



Happy New Year and welcome to the year 2014! This January 1 marked a milestone New Year's celebration for Patti and me. This was the 30th New Year we have celebrated here with the Sacramento Betsuin! How amazing to consider that we are looking back on three decades having passed, since we arrived here as much younger versions of ourselves.

I remember seeing a documentary some years ago on Latin American artists. In this documentary, there was one interview that made me reflect on how I should try to view my life. This interview was with a sculptor living in Mexico City. He was 90 years old and still actively creating very large, beautiful sculptures. When he was asked if there was anything he wished for, without hesitation he smiled and said, "I'd give anything to be 80 years old again. I sure had a lot of energy when I was 80."

I laughed and thought, "How wonderful and how true." However old we are fortunate to become, I think all of us (over 35) would be happy to be (at least) 10 years younger. Since embracing this feeling, I've found that with every milestone event I have reached in life, I've also reminded myself that if I am fortunate to make 90, I too will be wishing I could be 80 again. With this awareness, I try to enjoy and appreciate every age of my life; for it is so true that I am living today an age I will wish I could be years from now.

(CONTINUED ON PAGE 3)

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SANGHA

SACRAMENTO BUDDHIST CHURCH
VOLUME 51 NUMBER 1 - JANUARY 2014

SACRAMENTO
BETSUIN

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RB'S CORNER
(CONTINUED)

If we lived our lives feeling as if each day is a "wish come true," we would begin to live each day with that feeling of Gratitude Beyond Words that we call "A Life of Nembutsu." Wishing everyone just such a wonderful life, feeling each day is "a wish, a dream come true."

Thank you so much for a wonderful 30 years!

Gratefully,
RB

PRESIDENT'S MESSAGE
ROBBIE MIDZUNO

Happy New Year 2014. I hope everyone had a very Merry Christmas and a Happy New Year. It has been an honor to serve these past two years as your president-elect and working with the ministers, the Board members and the office staff. I am looking forward to being your president for 2014 and working to keep the Sacramento Buddhist Church the Best Temple in the BCA.

As Reverend Bob stated at the end-of-the-year service, I have some big shoes to fill having to follow our past President Gordon Nitta. Gordon has worked tirelessly these last two years for the church putting in countless hours. It has been a pleasure working with Gordon, and fortunately for me, he will continue to serve on the board as your president elect.

I know there will be challenges throughout the year, but with your support and the support from the Board members, we will overcome each challenge together.

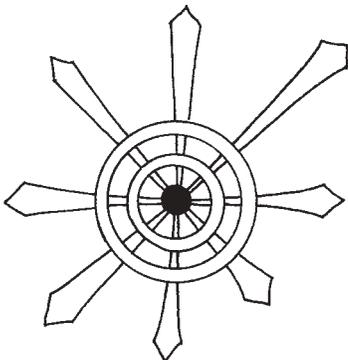
I am not a politician, so am not going make promises I cannot deliver. However, for 2014, I would like to develop the following: a fundraising committee; a succession planning committee; and a committee to increase membership.

I encourage you to come to me to discuss any issues, problems or concerns at this temple and in return help with coming up with any ideas for a possible resolution. If I can resolve them, I will, and if I need help, I promise the Board members will look into it. If you would like to remain anonymous, please drop a note in the suggestion box in front of the office.

I would like to encourage innovation and continuous improvement opportunities at our temple to help keep the Sacramento Buddhist Church the Best Temple in the BCA. Any ideas or suggestions are always welcome.

Thank you very much for your support.

SACRAMENTO BUDDHIST WOMEN'S ASSOCIATION
KEIKO JEAN KASHIWADA



HAPPY NEW YEAR! I hope you had a great holiday and will have a healthy new year. Here are some of the highlights of the December SBWA Board Meeting, which was held on Wednesday, December 5, 2013, with President Midori presiding. Since I was absent from this meeting, I want to thank Joanne Nishimura for loaning me her taped recording of the meeting so that I could pull out the highlights.

DONATIONS AND ACKNOWLEDGMENTS

The Family of Barbara Takai In Memory of Barbara Takai \$100
 Fusako Takahashi & Midori Ito Conference/Delegate Appreciation \$100
 Jane & Gary Komure In Memory of Frances Kondo \$50
 Jane & Gary Komure In Memory of Don Matsuda \$50
 Riverside Tanoshimi Kai Ukettes/Appreciation \$25

- The 4th Annual Sacramento Buddhist Church Golf Tournament Committee thanked us for our donation.
- The Walnut Grove Buddhist Church thanked us for our donation to their Music Festival, which was held in September.

