



Tacoma Buddhist Temple

(Jodo Shinshu)

タコマ 仏教会 (浄土真宗)

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MYOKYO

明鏡

(MYOKYO, the Bright Mirror of Buddha Dharma always illuminates our LIFE)

September 2020

Temple Mission Statement *"To offer those in the Pacific Northwest an enduring community that values inclusiveness and acceptance in seeking enlightenment through Japanese Shin Buddhist teachings."*

Sensei's Message



Settling in. Am I settled? Will I ever be settled?

Rev. Tadao Koyama

I would once again like to thank the Tacoma Buddhist Temple for helping Cyndi and myself with settling in and getting familiar with the area! While these times are different with wearing masks, social distancing, and not coming into physical contact, I feel very similar to when I started a new job and when I move to another place.

I have moved a total of 3 times in my life. The first time, when I moved to college to attend UC Santa Cruz. This was the first real change in my life in terms of living away from home. It was exciting! I was finally away from my parents' supervision! Not that they were helicopter parents, but I still definitely gained the Freshman 15 from eating too much pizza and donuts from experiencing freedom in being able to eat what I wanted, when I wanted.

The second time I moved was when I had to live in Japan for two years to study for my ministerial career. That was even more jarring as living in a foreign country where English is not the main language can unsettle anyone! The entire time I was living in Japan, going to college, attending graduate school, there was always this little part of me that would think when would be the time I settle in for good? When will I stop moving? When will I stop training for something? When will I finally be "established" and living on my own? Independent, away from parents' rules or do things the way I want to do them?

I think most young people (not that I am that young anymore!) think this way towards the end of their college days. They probably also think this at the beginning of their first job. However now I am in a situation where I am independent! I am on my own! I am not living with my parents! I am free!! Or am I?

Yes, I am not living with my parents anymore. I have my own place! Actually, the house belongs to the temple. It does not belong to me. I can live by my own rules! Actually, my actions and decisions aren't all

my own. Of course, with a lot of decisions regarding my job and programs that I would like to do, I must first consult with many like the board and most importantly, my wife Cyndi. My life, in reality, is not just my own. This idea of settling into MY own life is actually a dream.

One of the most important concepts that I was taught growing up as a Buddhist, was the term "interdependence". When we hear this term repeated again and again, we may roll our eyes and find ourselves scoffing and thinking "I've heard this a million times! When will they stop saying that?" However, becoming a priest within the BCA has taught me, even forced this concept of interdependence on me ten-fold as I alone don't answer to just myself. While many may look to me for answers in terms of Buddhist concepts, terminology, and ritual dos and don'ts, I am just as much in need of all of you. I would not have the privilege to serve you if the temple were not here.

So, while I do have many freedoms and Cyndi and I are "settling" into our new home, I must constantly remind myself that this is not just "MY" life. The idea that I can live this life where I can do whatever I want, when I want, is actually a fantasy. It is this ego-centric idea that I can somehow live this life where the actions and decisions that I make will only affect me and will not affect others. So while I do often find myself wishing I could just hop on a plane and travel to wherever I want to, or not pick up the phone, or just lounge around all day without having any responsibilities to attend to, it is a fantasy.

So, does this mean that I view this life in a negative way? Absolutely not. I am grateful that I have so many new people in my life now who are so concerned with Cyndi's and my well-being! The way I framed this type of life in the above paragraphs comes from a place of *bonno* or base passions. The selfish part of myself. The ego driven thinking. The idea that I am deserving of the things that I get. I am deserving of money, or love, or people's gratitude. All of this comes from the *bonbu* or foolish being in myself.

This is why I must rely solely on Amida's wisdom and compassion. According to Shinran Shonin, those who rely solely on Amida enter the stage of the Truly Settled! Those who are fully content with life. Those who no longer worry over the little things because their birth is assured. That, in our religious sphere, is what it means to be truly settled. So, am I truly settled? I don't know! This is a question we must, in my opinion, wrestle with on a daily basis.

