

April 20, 2018 6:00 to 9:00pm

BERKELEY CITY CLUB 2315 DURANT AVENUE **BERKELEY**



AND CULTURAL PROGRAMS

wus for an evening of delightful tastes and sips from Bay Area restaurants, caterers, wineries and microbreweries. Silent auction and live music throughout the Julia Morgan designed Berkeley City Club will provide the perfect ambiance for a grown-up Friday night.

Participating vendors, as of March 20, include:

- Aburaya
- Ajanta
- Arizmendi
- Asahi Beer
- Aurora Catering
- AXR Winery
- Berkeley Bowl
- Hopscotch
- Kinders BBO
- Lama Beans
- Los Moles
- Musashi
- Postino
- Preston Chocolates
- Semifreddi's

Monticello Vinyards with more to come...

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J-Sei

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J-Sei Home

24954 Cypress Avenue Hayward, California 94544 P: (510) 732-6658 F: (510) 732-6633

Featuring a surprise signature cocktail
Purchase event tickets online at http://flavorsofspring2018.bpt.me.

Classes & Engagements

J-Sei Class Listing

Check out www.j-sei.org/programs for the latest updates and changes.

ART AND WRITING

- Calligraphy, Wed 9:30-11:30
- Watercolor Painting, Th 12:30-2:30
- Writing Our Histories, Tu 10-11:30

CULTURAL ART & MUSIC

- Kimekomi Doll Making, Mon 12-3, 2nd & 4th
- Japanese Fabric Bead & Jewelry, Apr 13 & 27
- Minyo no Odori (Japanese Folk Dance), Th, 10-11:15
- J-Sei Sings, 1st Tu 10-11
- Beginning Ukulele, Wed 10:45-11:45
- Community Ukulele, Th 12:30-2:30
- Finger-Picking Ukulele, Mon 12:30-1:30

EDUCATION

- Beginning Japanese Class, Th 1-2
- Bridging the Digital Divide, Sat, 10-12
- Tanoshii Japanese Conversation, Mon 10-11
- Japanese Movie Night, 2nd Fri 5-8pm
- Mah Jong Club, Th 12:30-2:30

HANDCRAFT ART & SEWING

- Crafts w/ a Japanese Flair, 1st & 3rd Fr 10 -12
- Sewing & Alteration, 2nd & 4th Tu, 9-11:30
- Stash Busters, 1st & 3rd Th 9-11
- Show and Share, 4th Th 9-11

HEALTH & WELLNESS

- Family Caregiver Support Group, Wed 10:30-11:30
- Feeding the Spirit, Mon 11-12:30
- Let's Talk w Satsuki Ina, 2nd Mon 12:30-2
- Integrative Yoga & Meditation, Tu 9:30-10:30
- Kikoh w/ Masanori Naito, 3rd Sat, 11:15-12:45
- Hip Hop Workout, Th 6:30-7:30pm
- Tai Chi Chuan, Tu 12:30-1
- Tai Chi for Arthritis, Tu 1-2
- Qi Gong, Wed 1-2
- Reiki Wellness, Wed 12:30-3, by appt (no session the 1st Wed of month)
- Strength & Balance, Wed 9:30-10:30
- Kikoh w Masanori Naito, 1st & 3rd Sat, 10:30-12

Program Highlights

Let's Talk – 2nd Mondays, 12:30-2

Dr. Satsuki Ina, author of the NichiBei Weekly column "Let's Talk", will engage participants in discussion on various topics relevant to the Nikkei community in a monthly series at J-Sei. These gatherings will provide an opportunity to explore and discuss topics such as Family Legacies of Camp, Coping with Loss, Dealing with Family Conflict, Improving Communication, Japanese American Identity Today, and other topics

requested by participants. Check www.j-sei.org/programs for dates. Facilitator: Dr. Satsuki Ina

Reiki Wellness - Wednesdays, 12:30-3 by appointment

Reiki means "universal life force energy" in Japanese. Through a gentle hands-on technique, Reiki has a profound effect on many forms of dis-ease. A treatment removes toxic energy and substances from

many levels of one's being, be it physical, emotional, mental or spiritual. It restores positive energy flow within the body, enhancing the body's natural ability to heal itself. Sign up for a 20-minute treatment by contacting jill@j-sei.org or (510) 654-4000. Appointments available every Wednesday, except for the first Wed of the month. Donations welcome.