2013 BONENKAI SERVICE AND LUNCHEON

Listed below are the names of SBWA ladies who donated to the Bonenkai Service. Thank you, Mollie Oto, for submitting this listing.

Misao Abe	\$25	Hiroko Hayashi	\$50	Meriko Ishigaki	\$25
Mary Amemiya	\$25	Ruth Hayashi	\$60	Emiko "Amy" Ishimoto	\$25
Valerie Fong	\$50	Teruko Hirakida	\$30	Lori Itow	\$20
Ichiko Fujishima	\$50	Irene Hoshiko	\$25	Masami Iwasa	\$100
Carole K. Fukumoto	\$25	Hisae Ichikawa	\$25	Phyllis Iwasaki	\$10
Sadako Furuike	\$25	Blossom Ikemoto	\$20	Terry Kagiyama	\$25
Sumiye Hamamoto	\$25	Mary S. Inouye	\$30	Mae Y. Kaneko	\$25
Sally Hamatake	\$15	Gladys Irokawa	\$25	Keiko Jean Kashiwada	\$25
Grace Hatano	\$25	Minnie Y. Iseri	\$25	Amiko Kashiwagi	\$25

**SACRAMENTO
BUDDHIST
WOMEN'S
ASSOCIATION**
(CONTINUED)

Alice Kataoka	\$50	Grace Nakao	\$15	Fusako Takahashi	\$10
Shirley Jean Kato	\$30	Ritsuko Nakatani	\$20	Fusako Takahashi	\$100
Toshiye Kawamura	\$25	Barbara Nakatomi	\$50	Beverly Tanaka	\$20
Miyako Molly Kimura	\$30	Bette Nakatomi	\$20	Haruko Tanaka	\$20
Utako Kimura	\$25	Arlyne Namba	\$50	Kiyoko Tanaka	\$25
Toshie Kobata	\$20	Sandy Nishimura-Yee	\$20	Shigeko Tanaka	\$20
Alma Koyasako	\$20	Eleanor Nobuye	\$40	Tomi Tanaka	\$100
Lynn Kurahara	\$100	Nancy Noguchi	\$25	Yuki Tomita	\$25
Sumiye B. Kusunoki	\$10	Harue Okino	\$20	Toshi Toyama	\$20
Anna Louie	\$35	Katherine K. Onuki	\$50	Hiroko Tsuda	\$20
Amy E. Matsumoto	\$25	Mary Orite	\$20	Gerry Tsukiji	\$50
Pat Matsumoto	\$25	Haruye Osaki	\$20	Kazuko Uyeminami	\$20
Teruko Matsumura	\$2	Misako Oshiro	\$20	Fuyuko Uyemura	\$30
June Matsuo	\$50	Mollie Oto	\$25	Ruby Waki	\$20
Teiko Matsuo	\$25	Tsugino Oto	\$30	Emi Watanabe	\$30
Ann Mori	\$20	Shuny Sagara	\$25	Betty Wilson	\$50
Sumie Morita	\$30	Chizuko Sakaishi	\$20	Miyoko Yamada	\$20
Yoshiye Morita	\$25	Hideko Heidi Sakazaki	\$50	Satsuki D. Yamamoto	\$20
Mitzie Muramoto	\$30	Dorothy Sasamoto	\$20	Mariko Yamashita	\$20
Susan Muramoto	\$25	Helen Sekikawa	\$20	Sueko Yamashita	\$20
Diane Muranaka	\$25	Ruth Seo	\$28	Elaine Yoshikawa	\$25
Lorraine Nagae	\$20	Yaeko Tademaru	\$20		

Thank you also to the SBWA Board and SBWA members for your generous merchandise and gift card donations to the Bonenkai raffle. Unfortunately, I did not receive the list of raffle prize donors in time to include them in this article. The SBWA sincerely appreciates each and every donation. Some of you donated more than one raffle prize. Thank you, very much! We would like to thank Marcia Matsuda and Matsuda's Nursery for the donation of the beautiful poinsettia plants.

A special THANK YOU goes to the Bonenkai chairpersons, Fusako Takahashi, Mari Lynn Shimamoto and Diane Muranaka, for a job well done. Thank you to Nancy Hashimoto for serving as MC, Heidi Sakazaki for the donation of fruit for the table decorations, Pat Yamamoto for the donation of the chrysanthemums for the table decorations, and to all the other BWA ladies who helped to make it such a wonderful event. We all have such a good time.

UPCOMING EVENTS FOR 2014

Eshinniko, Kakushinniko and the late Lady Yoshiko Ohtani Memorial Service: Plans are being made to have a luncheon in conjunction with the February 9, 2014 memorial service. Mark your calendars. More details to come next month.

