Shinzen Returns
Friendship and Goodwill
SF–Osaka Sister City Relationship pages 14-19
Executive Director Message

The term “KUIDAORE,” means eating yourself to ruin

In commemoration of the 60th anniversary of the San Francisco–Osaka Sister City Relationship, our theme for this year’s annual event is “Celebrating the Taste of Osaka.”

In 1956, President Dwight Eisenhower created the Sister City concept to promote peace and bonds between people from different cities around the world. His hope was that people of different cultures could celebrate and appreciate their differences and build partnerships that would lessen the chance of new conflicts following World War II.

In 1957, at the personal request of Eisenhower, Mayor George Christopher of San Francisco was asked to create the first Sister City relationship between the United States and Japan. He chose the City of Osaka because both cities were known for their bays, shipping industries, and for being port towns. Our Sister City relationship with Osaka is the first official government act of re-establishing people-to-people relationships with Japan following World War II and the signing of the Peace Treaty in San Francisco in 1951.

San Francisco and Osaka share many other similarities. The people of Osaka are known to be down to earth, to freely express themselves and are well regarded for their warmth, friendliness, sense of humor and exuberance. Osaka, like San Francisco, is also distinguished for being an attractive, colorful and energetic city that is famous for their world-class dining and drinking culture.

Celebrating the Taste of Osaka

The City of Osaka has long been known as the “Kitchen of Japan.” Its culinary prevalence is the result of its location with access to high quality ingredients, a large population of merchants selling cooking related goods, and its proximity to the ocean and waterway trade.

Historically, Osaka has also been known for its inexpensive, fast dining, so that people are able to eat quickly and get back to work to make more money. In Osaka, people have a saying when greeting each other, “Moukari makka,” which means, “Have you made money today?” or “How’s business today?” Still today, it’s not unusual to see Osaka businessmen eating their lunch in 10 to 15 minutes, and off they go, back to work!

On the other end of their culinary spectrum is Osaka’s world-renowned Tsuji Culinary Institute considered the world’s finest, most expensive cooking school in the world. Since its founding in 1960 the Tsuji Institute has produced some of the most acclaimed chefs in Japan.

Regardless of whether it’s inexpensive or expensive, Osaka is recognized for their love of food both within Japan and abroad. Some famous food authors and critics consider Osaka the most exciting and dynamic food city in the world.

The people of Osaka and their love of culinary arts is made apparent in an old saying, “The people of Kyoto are financially ruined by overspending on clothes, and the people of Osaka spend all their money on food.” They have an expression, “Kuidaore,” which is used to describe Osaka’s obsession with food. The term means, to become poor as a result of one’s extravagance in eating and drinking. In other words, the people of Osaka are said to spend more money on food than anything else.

This year, our annual event celebrates Osaka’s enthusiasm and obsession with food with over a dozen different Japanese food stalls called “yatai,” similar to what you might see on the streets of Japan selling ramen, udon, oden and other hot foods.

Since 1993, the Japanese Cultural and Community Center of Northern California has shared a very rich history and relationship with the City of Osaka. For almost 25 years the JCCCNC has celebrated and commemorated the Sister City relationship by hosting numerous events and organizing several delegations to visit Osaka. Since establishing a formal relationship, we have sent close to 2,000 people, mainly Japanese Americans, to fulfill the purpose of the Sister City partnership – to celebrate and appreciate our differences, build bonds and friendships between people from different cultures, and ultimately to promote and endure peace for all.

We hope that you will join us for our annual event, “Tabemasho 2017: Celebrating the Taste of Osaka,” and experience the feeling of Kuidaore!

Ookini, (means thank you in Osaka-ben)

Paul Osaki, Executive Director

Mission

The JCCCNC is a non-profit organization which strives to meet the evolving needs of the Japanese American community by offering programs, affordable services and administrative support and facilities for other local organizations. The JCCCNC also provides educational, cultural and recreational programs that meet and address the interests and concerns of the community. Our goals remain rooted in preserving the Japanese American cultural and historical heritage as well as fostering the foundation for future generations of Japanese Americans.
Save The Date: Tabemasho 2017

Celebrating the Taste of Osaka

Saturday, September 16 | 4-8 p.m. | JCCNC

Join us at Tabemasho 2017 as we celebrate the foods of Osaka as part of the 60th anniversary of the San Francisco-Osaka Sister City relationship, the longest such partnership that exists between the United States and Japan!

The event will reflect the food culture and taste of Osaka that is known as the “Kitchen of Japan” and feature dishes prepared by guests from Japan and popular local restaurants, Nikkei comfort foods, sake tastings, silent and live auctions and a sweepstakes drawing.

Tabemasho 2017 is our largest fundraising event of the year, helping to support the primary mission of the JCCNC to preserve and promote the Japanese and Japanese American cultural heritage and community for many more generations to come.

For more information about Tabemasho 2017, the auction or annual sweepstakes drawing, contact development@jccnc.org or call (415) 567-5505.
History/Background

In 1995, the JCCCNC and the Office of the Consulate General of Japan initiated discussions on ways to create a more meaningful and dynamic exchange program between the United States and Japan. It was agreed that although there are a substantial number of traditional cultural and intellectual exchanges, there existed a greater need for constructive dialogue and goodwill exchange between young people in Japan and Japanese American (JA) youth.

The sport of basketball has always been a focal point for young people of the JA community. The first organized leagues were established in the 1930’s and has provided a means for Nikkei to meet and develop networks amongst the many communities throughout California. Currently, thousands of young Nikkei participate in organized basketball leagues throughout the state.

