Dec. 25, 2009

Kelowna Buddhist Temple

The New Dharma Express

Kelowna, B.C. V1Y 9N9 www.kelownabuddhisttemple.org

PO. Box 22092, RPO Capri Centre **Monthly Memorial**

Clean-up Altar Toban

Special points of interest:

- Fri. Jan 1, New Year's Service 2pm
- Sun. Jan 3, Dharma School 10am
- Wed. Jan 6. TSS Meditation 9:30am
- Thurs. Jan 7. TSS Meditation 9:30am
- Fri. Jan 8, TSS Meditation 9:30am
- Sun. Jan 10, Dharma School 10am, Monthly Memorial 1pm, AGM 3pm
- Wed. Jan 13, TSS Meditation 9:30am
- Thurs. Jan 14, TSS Meditation 9:30am
- Fri. Jan 15, TSS Meditation 9:30am
- Sun. Jan 17, Dharma School 10am
- Wed. Jan 20, TSS Meditation 9:30am

JANUARY

Kiyoko Matsuda Miss Mr. Ichimatsu Wakita Mr. Zenzo Otsubo Tatsuhiko Nakagawa Mr. Mr. Shizuo Sakai Mrs. Kikue Yamada Mrs. Hisako Tomiye Master Sueo Tahara Sakuichi Matsumura Mr. Mrs. Kotoyo Takata Mr. Iwajiro Yamaoka Mrs. Natsu Tamura Mr. Kinzo Nakano Mr. Honzo Budo Fumi Suzuki Mrs. Mr. Ben Ueda Mr. Masao Tanaka

Special points of interest:

Shige Terai

Haru Tanemura

Sutezo Kumagai

S. Tanemura Maynard

Mrs.

Mrs.

Mr.

Mrs.

- Thurs. Jan 21, TSS Meditation 10:30am
- Fri. Jan 22, TSS Meditation 10:30am
- Sat. Jan 23, YABA AGM

Mr. Albert Tainaka M/M Minoru Mori M/M Morio Tahara Mr. Sumio Tahara Mrs. Joan Tanaka Mrs. Amy Ueda M/M Bill Omae Mr. Terry Hikida M/M Alec Pelletier

Group #1

Special points of interest:

Mr. Ken Ueda

Mr. Jack Ueda

Ms. Peggy Tanaka

Mr. Rick Suzuki

- Sun. Jan 24. Dharma School 10am, Goshoki Hoonko & Funjinkai Shinbokukai 2pm
- Wed. Jan 27, TSS Meditation 10:30am
- Thurs. Jan 28, TSS Meditation 10:30am

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phone 250-763-3827

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Special points of inter-

- Fri. Jan 29, TSS Meditation 9:30am
- Sat. Jan 30. Keiro Kai Supper
- Sun. Jan 31. Dharma School 10:30am

From Sensei: You Are Not Alone

"When sentient beings think on Amida Just as a child thinks of its mother, They indeed see the Tathagata – who is never distant –

Both in the present and in the future." (Shinran Shonin)

Happy New Year everyone. At this time, we reflect on the events of this past year, and renew our commitment to live a life in the Nembutsu. The boundless compassion of Amida, can enrich our lives to become more fulfilling and contented. The workings of Amida have no bounds. Amida also manifests in various forms. There are many manifestations as Buddhas in the world, as Shinran Shonin has told us. When I think about our relationship with Amida Buddha, I think about the following story. It tells us about the close and loving relationship between mother and daughter, as the daughter prepares to leave home. The unconditional love of a parent, which lasts throughout our lives, is like Amida Buddha's great concern and care for us.

Mariko seemed to grow up so quickly, and now she was preparing to go away to college, several hundred miles away from home. This was a difficult transition that mother and daughter would have to face. After her husband's death, Mariko's mother had made every effort within her power to raise her daughter well -ensuring she received a good education,-attending Dharma school and Temple,-working and caring for others.

Mariko found the idea of leaving home and living on her own in an unfamiliar city exciting, but at the same time, worrisome. She would miss her mother, who had always been there for her to share her joys, and support her throughout any difficulty. Despite her excitement, she was uncertain about being on her own, and having to manage things without her mother's guidance and understanding.