Japanese Influence Craft Making - 1st & 3rd Fridays, 10-12 on-going

A bi-monthly craft class taught by Barbara Morita meets every first and third Friday from 10-12 noon. We welcome participants to join for different handcraft art-making. Upcoming projects include Simple Fused-Glass (Mar-Apr), Pressed Flower & Origami Cards (May-June), Fabric Pendants (June), Origami & Washi Egg Ornament (Oct/Nov). Fee is \$6/class or \$8/drop-in. Material costs based on project.

Japanese Fabric Beads & Jewelry Design – Apr 13 & 27

Learn to create hand-rolled Japanese fabric beads in this 2-day workshop taught by artist DeLynda DeLeon. Select from distinctive Japanese fabric and learn the process of cutting and preparing the fabric swatches and rolling technique. Then, bring your fabric beads and create your own jewelry designs. All materials are provided. Fee: \$35 Instructor: DeLynda DeLeon Reserve your space by contacting jill@j-sei.org.

Stash Busters – 1st & 3rd Thursdays, 9-11 am

Do you enjoy sewing and Japanese handicraft projects? Join this group of collaborators who use scraps of Japanese fabrics as part of creative designs to make bags, clothing, and other items. New participants are welcome.



J-Sei Movie Night - 2nd Fridays

Do you love Japanese films? Then come to J-Sei for a night at the movies! Once a month, get together with friends and fellow movielovers to socialize, watch a movie (in Japanese with English subtitles), and discuss the film. Japanese films of all kinds will be featured, from post-war classics by Kurosawa and Ozu to more recent masterpieces by Koreeda and Kitano, from *jidaigeki* (historical period films) and samurai sword fights to modern stories of love and family. See you at the movies! Save the dates: Apr 13, May 11, June 8, come for dinner at 5 pm (potluck dish optional), movie begins at 6 pm. Donations welcome.

Bridging the Digital Divide - Saturdays, 10-12

Moving beyond the digital divide is no easy task for retirees and older adults. With the digital age continuing to expand, how can we make a connection? Learn from UC Berkeley students all you need to know about your smartphones, tablets, devices, streaming programs and more! After a short presentation, student do one-on-one troubleshooting where seniors are allowed to come in with their devices and questions. One-on-one appointments will also be available on Wednesday afternoons. For more info or to set up an appointment, contact jill@j-sei.org. Suggested Donation: \$5

J-Sei Engagements

*Events held at J-Sei unless otherwise noted. RSVP requested. Donation at door accepted.

Apr 8 Hinamatsuri and Kokeshi Doll Display, a viewing and reception - 1-4 pm

Visit the exquisite Hinamatsuri (Girl's Day Festival) display and the delightful Kokeshi Doll collection on view at J-Sei. The Hinamatsuri Dolls are on loan from Judy Furuichi, Emiko Katsumoto, Nobuko Satake, and Charlotte Yip. The Kokeshi Doll collection from Geraldine Furuzawa consists of 46 dolls representing 13 craftsman styles. Join us for an afternoon tea, bring your family, bring a doll to share, make a Kokeshi bookmark, and enjoy special handmade treats. RSVP requested.

April 28 The Peace Project and Dance for Parkinson's Disease, a demo/talk with Claudine Naganuma - 3-4:30 pm

Claudine Naganuma has been the director of Dance for PD@ at Danspace since 2007, a program that was started by Olie Westheimer of the Brooklyn Parkinson Group and founding teacher and program director David Leventhal, of the Mark Morris Dance Group. As a choreographer, Claudine has collected interviews of people with Parkinson's disease while sharing their stories about their diagnosis and management of PD. She along with her intergenerational dance company have been working on the PEACE Project since 2009 in an effort to explore ways to manage PD and find personal peace. Please join us to hear more about dNaga, a company of youth dancers, professional dancers, and elders with Parkinson's and their plans to share their work at the World Parkinson's Congress in Kyoto.

