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www.sasfquest.org

President's Message

The days are getting shorter, and the leaves will soon change color to remind that Fall is upon us and we're winding down another busy year for SASF!



First off, I want to extend a warm welcome to our two new SASF Board members, Eric Wong and Alyssa Chow. Both of them bring deep knowledge and strong ties to the community that will surely be an asset to the growth and progress for SASF.

As we energetically welcome the new Board members, we also enthusiastically look forward to building upon an eventful 2016. Some new undertakings and accomplishments from 2016 to date include:

- Installation of an acoustics system at the SASF facility which will greatly improve the sound system and enable us to expand upon the usage for our venue
- Expansion of our SASF staff which allows for us to conduct facility maintenance in-house to provide more comprehensive upkeep and service, and allows us to save on costs by not outsourcing these tasks.
- Increased utilization of the SASF kitchen to provide in-house catering for events requiring food service, resulting in increased revenue for SASF.
- Hosting our first-ever Pickle Ball Tournament which drew participants

- from all over Northern California. This event was an extension of our coordinating a twice-weekly Pickle Ball league at the SASF facility.
- In partnership with Mrs. Ellen Kwong, we hosted the first annual Lunar New Year which provided a community luncheon to more than 200 needy people who were able to experience afternoon festivities and a hot lunch buffet prepared by SASF staff and volunteers.
- Sponsored our first college
 preparation mentoring workshop
 bringing together youth from
 Northern California high schools
 with young professionals and recent
 college graduates. The workshop was a
 great opportunity for aspiring college
 students to receive guidance and
 critical information regarding their
 collegiate and career aspirations.

We will round out 2016 by hosting the 23rd Annual Crab Feed in November. The SASF Board and Crab Feed Committee look forward to another fun and successful event featuring our famous all-you-can-eat Asian-inspired crab dinner to more than 800 guests from our area and throughout Northern California. We continue to be proud of the popularity and community of this annual fundraiser.

Looking ahead, we will celebrate the 10th Anniversary of the SASF facility in 2017. We are in the process of planning a community event to mark this special occasion.

Continued on page 2



President's Message continued

Moving forward into 2017, we will be revitalizing our "brick campaign" and expanding on our fundraising opportunities. This will enable us to continue the programs, events and activities hosted at the SASF facility, and to expand upon opportunities of diversification of our venue.

In closing, I want to express my gratitude to all of our awesome staff and dedicated volunteers who provide the help and support at our events, and to the SASF Board who give so much of their time, resources and energy to making and sustaining our organization and facility. Together we are all as great as the community we serve!



Newsletter Sponsorship

SASF is currently soliciting donations through advertisement opportunities in our newsletters (usually published March and September). Our newsletter is mailed to approximately 5000 SASF supporters and posted on our website for 6 months. This is a great opportunity for your business or organization to reach members of our community. If you wish to reserve ad space in our next newsletter or if you have any questions, please contact Karen Cotton at 916-739-1616 or kcotton@fongprinters.com

Advertising Rates (per newsletter):

Business Cards (3 1/2" x 2")	\$65
1/4 page (3 15/16" x 4 15/16")	\$120
½ page (4 15/16" x 7 1/2")	\$200
full page (7 1/2" x 9 5/8")	\$300

Facility Managers Report

By Evan Kanenaga

Youth Programs

It has been a few years since SASF has initiated any new programs for our youth. SASF supports our current programs, Teens Create Dreams (TCD), Strive for Strength (SS), summer league and Basic Hoops. These programs help to teach our youth about organization, teamwork, and provide other life skills that they can continue to build their future on. On July 27, 2016, a College and Career workshop was sponsored by SASF. Providing Resources for Education and Professionalism (PREP) was created to provide high school juniors and seniors with information on a variety of practical topics, chosen to assist them in preparing for their future college and career goals. The one-day workshop was well received by those in attendance. Next year (2017), the workshop will be held on April 8, 2017. Registration information for next year will be available soon. Please check our website after November 2016. A special thanks to Karisa Yamamoto, Allison Yamamoto and Alyssa Chow for all the time and effort they volunteered to create and coordinate this new program. I will continue to survey the youth in our community to determine their interests so similar programs and activities can be established. SASF's goal for our youth has always been to support the positive development of their personal character and provide them with the tools they need for their future ambitions. I hope through the encouragement of our programs, they will experience a better understanding and appreciation of their community.