As she prepared to take the bus, bags packed and ready, her mother gently took her arm, looked at her with tears in her eyes and said to her, "This is such a big step for both of us--- I'm sure you're going to see and do so many new things --- maybe sometimes you'll feel that you don't know which way to turn. Remember when you were very little, and how you

used to tug on my apron when you wanted something and I would see to what you wanted? Remember how when you used to ride your bike too close to the road, I would knock on the window and yell at you to get off the road and get back into the driveway? Remember when the kids used to tease you about not having a dad? Her mother looked at her, and whispered. "Well, I'll still be there with you in your heart, but it will be up to you to listen to what I told you. I won't be there to kiss away your pain if you fall down and hurt yourself, or calm you when the thunderstorms go through --- but, if you're ever afraid, I'll be there, standing there with you. If you are hurting, you can feel me close to you, and if by chance you do something wrong, I'll whisper the truth to you so you won't do it any more." The tears came to both their eyes. They hugged one another. Then Mariko's mother went over to her dresser and opened the top dresser drawer. Taking out a handkerchief she gently tucked into in the pocket of her daughter's jacket. It was her hope that the handkerchief would always remind Mariko that she was not alone

As she boarded the bus that morning, Mariko felt completely alone. She thought about the days ahead, not knowing anyone, having to form new friendships. She struggled to fight back the tears, and reached into her pocket to take out the handkerchief her mother had placed there. It was then that she noticed the knot in a corner of her handkerchief. It was the same kind of knot her mother used so many times before, to tie up her lunch money in her handkerchief. As she carefully untied the knot, she uncovered a single purple bead which she immediately recognized as one of the beads from her Nenju (or Buddhist beads). This touched Mariko's heart. She realized that no matter how far away she would be from home; her mother would always be with her in her heart.

In this story, the relationship between Mariko, and her mother is like our own relationship to Amida Buddha. The bead symbolizes the Nembutsu, which serves to remind us of Amida's presence in our lives. As we begin this New Year let us become attentive to the presence of Amida Buddha and recite the Nembutsu. In Gassho Rev. Yasuhiro Miyakawa

年頭の辞

光寿無量

新しい年の初めにあたり、京都の本願寺よりご挨拶申しあげます。

本願寺では親鸞聖人の750回大遠忌法要を明年にひかえ、準備の最終年となりました。御影堂の修復が昨年完了したのを始め、境内白洲はほぼ整備が終わりました。

大遠忌法要は南米開教区では2007年に、ハワイ開教区では2009年に勤まり、 北米開教区では今年春、お勤めされます。750年前の海を隔てた遠い国の親鸞聖人 ととらえると、身近に感じ難いかもしれませんが、私が、今、此処で本当に生きる道 を開いてくださった方として仰ぐとき、時間空間の隔たりは問題になりません。

経済が発展し、科学技術が進歩した今日、つい、私たち人間も進歩したかのように考えてしまいます。しかし、三毒と呼ばれる貪欲・瞋恚・愚痴の三つを抱えた私の姿は、昔の人と変わりません。世の中が変わった分だけ、私が抱える三毒の影響力も大きくなりました。経済活動のグローバル化は、生活の格差を広げ、富や力を一部の人々に集め、他方に生存を脅かす貧困問題を引き起こしました。一人ひとりが我が身のありさまをしっかり見つめ、節度ある生き方や社会のあり方を築きたいと思います。私たちが助け合い、支え合うためには、自らのいのちを省みると共に、他の人々の声を聞く必要があります。そこでは阿弥陀如来のお慈悲に包まれ支えられた私である、自他共に凡夫であるという自覚が元になるでしょう。

今年も、お念仏申して、一時ひとときの大切さを忘れず、過ごさせていただきましょう。

2010年1月1日

净土真宗本願寺派 門 主 大谷光真

New Year's Greeting

"Immeasurable Light and Life."

At the beginning of the year, I would like to send you my greetings from Hongwanji in Kyoto.

While awaiting the Seven hundred fiftieth Memorial for Shinran Shonin which will commence next year here at Hongwanji, we are in our final year of preparations. The restoration of the Founder's Hall was completed last year and many other facilities in the Hongwanji precinct have also been newly built or restored.