Regardless of how I feel, Amida's working and compassion still works for me. The wisdom and compassion from the realm of the Dharma don't stop because I have some hang ups here and there. Even if I am dissatisfied with this or that about life, the Dharma still continues to work for my benefit. And because of this, I must remind myself, harshly sometimes, that I must live this life with the knowledge that there are so many who care for me and do my best to live by the words that I preach on a weekly basis.

I would once again like to thank you all from the bottom of my heart for welcoming us to the Northwest District and I look forward to interacting with you all more and learning all about you and how I can best serve you.

Namo Amida Butsu. 南無阿弥陀仏

President's Message



Welcome to our new resident Minister, Rev. Tadao Koyama and his wife, Rev. Cyndi Yasaki

Rev. Koyama and Rev. Yasaki arrived in Tacoma on July 30. A small, masked and socially distanced group gathered to greet Rev. Koyama and Rev. Yasaki.

Rev. Yasaki is a Tokudo Minister's Assistant and will get approved to be a Tacoma Minister Assistant. Rev. Koyama's official start date at Tacoma was August 1, and he is hard at work,

along with working on the logistics of getting medical/dental insurance, new driver's licenses, cable, a local phone number, etc., he has gotten equipment to continue Tacoma Buddhist Temple's virtual service YouTube videos. Rev. Koyama has already posted a Welcome video. If you have not had a chance to view it, check the Tacoma Buddhist Temple YouTube channel. There are weekly services also available from August 16 posted by Rev. Koyama. Please check them out.

Virtual Services

We are still not having in person services. We want to keep everyone safe and healthy, so in person services will not be held until local regulations and the Board of Directors determine that it is safe for everyone to return to the Temple. Please continue to view the weekly virtual services on YouTube to keep connected with the Temple and Dharma.

Welcome back to Dharma School

Welcome back to all the Dharma School students. We are still not able to hold in person Dharma School, but our Dharma School Superintendent June Akita and dedicated teachers have been working to put together a virtual class plan utilizing Zoom. Please check elsewhere is this Myokyo for more information about the upcoming Zoom Dharma School program.

TBT Virtual Cemetery Visits

This year's Obon Cemetery visits were put on video. Please check the Temple YouTube channel to see the visits that were delayed from July to August and conducted by Rev. Koyama.

Fall Bazaar

Our Fall Bazaar will not be an in-person event this year. The Board of Directors are working on an alternative event for this year's Fall Bazaar. Look for more information in a future Myokyo.

Final Note

I hope everyone has been safe and healthy this summer. It looks like we will have to continue virtual services for the foreseeable future. If you have suggestions on how to keep our sangha even more connected, please send me a note at yotskendo@aol.com.

Gassho,
David

Buddhist Women's Association News



It's hard to believe it is September already. In normal times I would be using this month's article to list all the BWA activities coming up between now and December and beyond. For now, please note that all regularly planned activities through October have been cancelled.



In the July, BWA members participated in a socially distanced farewell to the Miyaji family, helped ready the parsonage for the Koyama family (a very small team due to COVID), donated toiletries to Nativity House (big thanks to Lynrae Hubble for making that delivery!) and contributed to the virtual Obon with a wonderful segment featuring Patti Wong demonstrating how to make delicious strawberry mochi.

I wish you all good health and look forward to the day when we can hear the dharma together again.

In Gassho,
Denise Cline

Dharma School News



Being so technically impaired is so frustrating at times!! I am so grateful to those who are so patient and supportive!! Since Dharma School Classes will be virtual through December, I've had to accept the fact that I need to learn how to work ZOOM and sometimes 'pretend' I know what I'm talking about. Just thankful our DS Faculty is strong and energetic, and that our students will be joining us again on Sept. 13 with an open mind and anticipation for the new year!



