



I am a link in the Buddha's golden chain of love that stretches around the world. I must keep my link bright and strong. I will try to be kind and gentle to every living thing and protect all who are weaker than myself. I will try to think pure and beautiful thoughts, to say pure and beautiful words, and to do pure and beautiful deeds, knowing that on what I do now depends not only my happiness or unhappiness, but also that of others. May every link in the Buddha's golden chain of love become bright and strong, and may we all attain perfect peace.

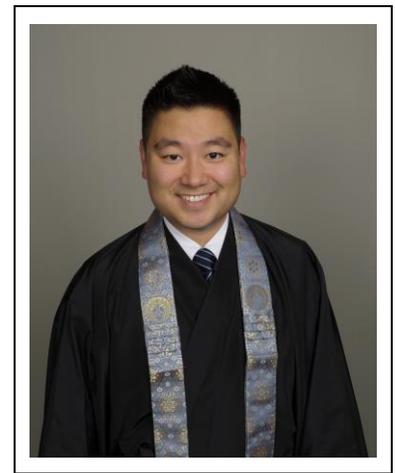
Walking on the Journey of Life on Firm Ground

An astronaut, after being in space for some time and returning to Earth, is recorded to have remarked, "How great it is that there is ground to walk on."

The Russian astronaut Georgy Shonin (1935-1997) states the following,

I once again stood on earth's ground. Seeing the earth, I was overcome with joy. The soft snow slightly covered the ground. Before I knew it, I was rolling in the ground, hugging the earth, pressing my cheek against it.

(*Chikyū: Haha naru Hoshi*, Shōgakukan 1988)



Space has no ground; this is known as zero gravity. At first it seems like there is freedom considering that one can freely move about, but actually it is not even easy to stand up straight. For these astronauts who came home after a long journey, the sheer existence of the Earth's ground was cause for the greatest joy within them. For us humans, when we have a firm support to walk on, that is our opportunity to rise up.

The same is true when at school or at work. It is common for us to think that we are always in control of everything that happens in our lives, but in reality, that is not the case. We may suddenly be diagnosed with an illness that we never could have imagined would happen to us. Or in a blink of an eye, our relationship with another person can crumble. There may also be times when we experience frustrations that shake us to our very core. In those times, when we are faced with adversities so great that we are powerless to overcome them, it is not ludicrous to think that just living is itself a tortuous ordeal. When that happens, just what exactly can serve to be our "life support"?

Shinran Shōnin uses a metaphor "the great ground" to describe the Buddha's Vow that tries to save all beings. He then explains that the happiness we feel when we live our lives walking on this ground is "great joy."

In today's modern world, we often throw around the word "independence." But the usage of the term is a very naïve understanding of the world because we often define it as the self-standing autonomously from everyone else and one asserting the self's identity. However, if we were to truly understand independence, what it means is *not* to live life solely by one's own power.

We are people with many life questions, we have times of loneliness, and we have anxieties and worries as we navigate our lives in between life and death. But it is precisely because we are this way that we need something great that will firmly ground us. When we come to see the futility in relying wholly on the self, that there are times when we need to rely on something other than ourselves. Ironically, by doing so, this is what allows us to live truly independently. This is what the teaching of Amida Buddha's Great Compassion provides us. It gives us the ground to walk on wherever and whenever, to our hearts content. We can go wherever we want in confidence, in hope, and in joy, because we know that wherever we go, we are always embraced in true reality. This is the true meaning of independence. It is where we can truly be ourselves in the embrace of Amida Buddha's Great Compassion.