Next BWA meeting will be on Wednesday, January 8. Let's make it one of our New Year's resolutions to become ACTIVE SBWA members and support President Fusako Takahashi and her cabinet. Since I was reappointed as the SBWA Corresponding Secretary for 2014, you'll be hearing from me in the SANGHA or by email every month again. HAPPY NEW YEAR!

Shinnen akemashite omedeto! In English, this translates to: Congratulations that a new year has "opened up!" Do you think it is strange to have a lesson in Japanese from Reverend Tim? No worries... so do I! So where did I see or hear this quote?

To generate another opportunity to open up the doors of the Marysville Temple, the Marysville Board asked that Reverend Carol and I start a book discussion group. Both of our first reactions was to offer up Reverend Gyomay Kubose's book, *Everyday Suchness*. You might think that this book was our first choice because it is an easy read or that it is a beginner's book. Far from the truth on both accounts. Reverend Kubose wrote essays, not from the viewpoint of an academic, but rather from the point of view from someone simply living the spirit of Buddhism. The thoughts and ideas that Reverend Kubose shares are not from a beginner's perspective, but from a life lived full of changes and challenges... a life well-lived. By the time this article is being read in January, we will have finished our first book for discussion, and I hope that we have enough interest to set out reading our second book for the discussion group.

As we were reading this book, we came to the chapter entitled, "Thoughts for the New Year" and this quote in Japanese caught my attention... Congratulations that a new year has "opened up!" We use so many terms to describe the new year. The birth of the new year is symbolized by the "baby new year." We "ring in the new year" and "close out the old," but I wonder if December 31 views itself as old and if January 1 sees itself as the new year? These labels are, of course, manmade as the reality of the matter is that December 31 is simply December 31... and January 1 is simply January 1. So how does the new year open up to us?

**MINISTER
ASSISTANTS**
REV. TIM CASTLE



Rev. Bob Oshita
428-9833



Rev. Peter Inokoji-Kim
446-4988

MINISTER ASSISTANTS
 (CONTINUED)

I think it is our human nature to try to capture on the calendar what nature constantly shows us. Nature shows us that the year truly does change throughout the passing months and at the same time there is a natural cycle to the years repeating. While in the Sacramento Valley we start the year off in the cold middle of winter, we know from years past we will see nature opening up very soon. As the year progresses through spring, summer and fall, the end of natural cycle brings us back to the end of the year.

It seems that the end of the year and the month of December is a naturally reflective time of year. As the calendar comes to the end of the year, we can't help but find ourselves looking back over the last 12 months. We contemplate the changes and challenges that have come our way. Hopefully, if we are fortunate, we find ourselves reflecting on a year in our life that is well-lived, a year that is seasoned with reminders of all that we hold dear, and the deep lessons that we have learned on knowing love, kindness, friendship and loss. With this sense of retrospect, we then look forward to what the new year on the calendar might bring. Through all of this though, regardless of the date on the calendar, we need to come to realize that each and every day is a special day. We need to realize that each and every day is the perfect day to put our hands together in gassho, and recite Namo Amida Butsu.

On behalf of Reverend Carol and me, we would like to thank the sangha of the Marysville Buddhist Church for all of their support during this past year. We look forward to a great 2014 opening up! Lastly, only with the support of all of the ministers and minister assistants who make up "Team Betsuin" could assignment to Marysville and continued coverage of Placer be possible.

With gratitude in our hearts and palms placed together... Namo Amida Butsu.

あけましておめでとうございます。

Akemashite omedetou gozaimasu. Happy New Year! Though partial to the years of the rat, it is fun to watch others get excited about "their" year. Our friends born in the Year of the Horse are glowing with more excitement than they usually exude. It is "their" time and a time for renewal and fresh starts. These cold winter days of the New Year are also full of ritual and memories. The satisfaction of the *osechi* lingers. Toasted mochi warms the misty mornings. The newly hung calendar catches the eye and gives pause with Basho's poem:

Year's end
 all corners
 of this floating world, swept

Parents were swept up by the enthusiasm of the Saturday students enjoying the New Year's Culture Day as they began the year with mochi and traditional New Year crafts and games such as *fukuwarai* (like pin the tail on the donkey, but put eyes, eyebrows, mouth, etc on a blank face). After the ritual New Year welcome and a newly painted *Daruma*, the dedicated students return to their studies. As fall semester winds down, the recesses are punctuated with the winter delights of warm *miso shiru* and hot chocolate.

The Sakura Gakuen parents would like to thank the sangha for your strong commitment to the school and our ramen and mandarin fundraisers. You are helping maintain a 110-year legacy Japanese language and cultural instruction in Sacramento. Thank you. If you have a group that would like some language lessons, please contact us to see what special instruction might be arranged.