From Rev. Miyaji and family: "Dear Dharma School, On behalf of my family, I would like to thank you from the bottom of my heart for your generous gift. Keisai made so many good friends through Dharma School, and I would like to thank all teachers and students for your warm and kind guidance. We are sad to leave, but please do not forget that together we walk on the nembutsu path. Be well, and see you in the near future! Gassho, Rev. Miyaji, Kaori, Keisai" (Keisai with his DS gift - Doctor kit - with Gma Miyaji)



Our condolences to Megumi Azekawa and Erin Berkey Shimizu families for the loss of their fathers this past summer. Losing a parent is so difficult but enjoying fond memories will be a blessing.

It was wonderful to see Dharma School families attend the "Virtual Welcome to Reverend Koyama and Reverend Cyndi"! Upon their arrival, they were so happy with the DS Welcome foods and kitchen gadgets-even if they had to eat by themselves! They look forward to meeting all of us in-person soon!

Please fill out a **DS Enrollment Form** (page 17) and send a copy back to me via email so we know if your child(ren) will be attending. This will enable us to monitor class size and also aide teachers to prepare projects kits.

Sunday Classes: All classes will be presented through ZOOM beginning September 13. Rev. Koyama will give a short DS message prior to each DS class session. Class time -10:45-11:15 AM. Break Out classes will *begin in October* once I have a better idea of students and grade levels. ***If you need some assistance on attending these virtual classes, please let David, Sensei or me know.***

Calendar for September: Class time: 10:45-11:15 (tentative)

Sept. 13	All Students	K-Grade 12	Rev. Koyama, Rev. Cyndi	Meet our new Ministers!
Sept. 20	All Students	K-Grade 12	June Akita	Building an obutsudan for home (Dana)
Sept. 27	All Students	K-Grade 12	Rev. Fred Pelger	Making an Engi (Interdependence)

If you had a 'special' day this summer, or did something fun, or learned a new skill – ***please send me a picture.*** I know the Sangha truly enjoys seeing you in action and this helps keep us connected.

Dharma School Fun Fact:

In 1926, under the direction of Rev. Yudo Komatsu serving as our minister, the ***first Sunday School*** with 9 children was formed.



"Student of the Month"



Hi. My name is Jet Yotsuuye. I will be a Sophomore this Fall at Stadium High School. My favorite Disney Character is Luke Skywalker because he has some really cool fighting scenes. My favorite snack is Sushi!!! I enjoyed reading "To Kill a Mockingbird" written by Harper Lee in 1960. I would like to learn more in the science field. My dream is to go to college. My role models are my parents because they work so hard. I enjoy volunteering at Sukiyaki, Bazaar and Obon. One thing I like about coming to Temple is the pleasant atmosphere. I am grateful for my parents because they help me. Thank you, Jet. Glad to know you a little better.

Gassho, June



On behalf of the YBA we would like to welcome you to the 2020-21 Dharma School year. Junko and I have taken over for Tracy Ling as the new YBA Advisors and we look forward to the coming year during these interesting/challenging times. We would first like to thank 2019-20 YBA President Ryan Ling and cabinet officers for leading the YBA this past year and Tracy Ling for all of her years as YBA Advisor. Tracy will still be active as a Lotus Class Teacher, so she hasn't moved far.

The YBA is composed primarily of High School/Dharma Lotus Class students. In addition to Buddhist, social, and service activities within the temple, the group also participates in activities within the NW Young Buddhist League and other exchanges within the greater NW and West Coast districts.

Usually our YBA puts on a **Welcome Breakfast** prior to the first service on September 13th. Unfortunately, with the Covid-19 restrictions we will have to just welcome you remotely to the new year. **WELCOME!**

YBA Meetings and Cabinet Elections will be via ZOOM on September 20th following the Temple ZOOM service and Dharma School. **Lotus class students will be emailed a ZOOM request to start YBA meetings at 11:15 on Sundays** in order to facilitate this process.