確かな依りどころのなかで生きる

宇宙での長い滞在を終えて地球に帰ってきた宇宙飛行士が、地球に降り立って初めて感じることは、「大地があつてよかった」ことだといひます。

ロシア初の宇宙飛行士の一人ゲオルギ・ショーニンさん（1935～1997）は、その様子を次のように話しています。

ふたたび私は地上に立った。……大地を見て、私はむしろうれしくなつた。ふわふわした初雪が、大地をかすかにおおっていた。思わず私は、大地の上に転がって、大地を抱きしめ、頬を押しつけたくなつた。

（『地球 母なる星』小学館 1988）

どこにも依りどころのない無重力空間——。一見、自由に体を動かすことができそうですが、まっすぐに立っていることすら容易ではありません。長い旅路を経て地球に帰ってきた宇宙飛行士にとって、大地の存在は何よりうれしいものであつたことでしょう。私たち人間は、しっかりとした支えがあることで、初めて「立ち上がる」ことができるのです。

このことは、学校や社会においても同様です。私たちは普段、どのようなことも自分の思い通りにコントロールできると思いがちですが、現実にはそうはいきません。思いもよらない病気にかかったり、ふとしたことで人間関係が崩れていったりします。自分の存在を根底から揺るがすような大きな挫折を味わうこともあるでしょう。

そうした、もはや自分の力がおよばない大きな苦悩に直面した時、生きていくことすらつらく感じるがあつても、おかしくありません。そのような時、一体何が「生きる支え」となるのでしょうか。

親鸞聖人は、あらゆるものを救おうとされた仏の願いを「大地」に喩えられ、その大地の上で生きる喜びを「よろこばしいことである」と述べておられます。

「自立」——それは決して自分一人の力だけで生きることではありません。さまざまな問題に悩み、孤独を抱え、生と死との間で揺れ動く不安定な心をもつた私たち。そんな私たちであるからこそ、「大きな依りどころ」が必要であります。

確かな大地の存在に気づかされ、その上で安心していきいきと生きる心、それが「真実を求め真実に生きる『自立』の心」なのです。

* 上記の文章は『龍谷大学「建学の精神」』14-15頁を参照したものです。

PRESIDENT'S MESSAGE

9/12 SERVICE UPDATE

Dear SACBC Sangha,

We previously announced resuming live services on 9/12 but due to the rise of the Delta variant, we're not sure if we can do so safely. Our COVID Task Force is currently monitoring the situation and developing plans to safely conduct live services. While we would all like to return our Hondo for live services, we want to do so as safely as possible for everyone.

Even when we resume live services, our Zoom services will continue and will soon be held from the Hondo. So, we can at least return to the Hondo virtually if not in person.

Meanwhile please stay tuned for further updates about the 9/12 service. Thanks for your patience and understanding as we try to resume our live services.

Gassho,
Ken



Dear SACBC Sangha,

I'm very sad to inform you that our office manager, Victoria, will be leaving us at the end of August. While she wasn't actively looking, she found a full-time permanent job with benefits and great pay. So great news for her is not so good news for SACBC. During her time with us, she has done a great job of managing our office and became an important part of SACBC not to mention her very active role in our bento program. We will all miss her eagerness to help and her "can do" attitude. But this is a great opportunity for her so please join me in wishing her all the best in her future endeavors.

So now we need to find a new office manager. If anyone knows of any candidates, please let me know. Victoria is graciously willing to help with the transition as much as she can but we need to find someone as soon as possible.

Gassho,
Ken



Services for September 2021

September 5, 2021 – No Service: Labor Day Weekend

September 12, 2021 – Shotsuki Hoyo

10 A.M.

At this monthly memorial service, we will honor those loved ones who passed away in the month of September

Rev. Dr. Takashi Miyaji will officiate this service on ZOOM.

September 19, 2021 – Family Service & “Victims of War Memorial Service”: Chidori ga fuchi (千鳥ヶ淵戦没追悼法要)

10 A.M.

Rev. Dr. Takashi Miyaji will officiate this service on ZOOM.

Dharma School Registration and First day of Dharma School.

Note: Registration information can be obtained by email or in person.

September 26, 2021 – Fall Ohigan with Socho-ki (BCA Bishops’ and Passed SACBC minister’ Memorial Service

10 A.M.

Rev. Henry Adams from San Mateo Buddhist Temple will be our Guest Minister

This service will be on ZOOM.

"Traditionally, at Higan, the emphasis is placed on the observance of the Six Paramitas which brings us to the “other shore” of Enlightenment.

In Jodo Shinshu, the Six Paramitas are not considered to be the practices necessary for attaining Enlightenment, but are acts of gratitude for living this moment in interconnectedness with all living beings."

