

May 2008

Berkeley JACL Newsletter

SERVING THE BERKELEY, OAKLAND, AND ALBANY COMMUNITIES

Coming Events

- Jun 14,28 **Berkeley Nikkei Seniors Group** at the North Berkeley Senior Center, 1901 Hearst Ave., Berkeley. This group meets every 2nd and 4th Saturday of each month. For information contact Kayo Fisher (707) 372-5843.
- Jun 14 **Sakura Kai Festival**, see article inside
- July 7 **Bento and A's Baseball**, see article inside
- Sep 15 **Berkeley JACL Grant Applications** due; see article inside

Making Noise is a monthly means to exercise your right to express your views, humor, concerns, or anything else of interest. We will be happy to print it in our Newsletter. Please write to the JACL Berkeley Chapter newsletter, c/o Berkeley JACL, P.O Box 7609, Berkeley, CA 94707-0609, or e-mail Berkeley JACL at Berkeley@JACL.ORG. **MAKE SOME NOISE!!!**

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Bento and Baseball is Back!

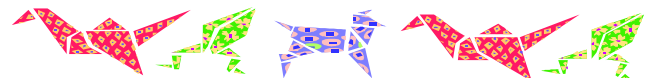
By Marl Fujikawa

Berkeley JACL's fourth annual Bento and Baseball will held on Monday, July 7th. The Berkeley JACL has reserved tickets for the 7 pm A's vs. Seattle Mariners game. For \$25 you will receive plaza level infield seats (\$30 value), a delicious bento dinner and a bottle of water. Game time is 7 pm. This year we will be closer to home plate, but higher up on the 2nd deck.

To reserve your seat, send \$25 for each ticket to Mark Fujikawa, 1402 Navellier Street, El Cerrito, CA 94530. For information call 510-232-0724. Tickets will be mailed to the address on the check (unless otherwise indicated) about one week prior to game time.



Al Satake, Neal & KG Ouye enjoying their Bento at last year's game





Mark Fujikawa with his daughter, Kelly, demonstrating their baseball & bento technique

Eden Issei Terrace Taking Applications

HAYWARD - Eden issei Terrace, a senior apartment complex located at 200 Fagundes Court in Hayward, is currently accepting applications to become a resident of the facility.

Eden Issei Terrace, co-sponsored by Japanese American Services of the East Bay and Eden Housing, Inc., has both studio and one-bedroom units. Each unit has a full kitchen, including electric range, refrigerator and garbage disposal, plus a private bathroom and balcony. Shared amenities include a dining room/multi-use room, lobby lounge, laundry room, meeting rooms, koi pond and gardens.

Residents come together once a day for lunch on week days. They can also participate in recreational, social and educational activities such as exercise classes, bingo, and informative presentations. Recent events have included holiday celebrations, health screenings and entertainment by Aki and Singers.

Eden Issei Terrace also has a service coordinator, Grace Kim, on staff to assist seniors and provide access to appropriate resources.

Under the HUD Section 8 Housing Assistance Program, residents pay 30 percent of their adjusted monthly income to the rent, which includes heat, water, and garbage removal. To qualify, the head of the household must be at least 62 years of age. All residents must be able to live independently. ADA accessible units are available. There are annual income limits which include 10 percent of all assets.

For more information on Eden Issei Terrace and qualifications, contact the office at 510-785-2296.

The waiting list will close on June 27th at 5 pm. All applications for residency must be turned in by that time to be eligible.

Paul Takata

We were saddened to hear that Paul Takata recently passed away. His memorial service was held on Friday, May 23rd at 10:30 am at the Free Methodist Church. He was a Past President of the Berkeley JACL. Tak Shirasawa represented the Berkeley JACL at his service.

Berkeley JACL Awards Scholarships & Honored Ted Jitodai as 2008 Pioneer

By K.G. Ouye

On May 4, 2008, the JACL chapter of Oakland, Berkeley, Oakland awarded scholarships to 5 high school seniors who have demonstrated extraordinary accomplishments in academics, the arts, sports and community service. Friends, family and JACL supporters were amazed at the long list of activities and excellence demonstrated by these young people.