Spring semester for the Saturday youth and kinder classes begins on February 1 with registration on January 25. The adult school's spring classes begin on February 3 with registration on Monday, January 13 between 7:30 p.m. and 8 p.m. in the annex. Current adult class students can register in class on that day. New Monday students may register early by mail before that day to secure his/her space. The new Beginner Level 1 class for novices is from 7:30 p.m. to 9 p.m. this spring. Church members get a 20% discount on Monday tuition. For more information about the adult program, email Mrs. Thomas at thomas@sakuragakuen.us. Questions about the Saturday youth and the revamped kindergarten programs can be directed to Mrs. Wood at futabawood@japaneselanguageschool.us or the School Communications Liaison, Erica Zizak, at (916) 542-0557.

Please be aware that articles for the SANGHA are **due** on the **15th of each month**. Late articles will be published in the following month's issue.

When sending articles by e-mail, please send e-mail to: vibrocount@lanset.com with a cc to: betsuinoffice@gmail.com and inform the church office at 446-0121. Please include the author's name. Thank you.



MAINTENANCE REPORT

GARY TRAGANZA

2014 – The beginning of another year. In Buddhism, we are often reminded that we need to appreciate the effort of others. That certainly includes the people who volunteer their time and expertise keeping our temple running and looking its best. Throughout the year, dozens of people, in various ways contribute to that effort. Sometimes it's minor like replacing a light bulb. Other times it is large painting endeavors, such as the Eagle Scout candidate projects. I'd like to take a moment to thank everyone who unselfishly gave of their time in 2013. As they say, "It takes a village," and we are fortunate to have a large, caring village. In gassho, thank you.

The following people deserve our appreciation and thanks for their efforts the last month:

- Gordon Nitta and I removed one of doors into the kaikan and trimmed the height a little to clear the carpet — it was hanging up when the door was in use. We also removed one of the doors from the kaikan into the nokotsudo hallway and fixed a long-standing problem of the door not closing properly. WOW, those fire doors are heavy (thought Gordon was going to blow a gasket when we lifted that thing).
- Mike Dishno returned yet again, blowing leaves off the roofs and gutters. Mike periodically comes by to check on the roofs without any prompting from me. His vigilance decreases the possibility that we will have flooding issues. Thanks Mike.
- Cliff Adams and I constructed the second theater spotlight stand. Those of you who came to the second annual "Buddhists Got Talent" show may have seen the spotlight stands in use. Without the elevated platforms, people walking around would enter the light beam directed to the stage, thus creating shadows. With Cliff's suggestions and help, the stage has been painted black, permanent wiring for the rear speakers has been installed, and of course recently, the two light platforms were added. These additions add a little professionalism to our productions. Thank you, Cliff.
- While gathering in the courtyard the last couple of Sundays, I hope you noticed that all the doors, including both sides of the double doors into the building, have been painted. We can thank Eagle Scout Candidate Albert Liu for his efforts organizing this project. Also, would like to thank the following: Steven Tanaka, Nathan Lowe, Doug Lowe, Adam Wong, Chad Wong, and all the other people involved. Albert, they look so much better — thank you.

I would like to finish by giving thanks to Bob Chavez for helping the maintenance crew throughout the year. Bob volunteers his time (off the clock) assisting us with long ladders to change light bulbs, finding gas and water shutoffs, assisting Mike cleaning the roofs of leaves, moving heavy items and pretty much anything else that pops up. Countless times I have seen him helping people loading and unloading their cars. He is our de facto security guy. Anytime there is a suspicious looking person on site — Bob gets called to check into it. Bob, thank you for all that you do.

NOTES FROM THE OFFICE

SANGHA STAFF

Editor (English) Cliff Adams

Editor (Japanese) Katsuko Hirota

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President	Robbie Midzuno
SBWA	Keiko Jean Kashiwada
Minister Assts	Tim Castle
Girl Scouts	Patty Nishikawa
Cub Scouts	Steve Itagaki
Boy Scouts	Zac Chang
Venture Crew	Kenji Bennett
Maintenance	Gary Traganza
Sakura Gakuen	John McDonnell
Sports Cmte	Alan Wu
Ewaste	Ruth Seo

ROOM RESERVATIONS AT THE BETSUIN

Did you make a room reservation for a meeting, but then your meeting was postponed or cancelled? If this happens to your group, PLEASE be sure to call the office to let us know you will not need the room. As you are aware, we have a VERY BUSY TEMPLE! Many nights, meeting space is at a premium, so as soon as you know you will not need the room(s) you reserved, please give us a call (446-0121).