May 12 A Place of Her Own, an opening exhibit & reception - 2-5 pm

A Place of Her Own, curated by Cynthia Tom & Maggie Yee, in partnership with Asian American Women Artists Association, features artwork created by PLACE participants, alumnae and instructors, answering the question, "If you had a place of your own, what would it be?" PLACE is a transformative healing program for women that explores intuitive art making, visual meditation, ancestral and family patterns and personal beliefs, identity, and trauma. The works, by women ranging in ages 25 to 89, express their vision through a variety of media that combine storytelling, recycled objects and fine art techniques. The public is invited to join the journey through participation in three self-guided artmaking workstations. The exhibit will be on display at J-Sei until June 24. Gallery hours are Mon-Fri 2-5, Sat & Sun 12-3, unless otherwise noted.

May 19 In Search of Miki Hayakawa: A Forgotten Japanese East Bay Artist - 3-5 pm

Who is Miki Hayakawa (1899-1953)? Why have we heard so little about an artist with such talent that she held her first one-woman exhibition of 150 paintings at Kinmon Gakuen (Golden Gate Institute) in 1929, and represented California art in the Golden Gate International Exposition on Treasure Island in 1939? Professor ShiPu Wang from UC Merced, curator of the Chiura Obata retrospective,

returns to J-Sei for another fascinating talk about his "history's mystery" journey of rediscovering Hayakawa's art and life story. In his book, *The Other American Moderns*. Matsura, Ishigaki, Noda, Hayakawa (2017), Wang expands our understanding of a vibrant, cosmopolitan, and thoroughly multicultural art community in pre-WWII San Francisco. The lecture, book sales & signing is co-presented by Friends of Topaz, Japanese American Women Alumni (JAWA) and J-Sei. An update on the *Chiura Obata: An American Modern* exhibit will also be provided.

June 3 A Place of Her Own, an artist gallery talk - 2-4 pm, Gallery will be open 12-5 pm

Meet PLACE participants in the gallery and hear about the artistic healing journey they traveled during the 2018 program and the insights revealed through the artmaking process. (See PLACE description on p. 4)

June 9 Detained Alien Enemy Glass Kimono, art & film by Reiko Fujii - 1-3 pm, Gallery will be open 12-5 pm

Detained Enemy Alien is a wearable glass kimono created by Reiko Fujii that eerily reflects the incarceration of Japanese Americans during WWII. Its ghostly presence remains as a reminder of injustices today. With the light reflecting from the rich glass texture and the haunting sound of wind chimes, the kimono acts as a multi-sensory tribute to her family, friends and those of Japanese ancestry who were unjustly imprisoned. The accompanying film is a compilation of short interviews, with reflections by Kaz Iwahashi, Bessie Masuda, Toru Saito,

Michiko Uchida, Libia Yamamoto and others. Come experience the art and hear from sansei artist Reiko Fujii. Co-presented by the Japanese American Women Alumni (JAWA) of UC Berkeley and J-Sei.

June 10 Totoro Needle Felt Plushie Workshop & Movie Viewing , 1-4 pm

Join Kiyomi and friends and learn to make a Totoro Needle Felt Plushie. Wool is a magical fiber that has tiny scales that help it to stick together. Needle felting is begun by rolling up a small amount of wool. When the wool is stabbed with the felting needle it pulls the wool into itself and the tiny scales lock it together. Totoro is a magical forest spirit created by famed animator Hayao Miyazaki of Studio Ghibli. Learn how to felt your own Totoro and discover the magic by viewing "My Neighbor Totoro". This workshop is open to all ages, young, old, and in between. RSVP required. Workshop Fee: \$10 children 8-17 yrs; \$15 general

June 24 Closing Celebration for A Place of Her Own, 12–3 pm

A Place of Her Own Closing Celebration is a community celebration to gather with the artists and curators. The public is invited to participate in three self-guided art-making workstations. Everyone is invited to join in a Community Potluck. Bring a dish to share that represents your family, community or culture, or just come to celebrate and give thanks for art and healing .