Please note: The **first YBA meeting** will be held on **September 13th (Sunday) at 11:15.**

Lotus Class members, please take this time to think about running, or who you would like to nominate for the various cabinet positions. The following are a list of YBA Cabinet positions and eligible Lotus Class members.

- **CABINET Positions:**
 - o President¹ / Vice President / Secretary / Treasurer¹
- **LOTUS Class Members:**
 - o Rio Shimizu, Josiah Cook, Gus Hendrie, Kalea Shimizu, George Alexander, Odessa Cook, Ezra Winters, Tae Pedrozo, Jet Yotsuuye,

We look forward to working with these dynamic and motivated students and welcome any new students who may be interested in joining the YBA.

Upcoming events (Lotus Class/YBA Members):

- Sept. 13 (Sun/1045/1115am) All Class/ Zoom: YBA Welcome & Introduction
- Sept. 20 (Sun/1045/1115am) All Class/ Zoom: YBA Elections/ Planning Mtg.
- Sept. 27 (Sun/1045/1115am) All Class/ Zoom: YBA Mtg.
- Oct. 4 (Sun/1045/1115am) DS Class/ Zoom: YBA Mtg.
- Oct. 11 (Sun/1045/1115am) DS Class/ Zoom: YBA Mtg.
- Oct. 18 (Sun/1045/1115am) DS Class/ Zoom: YBA Mtg.
- Oct. 25 (Sun/ TBD) Halloween Event - TBD.
- Nov. 1 (Sun/1045/1115am) Bazaar/No Class/No YBA Mtg.

Gassho;

Bobby & Junko

yotsuuye@outlook.com

¹ Temple Membership required for elected position.

Buddhist Education Committee News



This summer, I received the opportunity to work closely with my landscape architecture major by doing some landscaping work at Osaka Gardens. When taking this job I knew that it would be a lot of work, but it also allowed me to learn about designing as well as giving me time to think more deeply.

Each day I am sent to a different worksite where I could be doing a variety of things, but one thing stayed very constant. Everything seemed to have its place as well as its own space to grow. This reminded me of a dharma talk my sister JoAnna gave a long time ago where she talked about how we need to leave space for everything in our lives. She had a mason jar and showed us that when we focus too much on the little things (represented by sand), we no longer have room for the bigger things in our lives (represented by golf balls). Thus, going back to landscaping when it comes to good design, we need to consider how much room we are giving the plants to breathe. This means when we have a large tree growing, we do not need to overcrowd it by putting shrubs underneath it. There is a beauty in itself to have the tree grow and develop in its own space.

When thinking about the situation now in the world, there are a lot of thoughts that we can overwhelm ourselves with. For me it's things like, how is school going to play out? Do I have enough money saved up? Are my grandparents safe? Will I be able to see my friends soon? While all of these are valid concerns, I could be missing the bigger concern at hand. How am I doing? Like trying to plant too many things in the same spot, am I overcrowding my own life with these uncontrollable thoughts? I know I need to take the time I have now to reflect on if I am giving myself space to breathe. With that being said, I want you to take a deep breath in and consider how you are doing right now and how you are taking care of your own mental health.

In Gassho,
Kenzo

Toban News



Toban Committee:

(Crystal Inge, Donna Sasaki, Lynne Tanino, Barry Weled & Kaila Yoshitomi)

Announcement: Until the Temple resumes in-person services and the stay at home order has been lifted, we will be postponing all monthly Toban cleanups, coffee hours and other activities. We can't wait to see everyone again in person.

Hope you liked our DIY cleaning spray recipe. Here is one for **Homemade Hand Sanitizer!**
(myheavenlyrecipes.com)



What you will need:

2/3 cup 99% rubbing alcohol
1/3 cup Aloe Vera gel
Essential oils of your choice

Instructions:

well combined

1. Gather your ingredients and a small bowl
2. Mix the rubbing alcohol and aloe vera gel together until well combined
3. Add in a few drops of essential oil of your choice, or you



can leave out if preferred

Notes:

It is important to use a rubbing alcohol that is 99% alcohol. To be effective, hand sanitizers must be at least 60% alcohol. When you dilute with aloe vera, you cut the alcohol content by 33%. This recipe creates a hand sanitizer that is approximately 65% alcohol.