Jessica Kawamura

The scholarship awardees were encouraged by words of advice from recent university graduates and past JACL scholars Jessica Kawamura (2003) and Kyle Morishita (2002). Jessica graduated from Brown University and is currently pursuing her Masters degree in Public Policy at UC, Berkeley. She urged the scholars to seek strong challenges, be pro active in seeking help/mentors and to be generous in giving back in service to the community. Kyle Morishita graduated from UC Davis and will attend law school in the Fall. His message included a challenge to celebrate youthful potential, stay hungry, keep growing and not take short cuts. He reminded the audience of the challenges to

earn a college degree and that the freedom of college life and peer pressure can prevent 50 % of students from achieving their degree. He said the scholars should be in awe of the folks in the room for their many achievements and who still give service to the community.



Kyle Morishita

Ted Jitodai, the 2008 Pioneer Award honoree has been a JACL member in the Golden Gate chapter and over 10 year board member in the Berkeley chapter. He is a retired professor of Sociology at SF State University, Oregon and universities in Japan. Ted grew up in Seattle and has his doctorate from the University of Michigan. Ted is known to be an inspirational teacher and shows his enthusiasm for education. Ted has represented JACL on the JASEB board for many years. He is a fly fishing enthusiast and eager granddad. In addition to the JACL awards, a special Big Blue attire was presented to Ted from fellow Michigan alum, Tak Shirazawa.



Ted Jitodai



Gene Nakamura

Keynote speaker Gene Nakamura gave an inspirational talk that emphasized the teaching, leadership and educational benefits of girls' sports he inspired with over 37 years as a teacher, administrator and coach of the 2 time state championship girls Division 1 high school basketball teams at Berkeley High School. Gene grew up in Berkeley and said he knew most of the JACL past Pioneer awardees. He shared stories of how he learned the basics of fundamental basketball, baseball and track through years in the 'Asian youth leagues. His professor father stressed a college education although Gene had the skills to try for a professional baseball career. Coaching duties included van driving, basketball camps, fundraising and even coaching against his talented basketball playing daughter. Gene's son is a high school coach in the South Bay. When asked about his best players, favorite teams and basketball fame, it

is significant that Gene Nakamura quickly cited that he had over 40 girls who went on to play Division I basketball in college, many with full scholarships. Berkeley High School gym has banner after banner with league, division, North state and state championship. Prominently displayed is a banner honoring Gene Nakamura as teacher of the year. Gene continues his business partnership with Shigota Woodworking and volunteer work for the Berkeley High sports hall of fame.

Sachi Siegelman was awarded the Bea Kono Memorial scholarship. Sachi, a Piedmont resident, attends Head Royce School. She will attend Williams College in the Fall. Sachi is an accomplished soccer player. She was playing in the state club championship and her award was accepted by her mother, Chuck Shimada. Sachi has many community service activities including JACL membership and volunteering at the Japanese Cultural and Community Center.

Stephanie Hironaka attends Piedmont High School. She will enter Stanford University. Stephanie is a JACL member and has traveled and studied in Asian and Japan. Stephanie was a teacher's aide at Daruma-No-Gakko. Stephanie is first violin in the Young People's Symphony Orchestra and has held leadership positions for the orchestra.

Lauren Ashizawa attends Piedmont High School and will enter the Rhode Island School of Design in the Fall. Lauren is a talented artist in painting and drawing. She often uses Asian heritage themes in her work to share her thoughts and feelings as a Japanese American. She is proficient in Japanese and has won the Girl Scout silver and gold award.

Janet Kenmotsu will graduate from Berkeley High School and go on to Boston University. Janet has played lacrosse at the varsity level for 4 years and was the scholar-athlete for the sport from 2005-8. Janet has many volunteer activities including math tutoring, Children's Hospital family House Cook, the paper cranes project and the East Bay Humane Society.