This Memorial Service is dedicated to all past and present Buddhist Churches of America ministers who have served as Bishop of the BCA or Resident Ministers of SACBC.

Note: The SACBC COVID Task Force is monitoring the Alameda County, State, and CDC guidelines as the spread of the delta variant increases. When the Task Force determines in-person services can be held with safety protocols, you will be notified. Until then, services will continue to be on ZOOM.





SACBC BINGO

On behalf of the SACBC Sangha, we thank you for your patience while we have had to suspend our Bingo games due to Covid-19 restrictions. We are currently considering re-opening in the near future, and look forward to once again seeing our valued players. We are presently working to secure the volunteers needed to host the games. Please check this website, SACBC.org/bingo, for updates. And, we will also be posting announcements in Tri-City Voice, NextDoor and Facebook.

Thank you for helping to support SACBC during these challenging times.

Stay safe and healthy!

SACBC Bingo
August 3, 2021
E: sacbc.bingo@yahoo.com

SACBC's BEC Bookstore

For the convenience of our Sangha, we have ojuzu's, incense, candles and a large assortment of books including the Collected Works of Shinran, Ocean and many more available for purchase in the SACBC Office.

Please contact the office to arrange pickup of the any items you want. We also have several Butsudan's. If you are interested, please contact the office to arrange an opportunity to see them.



COVID 19- UPDATE

To All SACBC Groups and Facility Users,

Due to the recent increase in COVID cases and new Alameda County mask requirements, our COVID Task Force has revised our General Health and Safety Protocol which is attached below. Like the rest of our county, we are now requiring masks for all indoor activities. This revised protocol is effective immediately and should serve as a guideline for all users of our facilities. Hopefully the COVID situation won't get much worse but in the interest of everyone's health and safety, please follow these guidelines to the best of your ability whenever you're at our facilities.

Gassho,
Ken



SACBC COVID-19 General Health and Safety Protocol

This protocol was prepared based on guidance from Beyond the Blueprint – Reopening California’s Economy¹. As of June 15, 2021, the State of California has moved Beyond the Blueprint for a Safer Economy and there are far few restrictions on business and social activity.

However, due to a rapid increase in COVID-19 cases in our community, Alameda County is now requiring face masks in indoor public places for all people, regardless of vaccination status.

This document serves as a guideline for SACBC members, sponsored and affiliated organizations, business partner(s), and facility rentals to follow to the best of your ability for the health and safety of all concerned.

- **Guidance for the Use of Face Coverings:** Alameda County Health Officer is requiring All Individuals within the County of Alameda to wear face coverings when indoors in workplaces and public settings (Date of Order 8/2/2021)² in order to slow the spread of the more contagious Delta variant of COVID-19, all individuals, regardless of vaccination status, are required to wear face coverings in public indoor settings until further notice.
 - **Exemptions:** Individuals are not required to wear face coverings in the following circumstances:
 - While working alone in a closed office or room;
 - While actively eating and/or drinking;
 - While swimming or showering in a fitness center;
 - While obtaining a medical or cosmetic service involving the head or face for which temporary removal of the face covering is necessary to perform the service.
- **Facilities Entry to Hondo and Sangha Hall:**
 - Masks are required for all individuals³ to enter SACBC Facilities. Vaccinated individuals may self-attest they are in compliance prior to entry, either written or verbal self-attest
 - All personnel (e.g., minister, office manager, Sangha, organizations, contractors, volunteers, business partners, renters, etc.) shall conduct a self-assessment of COVID-19 symptoms prior to the entry to SACBC facilities and/or start of your event. Self-screening / self-attesting can be made following Alameda County Public Health Department’s [“COVID-19 Screening Guidance for Businesses and Organizations”](#)⁴. Follow common sense— Stay home if you are sick or experiencing symptoms

¹ State of California Reopening Plan as of June 15, 2021 (<https://covid19.ca.gov/safely-reopening/#reopening-california>)

² California Department of Public Health Order No. 21-03 for wearing of face coverings in workplaces and public settings– Effective 12:01AM, 8/3/2021 (<https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/21-03-face-coverings-eng.pdf>)

