



## 2021 J-Sei's 50th Anniversary!

Community, care and culture has been the foundation of J-Sei's mission that started in 1971 with East Bay Japanese for Action, and later involved East Bay Issei Housing which then resulted in the creation of Japanese American Services of the East Bay which is now J-Sei. Five decades of service focused on older adults, families and Nikkei culture gives us much cause for reflection and appreciation.

In our 50th year, we look forward to celebrating this milestone birthday with you through many community events in 2021. Please plan on joining us in honoring our history and envisioning the future. Stay tuned in early 2021 for more details.

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### Contributors

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## J-Sei Online

Since the closure of on-site classes due to shelter-in-place, J-Sei has quickly shifted its platform to provide virtual classes to sustain our health, wellness, and community connections. We are thankful for the willing spirit of our instructors to forge a new path and the brave seniors who as reluctant followers have learned how to log on. We are especially indebted to retired programmer Eric Hoppenfeld for helping us navigate online, providing training for staff, and tech support. The new online J-Sei community center offers the classes in the Online Class Schedule to the right.

*Please contact Jill Shiraki at [jill@j-sei.org](mailto:jill@j-sei.org) if you are interested in trying any of the classes, or need technical assistance. We will connect you with the instructor who will provide you with the meeting link and other information.*

### Online Class Schedule

#### Monday

Tanoshii Japanese\* (10 am), Tai Chi for Arthritis (1 pm)

#### Tuesday

Gentle Yoga (10 am), Writing (10 am), Tai Chi 2 (1 pm), Community Ukulele (2 pm)

#### Wednesday

Qi Gong (10 am), Sogetsu Ikebana (1:30 pm)

#### Thursday

Minyo no Odori (10 am), Strength & Balance (10 am), Mah Jong Club (12 pm)

#### Groups

Let's Talk (2nd Mon, 12:30), Staying Healthy\* (1st & 3rd Mon, 2:30 pm), Singing (1st Tu & 3rd Wed, 10 am), Aging Together\* (1st & 3rd Wed, 10 am), Japanese-Speaking Community (4th Thurs, 2 pm), Men's Group (1st & 3rd Fri, 10 am), Family Caregiver Support (Tues, tbd)

*\*Currently not open for new students.*

## Featured Programming

### J-Sei Connect

J-Sei Connect offers a variety of virtual workshops and community forums to engage individuals in reflection, dialogue and creative expression. These range from origami, cooking and sake workshops, to film talks, book events, and community conversations on coping with COVID-19. To see what is upcoming, visit [www.j-sei.org](http://www.j-sei.org) and sign up for our eBlast news.

### Sake Workshops

Friday Night, 7 pm (Nov & Dec TBD)

By popular demand, sake connoisseur David Sakamoto will join us again to expand our taste for sake. We anticipate a virtual tour that is in the works to visit a regional brewery in Japan in the fall where they are busy with their next season. Again, we look forward to some tips and tasting of sake choices we can add to our holiday table.

David Sakamoto is a certified Advanced Sake Professional by the Sake Education Council in Tokyo and has a Level 3 Award in Sake from the Wine & Spirit Education Trust (London). He has visited over 30 sake breweries and has interned at Daimon Shuzo in Osaka and Obata Shuzo's Gakkogura in Niigata.

*A sake-tasting kit, featuring samples personally selected by David will be available for a \$30 donation.*

### Simple Japanese Cooking

Thursday, October 22 & Thursday, Nov 19, 3 pm

Azusa Oda, author of Japanese Cookbook for Beginners, will continue to cultivate our skills to bring delicious and satisfying Japanese meals to the table. In October, the class will feature a family favorite Super Simple Ramen and Pork and Cabbage



Gyoza. To prepare for family gatherings, a colorful Chirashi dish and delectable Chawan Mushi are sure to impress your guests. Azusa Oda is an avid home cook, food blogger of HumbleBeanBlog.com and designer.

## Japanese-Speaking

J-Sei will hold a Japanese Community Talk for the purpose of connecting with others and building a network of Japanese-speaking people with varied interests and experiences. The online program will be held on 3rd Thursdays: October 15th, November 19th and December 17th at 2 pm. Please RSVP to [miyuki@j-sei.org](mailto:miyuki@j-sei.org).