Tiffany Hamasaki will graduate from Berkeley High School and attend UC Santa Barbara. Tiffany was playing in a basketball tournament and her brother and 2006 JACL scholar, Matthew accepted the award for her. Tiffany was captain of the Berkeley High basketball team that won the Northern California Division 1 title the past two years. Tiffany also excels in Japanese dance.

The Berkeley Albany Oakland JACL is pleased to honor these young scholars and pioneer Ted Jitodai. Over \$5,000 was awarded to the students who are outstanding academically, involved in their community and talented in music, art and sports.



Jon Shindo (Wells Fargo Bank), Stephanie Hironaka, Janet Kenmotsu, Ted Jitodai (Pioneer Recipient), Lauren Ashizawa, Kelley Kim (Union Bank), Gene Nakamura (Guest Speaker). Missing - Sachi Siegelman, Tiffany Hamasaki

Berkeley JACL Grants Awarded

By Laura Takeuchi, Grant Committee Chair

The Berkeley JACL Endowment Fund presented grants in May at the Berkeley JACL Board of Directors meeting to three deserving community programs taking place in the Nikkei community this summer.

The Oakland-Fukuoka Sister City Association will host the 37th Annual High School Exchange between the two cities. During the ten-day home-stay with host families in the bay area this summer, the students will participate in cross-cultural exchanges to learn from diverse cultures and communities in Oakland, including the Nikkei Community and the history of Japanese in America plus learn about the culture and traditions of Japan. Their visit to Oakland includes a variety of activities and tours within Oakland including the Buddhist Church of Oakland Obon Festival on August 2nd.

The Northern California Ki Society is a Ki-Aikido dojo. Their funding will support chief instructor, Pietro Yuji Maida's upcoming trip to Japan for further training at an annual world camp in summer 2008. Holding the rank of 7th dan, Pietro Yuki Maida Sensei is one of a few full-time professional instructors representing the Ki Society in the United States. Shin

Shin Toitsu Aikido and Ki as shared by the group is a mind/body training using Martial Arts, breathing, mediation and coordination techniques to develop self-control, awareness and relaxation. The dojo offers classes in Albany and Richmond for all levels and ages.



Neal Ouye (chapter co-president) Liane Hashiguchi Scott (president Oak-Fukuoka Sister City Society), Al Satake (chapter co-president)



Neal Ouye, Tom Nishi (Ki Society member), Al Satake

The California Japanese American Community Leadership Council was awarded funds in support of the 8th annual Nikkei Community Internship (NCI) program. The 8-week program matches college students with community non-profit groups to expose the students to non-profits and Nikkei Community issues while developing leadership skills. The host organizations are in Northern and Southern California, with Little Tokyo Service Center (LTSC) in Los Angeles and Japanese Community Youth Council (JCYC) in San Francisco providing core support. Beyond the summer program, alumni continue to stay connected with their class and the Nikkei Community as volunteers and non-profit staff.



Al Satake with Colleen Oinuma and Sally Kikuchi, former NCI interns.

The Berkeley JACL Endowment Fund is pleased to lend support to the three recipient organizations yet acknowledges each is in need of additional funds to implement the important activities planned for this summer. The community is invited to support with donations, made payable to the organizations or to the Berkeley JACL and sent to Berkeley JACL at P.O. Box 7609, Berkeley, CA 94707-0609.

The Berkeley JACL Endowment Fund is administered by the Trustees and the Board of Directors in order to support community oriented projects or programs that further the aims and purposes of JACL. Applications for funding are accepted from organizations, organizational representatives and individuals for the semi-annual funding cycles. Applications received by September 15th will be eligible for funds to be disbursed by December 15th. Applications and information are available on the Berkeley JACL website, www.BerkeleyJACL.org

The "40-70 Rule"- Bridging the Communication Gap- Time to Start Talking

The issues of aging often leave family caregivers speechless. That's because all sorts of potentially difficult situations arise as adults age. What does a grown daughter say to her dad when he's hit a light pole with the car? How does an adult son ask his mom if she's taking her medications like she should? And how do siblings approach their parents about needing more help at home? These issues can challenge even the family where communication is free and open. And when that happens, it's easier not to talk at all, which can lead to unresolved issues.