Using this thriving basketball culture as a foundation, along with the desire to perpetuate international relations, the Shinzen Nikkei Youth Goodwill Program (Shinzen Program) was conceived. In August 1997, 20 youth representatives and over 60 family members traveled to Japan for the inaugural Shinzen tour. The program was organized cooperatively with the Osaka and Kobe YMCAs strengthening close...
“Participating in Shinzen reinforced the idea that we should all be proud of who we are, where we came from, what our ancestors endured and what our cultural history is.
—Selena Tsang, 2008-09

relationships that were forged when the JCCCNC led relief efforts for victims of the devastating 1995 Great Hanshin-Awaji Earthquake that claimed over 6,000 lives in the Kansai region.

Shinzen: 1997-2009

For 13 years, the JCCCNC traveled to Japan on the odd years and hosted teams from Japan on the even years. During this time, the Shinzen Program provided unique opportunities for not only the exchange of friendly competition but also the sharing of ideas, culture and important values among youth from the Bay Area and Japan. Along with the planned activities, Shinzen participants have been able to live as a member of a Japanese host family; partake in traditional cultural arts like shoji, taiko and dance; visit an orphanage in Kobe that the JCCCNC has supported since the 1995 earthquake; and represent the program at the Osaka Mayor’s Office on the occasion of the 40th and 50th SF-Osaka Sister City anniversaries and 1999 Hiroshima Peace Memorial ceremony.

For our American youth the host family experience has proven to be the most memorable as mentioned by Cole Iwamasa, 2007 team member, “I became friends with locals who showed me around their hometown. This allowed me to experience Japan in a way that tourists do not get to experience.” Participating in neighborhood festivals, cooking traditional delicacies, exploring local towns and, most importantly, experiencing daily life, has broadened the perspective of our Shinzen members to resemblances and contrasts to their life in America. These first-hand cultural experiences with other young ambassadors are priceless as it helps our youth develop and define their identity, as well as establishes a greater connection to their sometimes seemingly distant heritage.

continued on page 6
Remembering the Past...to Create a Future of Friendship and Peace

On the flipside, over 200 Japanese youth from Kobe and Osaka have visited San Francisco. In an effort to share American culture as hosts, the Shinzen Program organized homestays; traditional BBQ picnics with team games and relay races; volunteer activities at Japantown organizations; outings to Great America; and visits to AT&T Park to meet Masanori Murakami, Waly Yonamine and Tsuyoshi Shinjo, watch the Giants and even go on the field to sing “Take Me Out To The Ballgame” for the seventh inning stretch.

Since the inaugural visit to Japan, over 1,200 participants (players and their families) have visited Japan or hosted a Japanese player in their home for the Shinzen Program. Over the years, Shinzen alumni have continued to stay involved in the Japanese American community and many have returned to Japan to continue to build and foster international relations and stay connected to their cultural heritage.

2016-17 Program

In 2016, for the 110th Anniversary of Japantown and 5th Anniversary of the Great East Japan Earthquake and Tsunami, the JCCNC felt that it was important to relaunch the Shinzen Program. The hope was to encourage youth and their families to learn more about their JA history and heritage, travel to Japan as a family to strengthen their ties to their culture and ancestors and be active participants in the community both here and in Japan.

“Shinzen exposed me to a very different culture that is in many ways my own. It has enabled me to make meaningful relationships across language and cultural barriers.”
—Eryn Kimura, 2004-05

The Shinzen teams were selected last spring and the youth have been preparing for their role as goodwill ambassadors. They began by learning about the JA experience from immigration through camp, tracing their roots from their ancestral homes in Japan and researching and documenting their personal family histories. They have also been learning new skills and building confidence as young leaders; working together as a team on the court, in the kitchen and as community volunteers; and working to raise funds through raffle ticket sales, udon fundraisers and a recent golf tournament.

Next month they will continue their leadership and civic development during workshops geared at preparing them for their travel. They will learn about Japanese history, customs and etiquette; how to best communicate, even if language is a barrier; about the devastation that occurred in both Tohoku in 2011 and Kobe in 1995; how to prepare and plan activities for children they will meet; what to expect at their host home; and what to anticipate as we travel to Japan under a tight schedule during the extreme summer heat.

For the first time, the Shinzen Program will visit the Tohoku region to see the effects of the March 11, 2011, devastation and also how the residents and communities are rebuilding their lives in Sendai and the coastal town of Kesennuma. The program will also return to the Kobe YMCA, a partnering organization of the program from its inception. Along with goodwill basketball games, homestays and intercultural exchange activities, the youth and their family members will take time to explore Matsushima Bay in Miyagi, as well as visit Osaka and Kyoto.

For the JCCNC, we will reconnect with friends in Sendai, Kesennuma and Kobe with hope that our youth and families will build new friendships and connections on this trip ensuring we reinforce a future of global peace and goodwill.

“Shinzen wa ai desu. (Shinzen is love)
—Yuya Nakano, 2006
Osaka YMCA Team
Stay tuned for updates about the Shinzen Program and upcoming tour on our website (jccnc.org) and Facebook page (facebook/likeJCCCNC).
The JCCCNC Community: NEWS

25th Annual Kodomo no Hi Children’s Day Festival

On Saturday, May 6 the JCCCNC celebrated our 25th Annual Children’s Day Festival at the Japantown Peace Plaza and Buchanan Mall.

This year’s festival was themed around Japanese folktales and was a great opportunity for participants to learn about traditional Japanese stories that have been passed on throughout generations of families. Story telling sessions, dedicated bounce houses, and a passport activity were organized to help young children and families learn about the Kaguya Hime, Momotaro and Kintaro folktales.