Shinran Shonin's Memorial was observed in the South America District in 2007 and in the Honpa Hongwanji Mission of Hawaii in 2009, and will be conducted in the Buddhist Churches of America this coming spring. If you were to think of Shinran Shonin merely as someone who lived seven hundred fifty years ago in a distant, faraway country on the other side of the ocean, it may be difficult to feel close to him. However, if you look up to him as the person who shows us the way to truly live our lives here and now, the difference of time and space does not matter.

As economics continues to develop and scientific technology advances in today's world, we human beings are likely to think that we are progressing in the same accord. However, since humans all possess the so-called "three poisons"—greed, anger, and ignorance—we are no different than the people of the past. Moreover, as the world and society change, the influence of our three poisons has become even greater. Globalization of economics has widened the gap in the standard of living between rich and poor, and concentrated affluence and power to a limited number of people, while on the other hand it has caused poverty issues that threaten the lives of people. Each of us must come to see clearly our own true selves and work toward building a moderate way of living and society as it should be. In order to realize mutual support and cooperation among ourselves, we need to listen to other people's opinions as well as reflect upon our own lives. This must be done on the awareness that each one of us, including myself, is a foolish, ordinary being who is embraced and supported by the compassion of Amida Tathagata.

Let us say the Nembutsu and cherish every single day, reflecting on importance of each moment.

January 1, 2010

OHTANI Koshin

Monshu ,

Jodo Shinshu Hongwanji-ha

Ohtani Koshin

From the Temple Executive

We wish to "Thank" the great crew on Friday, December 4th of Ken Yamada, Jerry Takeda, Bradley Tanaka, Scott Ueda and Mike Ito for delivering and cleaning up the trees. The work was all finished by around 11:30 a.m. Sales on Saturday, December 5th was manned by Alex Pelletier, Brad Diduck, Gord Lacey, Charles Phipps and Tracey Miki-Racho. Sunday, December 6th, sales were carried out by Jerry Takeda, Reg Tomiye, Genevra Cavanaugh, Michael Martin and Herb Tanaka. As of today's date, December 8th, we have not checked with Rick's Garden

World to see how many are left. Sales went slowly, perhaps was this due to: (1) No advertising in local papers? (2) Too early as last year was one week later? We would also like to give our many thanks to Martha at Rick's Garden World for allowing the church to sell trees off their lot and also for supplying the coffee to the crew. Thank you everyone for the help and support for this fund raiser. Season's Greetings to all.

In Gassho, Isao and Linda Terai

Temple Executive

2009 has almost passed, and the temple has enjoyed another successful year.

The past year we have sadly missed the presence of some of our key members. Thankfully, many have stepped in to take on the job of maintaining the temple operations. Special thanks to Alan Yamaoka and family for taking on the responsibility of running the farmers market and chow mein dinner events. There are too many others to thank as well, so I will not attempt to do so (and I fear I may overlook someone).

It has also been promising to see many of the younger faces (the next generations) showing up to help out with fundraising projects - in addition to all those that we count on from the general membership and the taiko group. Every hour contributed has

been greatly appreciated and made the jobs that much smaller. I hope that we will continue to see you all at projects in 2010.

Special thanks also to Gord Lacey for acquiring the free chairs from the Okanagan College. This has saved the temple a substantial expense in addition to your ongoing efforts.

2009 has been a challenging year for many, with economic events and other personal issues sometimes making our lives difficult. Hopefully we will also recognise and reflect on the many good things in our present, past and future to be grateful for.

On behalf of the executive, we thank you for your tireless support and wish you the best of health and happiness for both the holiday season and throughout 2010. In Gassho, Tim

From the Editor

To all the readers of the Dharma Express, a Merry Christmas and prosperous New Year! We made it... another year into the record books, a great time in the Temple's history, we are growing and as Sensei puts it, "in a main stream Religion".

Thank you to those that help me with the publica-

tion, it takes a dedicated few to keep it in print, thanks: Rev. Y. Miyakawa, Orai Fujikawa, Herb Tanaka, Elaine Mori, Shirley Tanemura, Gord Lacey, Suey Koga, Shoko Yamada and Temple Executive for your consistent contributions.

In Gassho, jiro

Thus I Have Heard From Rennyo Shonin

Rennyo Shonin is said to have remarked from time to time, "You should remember that whatever you do for the Buddha-Dharma is an awesome thing. Be very careful about everything." He also cautioned us, saying, "There is no tomorrow for the Buddha-Dharma. Lose no time in matters concerning it". The most important thing concerning the Buddha-Dharma is the problem of birth and death. We should not put off this problem until tomorrow.