Talking sooner is better than waiting until a crisis has occurred. That's what the "40-70 Rule" is all about. This advice is designed to help adult children and their aging parents deal with those sensitive topics that often make conversations difficult. The idea is that if you're 40, or your parents are 70, it's time to start talking - at least about certain senior topics.

The "40-70 Rule" is based on original research conducted by Home Instead Senior Care, which discovered that nearly one-third of adults in the U.S. have a major communication obstacle with their parents that stems from continuation of the parent-child role. The fact that many seniors may still be dealing with their grown sons or daughters as if they're children rather than adults makes these conversations particularly difficult. If you're a Baby Boomer with aging parents, this informative 4070talk.com Web site is designed to help you start even the most difficult conversations with your senior loved ones, before a crisis has occurred and even after one already has happened.

Sakura Kai Festival

The sounds of Taiko drums can be heard at Sakura Kai's first annual Festival on Saturday, June 14, 2008. Sakura Kai's Taiko drummers will be there along with a variety of Japanese entertainment of singing and dancing by our talented members. There will also be a silent auction, crafts and food for sale. It's a fund raiser for Sakura Kai, a Japanese speaking senior center.

Sakura Kai Festival will be held from 1:30 PM to 3:30 PM at Fairmont School Auditorium, next to the El Cerrito Library at Stockton Avenue and Lexington Avenue in El Cerrito. See a Sakura Kai member for tickets or email ECSakurakai@hotmail.com.

Performers include our famous Sakura Kai line dancers, shigin, karaoke, Taiko, and much more. Come join us Saturday, June 14, 2008 from 1:30 PM to 3:30 PM for an afternoon of fun.

The Way of Tea

There are many different traditions of tea practice, each with their own lineage of teachers and style. Visitors to the Asian Art Museum's tea program may have the opportunity to learn from teachers and students trained in five of these different traditions—Dai Nippon Chado Gakkai, Mushanokojisenke, Omotesenke, Urasenke, and Yabunouchi. These practitioners follow many of the same steps in

preparing tea. They differ in certain gestures and sometimes favor different utensils.

Visitors can experience the changing seasons, tastes, smells, sounds, and aesthetics of *chanoyu*—the Japanese way of tea—in special programs held in Asian Art Museum Japanese Tearoom. For more information about the tea ceremony, go to www.asianart.org.

UPCOMING TEA PROGRAM AT THE ASIAN ART MUSEUM

The Way of Tea Gathering hosted by Urasenke San Francisco Association

Saturday, July 12

1:00 pm and 2:30 pm seatings

Tearoom in the Japanese Galleries

\$8 members, \$20 general (includes museum admission)

Space limited. Tickets beginning June 12

Watch and learn about the Japanese "Way of Tea" as you are served your own tea sweet and bowl of whisked green tea. Space is limited, pre-registration advised.

Tires and Taiko?

Did you ever wonder what become of old used car tires? With packing tape and old t-shirts, they recycle as practice Taiko drums!! On a warm Sunday afternoon on April 27th, the Cal Raijin Taiko held a Taiko workshop for members of the Berkeley JACL and others. For two hours the Cal Taiko members worked their students through various drumming combinations, step by step. In front of the crowds passing through Sproul Plaza, the lesson ended with a complete drumming sequence that used all of the learned techniques.



Cal Taiko member instructing Al Satake



Al Satake and KG Ouye showing their technique



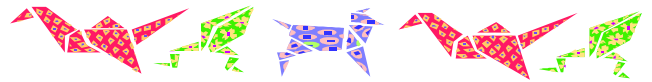
Cal Taiko members showing how it's done



Young Taiko Drummers



Berkeley JACLers Styling



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Newsletter

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Thank you for supporting the Japanese American Citizens League!

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Baseball & Bento w/ the Berkeley JACL- July 7th