(cont on p. 9)

News

An Enjoyable Tradition

J-Sei's 27th annual crab feed was well attended by over 570 diners, a record number! Diners enjoyed fresh all-you-can eat dungeness crab, garlic noodles, Asian salad and homemade desserts. Live music provided by Glenn's Trio and a live drawing entertained friends and family that gathered at the El Cerrito Community Center on February 25. Member organizations again pitched in with volunteers, ticket sales, drawing prizes, desserts and donations to make the event a big successful. Student service organizations UCB Nikkei Student Union and Alpha Phi Omega were also a significant help. We thank our ever-popular master of ceremonies Ben Takeshta, Susan Shimamoto for her delicious salad dressing and Glenn Shinsako for his cocktail sauce. Thanks to generous donors Acme Bread, Broc Cellars, Gerry and Richard Furuzawa, Elaine and Satoshi Steimetz. The Crab Feed event committee, so ably led by board member Matt Morizono, includes Grace Goto, Tiffany Nguyen, Amy Shinsako, Diane Wong and Kay Yatabe.

Thanks to everyone who participated to generate funds which will support senior services and cultural programs!

Hello, Hello, Hello

I am delighted to be back at J-Sei. Thank you for your gracious 'welcome back' greetings: staff, volunteers, clients – all so very welcoming. After five years as J-Sei's part-time case manager, I joined the Peace Corps in Africa for a year and returned to J-Sei in January. Thank you to Cinzia and Minako for taking good care of everyone while I was gone. Stop in and say hello – look forward to seeing you all again.

In addition to all the wonderful people, it is SO exciting to see and hear all the goings-on around J-Sei. I walked in today and there is singing in the atrium, family support group in a meeting room, writing our histories in the conference room, and people sitting and reading in our sweet little reading alcoves. And while all that is going on, Jill and Tiffany are setting up for sewing, ukulele and Tai Chi. WOW – and this is just a Tuesday!! SO exciting - We are all so very, very fortunate to be part of the J-Sei Community. Thank you for letting me be part of this amazing place. — Veta



New Board of Directors Member



My name is Cole Yoshida and effective January 1, 2018, I was elected to the J-Sei Board of Directors. I am honored to have been selected to join the board, as I feel J-Sei truly represents how an organization can effectively work together to support a community's diverse needs. I have already experienced our board's teamwork spirit which is displayed at meetings and community functions, witnessed the mutual respect that board members, staff, and volunteers have with each other, and have participated in heartfelt services that we all diligently provide to the seniors and families that we support.

I can only hope that I can live up to the responsibilities that my new board position requires and that I can continue to earn the trust and respect of my fellow

board members. I feel that this is our time and our responsibility to give back to our seniors all that they so unselfishly and lovingly provided to us during our formative years. I pledge to honor the legacy that past and current board members have been bestowed with and to continue to compassionately serve the seniors and families whose support we have been entrusted with opportunities available.

J-Sei Home

Located in a ranch style home, J-Sei Home is a state- licensed residential care facility for the elderly that offers care in the Nikkei tradition. The personalized care, high quality meals and nurturing attention create a supportive setting for older adults who no longer want to live on their own. With an average of 12 residents, it is a very pleasant and warm environment. You are welcome to tour J-Sei Home. Please call Mary at (510) 732-6658 or email her at mary@j-seihome.





Want To Join The Fun?