PET MEMORIAL PHOTOS

We still have quite a few pet photos in the office; if you would like yours back, please stop by to claim it!

LOST AND FOUND

Have you been missing a special treasure: An iPod? A beautiful gold character necklace? Pokemon cards? How about car keys or a water bottle? Maybe a hat or some glasses? A special journal with photos? **You would be amazed at the lost and found items we have in the office!** Please call or come by to see if any of your special items have found their way to our L & F Box. Also, be sure to check the barrel in the kaikan for any jackets or sweatshirts that might have been left after basketball practice. **Anything still in the Lost & Found at the end of January will be donated.**

ANY ADDRESS CHANGES?

This standing reminder appears each month in the SANGHA and we appreciate those of you who have been informing us of changes to your mailing address. Most of our notifications, however, are still coming from the U.S. Postal Service, which in turn, costs the Betsuin return postage fees. If you have moved, or are planning to do so in the near future, please pass that information along to us so that we can make the correction in our membership database.

SPORTS COMMITTEE

ALAN WU



Alrighly then, are you ready to start anew? It is a new year! It is a new January! It is a new semester! It is a new day! Well then, let's begin anew! Many happy greetings to you and yours to the new year 2014! We certainly hope you and yours had a most thoroughly enjoyable holiday season and winter break from the Dharma and school and Dharma School, and maybe from work, for those that have 800 hours to use up. Actually, since the Dharma is all around us all the time, there is really no break from the Dharma, we just have to open our Dharma Eyes and take it in. So, what I really meant was a little winter break from the formal Dharma Services here at the church.

In no special order, except chronological, let's take a look back at our events that happened last month, shall we? On December 1, the Northern California Church League (NCCL) basketball league started with the B, C and D Divisions, with the E Division beginning on December 7, complete with the world-famous Florin udon.

As we know, change is an undeniable truth, and the truth that our committee and the NCCL is facing, is the truth that there is a declining number of kids playing church basketball. Not only is our church seeing fewer kids, but all the churches in the NCCL are experiencing less kids playing each year. We noticed this trend happening for the last few years. One explanation may be that today there are so many other activities available for our kids, there are just not enough hours in a day to do everything. Even though there are still 24 hours in a day, it seems like each day gets shorter and shorter — doesn't it?

Another reason may be that we are at the end of the "baby boom" era. In our case today, it would be the "baby-boomer baby-boom" era is coming to an end. The "baby boom" era began in the 1950s and ended in the early 1960s. It was during this period that the United States experienced a record number of births (of the human kind), and was thence dubbed the "baby boom" and those babies born during that time were known as the "baby boomers." So, it follows that when those baby boomers started to have babies of their own, say around the late 1980s to the mid 1990s, there would be an above-average number of babies being born in that era called the "baby-boomer baby boom." (The foregoing explanation was probably unnecessary due to the fact that our sangha is comprised of those "baby boomers" and those who procreated the whole situation in the first place.)

Now that we are in the 2010s and moving past the "baby boom" era, it is only natural that the number of kids running around is getting fewer and fewer, but some would say that the numbers are just normalizing now, from the anomaly of the '50s. So, it will be very interesting to watch and see what the NCCL will look like in the next few years.

On December 14 we held our annual mochi tsuki beginning at "0 Dark 30," which translates to about 4 a.m.! This year we produced a little over 1,000 pounds of mochi and even though we had an above average amount of mechanical issues to deal with, all the grinders were pretty much cleaned up and ready for storage around noon.

Many thanks go out to our sports families, the BWA, Reiko's Kitchen and everyone else for all their help and assistance with the preparation and execution of this year's mochi tsuki. Even as far back as the Thursday prior to this event, our rice washing ritual went very smoothly and quickly, and I believe we washed the rice, cleaned up, and went home in record time, and I also believe that a lot of that had to do with our new member of the Rice Washing Team. The new member is none other than Marty, the rice expert himself with a lifetime of rice washing experience from his Tamagawa-Do days (say that five times real fast)! With Marty's expertise on tap, it is a wonder why we did not recruit him earlier! Thanks to Marty and Derek for coming out Thursday night for that, and also the committee members who came out to wash trays, and also on Friday evening to set up the kaikan. We could not have such a successful mochi tsuki without everyone's help!

And an extra special thanks goes to Sam Adachi for braving the elements while selling our mochi at Oto's Marketplace, the chore he has done for the last umpteen years with nary a complaint (maybe Gladys hears it all!). Sam, we certainly do appreciate all your contributions you make to our sports program!