³ California Department of Public Health Order No. 21-03 for wearing of face coverings in workplaces and public settings– Effective 12:01AM, 8/3/2021 (<https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/21-03-face-coverings-eng.pdf>)

⁴ Alameda County Public Health Department “COVID-19 Screening Guidance for Businesses and Organizations”—updated April 28, 2021 (California Department of Public Health— Guidance for the Use of Face Coverings – Effective June 15, 2021 (<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx>))

- All affiliated organizations and rental organizers must have an approved SACBC Facility Use request along with their organizations facility use and cleaning protocol and responsible individual who is responsible for ensuring compliance with all requirements
- All users of facilities will follow [SACBC Cleaning Protocol](#)⁵ for “daily” use. Pre and Post-clean of SACBC Facilities shall be followed

Approved:
SACBC COVID-19 Task Force

By: Ken Suyama	8/2/2021	By: Kyle Yamasaki	8/2/2021
Signature	Date	Signature	Date



Surviving the COVID 19 Pandemic!

In early March 2020, we were told to Shelter In Place (SIP) because of the fast rising cases of the COVID-19 infections in California, the United States, and around the world. We found and offered support to ensure we all had the ability to get food, had toilet paper, bleach, hand sanitizers, and masks. At SACBC, a COVID Task Force was quickly formed by Ken Suyama and Kyle Yamasaki. The concern for supporting the senior members of the Sangha brought rise to the Senior Outreach Team led by Kyle Yamasaki and the Wednesday Bento Pick-Up program led by Royce Mori.

Needs were identified and support to meet those needs came in many forms. Communication was enhanced by creating a member database so the Senior Outreach Team could contact all those 60 years and older regularly. Caring and concerned members and friends got busy making phone calls, sewing masks, and preparing food. Zoom services started, with outreach to help everyone learn how to use their computers and phones. Early January 2021, the Senior Outreach Team made sure all Seniors helped Seniors get vaccinated.

The SIP started while we were without a resident minister. By August 1, 2020, Rev. Dr. Takashi Miyaji, Kaori Miyaji, and son Keisai drove in from Tacoma, Washington, to join the SACBC Sangha and guide us. Sensei is as anxious to have a service in the hondo as we are to be there and meet face-to-face.

Here are responses Senior Sangha members made when asked the following:

- *What do you look forward to doing or what did you do after things reopened on June 15 in California?*
- *What was a positive thing that you learned or did during the Shelter In Place?*

Nancy Dodd

As my 74th birthday came in mid April of 2021, Stacy drove up from Pasadena; she and I planned to "Eat in a Restaurant!" A group of Mtn. View restaurants pledged to donate parts of their proceeds to Stop Asian Hate, so we had a great Japanese meal!* (see photo below). Castro Street was blocked off to vehicles, and tents were set up for diners!

What did I learn during the 18 month lock down?

- Zoom ! Skype! How to use these new ways of visiting/ attending services/ conferences and meetings.
- Recording my part (alto) for Choir to send in to Rev. Miyaji to mix with others: to make it sound like we're singing "all together".

Still keeping safe, wearing masks. Please take care, Dharma friends!

Sachi Fudenna

As places reopened, I was happy to be able to go out to lunch with friends. I got to travel to New Jersey for 2 weeks to see my son, grandsons, and granddaughter.

During the Shelter In Place, I did more reading and watching TV. I stopped the newspaper delivery. While staying home, there was time to do more cleaning and decluttering.

Noel Lowe

I would like to travel while continuing my hobby of Photography. During the Pandemic, it has changed my thinking about my life. Family is so important.

Linda Fujikawa

I'm most looking forward to seeing and being with my family, friends and anybody that I've been unable to see in person since this pandemic all began. I especially missed not seeing so many people after Al passed away. I also am looking forward to traveling again especially to Hawaii.

During the SIP, I've learned how to use Door Dash and Instacart almost on a daily basis. I'm still afraid to go anywhere by myself mainly due to the attacks on Asians. I've also been connecting with loved ones through FaceTime and Zoom.