The festival was a success, welcoming over 2,000 youth and families and 30 partnering businesses and organizations. Not only did the Children’s Day Festival provide a unique multi-cultural experience for residents and visitors to Japantown through diverse performing arts, crafts, activity booths and demonstrations, it also served as a fundraiser for several cultural and arts organizations within Japantown.

Prior to the festival, the Children’s Day School Visits program was held for two weeks from April 24 to May 3 and welcomed over 800 preschool to 2nd grade students who were able to learn about the traditional Kodomo no Hi holiday through a sakura mochi station, courtesy of Benkyodo; Odairsama and Ohinasama doll craft; and doll exhibit tour, courtesy of the Consulate General of Japan in San Francisco and members of our community. Thank you to volunteers who donated their time to teach public school students, many who would not have had the funds or resources for cultural studies, to learn about the traditional Kodomo no Hi celebration.

JCCCNC Raises over $12,000 in Support of Community Youth and Families

The JCCCNC would like to thank the community’s collaborative support in fundraising over $12,000 toward our 2017 Nikkei Youth Raffle. The winner of the grand prize of two round trip economy airline tickets to anywhere in the continental United States was awarded to:

DALE MINAMI
Congratulations!

Proceeds from this year’s raffle provided much-needed funds for JCCCNC youth programs and the over 3,000 children, youth and families served annually. On behalf of the staff and board of directors, thank you for your support and we look forward to your participation again next year!

Special Thanks to
The Henri and Tomoye Takahashi Charitable Foundation
Japan Center Malls East and West
Consulate General of Japan in San Francisco
Japan Airlines
Union Bank
San Francisco Arts Commission
Benkyodo
GoGoSqueeze
Japan Video
Japanese Community Youth Council
Nihonmachi Parking Corporation
Sakura Art Products of America
San Francisco Recreation and Park
Programs and Events

Greetings from the JCCCNCG Programs Department! We welcome you to peruse the list below of all the fun and enriching cultural and recreational classes that we offer. The first class session is free for any first-time participant (materials costs for select classes still apply). We encourage you to try something new! For more information or to register for a class, please visit our website jcccnc.org or call (415) 567-5505.

Arts and Culture

Asian American Senior Writing
Preserve the stories and memories of our Asian American community by sharing and writing about the experiences of you, your family and others. This class welcomes both new and experienced writers.
Instructor: Genny Lim
When: Mondays, 10 a.m.-noon
Cost: $110 M/$125 NM/stamp card (10 classes)
$55 M/$62.50 NM/stamp card (five classes)
$14 M/$16 NM/drop-in

Basic Drawing
This eight-week course will teach you basic drawing skills and techniques. Join instructor Rich Tokeshi, an original instructor of Japantown Art and Media (JAM) which flourished in the '80s and '90s. The class is open to all skill levels. Single date drop-in classes are available.
Instructor: Rich Tokeshi
When: Saturdays, 10 a.m.-noon
Cost: $70 M/$90 NM (eight consecutive weeks)
$11 M/$14 NM drop-in

Ikebana
Learn the traditional art of Ikebana flower arrangement. Create a harmony of linear construction, rhythm and color. You will create your own Ikebana flower arrangement each week. Participants are encouraged to bring a vase but it is not required.
Instructor: Chizuko Nakamura
When: Wednesdays, 6-8 p.m.
Cost: $70 M/$90 NM/monthly
$198 M/$252 NM/stamp card (10 classes)
$99 M/$126 NM/stamp card (five classes)
$22 M/$28 NM/drop-in

Ikebana – Saturday class
Instructor: Chizuko Nakamura
When: Saturdays, 1:30-3:30 p.m.
Cost: $70 M/$90 NM/monthly
$198 M/$252 NM/stamp card (10 classes)
$99 M/$126 NM/stamp card (five classes)
$22 M/$28 NM/drop-in

Ikebana: Create a harmony construction, rhythm and color in your own arrangement

Tougei: Ceramic Art
Learn various ceramics techniques including hand-building, wheel throwing and surface decoration to create unique sculptures and/or functional wares. During this eight-week class you will also learn glazing techniques to create personalized pieces.
Instructor: Tomoko Nakazato
When: Tuesdays, 6-9 p.m.
Cost: $175 M/$225 NM (eight consecutive weeks)

Washi Ningyo
Discover the art of Japanese paper doll making and create your own beautiful Japanese washi paper dolls. Learn the basics or perfect your skills in this class of all skill levels. First-time participants must register by phone by the first Saturday of the month. Class fees include all materials. For ages 18+.
Instructor: Rochelle Lum
When: Third Saturday each month, 9 a.m.-noon and 12:30-4 p.m.
Cost: $10 M/$15 NM (+$10-$25 materials fee)

Watercolor
Learn the basics of watercolor painting and bring your artwork to life with the help of

Dance

Hula: Beginning
Learn both Auwana (modern) and Kahiko (ancient hula). You will experience anaerobic (low impact) exercise while learning to dance. No dance experience required. (Class participants also must join the Hālau, Hālau Ka Liko Pua O Kalanîakea for an additional fee.)
Instructors: Denise Teraoka and Alice Jeong
When: Wednesdays, 6-7:30 p.m.
Cost: $32 M/$48 NM/monthly
$70 M/$100 NM/stamp card (10 classes)
$35 M/$50 NM/stamp card (five classes)
$10 M/$15 NM/drop-in