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Service 2pm	2
3 Dharma School 10am	4 Taiko Practice 7pm	5	6 TSS Meditation 9:30am	7 TSS Meditation 9:30am	8 TSS Meditation 9:30am Taiko Practice 7pm	9
10 Dharma School 10am, Monthly Memorial 1pm, AGM 3pm (Supper to follow)	11 Taiko Practice 7pm	12	13 TSS Meditation 9:30am	14 TSS Meditation 9:30am	15 TSS Meditation 9:30am Taiko Practice 7pm	16
17 Dharma School 10am	18 Taiko Practice 7pm	19	20 TSS Meditation 9:30am	21 TSS Meditation 9:30am	22 TSS Meditation 9:30am Taiko Practice 7pm	23 YABA AGM 6pm—Mekong
24 Dharma School 10am, Goshoki Hoonko & Fujinkai Shinbo- kukai (New Year Party) 2pm	25 Taiko Practice 7pm	26	27 TSS Meditation 9:30am	28 TSS Meditation 9:30am	29 TSS Meditation 9:30am Taiko Practice 7pm	30 Keiro Kai Super
31 Dharma School 10am	Amu		eneral Me	eting Jan	uary 10th	at 3pm

BCC Update:

A monthly update from the national headquarters of the Shin Buddhist Churches of Canada 11786 Fentiman Place, Richmond, B.C., V7E 6M6

Ph: 604-272-3330 fax: 604-272-6865 Web: livingdharmacentre.ca

Welcoming a New Year 2010, I am sending my Season's Greetings to you and your family wishing a very healthy and peaceful year. Along with my greetings, I would like to share the following Haiku poem with you.

今ここに 抱かれてあり ナモアミダ *IMA KOKONI IDAKARETE ARI NAMOAMIDA* Here I am, being embraced by Namoamida.

One of the very unique interpretations by Shinran Shonin in the history of the Pure Land Schools is *GEN SHO SHOJO JU*, which is the teaching that a person who receives Shinjin enters the stage of the truly settled in this present life. Although you stay physically as an ordinary human being and not quite enlightened yet, you can feel and enjoy the enormous power of virtue coming to you from Amida Buddha as you hear his Vow and recite his Name namoamidabutsu.

I would like to quote a few poems called Wasan wrote by Shinran Shonin from Hymns of the Pure Land Masters;

The ocean of birth-and-deah, of painful existence, has no bound; Only the ship of Amida's universal Vow Can we, who have long been drowning, Unfailingly be brought across it.

The unhindered light filling the ten quarters
Shines on the beings in the darkness of ignorance
And unfailingly brings to attainment of nirvana
The person who realizes the one thought-moment of joy.

My eyes being hindered by blind passions, I cannot perceive the light that grasps me; Yet the great compassion, without tiring, Illumines me always.

Have a good and safe holiday season. In gassho, Orai Fujikawa



今ここに 抱かれてあり ナモアミダ

2010年の新年を迎えるに当たり、俳句を添えてご挨拶申し上げます。

浄土真宗が他の浄土教と違う点が色々ありますが、その中で特に大切な教えが現生正定じゅでありましょう。私たちは肉体を持っている限りは、煩悩がつきまとい、凡夫でありますが、如来の本願を聞かせていただき、その名号を称えさせていただく身になるとき、お浄土への往生が定まるという教えであります。

そのことを宗祖聖人は「高僧和讃」のなかに讃嘆しておられます。ここに三首を引用いたします。

BCC Update: continued

尽十方の無碍光は 無明の闇をてらしつつ 一念歓喜するひとを かならず滅度にいたらしむ

煩悩にまなこさへられて 摂取の光明みざれども 大悲ものうきことなくて 常にわが身を照らすなり

合掌。南無阿弥陀仏。

I wish to join with many friends to congratulate Mr. Cy Saimoto, Vancouver, BC for his recent honor with Order of Japan.

Also I wish to congratulate Rev. & Mrs. T. Aoki for the birth of their third daughter.