Grace Kasai

I would like to take a ride with Haruo to Monterey to visit my sister and go out to dinner.

Bob Kitajima

I look forward to returning to Taiko and getting together with friends.

Jean Kotake

I look forward to seeing my family.

Joan Wong

A positive thing was just staying put. I look forward to the family coming to visit! I be getting to go out for food!

Bill Sawasaki

I would like to go on vacation with my family.

Nancy Minamide

The first thing I would like to do is go on a vacation. I enjoyed reading many books during the Pandemic.

Nina Sawasaki

It has been over a year, but with patience and perseverance I can see the light at the end of the tunnel. I would like to spend more time with my immediate family near and in other states.

Jerry Tahira

I want to visit my granddaughter.

Ken Suyama

The best thing that happened to me was the birth of a new grandson. I'm probably most looking forward to going to Giant's, Dub's and Niner games in person. Dining out is a close second.

Karen Shinoda

I hope to do volunteering once things open up.

Judy Tokubo

Something positive that has happened during the pandemic are twofold: 1) staying in contact with family and friends by phone, text, email, greeting cards, zoom meetings 2) when restrictions open up and safety measures assured, I want to travel... especially to Tahoe, Oregon, and Thailand to visit friends before they move on to major changes in their lives.

Ellen Yamamoto

A positive thing that happened during the pandemic was since starting online learning, my grandchildren did not get sick at all. In a normal school year, they would catch many colds.

Joan Wong

A positive thing was just staying put. I look forward to the family coming to visit! I be getting to go out for food!

Yaeko Yasuhiro

During this time the most positive thing is my family taking care of me. I learned all the technology for going on the ipad! I appreciate the Golden Chain newsletter! I really appreciate the Japanese section in the newsletter! When things open up, I'm going to Restaurants!

Michi Handa

I look forward to going back to church and socializing with everybody. It was nice to "attend" services each Sunday on ZOOM, but I miss being with everybody. I want to return to the Senior Center in Union City and get together with people at the craft center. It would be nice to start crocheting and knitting on projects together.

I did get to go to Disneyland to celebrate my 90th birthday a year late!

During the time at home, I learned to use YouTube which helped me learn to do sashiko. I enjoyed learning to do something different! Now I'm working on cross stitching a design on a pair of pillowcases. Besides keeping busy with the projects, I played games on my iPad.

As I reflect on the past months, I realize I became closer to my sister. We talked more. Besides my daughter, she was the only person I saw often. Having my sister near by enabled us to become even closer. A good thing happened.

In May and early June we were excited to hear that the number of cases of COVID-19 were down, so in California and all over, businesses would open on June 15. Hoorah! We got our "get out of jail free" cards! The reports told us, however, that there was a "delta variant" that had come to the US and was spreading quickly. Stay tuned. Now as summer draws to a close and the 2021-22 school year and sporting events gear up, we see the delta variant is spreading and causing a fast increase in more serious cases especially among the unvaccinated. The BIG question is, "Will we have to Shelter In Place again?"

We are survivors! We have developed systems of communication and support within our Sangha. We will stay safe and healthy while continuing to wear our masks and following the recommendations of the scientists, CDC, and local health agencies.

SACBC Strong! Sangha Strong!

Omigaki: Cleaning and polishing

On July 30, 2021, Rev. Takashi Miyaji was joined by a happy, energetic crew who cleaned and polished the brass adornments in the onaijin (altar).

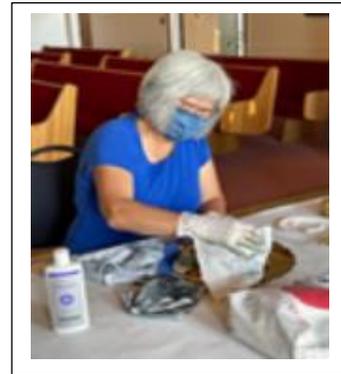
Thank you Victoria Consul, Nancy Dodd, Sachi Fudenna, Michi Handa, Yvette Hornig, Nancy Minamide, Jamie Nagata, Arlyne Shibata, and Kathy Velasco. The work was tedious. The polishing was overdue. The results are seen sparkling in the onaijin!