Hula: Gracious Ladies (Adults)
Learn both Auwana (modern) and Kahiko (ancient) hula. You will experience anaerobic (low impact) exercise while learning to dance hula. (Class participants also must join the Hālau, Hālau Ka Liko Pua O Kalanîakea for an additional fee.)
Instructor: Mary Leong
When: First and third Thursdays, 5:30-7 p.m.
Satrurdays, 11:30 a.m.-1 p.m.
Cost: $23 M/$28 NM/monthly (Thursdays)
$45 M/$55 NM/monthly (Saturdays)
$60 M/$75 NM/monthly (Thursdays and Saturdays)
$126 M/$153 NM/stamp card (10 classes)
$14 M/$17 NM/drop-in

KEY
M = Members
NM = Non-Members

continued on page 10
Hula: Keiki (Youth)
Give the gift of hula to your child. S/he will learn coordination, grace and teamwork through both modern and traditional hula. For children ages 5+. Classes are for both boys and girls.
Instructor: Mary Leong
When: Saturdays, 10:30-11:30 a.m.
Cost: $30 M/$40 NM/monthly
$90 M/$108 NM/stamp card (10 classes)
$10 M/$12 NM/drop-in

Hula: Kupuna (Seniors)
Learn ancient and modern hula while keeping your coordination and memory sharp. (Class participants also must join the Hālau, Hālau Ka Liko Pua O Kalaniākea for an additional fee.)
Instructor: Mary Leong
When: Saturdays, 9:30-10:30 a.m.
Cost: $45 M/$55 NM/monthly
$126 M/$153 NM/stamp card (10 classes)
$14 M/$17 NM/drop-in

Line Dancing
Learn dance steps to smooth R&B and pop music and keep in shape while making new friends. This fun anaerobic (low impact) dance class is open to all skill levels. No dance experience required.
Instructor: Alan Kitashima
When: Tuesdays and Fridays, 1:15-2:45 p.m.
Cost: $4 M/$5 NM/drop-in

Martial Arts and Fitness
Karate—Monday and Wednesday Class
Karate is an Okinawan martial art meaning “empty hand.” Develop self-defense skills and strengthen yourself mentally and physically. Our class is part of the International Karate League (IKL) which instructs a modified Shorin-Ryu style of karate. This class is open to all skill levels age 6+.
Instructor: Craig Hamakawa
When: Mondays and Wednesdays, 6-8 p.m.
Cost: $30 M/$48 NM/monthly
$9 M/$14 NM/drop-in

Karate—Sunday Class
Instructor: Craig Hamakawa
When: Sundays, 10 a.m.-noon
Cost: $15 M/$24 NM/Monthly
$9 M/$14 NM/Drop-In

Yoga Prema
Tone your body, heal an injury, lose weight, increase flexibility or relieve stress. Whatever your purpose, once you start and continue practicing, you’ll feel more energized as your body condition improves and your mind becomes clearer. This class is open to both the beginner and experienced yogi.
Instructor: Ai Tanaka
When: Saturdays, 10:30a.m.-noon
Cost: $28 M/$40 NM/Monthly
$80 M/$120 NM/Stamp Card (10 classes)
$9 M/$12 NM/Drop-In

Zumba Gold
Participate in a fun and energetic workout while dancing to upbeat music. Join instructor Janet Cordova as she hosts Zumba Gold classes every Sunday. Whether you are looking for an energizing workout or to make new friends, come and enjoy this fun ongoing class. This class is open for all skill levels.
Instructor: Janet Cordova
When: Sundays, 10:30-11:30 a.m.
Cost: $32 M/$37 NM/monthly
$10 M/$12 NM/drop-in

Senior Chair Aerobics
Designed for seniors who want to build basic physical strength in a low-impact class. Students will use a chair to participate in exercises to increase flexibility, muscle coordination and strength. Classes end with a hands-on massage to relieve any lingering stress.
Instructor: Kaeko Inori
When: Mondays, 12:30-1:30 p.m.
Cost: $4 M/$5 NM/drop-in

Workout Taiko
An exhilarating recreational class to those new to taiko drumming: young, old or just interested in Taiko. This is an aerobics exercise class in which students will learn commonly used Taiko techniques and drum patterns in the course of a cardio workout with low to high impact movements.
Instructor: Melody Takata
When: Three Thursdays every month (please call for exact schedule), 5:30-6:40 p.m.
Cost: $55 M/$65 NM/monthly
$23 M/$27 NM/drop-in

Ukulele classes: Learn the basics, or students with more experience, can learn traditional Hawaiian songs
Karate: Develop self-defense skills and strengthen yourself mentally and physically.

Yoga Prema: Tone your body, heal an injury or lose weight in the class open to both beginner and advanced yogi
Ukulele: Beginners
This weekly entry level class is for beginning ukulele players. New students who have no prior experience are encouraged to take a Ukulele 101 workshop (TBD) to learn ukulele basics before joining the ongoing beginners’ class.
Instructor: Don Sadler
When: Saturdays, 11 a.m.-12:30 p.m.
Cost: $60 M/$80 NM/monthly
$170 M/$220 NM/stamp card (10 classes)
$21 M/$25 NM/drop-in

Ensemble Shiki
Be part of a mixed chorus group and sing a variety of songs, mainly in Japanese with some English.
Instructor: Ruriko Miura
When: Mondays, Thursdays, Fridays and Saturdays (three times a month), call or email for class times
Cost: $55 M/$65 NM/monthly
$23 M/$27 NM/drop-in