SASF Endless Summer Classic

On August 26-28, 2016, SASF sponsored its first-annual Pickleball Tournament. This was a major event with local and national supporters



providing various donations.
Players from all over Northern
California
and Nevada
participated
in the event.

The field of players was nearly filled to capacity for all divisions, Men's Intermediate / Advanced Doubles, Women's Intermediate Doubles and Mixed Intermediate / Advanced Doubles. Aside from the great competition of the tournament, SASF received numerous compliments regarding our food concessions. Many players complimented on the great tasting, fresh food choices. Another awesome job by our volunteer kitchen staff!

Next year's tournament will be on August 25-27, 2017. Due to the overwhelmingly positive response from this year's tournament, we will be accepting registration for next year's tournament by the end of this year. A big thanks to our Pickleball Tournament Committee: Jeannie Fong, Lee Pacho, Kathy Yamamoto, Karisa Yamamoto, Sunny Jung, Roddy Gee, Stan Fukui, Heman Lee. It couldn't have been a success without their help.

Like the four seasons, the future at SASF is changing. Recent facility repairs and improvements will allow SASF to explore new entertainment options and community oriented events, while continuing to support programs and events from our current loyal customers and founding organizations.

For any suggestions regarding entertainment or special events you would like to see SASF host, please email me at sasfrentals@gmail.com.

Thank you for your continued support of SASF and all of our efforts.

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Welcome New SASF Board Members

ALYSSA CHOW

Alyssa Chow was born and raised in Sacramento, California. She is currently working as an Estate Planning and Probate attorney in



Sacramento through Family Wealth Law Group, PC. Her participation with SASF first began in her early years when playing basketball as a member of the Sacramento Buddhist Church. Since then, she has been a part of most of SASF's traditional activities, such as being a crab feed volunteer; Basic Hoops volunteer; and basketball summer league player with a solid average of 2 points per game. She also had the opportunity to be a part of SASF's inaugural

exchange trip to Matsuyama; to be one of the first students chosen for the SASF scholarship program; and to be one of the founding members of the SASF Junior Board. She has been delighted to be a part of SASF as it has attained many milestones, and she cannot wait to be a part of the SASF Board to help provide the same types of formative experiences that she was fortunate to experience to the next generation of SASF members.

ERIC WONG

We are excited to add Eric Wong to the SASF Board of Directors. Eric enjoyed 40 years in the electricity and environmental arena. His Masters of



Science led to work in technical analyses and executive management for the States

of Hawaii and California, the federal government and the private sector. He served as an industry advisor to the Federal Energy Regulatory Commission and the US Department of Energy, Chair of an industry member based California coalition that advocated for clean energy technologies, and worked as a registered lobbyist in California and Washington DC.

Eric, recently retired, enjoys hiking, traveling, bicycling and family vacations. Believing in the strength of community-based efforts, he looked for an organization where he could "pay it forward." He fondly remembers the many times his wife Debbie Loh and he drove their two sons to basketball practice and attending other community events at the facility. Eric reached out to SASF in 2015 to be a volunteer. For the past year, he provided marketing efforts for SASF's performing arts fundraisers.