On December 15, Rinban Bob gave his last Dharma School message for the year and we played our last basketball game for this year.

On December 31, we will (or did) attend the New Year's Eve Service, right? Right, because we all understand the importance and simplicity of accruing yet another Extra Credit Attendance Day!

OFFICE MANAGER

Cindy Kitade

VOLUNTEER EXTRAORDINAIRE

Tak Ito

BETSUIN OFFICE

446-0121

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Yoshiko Morisawa

Mitzie Muramoto

Mutsuko Noguchi

Teruko Ono

Faye Uyemura

SPORTS COMMITTEE
(CONTINUED)

On January 1, 2014 we will (or did) attend the New Year's Day Service, not only because of the importance and simplicity of yet another Extra Credit Attendance Day, BUT because it IS the LAST extra credit day for this season, so after 1/1/14, we are sold out, and the cupboards are bare!

On January 4, 2014, the E Division basketball games resume and the B, C and D Divisions restart on January 5, 2014.

So, that just about brings us current for the new 2014 year... oh, here is an early warning notice for you to jot down on your calendar: All basketball games will be played on Saturday, February 1, 2014, due to the stoppage of time and life as we know it to make way for Super Bowl Sunday.

Have a Merry New Year. Live Long and Prosper.

DHARMA SCHOOL DONATIONS



Dharma School "courtyard" gratefully acknowledges donations from the following:

Ann Amioka/Cliff Adams
Wendy Bartlett
Denise Ham
Naomi Hamamoto
Minnie Iseri
Midori Ito
Molly Kimura
Ben & Grace Kotani
Ron Kubo

Lynn Kurahara
Steve Miller
Diane & Gerald Muranaka
Barbara Nakatomi
Bill & Marlene Ohara
Mary Orite
Sam Orite
Jean Ota
Mollie Oto

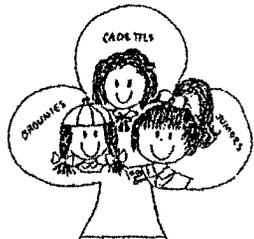
Reverend Bob
Sakura Gakuen
SBWA
Kathryn Shimane
Fusako Takahashi
Sandy Tokunaga & 6th
Grade Class
Shig Tsujita Family
Lori Yamaguchi

*Congratulations
Newlyweds*



Lisa Tagioka & Donny Fong..... October 26, 2013

GIRL SCOUTS
PATTY NISHIKAWA



We hope everyone had a Merry Christmas and Happy New Year. Here are some events that the girl scouts participated in during the holiday season.

Juniors 1 went on an exciting tour at news channels CBS 13 KOVR and CW 31 KMAX on Friday, November 15, 2013. The girls were able to see the 5 o'clock news anchors in action, and live on television. Mike Wiebe provided an informational tour of the CW 31 KMAX set. The girls had an opportunity to role play on the set, learn about anime, and they hope CW 31 KMAX will cover their Bronze Award community service activity on "Good Day Weekend"! We finished the evening by enjoying a delicious Italian dinner at Vince's Restaurant.

Juniors 1 completed three hours of community service at the Morioka Holiday Lighting, Evening of Fun on Saturday, December 7, 2013. The girls collected unwrapped toys for Sleep Train's foster kids program; over 125 toys were collected that evening. In addition, the girls decorated two large toy bins for the donated toys, served hot chocolate to kids and adults who attended the lighting ceremony, and handed out candy canes to kids and adults who donated toys and/or sat on Santa's lap!

Cadettes 5 planned and hosted a holiday party for our youngest Girl Scout Troop, Daisys 2. We had so much fun teaching them holiday crafts and decorating cookies. We can't believe we were that little when we started Girl Scouts! We are looking forward to 2014 and planning our Girl Scout Journey and Silver Awards.

**VENTURE
CREW**
KENJI BENNETT
CREW 50 HISTORIAN



This past month, Crew 50 assisted Troop 50 Boy Scout Albert Liu on his Eagle Project, painting the Sacramento Betsuin courtyard doors.

On Tuesday, December 10, the Crew cooked and served a dinner for the Buddhist Church's Board of Trustees. The dinner consisted of roast beef as the main course. We cooked 20 cups of rice, made baked cheesy potatoes, a mixed green salad, and roasted Brussels sprouts. The dessert was an apple crisp prepared in a traditional Dutch oven, served with vanilla ice cream. Assisting us was a Boy Scout who was working toward earning his cooking merit badge, gaining skills that will be useful throughout life. We were thankful for the opportunity to show our appreciation to the Board of Trustees, who allow us to continue our wonderful scouting experience.