The J-Sei community is vibrant and active. The talents of many volunteers flourish in areas of each volunteer's interest. Do you ever think of how you may be involved? Here are a few ways for you to consider:

- Visit and socialize with an older adult who is homebound. Exchange stories and provide much needed companionship.
- Deliver hot Japanese lunches to local seniors who depend on J-Sei for good nutrition
- Help us prepare our quarterly newsletter for mailing
- Pick up needed food items from the local food bank to distribute to J-Sei seniors who could benefit from extra nutrition.

We would welcome your help and energy in promoting wellness. Call us and we can tell you more! 510-654-4000

Planned Giving: Vital Gifts to J-Sei's Future

J-Sei serves over 600 people a year with a broad continuum of senior wellness programs and cultural programs. Our ability to support the Nikkei community requires the assistance of many contributors including donations from planned gifts. J-Sei is grateful for the recent generous planned gift from The Shizuye Mikami Family Trust in memory and in honor of Masao Mikami. Planned gifts help ensure J-Sei's ability to provide care for seniors in the years to come.

A sample of some planned gifts include cash, bequests, retirement plan beneficiary, publicly traded securities, and real estate. Your generous planned giving gift allows you to make a difference to the future of programs you believe in. You may also benefit from favorable tax consequences. Please call Diane Wong at (510) 654-4000 for more info.

J-Sei Engagements (cont from p. 5)

June 28 (Th) Life After - Moving Walls, new stories on what happened after WWII, 6-8 pm

Given twenty-five dollars and a one-way bus ticket to make a new life, some ventured east to Denver and Chicago to start over, while others returned to California only to face discrimination and an alarming scarcity of housing and jobs. In Life After Manzanar, Naomi Hirahara and Heather Lindquist weave new and archival oral histories into an engaging narrative that illuminates the lives of former internees in the postwar era. Moving Walls: American Nightmare to American Dream, a documentary by Sharon Yamato, is the story of what became of the barracks built to house 11,000 Japanese Americans at Heart Mountain concentration camp and who lives in the structures today. Join us for an engaging conversation with writer Naomi Hirahara and filmmaker Sharon Yamato on their work and the compelling stories that draw them in to discover more insights on resettlement and the post-WWII era. Refreshments, book & DVD sales & signing. RSVP requested.

Asian Day Luncheon — Postponed

The Asian Day Luncheon that was in the J-Sei calendar for May 10 will not be held as scheduled. In recognition of Asian American Heritage Month, "A Place of Her Own" with the Asian American Women Artists will be held at J-Sei from May 12 - June 24. Stay tuned for a senior summer activity to be included in the next newsletter.

Resources

Making Your Home Secure and Safe

Most residential burglaries can be prevented by following a few basic crime prevention tips. No need to be anxious or scared — here are a few simple tips to make sure your home and car are as secure as possible:

Your Home

- Light up your residence make your home looks occupied, even when you are away.
- Lock outside doors and windows before you leave the house or go to bed, even if it is for just a short time.
- Check locks on doors and windows to make sure they are secure deadbolt locks on outside doors are recommended; 'ventilation' locks on sliding doors and windows are also recommended, as well as auxiliary locks to bolster security.
- Lock your garage door and garden sheds.
- Keys stolen or lost? Change locks immediately. Always change locks when moving to a new residence.

Outside Your Home

- Put away mowers, barbecues, ladders and bicycles — they are tempting for a thief.
- Keep trees and shrubs trimmed to eliminate hiding places
- Make sure to have adquate lighting; motion-sensitive light is good if possible.

If you are away for any length of time:

- Connect two lamps to automatic timers to turn them on in the evening and off during the day;
- Cancel the paper so it does not collect while you are away;
- Have the post office hold your mail or a neighbor to take mail regularly;
- Arrange for your lawn to be mowed, if away for an extended time.

NEVER leave keys anywhere outside (not under pots, above the door, not anywhere!!)

KNOW WHAT YOU HAVE by keeping a detailed inventory of all valuable possessions: description, date of purchase and original value, serial numbers, etc. Take photos is possible. Keep this inventory in a safe place away from home. This is good precaution in case of fires, other disasters. Your insurance company may be able to assist you in keeping your inventory.