Nancy Dodd, Yvette Hornig,
Arlyne Shibata, Kathy
Velasco, Rev. Takashi Miyaji



Sachi Fudenna, Sachi Abe, Yvette
Hornig, Arlyne Shibata, Kathy
Velasco, Jamie Nagata, Michi



Jamie Nagata



Beautiful onaijin!



SACBC Obon 2021 Cemetery Visits

In keeping with the tradition of Obon, on August 7, 2021, Rev. Dr. Takashi Miyaji was accompanied by his son, Keisai; Kathy Velasco; Dali Yeh; and Karen Fujii to six cemeteries to remember the deceased SACBC members and other ancestors. The day's journey started at Mt. Eden Cemetery in Hayward and continued to Lone Tree Cemetery in the Hayward hills, to Chapel of the Chimes in Hayward, to Irvington Memorial Cemetery in Fremont, to Cedar Lawn Cemetery in Fremont, and ended at Oak Hill Memorial Park in San Jose.

It was very nice to be with the many members who were at the sites for the services which were held outside.

Thank you, Sensei and everyone for remembering those who have come before us and touched our lives. Namo Amida Butsu.

Chapel of the Chimes, Hayward



Irvington Memorial Cemetery, Fremont



HIROSHIMA AND NAGASAKI BOMBING MEMORIALS

On August 6, 1945 at 8:15 AM, the atomic bomb was dropped on Hiroshima. On August 9, another one was dropped on Nagasaki at 11:02 AM.



Memorial services were held in Pacific Standard Time at the exact times to memorialize those who perished in those events. Rev. Miyaji rang the kansho and chanted a sutra.



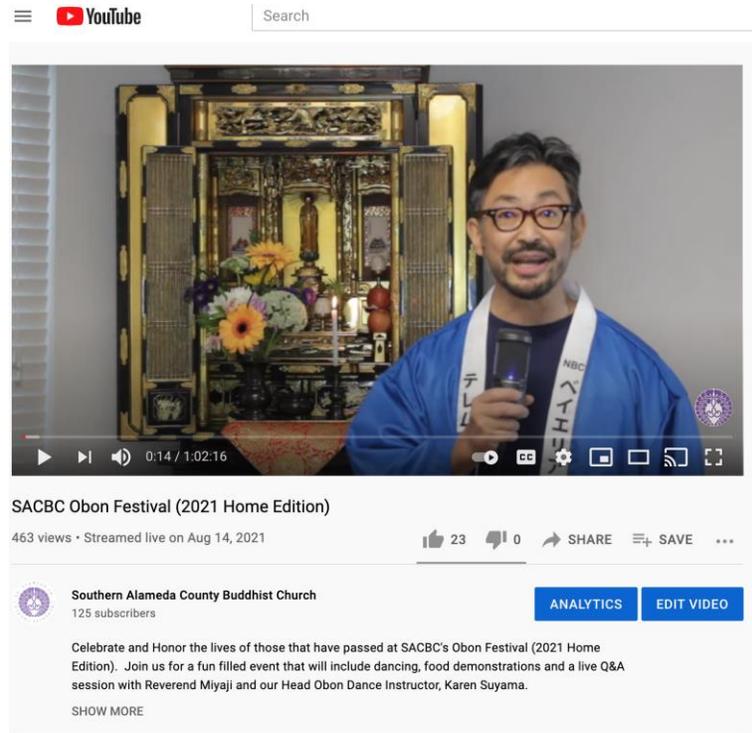
OBITUARY

It is with great sadness that we advise that **Mrs. Yaeko Yasuhiro** passed away on August 18, 2021 at the age of 98 years.

A viewing will be held at (Berge-Pappas-Smith) Chapel of the Angels on Friday September 10th, between 4:30pm – 7:30pm. The funeral service will be held on Saturday September 11th at 2:00pm, and a ZOOM link will be provided for those who wish to attend virtually. Kindly RSVP by Tuesday September 7th, if you plan to attend the funeral service in person.