From January 2 to 5, six Venture Crew members will be traveling to the Los Angeles area. We will be visiting Disneyland on January 2 and 3. On January 4, we will visit the La Brea Tar Pits, a national natural landmark and known for the excavation of fossilized prehistoric animals who were caught in the tar and perfectly preserved. We will also be staying a night at the Los Angeles Buddhist Church and attending their temple service Sunday morning.

Another upcoming trip is to Santa Rosa Island in June 2014. This will be a multi-day camping and fishing trip led by Richard Odagawa, chairman of the Buddhist Churches of America Boy Scout program. Santa Rosa is an island in the Channel Island chain off the coast of Ventura, California. Are there any youths ages 14 to 20 interested in learning more about such a trip?

Venture Crew is a Boy Scouts of America program open to young men and women ages 14-20.

CUB SCOUTS
STEVE ITAGAKI,
CUBMASTER



Happy New Year from Pack 50! It's January, so all Cub Scouts know that means that it's... Pinewood Derby time! Pack 50 will hold its annual Pinewood Derby Races at the Kaikan Raceway on Friday, January 17. All of the kids have been working hard on their cars, cutting them out of a wood block, sanding them down, painting and decorating. Soon it will be time to test their speed against the rest of their friends.

There will be awards for the cars that are the fastest, the most imaginative, the car with the most scout spirit, and more! In the past we've had cars shaped into a snake, a car shaped as a wave with a surfer, and last year one even came with a dancing Gangnam Style singer on top! Incredible! What will we see this year?

It's not all about winning though. Above all, this is a great opportunity for the scouts to really practice the Cub Scout motto: "Do your best!" As long as they do that, they will all be winners, no matter how fast they go. In the process, they will learn how to plan a project, use woodworking tools, create something that is their very own, and make memories that last a lifetime.

So come one, come all to the Pack 50 Pinewood Derby Races! But if you can't make it, the next time you see a Cub Scout, make sure to tell them, "Do your best!"



*Condolences to
the Families of:*



- Ty Hiroshi Tayama May 27, 1930 – October 17, 2013*
- Mildred Umeko Nakao .. December 24, 1919 – November 8, 2013*
- Sam Minoru Tsuchida ... September 8, 1929 – November 24, 2013*
- Tsuyako Miyaoka May 24, 1916 – December 7, 2013*
- Kiyomi Yokota June 8, 1939 – December 9, 2013*

**BOY SCOUTS
TROOP 50
ZAC CHANG**



**TROOP 50
CRAB FEED:
JANUARY 18**

The holiday season is drawing nearer. As such, Troop 50 has slowed down some of its activities. On December 6, the troop held its annual End-of-the-Year Dinner. For this event, held at the church kaikan, families gather and host a potluck dinner. Scouts and families get a chance to socialize and bring some holiday cheer. A gift exchange is held for the scouts. Scouts assemble in a circle and listen to a story about Christmas. Whenever the words “left” or “right” are announced, the scouts pass their gift to the direction announced. In addition, some of the leaders give speeches reflecting on the past year’s experiences, as well as looking toward the next year with optimism.

On December 12, the troop had a meeting and GreenBar. During the GreenBar, the leaders talked about the monthly themes coming up, what went well and what went bad with recent events, and discussed ideas for upcoming events, such as the annual scavenger hunt, the crab feed, and several outings scheduled for the New Year.

For the next 30 days, events slowed down to accommodate the holiday season. From December 20 through the 21, the troop held its annual Scavenger Hunt/Church Overnighter. This is one of the most popular events of the year. Scouts split up into patrols and assemble a gift basket that will be donated to charity. Prizes are distributed to the patrol that assembles the best basket. Afterwards, the troop heads back to the church where scouts spend the night.

On January 10, the troop will have a court of honor to recognize the troop’s achievements and a troop meeting. Finally, on January 18, the troop will have its annual Crab Feed. This is the troop’s main fundraiser, so be sure to attend. Tickets will be available in early January.

PATROL REPORTS

Thomas Ito
Patrol Meetings: 11/10, 11/17
Troop Activity: Day Hike @ Angel Island 11/16

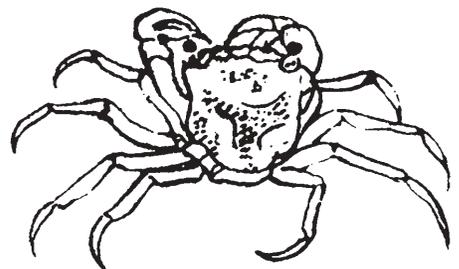
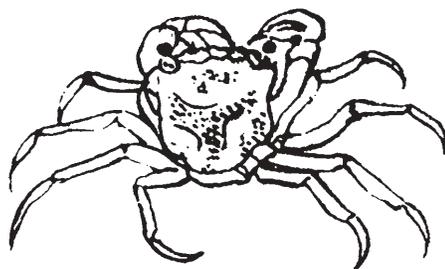
Corey Tanaka
Patrol Meetings: 11/1, 11/15
Troop Activity: Day Hike @ Angel Island 11/16