Minyo/Hauta/Shamisen
Improve your voice, tone and projection while singing popular contemporary Japanese songs and learn how to play the traditional Japanese stringed Shamisen.
Instructor: Hideko Nakajima
When: Second and fourth Sundays, individual lessons between 9 a.m.-4 p.m.
Cost: $40 M/$50 NM/monthly

Social
Bambi
Meet with Japanese speaking parents and their children for a morning of play.
When: Tuesdays, 10:30 a.m.-noon
Cost: Free

Bridge
Keep your mind sharp while playing bridge in a fun, social environment.
Coordinator: Alice Moriguchi
When: Fridays, 1-4 p.m.
Cost: $2 M/$3 NM/drop-in

Hanafuda
Learn Hanafuda, flower card, a traditional Japanese game dating back over 350 years, with varying styles similar to Gin Rummy.
Coordinator: Bobby Hirano
When: Wednesdays, 12:30-4 p.m.
Cost: $2 M/$3 NM/drop-in

Mah Jongg
Engage in social activity and develop creative strategy skills by playing this popular Chinese tile game.
Coordinator: Yone Higashigawa
When: Tuesdays and Thursdays, 12:30-4 p.m.
Cost: $2 M/$3 NM/drop-in

continued on page 12
Upcoming Events

23rd Annual Nikkei Open Golf Tournament

Monday, July 17
Peninsula Golf and Country Club
701 Madera Drive, San Mateo

Registration is still open (ends July 11) for our 23rd Annual Nikkei Open Golf Tournament at the Peninsula Golf and Country Club (PGCC) in San Mateo, a newly renovated private course that is exclusively open only for JCCNC golfers on Monday, July 17! During the round, players will be treated to some golf trick shots and long drives from professionals and also have an opportunity to participate in a 19th hole putting competition, hole-in-ones and 50:50 closest-to-the-pin prizes on all par threes, lunch and dinner.

Visit jcccnc.org or call (415) 567-5505 to register, or contact development@jcccnc.org for sponsorship opportunities.

Registration: 9 a.m.
Shotgun start: 11 a.m.
Cocktails: 4 p.m.
Awards dinner: 5 p.m.

Programs and Events
CONTINUED FROM PAGE 11

Sports

Community Volleyball
Create a team for your non-profit/service/interest organization and join us for a league filled with fun, food and volleyball! Each team must consist of either board/staff members or volunteers.

When: Tuesdays, 7-10 p.m.
Cost: $35 M/$45 NM/Season

30 and Over Basketball
Sign up for our Monday Night (draft) League. Participate in games that are competitive, but friendly! See our website for league information.

When: Mondays, 6-10 p.m. (up to 15 weeks per season)
Cost: $90 M/$115 NM/per season

40 and Over Basketball
Get your friends and join the mature, wise and friendly competition in our Wednesday Night (draft) League. See our website for league information.

When: Wednesdays, 6-10 p.m. (up to 15 weeks per season)
Cost: $85 M/$110 NM/per season

Notice: Class Payment System Changes
Beginning July 1, 2017, the sale of our five- and ten-class stamp cards will be discontinued. Only drop-in and monthly options will be available. Current participants who own a stamp card will be able to use their stamp card for remaining classes and those cards will not expire. Monthly cards will be prorated if there are classes cancelled by the JCCNC or by instructors who may be away on vacation or ill. For questions regarding the class payment change, contact Matt Okada, Director of Programs, at (415) 567-5505 or by email at mokada@jcccnc.org.

Please note that July 1, 2017, is the new, revised date from the last newsletter, which listed April 1, 2017, as the end date for stamp cards sales.
Upcoming Workshops

Ramen Workshop
WITH MARI TAKAHASHI
Ramen lovers won’t want to miss expert ramen maker Mari Takahashi’s next ramen workshop! The workshop will begin with a tasting of four styles of ramen originating from different parts of Japan, after which Mari will instruct participants on how to prepare a bowl of ramen in the style of their choosing from start to finish. Workshop participants will make their own ramen noodles from scratch as well as learn professional techniques for preparing soup stock and ramen toppings.

Sunday, July 16
11 a.m.-2 p.m.
$105 JCCCNC Members
$120 General Public
Register online: http://bit.ly/jcccncremen

Sushi 101 Workshop
WITH MARK GYOTOKU
For anyone who has their own dreams of sushi, our Sushi 101 workshop with sushi chef Mark Gyotoku is the perfect opportunity to learn how to roll your own sushi! Starting with how to prepare sushi rice to picking and preparing ingredients for your sushi creations, Mark will guide participants on how to prepare three basic styles of sushi rolls. Chef Gyotoku recommends workshop participants to bring a sharp kitchen knife, although all materials will be provided. Sushi is a great addition to your culinary repertoire, and is sure to be a crowd pleaser at any potluck or gathering, so come out and get rolling with us!

Saturday, August 12
11:30 a.m– 1:30 p.m.
$40 JCCCNC Members
$50 General Public
Register online: http://bit.ly/jcccncremen

Summer Kaiseki Cooking Workshop
WITH LARRY SOKYO TISCORNIA AND KIMIKA SOKO TAKECHI
Taught by Larry Sokyo Tiscornia and Kimika Soko Takechi, our quarterly Kaiseki cooking workshops feature a traditional Kaiseki experience with an artful, multi-course meal utilizing in-season ingredients. Originating from meals served at Japanese Zen temples as part of traditional chanoyu tea ceremonies, kaiseki meals combine fresh, healthy ingredients with refined artistic presentation. Each seasonal workshop will feature four dishes and will be mostly demonstration with some hands-on arranging from our participants. Recipes will be provided to enable you to re-create the experience at home.