2021 Virtual Obon-Home Edition!

Celebrate and Honor the lives of those that have passed at SACBC's Obon Festival



by Kyle Yamasaki

On Saturday, August 14th, SACBC held its first Virtual Obon-Home Edition. Hosted by Garret Murai and featuring Rev. Dr. Takashi Miyaji and our head Obon dance instructor, Ms. Karen Suyama. The virtual Obon was a very entertaining way to celebrate and rejoice in the memory of our loved ones that have passed. Here are some screen captures of the event as well as a behind the scenes look during our live broadcast! You can watch the YouTube broadcast via the link below or go to our SACBC YouTube channel. It will be the featured video on our channel all through the month of September.

<https://tinyurl.com/SACBC2021VirtualObon>

Please remember to subscribe to SACBC's YouTube channel and click on the "bell" icon to receive updates from our channel! And please share with your family and friends!

YOUTUBE
VIRTUAL OBON PROGRAM HIGHLIGHTS



Chef Nolan sharing his lava cake recipe!



How to dress in a yukata!



Obon dancers, dancing in front of the Hondo



Yaki Udon demo by Chef Taka!

LIVE!
BEHIND THE SCENES



What's Up Dharma School

Hope everyone had a nice summer and is staying safe. We will be starting Dharma School 2021-2022 with registration and classes starting on **Sept.19, 2021**(Sunday). The elementary level classes will be taught by Cathleen Yoshida and Jr.High to High School level classes will be taught by Betty Yamasaki. As of now, we will be waiting for the temple's reopening plans. We will be sending a climate check with past students who are interested in joining again this year. More information to come via email.

Looking ahead, these are tentative Dharma school dates and events for 2021 (subject to change)

- Sept.19, 2021- First day of Dharma School/Registration
- Oct.3, 2021-Dharma class
- Oct.17, 2021-Dharma class
- Oct.31, 2021-Umenoki parade/activity
- Nov. 6, 2021-Keirokai
- Nov.7, 2021-Dharma Class
- Nov.21, 2021 -Dharma Class
- Dec.5, 2021-Dharma class (Bodhi Day and Mochitsuki)

If your child is interested in joining Dharma School for 2021-2022 or know any other family that might be interested, please email Betty Yamasaki (at b_yamasaki@yahoo.com) or Cathleen Yoshida-Matsubayashi (cathleenandken@yahoo.com). DS members from last year will automatically get an invite.

Again, stay safe and healthy!

In Gassho,
Cathleen and Betty



To SACBC Sangha,

I would like to extend my gratitude to the Board of Directors and all the members of SACBC for the support you've given me throughout my tenure in the office. It has been a blessing and a pleasure knowing all of you and serving the temple. SACBC will always be dear to my heart and so are the friendships I've formed for the last couple of years. I will surely miss my bento "family" on Wednesdays and the camaraderie that goes along with the chaos in the kitchen.

I'd like to especially thank Ken Suyama, Karen Fujii, John Arai, Royce Mori, Rev. Miyaji and his family for giving me the opportunity to be part of the SACBC community. I won't say goodbye but instead... I'll see you around. Stay safe and healthy everyone!

Victoria Consul



SACBC Bento Fundraiser by Chef Royce Mori

Wednesdays: September 1, 8, 15, 22 & 29 / 3 – 4pm

SACBC & Chef Royce are continuing the Pick-Up Bento service to SACBC Members (Wednesdays only).

To order: Call and leave a message at church: 510-471-2581 or Email: SACBCOffice@gmail.com

Order deadline: Mondays at NOON! No late orders, please.

Pick Up: Wednesdays, 3PM – 4 PM. Sangha Hall Lobby
(Runners will bring food out to the cars),
SACBC, 32975 Alvarado-Niles Road, Union City, CA

Payment: There are five options for payment:

- Paypal or Venmo: sacbc.treasurer1@gmail.com
- Credit card: VISA, Mastercard (will be processed onsite during pick up)
- Check made out to SACBC, or Cash (Exact amount please. No change will be given.) in a sealed envelope with your name & address on the outside.