COMING EVENTS

Jan 16-17 Hoonko at Steveston Temple 24 Hoonko at Kelowna Temple Feb 27-28 BCA 750th Memorial Service of Shinran Shonin in San Jose, CA Apr 22-25 JSBTC AGM in Steveston

行	事	案	内	総会
1月	1日(全)	午後2時	修正会	24日(日)午前10時 日曜学校
1 /3	` '	,「及 2 时)午前 9 時半		午後2時 御正忌報恩講
	` '			婦人会親睦会
	, ,	午前9時半		27日(水)午前9時半 千部経三昧
	` '	午前9時半		28日(木)午前9時半 千部経三昧
	10日(日)	午前10時	日曜学校	29日(金)午前9時半 千部経三昧
		午後 1 時	1月祥月法要	
		午後3時	仏教会年次総会	
		於・ミンコ	コンタ食	3 1日(日)午前10時 日曜学校
	13日(水)	午前9時半	(千部経三昧	#師走の日々、皆様お忙しくしておられる事で
	14日(木)	午前9時半	千部経三昧	しょう。
	15日(金)	午前9時半	羊 千部経三昧	今年もお寺のたくさんの行事にご参加、ご支
	17日(日)	午前10時	持 日曜学校	援を頂き、
	20日(水)	午前9時半	羊 千部経三昧	厚くお礼申し上げます。
	2 1日(木)	午前9時半	羊 千部経三昧	皆様お元気で、良いお年をお迎え下さい。そ
	22日(金)	午前9時半	羊 千部経三昧	して
	23日(土)	午後6時於	ぐ・ミンコン YABA年次	来年もどうかよろしくお願いします。

Just Rambling

I've been here in Chilliwack for almost a week and to my surprise it hasn't rained at all. It is quite unlike last winter when it poured continuously and with the high humidity and the wind blowing, I really felt cold. Another year has almost gone by and I have noticed that the older you become, time seems to rush by so rapidly. Perhaps that is a good thing because it means that when one is busy and enjoing life, there is no idle time to become bored. It has been awfully busy the last few months but to explain the main reason why I am busy, we have to go back a decade to when my daughter-in-law thought that my grand children would someday want to know all about their ancestry, the history of the Koga family. Fortunately at the time there was a lecture and a course in genealogy being held in Kelowna which I attended. Luckily one of my sisters had visited our parents' relatives in Japan a few times and was able to gather a fair amount of information from them. The rest comes from memory as when I was a child, I would listen intently as my parents spoke about their ancestors in Japan. After consulting my siblings and their children, we decided to publish a history book of the family. The readers of this

newsletter probably wonder why I am writing about this in my article. During the war and a few post war years those of us of Japanese origin regardless of where we were born were requested by the Federal Government to sever many of our ties with Japan. This included the closure of Japanese language schools and curtailment which was mainly done voluntarily of certain Japanese cultural and traditional activities. Nikkei newspaper publications were censored as well as mail deliveries to anyone who had a Japanese sounding name. We were also requested to try to assimilate with non-Japanese people. Many of the Issei and older Niseis took this matter seriously and a large number of their children grew up with little or no interest regarding their ancestry. Thank goodness, we continued to have religious freedom.

When you read this article, I hope that some of you might think of trying to do what our family is doing. At this time I would like to wish all the readers of the newsletter a very Happy New Year and the best of health and happiness to you in 2010. In Gassho, Suey



M/M Jim Niven

M/M Isao Terai & Family

M/M Yuki Tanemura & Family

Mrs. Em Nishi & Family

M/M Jerry Takeda & Family

M/M Melvyn Tanemura

M/M Alec Pelletier

M/M Tim Tahara & Family

M/M Morio Tahara & Family

M/M Kaichi Uemoto & Family

M/M Don Favell & Family

Mr. Suey Koga

M/M Sam Sugie & Family

Mr. Jim Nishi

Mrs. Tammy Nishi & Family

M/M Herb Tanaka & Family

M/M Alan Yamaoka

Ms. Lisa Yamaoka

Ms. Carrie Yamaoka

M/M Joe Uyeyama & Family

I'm apologizing in advance, I experienced a problem with the original issue of this months Newsletter and lost several hours of work (I know back-up), the Season's Greeting page was lost so this is my feeble attempt at whose names were on it.

With Gratitude the Temple and all of its Affiliated Organizations Acknowledge Your Generous Contribution and Apologies for any Errors or Omissions.