Saturday, June 17
noon–3 p.m.
$45 JCCCNC Members
$55 General Public
Register online: http://bit.ly/kaisekisummer2017

Introduction to Temari Workshop
WITH CINDY LEWIS-FREID
Due to popular demand, we are offering a temari crafting workshop once again. Get started with our workshop and learn the 1,000 year old traditional Japanese folk craft of temari! Our Introduction to Temari Workshop will teach the history, traditional materials and anatomy of handcrafted temari balls decorated with intricate geometric designs. Instruction includes assistance with stitching vocabulary and techniques for novices, a temari starter kit and additional information on how to start your own temari designs at home!

Saturday, August 26
10 a.m.–1 p.m.
$50 JCCCNC Members
$60 General Public
Register online: http://bit.ly/summertimeari
The JCCCNC–Osaka Sister City Relationship

San Francisco–Osaka Sister City Delegations

In 1994, the JCCCNC first visited Osaka City Hall with a letter of introduction from Mayor Frank Jordan to establish relations with the city government and other local organizations to promote international programs on a grassroots level. The goal was to create and organize cultural and grassroots exchange programs to enhance the understanding and appreciation among the Japanese American community, American public and people of Japan.

Since that time, the JCCCNC has introduced a diverse audience of all ethnic backgrounds to the people and culture of Japan in particular with our Sister City of Osaka. Participants have included first-time travelers as well as many others who have made numerous trips to Japan on a regular basis. Trips have also included visits and meetings with high level government officials, business leaders, non-government organizations (NGO), schools, senior centers, orphanages, YMCAs and other organizations, many of whom the JCCCNC still partners with today and have played an important role in enhancing our Japan cultural and exchange programs.

To celebrate the Sister City anniversaries the Center has organized several delegations to Osaka.
**Since 1994,** the JCCCNC has organized delegations to and from the City of Osaka.

**In 1997,** to celebrate the 40th Anniversary of the Sister City relationship, the JCCCNC organized two delegations to the City of Osaka.

**In May,** the San Francisco-Osaka Citizen Ambassador Conference, which was the largest official delegation to travel to Osaka included 144 participants reflecting the diversity and inclusivity of the citizens of San Francisco. Programs and activities to commemorate the event included a week-long exchange of educators, business leaders, nonprofit leaders, elected and government officials, members from the LGBT community and artists to dialogue with their counterparts in Osaka. Highlighting the trip was Mayor George Christopher who initiated the Sister City relationship, leading the San Francisco delegation at the age of 89 years old.

**Only a few months later** in July, the JCCCNC brought 85 participants including youth and their families for the first annual Shinzen Nikkei Youth Goodwill Program USA, a junior high school sports and cultural exchange program. Activities included homestays, basketball games, inter-cultural activities and visits with Osaka City government officials and representatives.

**In 2002,** the JCCCNC organized the 45th anniversary delegation to Osaka, involving the San Francisco 49ers football team and their exhibition game against the Washington Redskins at the Osaka Dome. Japanese Baseball legend and Hall of Famer Wally Yonamine was honored during the game for being the first person of color to play for the San Francisco 49ers back in 1947. Wally was drafted right out of high school in Hawaii to be the first person of Japanese ancestry to play in the National Football League.

**In 2007,** the JCCCNC assembled a Japanese American delegation to Japan led by Mayor Gavin Newsom to celebrate the 50th Anniversary of the Sister City relationship, to share the Japanese American experience and history with the people of Osaka, and to promote new business opportunities for San Francisco’s Japantown.

**That same year,** the San Francisco-Osaka Culinary Tour brought 80 delegates to Osaka also known as the “Kitchen of Japan,” which included some of the City’s finest in the food industry including chefs, critics, buyers and restaurant owners to share the cities’ culinary delights and ideas on food traditions and trends. Shinzen program youth and families also traveled to Osaka in 2007.
The JCCCNC Community: NEWS

San Francisco–Osaka
CONTINUED FROM PAGE 15

Osaka, San Francisco Plan ‘Sister Cities’ Relations

A. May 14—Osaka, second largest city, and San Francisco, major Pacific city, will discuss the sentiment of affiliation as cities tomorrow when Mayor Mitsui Nakai four-member delegation in San Francisco. S. Bolles, heading the group representing the San Francisco Chamber of Commerce, arrived in Osaka after the Tokyo International Fair. The group will be welcomed by Mayor Nakai tomorrow.

Board of Supervisors and a message from San Francisco Mayor George Christopher to Mayor Nakai. Mayor Nakai has already voiced full support of the affiliation, and a resolution is expected to be approved by the Osaka Municipal Assembly shortly. According to the foreign affairs section of the Osaka Municipal Government, Osaka is preparing materialise for affiliation with San Francisco. The mayor has expressed the desire to maintain the cultural and business exchange that this partnership has given to both cities.

Mayor George Christopher and Keiko Tsuji, Miss Osaka

History of the San Francisco–Osaka Sister City Relationship

The San Francisco–Osaka Sister City relationship is the oldest Sister City relationship between a city in the United States and a city in Japan.

His relationship was formed shortly after the signing of the historic Peace Treaty between the United States and Japan in 1951. In an attempt to find a way to create and promote the implementation of friendly and peaceful relations between the two nations, President Dwight D. Eisenhower set forth a plan to encourage person-to-person relations by developing a Sister City International Program.