Adrian Nguyen
Patrol Outing: 11/1-11/3 @ Lake Solano
11/4 Roundtable Flag Ceremony
Patrol Meetings: 11/24
Troop Activity: Day Hike @ Angel Island

Troop 50’s annual crab feed will be held on Saturday, January 18, 2014 at the Buddhist Church Kaikan. Seating will begin at 4:30 p.m. and dinner will be served promptly at 5:30 p.m. You may request tickets from the Buddhist Church office or speak to any Troop 50 boy scout, who would happily sell you a ticket. The tickets are \$45. Dinner includes all-you-can-eat salad, bread, savory pasta, Dungeness crab and dessert.

You may also place a “to go” order and dinner will be packaged for you to take out. Checks can be made payable to “Boy Scouts Troop 50.”

If you need further information, please contact Kay Fong at 429-9683. Thank you for all your support.



COPING WITH STRESS



**UNDERSTANDING STRESS AND HOW IT IMPACTS YOU
GAINING SKILLS TO DEAL WITH STRESS IN YOUR EVERYDAY LIFE**

**IKO MIYAZAKI,
LICENSED MARRIAGE AND FAMILY THERAPIST**

**THURSDAY, JANUARY 23, 2014
7 P.M., CLASSROOMS**

Questions? Please contact Reverend Patti at revpattibetsuin@gmail.com

DIETING FOR DOLLARS



Join us by putting together a team. What better way to lose weight but together? And it will be fun! We will provide classes on nutrition and exercises to help you. Sign up below and return to the Temple office by January 31, 2014.



Team Name:

Participants:

\$20 per person entry fee



THE "WEIGH" IN WORKS

There is an initial weigh in that will be observed by the diet coordinator. After the initial weigh in, there will be 5 more optional weigh ins — these weigh ins are on your honor and you will be responsible for reporting your weight to the diet coordinator. The diet coordinator will update you on everyone's progress. The final weigh in will be observed by the diet coordinator and the totals tallied. Announcement of the top team will be based on % of weight lost. Top team will receive a \$25 gift certificate and all other funds will go to the Sacramento Betsuin. We will also provide you with nutritional classes and exercise experts (see next page).

WEIGH IN DATES

- Initial Weigh In: February 2
- 2nd Weigh In: February 16
- 3rd Weigh In: March 2
- 4th Weigh In: March 16
- 5th Weigh In: March 30
- 6th Weigh In: April 13
- Final Weigh In: April 27

Thanks for participating and good luck!

DIETING FOR DOLLARS CLASS SCHEDULE

Classes will be held on Mondays and should last an hour or a bit longer. Most classes will consist of a 30-minute lecture followed by a 30-minute workout. Remember to bring a water bottle and a towel!

ESSENTIALS OF DIET AND EXERCISE: FEBRUARY 11, 7 P.M.

Lecture: Introduction and quick overview of the key components of diet and exercise.

Workout: Fitness Testing: Find your comparison point for different facets of fitness!

CARDIOVASCULAR AND MUSCULAR FITNESS: FEBRUARY 25, 6:30 P.M.

Lecture: Learn basic anatomy, physiology and physics to build a safe and effective program.

Workout: Exercises for a whole body workout.

BALANCE AND STABILITY TRAINING: MARCH 11

Lecture: Learn what this is, why these are important, and how to incorporate them into your workouts.

Workout: Wobbly Workout

PLATEAUS AND OVERTRAINING: MARCH 25

Lecture: Learn tips to avoid each of these and how to make sure your program is taking you where you want to go.

Workout: Calorie Incinerating Routine—we're bringing it up a notch!

WORKOUTS: APRIL 8 AND APRIL 22

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

-
- 1 Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
 - 2 Do you feel pain in your chest when you do physical activity?
 - 3 In the past month, have you had chest pain when you were not doing physical activity?
 - 4 Do you lose your balance because of dizziness or do you ever lose consciousness?
 - 5 Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
 - 6 Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
 - 7 Do you know of any other reason why you should not do (physical activity)?

I have read the physical activities readiness questionnaire, and have answered "No" to all of the above questions.

Name: _____

Signature _____

Date: _____

If you answered yes to one or more of these questions, see your doctor before you start becoming much more physically active or before you start an exercise program.