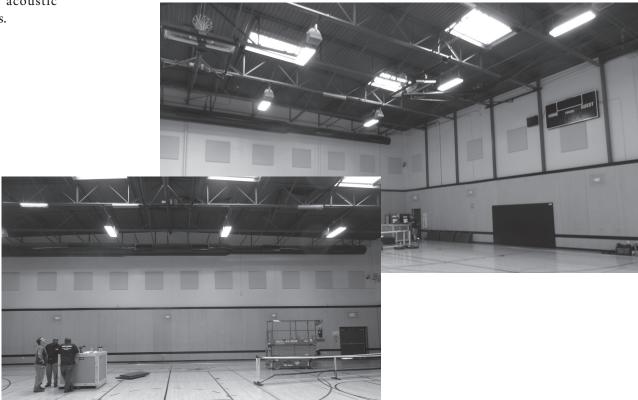


Look What's Up at SASF

SASF recently invested in a new acoustic treatment to improve the audio experience at our SASF facility. We interviewed three different acoustic contractors and reviewed their proposals and chose Skips Music from Sacramento. They provided the best value and the most sound absorbing panels. They recorded data from sound waves generated at different

frequencies. With this information, they used a computer generated program to design the optimal ceiling and wall treatments to improve the perceived sound for our audience. Former County Supervisor Jimmie Yee provided the financing for our building's improvement. So next time you are at our facility, look up and see our new acoustic improvements.





2016 5 - The QUEST

SASF's Inaugural PREP Program

By Alyssa Chow

Bright and early on July 23, 2016, the feel of motivation and drive was thick in the air as twenty-five high school students from the Greater Sacramento Area and the Bay Area arrived at the SASF building to participate in the very first PREP workshop. The goal of PREP, which stands for "Providing

Resources for Education and Professionalism," was to expose high school students to the types of real-world skills that they will need not only during high school, but also once they have left high school and moved on to what may seem like a daunting and exciting new chapter in their lives.

To break the ice, students took a quick personality quiz to determine their dominant personality traits. Were they Socializers, Relaters, Thinkers, or Directors? They then broke into groups with students whom they shared a dominant personality trait with, and swapped analogous stories and experiences relating to that trait. Each group was led by one to two PREP volunteers who also shared the group's personality trait, and together all of the members of the groups discussed

what their strengths and weaknesses were regarding their dominant personality trait. For example, Socializers tend to be very optimistic and motivating, but correspondingly they may also become impatient and inattentive to detail. The purpose of the personality quiz was to establish a foundation for the students to use in the other activities planned for the workshop, and for each of the students to get a better idea of what their work styles are in connection with their personality traits.

PREP facilitator Karisa Yamamoto (UCLA) led a discussion on the college application essay, and went over some tips and tricks that she has gleaned throughout her experience in applying for college and graduate school. Students broke into small groups led by PREP volunteers and charted out some of the most important life events that have made them into the people they are today. After each of the students brainstormed and discussed what they wrote down, they all quickly discovered that each have had unique and attention-grabbing

experiences worthy of being the topics of their upcoming college applications.

PREP was very fortunate to host Kweku Djan (Yale University), Anthony Hackett (Stanford University) and Riki Eijima (Occidental College), who sat down and engaged with

the students in a Q & A session regarding their insights into the college application process. They each provided candid answers to questions such as what it really means to be a "well-rounded" student, and what makes a college application unique. SASF would like to thank all three of these stellar incoming college freshman for their participation, and wishes them the best of luck as they embark their journeys in their undergraduate educations!

After a delicious lunch of chicken, rice, and salad, which was artfully prepared by none other than SASF President Donald Lee and his crew, the students got back to work and got a crash course in drafting powerful resumes and cover letters, and in obtaining stellar letters of recommendation.

Finally, PREP facilitator Evan Kanenaga led a discussion on interview tips and tricks, and the students had a chance to put all of their newfound skills to the test in small-group mock interviews. Students had a chance to answer some of the more standard questions ranging from "what is your greatest

strength/weakness?" and "what is one accomplishment that you are most proud of?" to some more unusual questions such as "are you more of a hunter or a gatherer?" and "if you could be any color in the crayon box, what would you be?" Each of the students gave thoughtful answers to each question. They could not have made the PREP facilitators and volunteers more proud of their performances.