The first person President Eisenhower called to help him implement this plan was former Mayor of San Francisco, George Christopher.

Mayor Christopher accepted President Eisenhower’s proposal with great enthusiasm and quickly initiated communications with his counterparts in the City of Osaka to formally acknowledge and start a relationship. Within a few months of Mayor Christopher’s involvement, the first delegation composed of citizens of San Francisco boarded a plane to Japan and participated in a ceremony to formally begin the relationship.

Over the past 50 years, a number of activities have been implemented between San Francisco and Osaka to continually celebrate and appreciate the relationship. In addition, permanent physical markers were created in San Francisco to further acknowledge the relationship.

Items such as the Peace Pagoda in Japantown, the miniature replica of the Osaka Castle in the Kinokuniya Building, the restoration of the torii gate in the Japanese Tea Garden in Golden Gate Park and the recent unveiling of Osaka Way are just a few examples of how the Sister City relationship has positively influenced our landscape.

However, friendship and loyalty between the two cities go far beyond physical landmarks. In 1989, the citizens and government of Osaka collected a combined amount of 63 million yen in contributions to assist the City and County of San Francisco to recover from the Loma Prieta Earthquake. This was the largest amount of money received from a single unified source of funds.

In 1985, the citizens of San Francisco reciprocated by creating their own monetary and emergency supply drive to assist Japanese citizens recover from the Great Hanshin Earthquake.

Although significant, the relationship between San Francisco and Osaka goes far beyond monetary measures and tangible contributions. The continued emphasis and importance placed on encouraging citizen participation between the two cities in a variety of professions and programs has allowed for a continuous exchange of ideas, individuals and friendships. It is hoped that in the decades to come, additional ways to travel, experience and develop other relationships between our two cities can further deepen mutual goals.
About the San Francisco-Osaka Sister City Association

The San Francisco-Osaka Sister City Association helps build bridges of friendship and commerce between these two vital centers of culture and finances. Its programs support individual and civic exchanges that foster better understanding and appreciation between citizens on both sides of the Pacific Ocean. The Association was founded in 1957 under the leadership of Mayor George Christopher and is the oldest Sister City relationship.

John S. Belles met Mayor Mitsuiji Nakai of Osaka Wednesday morning to convey a letter of greetings from Mayor George Christopher of San Francisco and a resolution passed on April 23 this year by the SF Board of Supervisors and the legislative council on the creation of “sister cities” across the Pacific.

Belles called on Mayor Nakai at the latter’s office at 10:30 a.m. accompanied by Mr. Belt, James Campbel, Foreign trade operations manager, Port of San Francisco, Board of State Harbor Commissioners, and Clifton B. Forster, USL and Kinki regional public affairs officer.

The San Francisco resolution read in part:

“It is the opinion of this Board of Supervisors that such an affiliation would be beneficial to the residents of both San Francisco and Osaka and result in an increased understanding and appreciation by the people of both cities involved to learn about the community life of each other through the exchange of cultural material and token gifts, including photographs, recordings, movies, books, magazines, local histories, etc.”

Mayor Nakai said he was pleased to receive the resolution and promised that he will make a reply after consulting the city assembly and businessmen here.

In the course of the one-hour visit, the representative of the mayor of San Francisco disclosed that Cyril Maginn, president, Board of State Harbor Commissioners, is to visit Osaka in the coming fall to attend the 90th anniversary celebration of the opening of Osaka Harbor scheduled to be held for three days from October 8.

Mayor Nakai extended an invitation through Belles to San Francisco for participation in the Osaka International Festival of Music, Drama and Art, which celebrates the close ties between the two cities.

San Francisco donates a cable car to the City of Osaka

Kathleen Kimura (left) and Allen Okamoto (right), SFOSCA Co-Chairs

About the San Francisco-Osaka Sister City Association

San Francisco Desires Strong Ties With Osaka

60th Anniversary

San Francisco and Osaka

1957 – 2017
Osaka

The True Meaning of a Sibling

BY DIANE MATSUDA

ike many San Franciscans, I had no idea that our City had any formal relations with a city in Japan, let alone a Sister City. I assumed official delegations to and from Japan only involved those “in the know” who are continuously active in government, business and civic affairs — i.e., not the normal folk — but I was wrong.

It took a few years of living in Osaka to figure this out. There, everyday citizens know that San Francisco is their Sister City and they take their responsibility as a sibling seriously. They look out for us when we visit; they help us out when a natural disaster or tragic incident occurs; and they make it a point to highlight our commonalities as siblings. Osaka people taught me more about SF than I knew as a native. They taught me to appreciate our uniqueness as well as theirs.

Yup, it is clear that we are siblings. We both like food so much so that the usual topic of conversation both here and there, at any age, centers on where we will eat next. We are also proud of our baseball teams. They love the Tigers. We love the Giants. They know us as the king of clam chowder and we know them as the takoyaki and okonomiyaki champs.

But our relationship goes deeper than that. We care about each other. Back in the day when Kristi Yamaguchi was only recognized for her Olympic Gold Medal status, versus her today as my all around super star hero, she led a delegation of Japanese Americans to Osaka on a goodwill mission sponsored by the JCCCNC. It was the first time for many people in Osaka to see a Japanese American celebrity and for them to learn about the Nikkei experience. They embraced Kristi and the delegation as true relatives and showered us with sincere warmth and generosity. We all felt so fortunate to meet our new family members.

Kristi did not forget her new found family upon returning to the United States When the Hanshin Earthquake struck a year after, she was the first to donate and step up to the plate to offer her support. The warmth she received then continued to stay with her as she volunteered to be...
Osaka people taught me more about SF than I knew as a native. They taught me to appreciate our uniqueness as well as theirs.