皆様、

いかがお過ごしでしょうか？

J-Seiでは、様々な興味や経験のある日本人同士がつながりネットワークを構築することを目的とするJapanese Community Talk（日本語談話会）を開催いたします。

開催日:第3木曜日の10月15日、11月19日、12月17日

時間:午後2時~3時30分(パシフィックタイム)。

参加方法はZOOMを使った参加となります。

コンピュータやiPad, タブレット、またはスマートフォンがあれば、簡単に参加できます。電話での参加も可能です。

参加希望の方はJ-Sei ミユキまでEメールでご連絡ください。[miyuki@j-sei.org](mailto:miyuki@j-sei.org)

## Queer Japan, a film night in collaboration with Okaeri (LA) and J-Sei

Friday, October 23, 6:30 pm

Join us for a film talk on QUEER JAPAN, a feature documentary about LGBTQ+ Artists and Activists in Japan, directed by Graham Kolbeins, produced by Hiromi Iida, co-written by Anne Ishii.

Trailblazing artists, activists, and everyday people from across the spectrum of gender and

sexuality defy social norms and dare to shine in this kaleidoscopic view of LGBTQ+ culture in contemporary Japan. From glossy pride parades to playfully perverse underground parties, Queer Japan pictures people living brazenly unconventional lives in the sunlight, the shadows, and everywhere in between.

RSVP at Eventbrite: <https://tinyurl.com/y6suz985> to receive a link to preview the film. Eventbrite will send you a link to the online event page. Then, join us for a lively discussion with Graham Kolbeins on his film that uplifts LGBTQ individuals living out and proud in Japan. Graham Kolbeins is a Canadian queer filmmaker, writer, and designer living in Los Angeles.

## Tokyo 1964: An Evening with Journalist Roy Tomizawa

Friday, October 30th, 6:30 pm

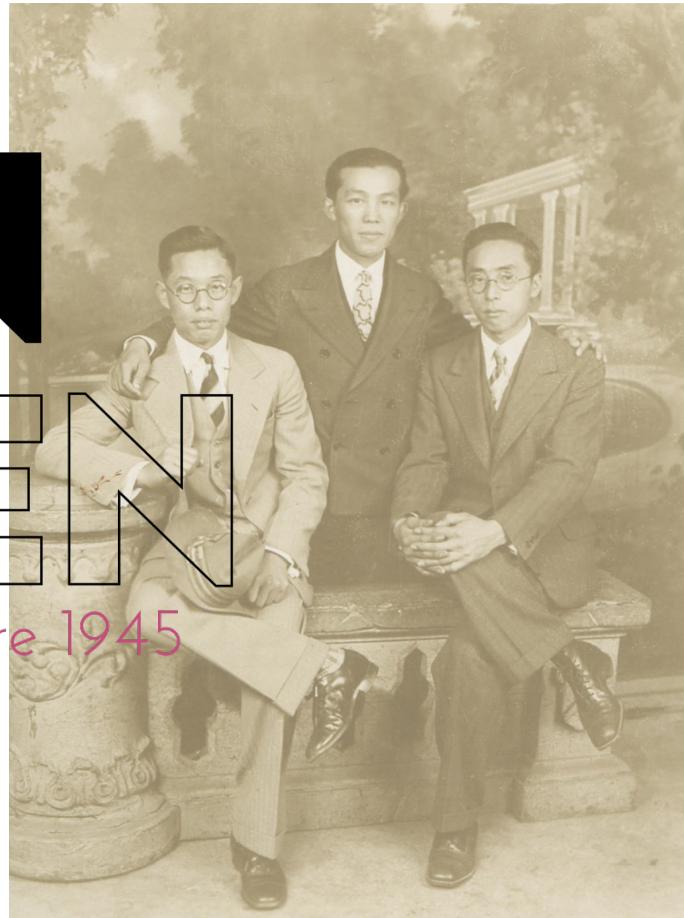
Join J-Sei At the Movies to spend an evening with journalist Roy Tomizawa, author of 1964, The Greatest Year in the History of Japan. Roy Tomizawa celebrated his first birthday on the opening day of the 1964 Olympics. His father worked with the NBC News crew that broadcast those games to homes in the United States. As far back as he can remember, Roy has been a fan of the Olympics. A year after Tokyo was awarded the 2020 Olympics, Roy went searching for an English-language book that chronicled the 1964 Olympics--but he couldn't find one. As a former print journalist, Roy decided to combine his love of the Olympics and his knack for writing and chronicle the event that symbolized the determination of the Japanese to survive and thrive after World War II.