Keep your eyes peeled for the next PREP event, which is slated for April 8, 2017. Registration will be available in November 2016.

Special thank you to all of the volunteers and mentors who assisted with the event: Kyle Wong (UC Davis); Gregory Wada (UC Davis); Trenton Tanioka (UC Irvine); Niel Valmores (University of San Francisco); Abigail Daniliuc (Pacific Union College); and Yael Levin (UCLA).





Strive for STRENGTH

By Jenna Fong Photo Credit: Jenna Fong

Strive for Strength is a nonprofit organization whose objective is to inform, educate, and empower young girls in our community about life lessons and social pressures. This year's event was held on March 21, 2016, with 100 girls ranging from 7th-12th grades throughout the Sacramento region attending the retreat. The attendees participated in a variety of activities such as ice-breaker games, Zumba, and team-

building activities to make the attendees feel more comfortable to interact with one another and speak out on their thoughts. Each year we have 1-2 main speakers from all over the U.S. come to provide a positive speech to the retreat attendees, depending on our retreat theme for the year. This year the theme was self-image. Our 2 speakers this year were Julie Kelly, who is a professional youth speaker, and Shuree, who is a recording artist that writes songs that make a difference. They both did an excellent job, and we cannot thank them enough for taking time out of their busy schedules to contribute to the program. In the past we have had the privilege of having Lisa and Laura Ling, Noelle Bean, Kelly Richardson from the SacBee, and many other respected professionals speak at the retreat. Thank you to all of the volunteers and participants, and we look forward to continuing our tradition of hosting yearly retreats.



2016 7 - The QUEST



Summer Concession 2016

By Gordon Low

This year, summer concession started on June 27th and ended on August 5th. With the help of many volunteers, we were able to serve some very nice home cooked meals for the summer league basketball parents and participants. Some of the meals were chicken chow mein, loco moco, chicken fried steak, black bean ribs, Hawaiian ribs, etc. Also included in the menu was our daily menu. This consisted of udon, somen, lumpia, French fries, chili, hot dog, chicken wings, etc.

Each day, we started at 3 p.m. to get all of the food items ready for the concession to open at 5:30 pm. The sales of the concession help to supplement the facility's operating cost such as gas, electric and water.

Without the support of the volunteers, the concession would not have been possible. A big thank you to them from the SASF board.







SASF Youth Summer League

By Jan Yoshioka

SASF's 2016 Summer League was another huge success with close to 400 boys and girls ranging from grades 1st through 9th participating. The players were supported by a cast of over 250 volunteers who took on the roles of coaches, referees, scorers, and timekeepers.

If you came out any night of the week you would have noticed something unique about our summer league...it would appear to be run by a bunch of young people. And in many wonderful ways it is. Our summer league is a learning environment where the youth

from our extended community volunteer to be coaches. Over 80% of our coaches are current or former summer league players who enjoyed their own experience enough to want to give back and be a coach. For many, it's their first experience, and SASF provides a safe and supportive environment to develop their skills. Each division has an adult coordinator who knows how to stay in the background until a bit of assistance or guidance is needed.

SASF's summer league is the brain child of one of our founding members, Robert Fong, who coins the concept

as "the circle of life". It's his and the SASF Board's hope that the players will return year after year to play and will enjoy themselves enough to want to give back by becoming a coach. That some will want to develop their skill set by becoming a referee, score or timekeeper. And when the circle of life works, they volunteer to be Division Coordinators like Eric Fong and Keilen Fong, who ran the Rookie Division. And eventually, one day, they will become our next generation of leaders at SASF.