For more ideas check out My Heavenly Recipes for other fun summer dinner ideas, craft and instant pot recipes! <https://myheavenlyrecipes.com/>

~Kaila

Facility Committee Update



There is a misconception among the local flora that bamboo plants don't cuss. Well if you believe that I have a magic amulet for sale. When Jeff Hiroo showed up to clear some out-of-control bamboo there was a @#%&!!! followed with a #^\$*!!!. Word is the lowbrow crabgrass, always keen to advance knowledge, taught the bamboo their full lexicon of dirty words. Conversely, Jeff was rewarded with some sweet thoughts from a grateful cherry tree after some much-needed trimming. I'm sure the bamboo and crabgrasses would love to meet that do-gooder sakura in a dark alley, but alas, those troublemakers are stuck in place.

Despite the best efforts of our resident gremlins preparing the parsonage for the arrival of Reverends Koyama and Yasaki went off without a hitch. A team effort ensured the carpet was cleaned and a wrinkle got smoothed out. Two work parties removed and replaced the furniture to give the cleaners full access.

Tony Gregg is pushing ahead with a plan to brighten the social hall kitchen with a new coat of paint.

David Yotsuuye facilitated some much-needed maintenance for the parsonage's long-in-the-tooth furnace. A missing filter was installed, and after a thorough going over, the furnace was deemed OK. However, the technician commented that our geezer of a furnace may need replacement. Our appliance is 20 years old and furnaces should be replaced every 15 to 18 years. David was kind enough to use his own credit card for the invoice and the temple will reimburse him.

Jeff Hiroo and Fred Pelger continue to gang up on that dirt and debris during their weekly visits. South Fawcett remains clear of trash due to Tom Hubbell's vigilant efforts. David Yotsuuye, Robert Yotsuuye, Gary Ichinaga, Tom Hubbell, Tony Gregg, Rick Tanabe, and Del Sasaki plow through those facility to-do lists. Finally, Kurt Osaka and Osaka Gardens work their magic to maintain our temple grounds

~Dave

Safe Social Distance Visit to Temple Seniors

(Backyard Services) Plan Proposal

As we are all impacted by the temple's closure, we are all missing services. Many of us have access to a computer and to the internet so we are able to have zoom services and youtube services. However, there may still be many of us who are not that tech savvy and are still missing services. I would like to propose that

I, as the new minister, make a program for the pandemic that is affecting most of our senior members. Many of them are very sad that they do not have access to the temple anymore or cannot come to Sunday services. While Tacoma, the Northwest district and BCA have taken measures to adapt to these times, I would like to volunteer much of my time to assisting many of the senior members of the temple by providing them with a safe, and social distance service experience in their backyards.

My idea is that a member would make an appointment with me on any particular day that I have an opening in my schedule. I would drive out to their house, then enter their backyard from the side gate. I would set up an outside altar in their backyard, perform a service while the member or members sit safely in their house and watch me from the window, or the porch if they have a porch. After which, I would bow to them, and leave.

The service itself would not last longer than half an hour. I would be more than willing to give a little dharma talk to them, but it is mostly so they can hear the ringing of the inkin and listen to the chanting. All of the donations they give will go straight back to the temple.



This is so the seniors most affected by this would be able to witness just for a little bit some of the elements that they have been missing from the temple services that they have come to appreciate.

Strict guidelines

As the COVID-19 is still a large threat to this population, and that safety must be our top priority, I have thought of some guidelines that must be followed to a 'T' and that I will repeat again to whoever is making an appointment with me.

