
- 28 10:00 am Summer service

Your donations gratefully accepted:
- Zelle to sfvhbt@sfvhbt.org
- PayPal on [sfvhbt.org](https://www.paypal.com/donate/?url=https://www.sfvhbt.org) or
- check mailed to SFVHBT (address above)



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

Office Phone:

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

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

English Department

Pastor Raynold Nakamura

Japanese Department

Pastor In Hyun

We are now doing hybrid services and have resumed gathering on campus while maintaining the online streaming presence on Sundays at 10:00 am. For more information, email info@crosswaysfv.org



**Chatsworth West
United Methodist
Church**

Open Hearts, Open Minds, Open Doors

10824 Topanga Canyon Blvd.
Chatsworth, CA 91311
818 341-1270

E-mail: chatsworthumc@juno.com
FAX: 818 341 1271

Pastor: Eric Iki
Lay Leader: Jim Melichar

Due to the changing times of the COVID-19 pandemic, services are being held on Sundays at 10 am and bible study on Thursdays at 10 am and 7 pm through Zoom.

If you would like to join the services or bible study meetings, call (818) 341-1270 or email at chatsworthumc@juno.com



**SUNRISE JAPANESE
FOURSQUARE CHURCH**

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

Pastors:
Rev. Paul Iwata
Rev. James Iwata

Join us for our worship services on
Sundays at 10:30 am through Facebook at

https://www.facebook.com/pg/sunrisejapanesechurch/posts/?ref=page_internal

COORDINATING COUNCIL ORGANIZATIONS - MEETINGS - CONTACT PERSONS

Coordinating Council	3rd Wed., 7:00 PM.....	Kay Oda	818 899-1989
Community Center.....	1st Wed., 7:00 PM.....	Call CC Office	818 899-1989
Athletics.....	3rd Tues., 7:30 PM.....	Margaret Takimoto.....	818 701-7628
CC News	Lois Okui.....	818 892-1487.....	Email: lois_okui@sfvjacc.com
Chatsworth West United Methodist Church.....			
.....	2nd Sun., 1:00 PM.....	Pastor Eric Iki.....	818 341-1270
Crossway Church	2nd Sun., 12:30 PM		818 896-1676
Nikkei Senior Gardens.....	2nd Thurs. (even months), 7 PM..	Tadao Okui.	818 517-7907
SFV Bonsai Club	4th Sun., 8 AM-12 PM..	Kazuhiko Nakanishi ..	805 492-3439
SFV Hongwanji Buddhist Temple.....			
.....	2nd Mon., 7:30 PM.....	Eric Reardon	818 899-4030
SFV JACL	2nd Wed., 7:00 PM	Nancy Takayama.....	818 601-6296
SFV Japanese Language Institute.....	2nd Sat., 8:30 AM.....	Kiyo Watanabe.....	818 237-8540
.....			818 896-8612 (Office)
SFV Judo Club	4th Wed., 7:03 PM	Kenji Couey	818 381-7232
SFV Meiji Senior Citizens Club..	1st Fri., 12:30 PM.....	Ritsuko Shinbashi.....	818 892-0470
Senior Hot Meals.....	Fri., 11:30 AM	CC Office.....	818 899-1989
Sunrise Japanese Foursquare Church		Reverend Paul Iwata....	818 782-8738
Valley Japanese Community Center.....			
.....	2nd Fri., 7:00 PM	Joy Longworth	818-270-6833

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

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

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

Email:
lois_okui@sfvjacc.com

CC Deadline:
The 15th of every odd
month.

SPECIAL CLASSES

Aloha Club (Poker).....	Tuesday.....	11:00 AM-3:00 PM	CC Office	818 899-1989
Ballroom Dance.....	Tuesday.....	7:00-9:00 PM	Barbara Okita	818 784-5128
Bowling*, (Winnetka Bowl).....	Tuesday.....	9:30 AM	Sandra Yamamoto	
Country Western Music*.....	Tuesday.....	10:0-11:30 AM	Janet Schuetze	818 767-1819
Exercise Class.....	Tuesday.....	9:00-10:00 AM	Liz Doomey	818 892-7381
Exercise Class.....	Friday	10:00-11:00 AM	Liz Doomey	818 892-7381
Harmonica Class*.....	Friday	1:00-11:30 AM	Call CC office	818 899-1989
Hawaiian Hula (Ohana Pu'uwai Nani) .	Monday.....	11:00 AM-12:00 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 AM-12:00 PM ...	Mayumi Dennis	818 224-3346
Japanese Calligraphy.....	1st/3rd Thursday.....	9:30-11:00 AM	Call CC office	818 899-1989
Karaoke*	1st/3rd Thursday.....	10:00 AM-12:00 PM ...	Janet Yamamoto.....	818 365-8361
Kokusei Shigin Class.....	Tuesday (J-School).....	10:00-11:30 AM	Shigeru Kamimura.....	818 992-4673
Line Dancing*	Thursday	10:00-11:15 AM	Call CC Office	818 899-1989
Nikkei Bowling League	Friday (Winnetka Bowl)....	8:00-10:00 PM	Stan Date.....	818 701-6607
Ondo Dancing*	2nd/4th Friday.....	7:00-9:00 PM	Janet Yamamoto.....	818 365-8361
Ping Pong Club	Thursday/Tuesday	10:00 AM-3:00 PM	Aaron Sanwo.....	661 755-0584
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 Takaaaze	310 202-6693
Zumba (Off premises).....	Monday.....	7:30-8:30 PM	Margaret Takimoto.....	818 701-7628

Note: The classes in red are not yet meeting at the CC.

YOUTH SERVICE ORGANIZATIONS

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

SUPPORT GROUPS & SERVICES

Alzheimer's Support Group..... 1st Saturday

10:00 AM-12:00 PM..... Facilitator: Coleen Nakamura, ADPI
Program Coordinator at LTSC
Contact her at cnakamura@ltsc.org
Online only

Blood Pressure Screening*.....3rd Friday

9:30-11:00 AM..... Nikkei Pioneer Conference Room



SAN FERNANDO VALLEY JAPANESE
 AMERICAN COMMUNITY CENTER NEWS
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 818 899-1989 Fax 818 899-0659

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SFVJACC Mission Statement

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



San Fernando Valley Japanese American Community Center

2022 MEMBERSHIP FORM

(Membership Period: January 1 to December 31, 2022)

- 1. Complete the information below.
 - 2. Make check payable to "SFVJACC".
 - 3. Send your check and this form to: SFVJACC
- 12953 Branford Street
 Pacoima, CA 91331

Family Membership - \$60.00

Single Membership - \$40.00

(Please Print)

Name _____ Phone _____

(Last Name)
(First Name)

Address _____

City _____ State _____ Zip Code _____

Email Address _____

Emergency Contact _____ Phone _____

If you would like to receive the newsletter in the mail instead of digitally, please check the box.

If you would like to be omitted from future CC Directories, please check the box.

* For information, please call SFVJACC at (818) 899-1989. Fax is (818) 899-0659. Website: www.sfvjacc.com