For inspiration, preview Tokyo Olympiad, Kon Ichikawa's classic documentary, an artistic montage to the intensity, sacrifice and triumph of athletes from all over the world, available on YouTube. Then, join the discussion with Roy Tomizawa on how the world was transformed in 1964.

NEW FEATURED VIRTUAL EXHIBIT

# SEEN AND UNSEEN

Queering JA History Before 1945



## **A Virtual Tour and Meet the Curators**

Sun, October 11th at 4 pm

Seen and Unseen is the first-ever exhibit focused on Nikkei (Japanese Americans) who were involved in intimate same-sex relationships or defied gender roles in the early 20th century. Queer Nikkei are virtually non-existent in Japanese American history, but this exhibit brings them into view. Drawing from recent research by scholars in history, cultural and literary studies, Seen and Unseen brings to light a hidden past when same-sex relationships and female impersonation were accepted parts of Japanese immigrant culture, and how queer Japanese Americans expressed themselves as the Nikkei community came to mirror white American fears of same-sex intimacy and gender nonconformity.

Seen and Unseen will open on October 11, 2020 to coincide with National Coming out Day, and run through Feb 14, 2021. Seen and Unseen: Queering Japanese American History Before 1945 is hosted by J-Sei and co-curated by Amy Sueyoshi and Stan Yogi.

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The following exhibit-related programs will take place over Zoom:

Sunday, October 11, 2020, 4 - 5:30 pm -  
Opening Program

“Seen and Unseen: A Virtual Tour & Meet the Curators Amy Sueyoshi and Stan Yogi

Sunday, November 8, 2020, 4 - 5:30 pm

“Queer Compulsions: Love, Sex and Scandal in Turn of the Century Japanese America” by historian Amy Sueyoshi

Tuesday, November 17, 2020, 7 - 8:30 pm

“We Were Here and Queer Before the Issei” by literary scholar Andrew Leong

Tuesday, December 1, 2020, 7 - 8:30 pm

“Queer Cinematic Visions of Nikkei History” by filmmaker Tina Takemoto

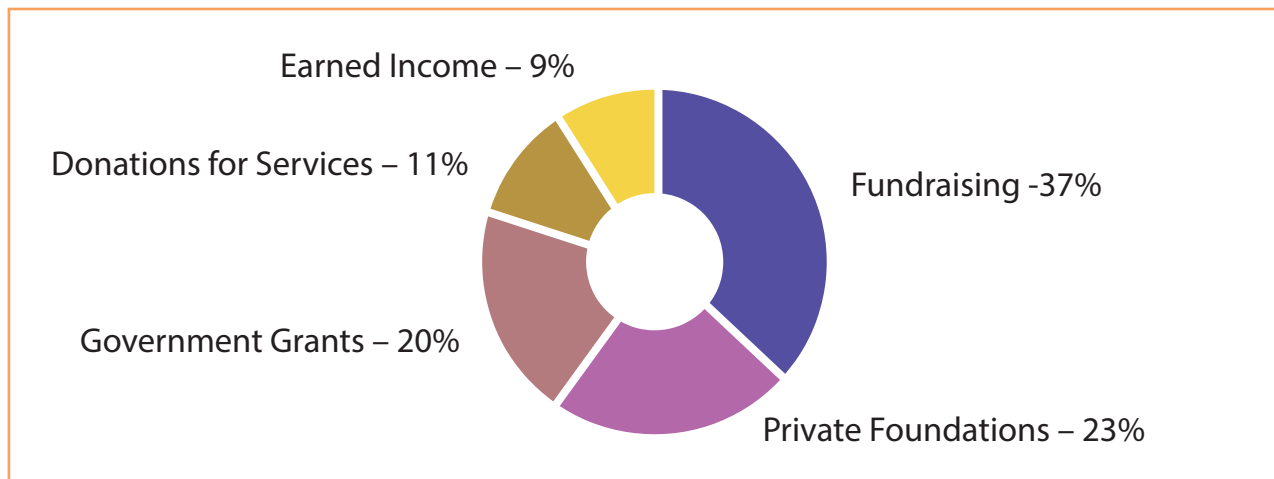
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## This Past Year

J-Sei operates on a fiscal year and just completed the last July 1, 2019 to June 30, 2020 period marked by tumultuous challenges presented by Covid-19. Despite the pandemic, J-Sei had a solid programmatic and financial year. Tremendous demand for the caregiver registry program resulted in a 70% increase in inquiries. With shelter-in-place orders, 30% more seniors received home delivered Japanese lunches and the total number of meals increased from 19,958 meals the previous year to 24,773 meals for a 24% increase during the 12-month period.