- Stay in your house or 6 feet away at all times
- Sensei will not enter the house at all.
- Please do not offer food or beverage.
- Please leave your side gate to the backyard unlocked before sensei arrives
- Please reserve service in advanced so proper measures for sanitation can be done prior to sensei's arrival
- Please do not hand sensei an envelope for donation. Send all donations through online, or by mail to the temple.
- This is a service for the temple, so please make checks payable to Tacoma Buddhist Temple.
- Services are only for household members. (Medical staff and essential persons are permissible) Please do not invite outside friends or family to the service.
- Please arrange for locking of the gate after sensei leaves.
- Sensei will always wear a mask and gloves.
- Household members are encouraged to stay inside the house when watching service but sitting outside on the porch is permissible as long as it is 6 feet away from sensei. If household members sit outside, they must wear a mask.
- When sensei arrives, he will call the house to let the members know he has arrived.
- Sensei will not perform more than two services per day.
- Sensei will provide own hand sanitizer.
- Sensei will not burn incense.

If interested in a "Safe Social Distance Visit" please contact Rev Tadao Koyama.

Phone: 253-307-4523

Email: revtadaok@gmail.com

Have a suggested date and time.

An Opportunity Just for You!

During this very unusual time with the necessity to cancel temple services and gatherings, more than ever we ask for your support to keep our temple running smoothly and safely.

Please consider volunteering for a position on the temple board of directors. Your help in running necessary temple functions will be much appreciated!

Among these positions, we are looking for someone to be assistant treasurer. If interested or have questions, please contact a membership committee member.

Thank you and please stay healthy and safe!

Donna Sasaki
dlsasaki@comcast.net

Jim Doyle
Blueoak9@gmail.com

June Akita
juneakita@comcast.net

Yearly Memorial Service

General Memorial Service Years for 2020

1st Year - 2019	17th Year - 2004
3rd Year - 2018	25th Year - 1996
7th Year - 2014	33rd Year - 1988
13th Year - 2008	50th Year - 1971

September memorials for 2020

1 st year	Yoshinobu Henry Kakiuchi	September 3 rd , 2019
3 rd year	Hiroshi John Nakagawara	September 4 th , 2018
13 th year	Motoshi Yamasaki	September 28 th , 2008

October Memorials for 2020

1 st year	Robert Nakayama	October 23 rd , 2019.
7 th year	Frank Koichi Kawasaki	October 30 th , 2014
13 th year	Masaye Shigeno	October 31 st , 2008
25 th year	Mineo Shimooka	October 3 rd , 1996
25 th year	Yoshiki Yabusaki	October 12 th , 1996

November Memorials for 2020

3 rd year	Herbert Isamu Saito	November 7 th , 2018
3 rd year	Toshie Fujita	November 11 th , 2018
13 th year	Joseph Hideo Kosai	November 4 th , 2008
13 th year	Yoshimi Mayeda	November 5 th , 2008
13 th year	Toshiko Tish Sasaki	November 30 th , 2008
33 rd year	Chiyo Kusumoto	November 23, 1988

VIRTUAL OBON 2020!



While we weren't able to hold our annual Bon Odori event, our Temple rallied and developed a virtual Obon video to bring the spirit of Tacoma's Obon to life. This truly was a "it takes a village" scenario given COVID-19 restrictions. Each segment was shot separately and sent to Emma Inge for editing.