IF YOUR HOME IS BROKEN INTO DO NOT ENTER!!! CALL THE POLICE!!! DIAL 911. IT IS MOST IMPORTANT THAT YOU ARE SAFE!!!

Source: Community crime prevention tips, San Jose Police Department; and Thank You to Matt Morizono.

Senior Center Partnerships

Berkeley Nikkei Center

1901 Hearst Street, Berkeley (510) 809-5202 Director: Kayo Fisher

2nd Saturday - 10 am to 2 pm: exercise, yoga, singa-song, art and craft, calligraphy or sumi-e, dance, blood pressure clinic, entertainment and fundraising, home-made Japanese lunch

4th Saturday - 10 am to 2 pm: Celebration of the month birthday, arts and crafts, hot Japanese lunch (\$3)

Extending Connections

Buena Vista United Methodist Church 2311 Buena Vista Avenue, Alameda (510) 522-2688

It's a time for fellowship, to learn new things, and enjoy support and encouragement from each other.

Meets on the 2nd and 4th Wednesdays of each month from 9:30am-1pm at Buena Vista Methodist United Church in Alameda. Each Wednesday begins with fitness using stretch bands, weights, and Tai Chi followed by a coffee break and sing-alongs to old Japanese and American classics. Lunch is served at 12pm; special program from 11am-12pm; birthdays are celebrated on 2nd Wednesdays. A \$2 donation to the church is requested. For more info, contact (510) 522-2688. See you there!

Eden Senior Center

EDEN Japanese Community Center 710 Elgin Street, San Lorenzo (510) 276-9786

The Eden group comes together on the 2nd and 4th Thursday each month from 10 am to 1 pm.

Volunteers provide leadership and support for all program activities. Activities include exercise, singing and crafts, birthday and holiday celebrations, movies, occasional speakers and lunch. The Eden group also goes on field trips during the year. Contact the center directly for dates.

For more information, please contact the center on the 2nd or 4th Thursday of the month.

Sakura Kai Open House Senior Center

6500 Stockton Avenue, El Cerrito (510) 778-3406 | 8:00 am - 3:00 pm Coordinator: Toshi Kuwabara

Cultural and educational programs for seniors on 1st and 3rd Saturdays.

Our classes help enhance health with yoga, taiso, hula and line dance; improve skills in technology and self-improvement in karaoke, calligraphy; ukulele with crafts and Mah Jong games; socialize and enjoy delicious Japanese lunch; celebrate monthly birthdays.

First Saturday

Taiko, Mah Jong, craft / origami, iroiro, blood pressure screening, conversational Japanese, sit down and stretch yoga, men's group, English Wi-Fi, karaoke, line dance, and Japanese computer/Wi-Fi.

Third Saturday

Taiko, Mah Jong, craft / origami, Japanese calligraphy, iroiro, ukulele, conversational Japanese, light exercise or laughter and health, men's group, line dance, English Wi-Fi, conversational English, Japanese computer/Wi-Fi, and music bell.



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Help us prepare and deliver senior lunches! **Rewarding volunteer positions open now**

Staff Contacts

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Save the Date!

Apr 8

Jun 24

Jun 28

Her Own

Display

Hinamatsuri and Kokeshi Doll

	2.50.67
Apr 20	Flavors of Spring
Apr 28	The Peace Project and Dance for Parkinson's Disease
May 12	A Place of Her Own: Opening Exhibit and Reception
May 10	Asian Day Celebration
May 19	In Search of Miki Hayakawa: A Forgotten Japanese East Bay Artist
May 28	Memorial Day; J-Sei Closed
Jun 3	A Place of Her Own: Artist Gallery Talk
Jun 9	Detained Alien Enemy Glass Kimono
Jun 10	Totoro Needle Felt Plushie Workshop and Movie Viewing

Closing Celebration for A Place of

Resettlement and Settlement