SEPTEMBER

PICK UP	MEAT	VEGETARIAN
Sept. 1st	Pan Roasted Pork Chop \$18 Brined in sake & served w/Negi Miso Sauce, Sauteed Brown Rice, Roasted Potatoes & Broccoli Mixed Green & Apple Salad w/Citrus-Soy Dressing	Salmon Shioyaki \$18 Served with Oroshi-Soy Sauce, Sauteed Brown Rice, Roasted Potatoes & Broccoli Mixed Green & Apple Salad w/Citrus-Soy Dressing
Sept. 8th	Teriburger \$16 Avocado, Caramelized Onions, Lettuce, Tomato, Brioche Bun Wasabi Caesar Salad Housemade Chips	Teri-Portabella Burger \$16 Avocado, Caramelized Onions, Lettuce, Tomato, Brioche Bun Wasabi Caesar Salad Housemade Chips
Sept. 15th	Chicken Satay \$17 Garlic Noodles, Stir-fried Long Beans, Rice Cake, Cucumber Salad & Peanut Sauce Green Papaya Salad	Crispy Ginger-Soy Cod \$17 Garlic Noodles, Stir-fried Long Beans, Chinese Broccoli & Steamed White Rice Green Papaya Salad
Sept.22nd	Soy Braised Pork \$17 Soft Boiled Egg, Dashi Braised Eggplant, Japanese Pickles & White Rice Mixed Green Salad w/Ume Dressing	Ramen Salad with Fried Shrimp & Tofu Cake \$17 Served with Mixed Greens under a bed of Fresh Ramen Noodles topped with Kamaboko, Red Bell Peppers, Soft Boiled Egg & Crispy Shallots w/Sesame-soy Dressing
Sept. 29th	Oxtail Udon \$18 Kamaboko, Bok Choy, Crunchy Garlic, Green Onions and served in Oxtail Dashi Chopped Green Salad w/Creamy Miso Dressing	Abura-age Udon \$17 Seasoned Soft Boiled Egg, Shimejii Mushrooms, Bok Choy, Crunchy Garlic, Green Onions & served in Shiitake Mushroom Dashi Chopped Green Salad w/Creamy Miso Dressing

Umenoki Gardens Senior Home, Caregiving Staff Wanted

Umenoki Gardens Senior Home is looking for caregiving staff. The candidate needs to have at least two years of experience in providing care to elderly people. Positions are open for the day, evening, and overnight shifts. Japanese language speaking skills and knowledge of Japanese-American culture are pluses, but not required. The job description is listed below.

If you know of anyone that would be interested in applying for a position, please ask that person to send an email to wgardens.treasurer@gmail.com. Thank you.

Iris Yakuma

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Job description

We are looking for a competent caregiver to care for our elderly clients in a professional and compassionate manner.

It's often a demanding job, but it can also be very satisfying and rewarding, since people are thankful for high quality assistance. The ideal candidate will be patient and friendly with excellent communication skills. You should be able to follow instructions and perform a variety of tasks to help clients.

Responsibilities

- Help clients take prescribed medication
- Assist clients with ambulation and mobility around the facility
- Assist clients with personal care and hygiene
- Help clients with physical therapy exercises
- Perform light housekeeping duties that clients can't complete on their own
- Be a pleasant and supportive companion
- Report any unusual incidents
- Act quickly and responsibly in cases of emergency
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Skills

- Proven experience as a caregiver
- Excellent knowledge of emergency response and first aid (CPR)
- Knowledge of housekeeping activities
- Willingness to adhere to health and safety standards
- Respectful and compassionate
- Good time management skills
- Outstanding communication and interpersonal skills
- Physical endurance
- High school diploma or equivalent
- Japanese-language speaking and knowledge of Japanese-American culture is helpful

Vaccinations are required of all clients, visitors, and staff. Masks are worn indoors.

SEPTEMBER EVENTS

5- SUN	NO SERVICE
6-MON	LABOR DAY (OFFICE CLOSED)
12-SUN	SHOTSUKI SERVICE
19-SUN	FAMILY SERVICE; MEMORIAL FOR VICTIMS OF WAR
26-SUN	FALL OHIGAN – SPECIAL GUEST MINISTER Rev. Henry Adams