Big thanks to the following contributors and organizers:

- Messages: Rev. Dr. Miyaji (welcome); Rev. Koyama and Cyndi Yasaki (introductions); David Yotsuuye (thank you/donations)
- Master of Ceremonies: Kevin Ikeda
- Video development: Emma Inge (editor); Crystal Inge (organizer)
- Taiko Performances: Tacoma Buddhist Temple Fuji Taiko; Bobby Yotsuuye (taiko editing)
- Memorial candles: Wendy Hamai, Donna Sasaki, Lynrae Hubble
- Origami demonstration: Josiah Cook
- Recipe demonstrations: Patti Wong (strawberry mochi); Akemi Ikeda (mochi cupcake)
- Dance segments: Elsie Taniguchi & Vicki Yotsuuye; Rose Kishi, Karen Yoshitomi, Kaila Yoshitomi; Crystal Inge Kate Inge, Emma Inge
- PR: Debby Abe

If you haven't checked out the Virtual Obon video, please go to our TBT YouTube channel and be amongst the currently 1,500 viewers! https://www.youtube.com/watch?v=ZwN6nCr_j6A

And thank you to everyone for your donation as this is one of our largest annual fundraisers. It's not too late to donate in memory of a family member or friend or to support our annual event that supports our Temple operations and more. Donate online at our website or you may send in a check. We appreciate any kind effort.

In Gassho,
Temple Leadership

Book Club

September 10 at 7 pm
via Zoom

Love and Rage
Lama Rod Owens

COMPLETE YOUR CENSUS

Get counted and complete your US 2020 Census today, on-line at **2020mycensus.gov**, by phone **844-330-2020** or by **mailing** back the paper questionnaire sent to your home. Encourage family and friends to complete their census before the September 30 deadline.

WHERE ARE THEY NOW?

Dharma school members create vibrancy in our temple that we enjoy and appreciate. As they leave to continue their next journey, we thought it'd be to great share where they are and what they're doing. Each month or so a past student will be highlighted – enjoy catching up with them!

Highlighted Past Dharma Student: Geoff Sasaki

Parents: Delbert and Cynthia Sasaki; Temple Grandparents: John and Tish Sasaki

After graduating high school, what was next?

After completing high school, I continued my education at Oregon State University to complete my undergraduate degree. Initially, I was interested in pursuing a degree in physical therapy, but after my second year of college I switched my major to Food Science and Technology. Upon switching my major, I began volunteering in a nutrition research lab as an undergraduate research assistant. In 2016, I received my Bachelor of Science, majoring in Food Science and Technology while completing options in Food Science and Fermentation Science. In addition, to my academics I played intramural sports (e.g. flag football, soccer) and club soccer, while also enjoying time hanging out with friends and exploring different craft breweries and wineries.

2. What did you enjoy about college?

One thing I enjoyed most about college was getting involved in undergraduate research. Prior to college, I had little to no understanding on what academic research actually consisted of. I then started volunteering in a nutrition research lab assisting the professor and graduate students in completing their research. One of the major focuses of the lab was understanding the mechanisms of how certain foods, such as raspberries or walnuts, can protect against obesity and other chronic diseases. After learning more about this research, I was astonished by the beneficial effects that small dietary changes can have on combatting chronic diseases. A highlight during my time as an undergraduate research assistant was being fortunate to be provided my own undergraduate research project, where I presented my findings at a national nutrition conference and received an award as one of the top undergraduate poster presenters. My experience working in an academic research lab was inspiring and motivated me to continue nutrition research and pursue my doctorate at The Ohio State University.

Additionally, I enjoyed playing intramural and club soccer during my time at Oregon State. Soccer was a major part of my life prior to entering college, so I was happy to continue playing after high school. Notably, a major highlight was winning two co-ed intramural soccer championships. Also, club soccer provided an excellent opportunity to meet many new friends as well as travel around Oregon playing other college club teams.

3. How did you decide on your major and now post degree? What interested you about this focus?

Science and cooking were always two major interests of mine prior to entering college. Interestingly, my mom was the one who had suggested the Food Science major after I had let her know I was considering changing majors. After taking my first food science course, I immediately knew that I was going to enjoy pursuing this major. One of the reasons this major interested me was the practical applicability of the knowledge I was learning. It was always exciting to be able to learn about topics like food safety or food chemistry from my classes and then be able to apply what I learned from those classes to real life situations, such as cooking, on a daily basis. Completing this major has provided me a new appreciation and understanding of the manufacturing of food and beverages that are found in stores as well as for the food I cook at home.