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SASF Basic Hoops

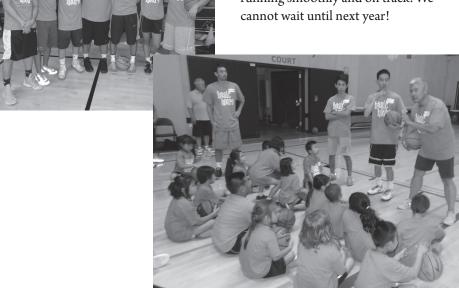
The SASF Basic Hoops program was held from August 15th through August 18th at our SASF facility. Under the direction of Coach Colleen Matsuhara, Coach Jan Nishi, and Coach Jan Ichiho, we taught 60 young, eager, and smiling faces the fundamentals of basketball. These little boys and girls hoopsters ranged in age from kindergarteners to third graders. This year's Basic Hoops program would not have been possible without the 38 dedicated coaches

ranging from college students, middle school, high school, and college coaches. They created fun games and exercises to keep the young children focused. Our facility was filled with giggles and laughter. They were taught things like conditioning-warm ups, stretching and the ladder drill, and basic fundamentals like passing, dribbling, shooting, and defense. And we must not forget, they received popsicles at the end of each session as a reward for being such great students! At the end of their Basic Hoops experience, they received a Basic Hoops Certificate they could display proudly. Board of Director Amy Wong was instrumental in keeping the program running smoothly and on track. We cannot wait until next year!









FALL





TEENS CREATE DREAMS

By Cori Kumamoto Photo Credit: Denise Tahara

Teens Create Dreams, also known as TCD, is a nonprofit organization which holds an annual talent show whose proceeds go towards the Sacramento Children's Home, which is Sacramento's only Crisis Nursery Program. Their mission is to prevent child abuse and neglect and provide support to families in need.

TCD is run by a group of high school students with the aid of Felix Wada and Julie Ota. Every year, these students meet throughout the summer to plan, create and direct the annual talent show to raise money for the Crisis Nursery Home. This year's TCD's Board of Directors included: Kendal Bartlett, Haley Cogburn, Cameron Dorais, Connor Dorais, Nicole Fong, Keilen Fong, Steven Gabriel, Gabby Griffe, Kayla Hamahashi, Ryan Ikami, Rohit Ihawar, Ritika Ihawar, Iade Jones, Cori

Kumamoto, Cody Kurahara, Robert Lee, Cameron Lutz, Alex Mar, Lucas Matsuura, Victoria Matsuura, Aaron Murata, Brendan Noguchi, Bryce Noguchi, Tymiko Patterson, Riley Onodera, Kai Osako, Austin Sakata, Sara Shimizu, Dillon Tahara, Tyler Takaha, Sydney Takeda, Bella Vallejo-Wolfe and Shelby Wong. The Advisory Board included: Brent Abe, Tristan Fong, Marisa Kwong, Brandon Nubla, Julie Ota, Troy Ota, Tyler Sakata, Felix Wada, Kelsey Wong and Kristi Wong.

This year, the Fifth Annual Talent Show was held on August 21st at Kennedy High School and was dedicated to Janna Shimizu, a dear friend and fellow JFK student who took her life after suffering from and battling depression. The show had a total of 18 acts and four judges, which included: Jamie Bobolis, Jacqueline Sarah Silver, Brandon (Soosh*e) Shimabukuro, and Gigi Zosa Mar. A total of about \$2,500 was raised at this year's show and was donated to the Crisis Nursery.

This year's turnout was one of the largest TCD has had since their first show and they continue to hope for more support to allow them to keep helping those in need. Next summer, TCD will continue to carry out their annual talent show and in doing so, will help homeless, abused or neglected kids and teens throughout the Sacramento community.



11 - The JUESA 2016

DONATIONS

The SASF gratefully acknowledges the following generous donations received from 11/1/15 - 9/30/16 The SASF is a nonprofit 501(c)(3) organization, Tax ID 94-3227001

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AUTO | HOME | FLOOD | BUSINESS | WORKERS' COMP | LIABILITY | LIFE