Several delegations of San Franciscans have visited Osaka. All of them that I know of and have participated with have involved individuals from all genres of life. In 1997, it was the Citizen’s Ambassador Tour where former Mayor George Christopher, who signed the original Sister City Agreement was the Delegation Chair. In 2002, the JCCCNC accompanied the San Francisco 49ers and watched the Washington Redskins play at the Osaka Dome. Then in 2007, we had the culinary greats of our City including Patty Unterman, Cecilia Chang and Greg Dunmore lead us on a mission to eat everything in sight. This year, as we celebrate our 60 years as siblings, the JCCCNC Cultural Tour will visit Osaka in the fall to participate in a number of hands-on activities to fully understand and appreciate the deep legacy, tradition and pride that culinary arts have played in the history and life of the people of Osaka.

I had the opportunity to meet former Mayor of Osaka Junichi Seki in May this year. He and his wife visited San Francisco during our 50th Anniversary Sister City celebration and joined us in an ondo in Japantown to dedicate the occasion. It is indeed an honor to be remembered by such an important figure in the Osaka world but that is just one indication of how deep and important relationships between our two cities have meant to both sides of the Pacific.

I am not sure if we would have been able to develop such deep familial ties with any other city in Japan without the establishment of the Sister City partnership. Six decades is a long time but there is still the same commitment as was started 60 years ago.

This year, the JCCCNC’s 20th Cultural Tour to Japan will highlight Osaka and Wakayama, in part to celebrate our 60 years as siblings. Friendships in Osaka formed over many decades continue to remain strong as we renew our Sister City relationship with them and look forward to exchanging new ideas and relations in the decades ahead.

So, the next time you are planning your trip to Japan, please consider visiting Osaka. They have been with us through thick and thin and continue to keep us in their hearts. You will feel like it is truly a home away from home. Maido!
Honoring the Special People in Our Lives

Special Tribute Gifts 2016

We all know of individuals who have made a lasting impact on our lives and the lives of others and we are honored that the following donors have chosen the JCCCNC to recognize them. In this edition, we would like to recognize our special donors who have made contributions to the JCCCNC in memory or in honor of someone special during the period January 1–December 31, 2016. We thank you for honoring and remembering those who have helped to make our community exceptional.

In Memory of

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Ms. Traceyanne Yee Leaf, $250
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Dr. Himeo Tsumori, $100

**Harry Nakamura**

**Mary M. Morino**

**George Okamoto, Sr.**
continued on page 22
Special Tribute Gifts 2016  CONTINUED FROM PAGE 21

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Mr. Michael and Mrs. Megumi Nakamura, $50

In Memory of
KATHERINE REYES
Mr. Kenneth and Mrs. Yoshiko Ho, $100

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WILLIAM T. SAKAI
Mrs. Marjorie Fletcher, $25

In Memory of
VIOLET SHINN
Ms. Eleanor Dong, $50

In Memory of
GRACE SUGAWARA
Mr. Shig and Mrs. Terrie Furuta, $75
Dr. Himeo Tsumori, $50

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Ms. Mary H. Ikenaga, $50
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Mr. Roy Yamada, $20

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Dr. Mary Bitterman, $250
Mrs. Aki King, $200
Sokoji, Soto Mission of San Francisco, $200
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In Honor of
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Ms. Kathy Ghanayem, $100
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In Honor of
ALLEN AND PATRICIA OKAMOTO
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In Honor of
GLORY N. YOSHIZAKI*
Mrs. Julie Takahashi, $3,500
*deceased

Do you need a space to host your family gathering, birthday party, meeting, lecture, film screening, conference, workshop or other function? The JCCCNC is here to meet your needs.

For more information, please visit our website at jcccnc.org/about/facility-rental/rentals or email facility@jcccnc.org.

Every effort is made to include general gifts received in the year 2016 (less donations received toward Annual Support Drives, events and raffles), but if a name has been inadvertently omitted, please let us know at (415) 567-5505 or email development@jcccnc.org. 2017 Spring Annual Support Drive donors and tributes will be recognized in the next newsletter.

We want to hear from you!

We are excited to announce the prelaunch of a region wide survey for a needs assessment of the Japanese Nationals and Japanese speaking communities in Northern California.

In Japanese or English, we welcome you to give your feedback on existing, or suggestions for new programs and services that the JCCCNC could offer in order to continue to serve and stay relevant to the growing Shin Issei and Shin Nisei generations as well as the greater Japanese speaking community. A wide variety of comments are welcomed, including ideas for programs and classes related to cultural immersion, language, sports or the arts; provided services in immigration, health or other general areas including education, business, etc. Please send comments and questions to research@jcccnc.org. Submissions will be automatically entered into a raffle for a chance to win a free JCCCNC membership or an electronic audio prize!
Upcoming Events

23rd Annual Nikkei Open Golf Tournament

Monday, July 17
Peninsula Golf and Country Club
701 Madera Drive, San Mateo
Registration: 9 a.m.  |  Shotgun: 11 a.m.
Cocktails: 4 p.m.  |  Awards Dinner: 5 p.m.

Upcoming Summer Culinary Workshops

Ramen: Sunday, July 16
Sushi 101: Saturday, August 12
Kaiseki Cooking: Saturday, June 17

Save The Date Tabemasho 2017
JCCNC's Annual Fundraising Dinner
Saturday, September 16
4-8 p.m.
Celebrating the Taste of Osaka