4. Where do you live and what are you doing now?

I am currently living in Columbus, Ohio. I moved to Columbus after graduating from Oregon State to pursue my doctorate at The Ohio State University. The focus of my doctoral research was investigating the benefits of green tea in protecting against inflammation and improving gut health. Our lab showed in mice that green tea extract protects against obesity, fatty liver disease, and inflammation by limiting "leaky gut" and improving the gut microbiota. In July 2020, I completed my PhD in the Human Nutrition Program and shortly after accepted a job at Columbus Brewing Company as their Quality Manager.

5. What do you miss most about your family and temple

One of the things I do miss about my family is being able to see them in-person on a regular basis. Living across the country and especially now with the current pandemic, it has been more challenging than ever to be able to fly back and see my family. Since the pandemic, weekly FaceTime sessions with my family has been great and relaxing for me during these unprecedented times.

Being away from temple for a while, I truly miss everything about it. I miss the people, the chanting, the singing of gāthas, the Dharma teachings, and especially all of the events and delicious Japanese food. Every Sunday, I felt a sense of community as soon as I stepped into temple and that is a feeling that I will never forget.

Tacoma Buddhist Temple 2020- 2021

Dharma School Student Enrollment & Information

Welcome new and returning Dharma School families!!

We are please that you and your child will participate in the Tacoma Buddhist Temple's **Virtual Dharma School** this year. In order to help ensure a positive, safe and engaging environment and program for all Dharma School children, we'd like you to provide some information about your child and family so the teachers can be informed and maintain good community with you this year. Please read the agreement below and **complete one for per student**. Thank you!

Student Name _____ Preferred Name/Pronoun _____

Date of Birth _____ Grade in School _____

Mailing address _____

Special Interests _____

Allergies to food or environment? Yes ☐ No ☐

If 'yes', please provide additional information. _____

Does your child have any **special needs**? Yes ☐ No ☐

If 'yes', please provide additional information. _____

Parent/Guardian Name (Primary) _____

Phone/Text Contact _____ Email _____

Approved to Pick up child from Class/Temple Yes ☐ No ☐

Additional Parent/Guardian Name _____

Phone/Text Contact _____ Email _____

Approved to Pick up child from Class/Temple Yes ☐ No ☐

Please INITIAL here if you would prefer **NOT** to have your child's photograph or have your child's image in TBT Publicity (Temple Newsletter) or social media (FB or Email) _____

If there is a group picture and NOT publishing your child's name, can your child be part of this kind of publication? Yes ☐ No ☐

Are there other restrictions that we should be aware? _____

- Because of our current situation with the Covid 19 Pandemic, please be aware that we are looking into the safety of your child, our teachers and our friends.
- We are planning to have ZOOM classes that we hope to 'engage' your child to the temple and to Buddhist practices. We will contact you monthly as to the schedule.
- Thank you very much for your patience and understanding that things *could change* because we are all dealing with a situation that is incomparable to our knowledge.
- Please be safe and take care of you and your family.

Parent/Guardian Signature _____ Date _____

*September 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6 YouTube Service	7 Labor Day	8	9	10 King's Books, 7 PM via Zoom	11	12
13 Sangha Service 10 AM VBA breakfast Dharma School Begins Via Zoom	14	15	16	17	18	19
20 Youtube Service Dharma School Zoom	21	22	23	24	25	26
27 YouTube Service Dharma School Via Zoom	28	29	30			

*October 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 YouTube Service Dharma School via Zoom	5	6	7	8 King's Books, 7 PM via Zoom	9	10
11 YouTube Service Dharma School Via Zoom	12	13	14	15	16	17
18 YouTube Service Dharma School Via Zoom	19	20	21	22	23	24
25 YouTube Service Dharma School Via Zoom	26	27	28	29	30	31 Halloween