J-Sei's ability to help families can only be accomplished with the bighearted support of donors, foundations and government entities. We send our gratitude to the many entities that provided vital assistance during a very demanding year: Alameda County Area Agency on Aging, Contra Costa County Health Services Department, City of Berkeley, Asian Pacific Fund, Berkeley Pilgrimage Foundation, Beulah Older Adult Fund, East Bay Foundation on Aging, JA Community Foundation, Kaiser Permanente's Northern California Community Benefit Programs, K/T Foundation, San Francisco Foundation, Senior Assistance Foundation Eastbay and Union Bank.

### Fiscal Year 2019-2020 Revenue Sources



## Save the Dates

J-Sei continues to develop creative virtual activities to keep the community engaged. Save the dates for the events below. More info will be posted on the J-Sei website and sent via our monthly eBlast. Sign up for the eBlast at [www.j-sei.org](http://www.j-sei.org) to stay updated.

### Harvest Festival

November (Date TBD)

Enjoy a harvest bento, then join us for an afternoon of music, craft, and reflections on all that we are thankful for.

### J-Sei's Holiday Affaire

Sunday, December 6th

Spend an afternoon of good cheer and shopping fun with J-Sei's crafters and community friends.

### Oshogatsu Workshop

Sunday, December 13th

Prepare for Japanese New Year's by learning a new dish with cooking demonstrations and craft activity to continue cultural traditions for your family.



## Call for Historical Photos

Do you have photos from the days of East Bay Japanese for Action (EBJA) or East Bay Issei Housing (EBIH)? If so, we want to see them!

As J-Sei prepares to celebrate its 50th Anniversary next year, we are seeking photographs showing individuals who founded our predecessor organizations starting in 1971, as well as snapshots from its events and activities. Selected images will be published in celebration-related materials and exhibited at events throughout the year.

Scanned images of photos work just fine. All original prints will be returned. We would also like to interview founders and early members of EBJA and EBIH. If you were involved or know someone who had been an EBJA or EBIH member, we would love to hear from you. We will have a release form for the use of images and for photo credit.

Please e-mail us at [diane@j-sei.org](mailto:diane@j-sei.org) if you wish to contribute photos or can help us with this project.



## URGENT!

### Volunteer drivers and kitchen help needed

*"A lunch and a smile!"*



If you are available for weekday mornings and are not in an elevated risk group for COVID-19 we want to hear from you!

Sign up today to help prepare & deliver hot Japanese lunches to homebound seniors in the East Bay

### Contact Kathleen Wong

(510) 654-4000 x16 or [kathleen@j-sei.org](mailto:kathleen@j-sei.org)  
Or visit our website [www.j-sei.org/signup](http://www.j-sei.org/signup)





Thank you for joining the  
*virtual*  
J-SEI  
*family*  
FESTIVAL

Search J-Sei on Youtube to see all the videos.



## Case Manager's Corner

by Miyuki Iwata, J-Sei Case Manager

### MUTUAL AID NETWORK – “Solidarity not Charity”

When crises happen, people do take up the challenge. Mutual Aid networks are grassroots, local programs, run by volunteers: connecting those who offer help with those who need help. Neighbors helping neighbors, that is what neighbors have always done.

Mutual Aid networks started around the turn of the 20th century, mainly helping under-served populations during times of need. COVID-19 presents another time of great need and local Mutual Aids are starting up in communities around the U.S., including the Bay Area. “Mutual Aid groups are about organizing...under the notion that everybody has something to contribute, and everybody has something they need” (Simone Norman, Crown Heights Mutual Aid).

During this pandemic, with so many people isolated and sheltered in place, the need for assistance keeps growing. Those neighbors most in need, include the elderly, people with health risks and people with disabilities. Each of us may need support at some point, either on going or maybe just for one time. AND, it seems that no matter how great the need, volunteers continue to rise to the challenge.

OK – so what is it that they actually do?