Bodhi Day			Tahara, M/M Morio (In Memory	of Richachi	
Kitaura, Mr. Barney	\$20.00		Tomiye)	\$30.00	
Martin, Mr. Michael	\$50.00		Tanaka, Peggy (In Memory of	T	
Yamaoka, M/M Alan	\$30.00		ranana, r oggy (m momory or	\$40.00	
Nishi, Mrs. Em	\$20.00		Koga, Mr. Suey	\$50.00	
Tanemura, M/M Yuki	\$20.00		Tanemura, M/M Melvyn (In Me	•	
General	4 _0.00		Tanemura)	\$50.00	
Mizushima, Yoshi	\$43.05		Neher, Jean (In Memory of You		
Martin, Michael (For Start of Dharma School)	\$50.00		Fumie Tabata)	\$200.00	
Mori, M/M Min (Farmer's Market)	\$50.00		Newsletter	•	
Terai, M/M Isao (Season's Greetings)	\$50.00		Uemoto, M/M Kaichi	\$30.00	
Niven, M/M Jim (Season's Greetings)	\$50.00		Yamada, M/M Ken	\$30.00	
Nishi, Y.	\$50.00		Mori, M/M Min	\$40.00	
Yamaoka, M/M Tosh (Chow Mein)	\$50.00		Yamaoka, M/M Alan	\$50.00	
Favell, M/M Don	\$80.00		Yamaoka, M/M Tosh	\$50.00	
Kawamoto, M/M Roy (In Appreciation)	\$100.0	0	Membership		
Mori, M/M Min (on behalf of Yosh Terada for ap	ple wood	3) \$100.00	Yamaoka, Ms. Lisa	\$150.00	
Terai, M/M Isao	\$182.0	Ó	Yamaoka, Ms. Carrie	\$150.00	
Memorial			Mori, M/M Min	\$250.00	
Mori, M/M Min (In Memory of Michiko Sugimoto))	\$20.00	Uyeyama, M/M Joe	\$250.00	
Kawaguchi, Nancy (In Memory of Master Masar	ni Ueda)	\$20.00	Tonn, Mr. Harry & Stewart, Karen		
Ueda, Mrs. Yosh (In Memory of Master Masami	Ueda)	\$20.00		\$300.00	
Yamauchi, Kuniko (In Memory of Sister Mary Ko	oga)	\$30.00	Yamaoka, M/M Alan	\$300.00	
Monthly Memorial			Yamaoka, M/M Tosh	\$350.00	
Kitaura, Mr. Barney		\$20.00	YABA		
Nishi, Mrs. Em		\$20.00	Tahara, Mr. Sumio	\$50.00	
Tanaka, Dorothy (November)		\$30.00	Kitaura, Mr. Barney	\$50.00	
			Ogi, M/M T. (In Appreciation)	\$100.00	

YABA Update

Merry Christmas and Happy New Year to everyone. We have much to be thankful for, especially for the opportunity to spend time with friends and family. Our Keiro Kai supper for members 65 years & older is scheduled for January 30, 2010. If you need a ride, please contact Alan Yamaoka 250-765-8420. Your YABA Executive has a delicious menu planned again this year. We'll have bingo prizes for the lucky winners. Service at 5:00 pm, Photos at 5:30 pm, and dinner to follow.

We had an excellent turnout for our mochi project on December 12. Thank you to those who washed rice on the Friday morning so that we could begin to steam early on Saturday and to Jack Hatanaka who arrived at 6am I'm told. Many young people came to help pound mochi, and to form the treats we look forward to having each New Years. The lunch prepared by the Fujinkai ladies was delicious and enjoyed by everyone. Thank

you to everyone for your support. For seniors 70 and over, if you have not picked up your free 1 pound, it should be in the freezer at the Otera. We have mochi left over for anyone wishing to purchase more (as supplies last).

There is a small quantity of udon left, and our mein is all sold out.

Our Fall projects were very successful this year thanks to our dedicated membership.

Our Annual General Meeting is tentatively scheduled for the weekend of January 23rd. Members will be contacted to confirm your attendance. We encourage as many to attend as possible. If you are not a member, and wish to join the YABA, we welcome your participation. Please call Barb Yamaoka at 250-765-8420. (You will NOT be elected to the Board at this meeting).

In Gassho—Alan