First a requester is matched with a healthy volunteer. The idea is to develop an on-going relationship between requesters and volunteers; although sometimes a person only needs a one-time errand. During COVID-19, masks are required and social distancing is maintained. Some of the support may include:

- Grocery shopping/essential errands: the requester gives the volunteer a shopping list for the market or the pharmacy or other store. The volunteer does the shopping. When returning, they give the receipt to the requester for reimbursement.
- Socialization and emotional support: when requested, the volunteer may stay in contact on a regular basis, similar to J-Sei's friendly caller program. This provides an isolated person with stress relieving social contact. A Mutual Aid may offer virtual gatherings to help lessen the sense of isolation with broader community contact.
- Referrals: contact information to resources for food, unemployment, childcare, housing are given. This is an especially great support for those without internet access.
- Providing supplies: assisting with getting masks and hand sanitizers and food donations to the elderly and low-income people. As needed, Mutual Aid works through partnerships with other organizations.
- Make a Mask: connects those who need masks and those who make them.
- Sharing your garden: volunteers pick fruit from a requester's trees.

You get the idea!! You have a need, Mutual Aid will try and meet that need. You are healthy and want to volunteer, Mutual Aid is looking for you.

*(cont. on next page)*



## Senior Center Partnerships

Contact the Senior Center Partnership for details on their operations during shelter-in-place.

### Berkeley Nikkei Center

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

### Eden Senior Center

EDEN Japanese  
Community Center  
710 Elgin Street, San  
Lorenzo  
Contacts:  
Pam Honda  
(510) 676-3820 or  
Janet Mitobe  
(510) 760-7186.

### Extending Connections

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

### Sakura Kai Senior Center

5625 Sutter Street,  
Richmond  
(510) 778-3406 |  
ecsakurakai@gmail.com  
Coordinator:  
Toshi Kuwabara

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## Mutual Aid Network *(cont.)*

There are multiple Mutual Aid networks: at least 64 from Alameda down to Santa Clara county! <https://airtable.com/shrTp6Sk90KAVWlpM/tblwpjw9xXDszbxil>. Each one functions independently and offers different types of support.

Thank you for the information provided in this article: Angel Eduardo's article, What is a Mutual Aid Network, in Idealist; Berkeley Mutual Aid (BMA); and David Peattie, BMA Steering Team Member, Board President of Berkeley Disaster Prep Neighborhood Network.

## J-Sei Home Caregiver Worker

J-Sei Home in Hayward is a small assisted living facility for older adults. Currently the home has eight residents who enjoy activities, interaction, supportive care and Japanese meals together. The stable and caring home is looking for a paid part-time or full-time caregiver to work 4-5 shifts 6:30 AM to 3 PM. The home is also looking for fill-in staff who can help for 2-3 week periods to cover staff vacations. Familiarity with Japanese culture or language is a plus, but not necessary.

If you, or someone you know, are a compassionate person who enjoys older adults and a collegial work environment, please email [mary@j-sei.org](mailto:mary@j-sei.org).

# Our Biggest Thanks to J-Sei's Donors

J-Sei is grateful to the many generous individual donors who help raise 37% of our annual revenue making it possible to deliver senior services, education, and cultural programs to families of all ages.

*(This donor list reflects gifts provided between June 1, 2019 to July 31, 2020)*

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Anonymous  
Richard Adachi  
Robert Adachi  
Stephen and Janice Adachi  
Peter Agoos  
Etsuko Aikawa  
Grace Aikawa  
Karen Aikawa-Simkover  
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Berkeley Buddhist Temple  
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Berkeley Optometric Group  
BMUC Youth Basketball  
Boxer & Gerson, LLP  
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Eden Township JAACL  
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El Cerrito Royale  
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Fremont JAACL  
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## Save the Date!

- Oct 12** Indigenous People's Day (J-Sei Closed)
- Oct 22** Simple Japanese Cooking
- Oct 23** Queer Japan, a film night in collaboration with Okaeri (LA) and J-Sei
- Oct 30** Tokyo 1964: An Evening with Journalist Roy Tomizawa
- Nov 19** Simple Japanese Cooking
- Nov & Dec (TBD)** Sake Workshops
- Nov 26** Thanksgiving Day (J-Sei Closed)
- Nov 27** Day After Thanksgiving (J-Sei Closed)
- Dec 6** J-Sei's Holiday Affaire
- Dec 13** Oshogatsu Workshop
- Dec 25** Christmas Day (J-Sei Closed)
- Jan 1** New Years Day (J-Sei Closed)