



March 2017 NEWSLETTER

EdenAthleticClub.org
Eden Japanese Community Center (EJCC)
710 Elgin St. | San Lorenzo, CA | 94580

30th Annual Eden Jamboree Saturday, March 11, 2017

This March 11th is our annual Eden Basketball Jamboree for all 'D' and 'E' division teams. Good luck to all teams. Go Eden!

Location

The Ultimate Fieldhouse
2675 Mitchell Dr,
Walnut Creek, CA 94598
Games starts at 9am



Eden Jam Reminders

Work Shift Request Forms

If you have not submitted your work shift form, please do so immediately at

<https://goo.gl/forms/jH9J4uXLcFm8GQxP2>

Concession Donations Sign-up

Sign-up sheet is available at
<http://www.signupgenius.com/go/30e0e4cacad2ba1f85-20171>

***Recipes for food items are attached.*

Upcoming COMMUNITY EVENTS

AAU Alameda Vipers Basketball Boys Tryouts for Spring Season

Thursday, March 2nd & Tuesday,
March 7th

Alameda Pointe Gym Court -1101
W. Redline Ave. Alameda, CA 3rd
& *4th Grade 6:00-7:15 PM 5th &
6th Grade 7:00-8:15 PM 7th & 8th
Grade 8:00-9:00 PM JV & Varsity
8:00-9:15 PM

http://www.alamedavipers.com/s/vipers_Spring_2017TryoutFlyer.pdf

SLED Shorties Award Night

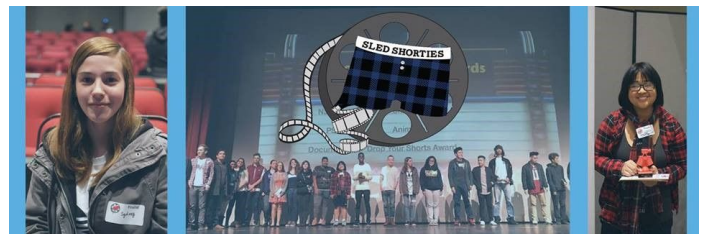
Name: SLED Shorties Award Night

Date: March 11, 2017

Time: 7:00 PM - 10:00 PM PST

Website: <http://www.sledshorties.com>

Event Description:



SLED is hosting its county-wide high school film festival. The SLED Shorties Film Festival was created in order to give film and media students in Alameda County an opportunity to display their talents and creativity. Students have submitted entries in five categories: Public Service Announcement (PSA), Animation, Documentary, Narrative, and Challenge.

On March 11th 2017 at 7pm at the San Leandro Performing Arts Center the top three entries in each category will be shown and awards will be presented to the first-place entry in each category.

Online tickets are \$10 for adults and FREE for students with ID. Find tickets at [EventBrite](#) for the 2017 Award Night.

Tickets sold at the door are \$15. Students with ID and children under 6 get in free.

San Leandro History Museum

Name: San Leandro History Museum

Date: March 4, 2017

Time: 11:00 AM - 4:00 PM PST

Event Description:

The San Leandro History Museum shares the story of the San Leandro Community from the time of the original Ohlone inhabitants to the present through exhibits, photographs, and hands-on materials. School tours are offered to local third and fourth grades.

THE PREMIERE FOOD & DRINK SCENE



THE TASTE OF SAN LEANDRO

A benefit supporting LEADERSHIP SAN LEANDRO

Tuesday, March 28, 2017

5:00–8:00 pm

21st Amendment Brewery
2010 Williams Street, San Leandro



TICKETS: bit.ly/Taste_SL17

\$40

Learn more about sponsorship and exhibitor opportunities:
510-317-1400, ext. 3 • leadershipsl@sanleandrochamber.com

Tickets include all food and drinks
[#Taste_SL](#)

Upcoming



<p>EBYAL C & B Shaughnessy March 4-5, 2017</p>	<p>Sacramento Betsuin Tournament March 4-5, 2017</p>
<p>Eden Athletic Club Jamboree March 11, 2017 Ultimate Fieldhouse, Walnut Creek</p>	<p>SACBC Hanamatsuri Tournament March 11-12, 2017 B & C Divisions March 18-19, 2017 D & E Divisions</p>
<p>EAC Board Meeting @ EJCC March 15 7:30 pm</p>	<p>31st Annual SJUMC Tournament March 18-19, 2017</p>
<p>BCSF YAO E-Jam Tournament April 1-2, 2017</p>	<p>Bay Area Asian Sports 17th Annual Invitational Tournament April 8 & 9, 2017</p>
<p>Eden Japanese Community Center Bazaar June 10-11, 2017</p>	

Eden Basketball Gym Schedule March 2017, Revision 1

	3/3/17	3/10/17	3/17/17	3/24/17	3/31/17
Bancroft**	7-8:30: EG, DGB 8:30-10: BB	7-8:30: EG, DGB 8:30-10: BB	7-8:30: EG 8:30-10:	7:00-8:00: EG 8:00-9:00:	7:00-8:00: 8:00-9:00:
John Muir**	7-8:30: DBG 8:30-10: CBG	7-8:30: EB, DGG 8:30-10: CBG	7-8:30: EB 8:30-10: CBG	7:00-8:00: EB 8:00-9:00: DBS	7:00-8:00: 8:00-9:00:
Fred Korematsu High**	7-8:30: DBS 8:30-10: CBS	7-8:30: DBS, DBG 8:30-10: CBS	7-8:30: DBS 8:30-10: CBS	7:00-8:00: DGB 8:00-9:00:	7:00-8:00: CGS 8:00-9:00:
San Lorenzo High (East gym)	7:00-8:30: CGS 8:30-10: DADS	7:00-8:30: CGS 8:30-10: DADS	7:00-8:30: CGS 8:30-10: DADS	7:00-8:30: CGS 8:30-10: DADS	8:00-10:00: DADS
McKinley	7:00-9:00: EB	7:00-9:00: ES			

Practice schedule is subject to change due to gym availability. Your team's manager will notify you of any changes.

Coaches:

EB: E-Bronze – Kyle Tanamachi
ES: E-Silver – Alain Nakamura
EG: E-Gold – Sid Hsu
DBS: D-Boys Silver – Genro Sato
DBG: D-Boys Gold – Tony Lee
DGB: D-Girls Bronze – Dean Seiji

DGG: D-Girls Gold – Roger Lee
CBS: C-Boys Silver – David Fruin
CBG: C-Boys Gold – Erik Nakamura
CGS: C-Girls Silver – Elvis Chan
BB: B-Boys – Kevin Valerio
DADS: Dad's Club

****RULES regarding the use of John Muir, Bancroft and Fred Korematsu:** 1) No street shoes allowed—only athletic shoes. Absolutely no spiked heels on the court. 2) NO food is allowed in the gym. Please be sure to wipe up any spills and pick up any bottles after your practice or game.

We must stress how important it is to follow the rules if we are going to continue to be allowed to use these gyms.
Thank you!

Bancroft Parking: Gym is located at Bancroft and Callan Ave. Additional parking can be found across the street from the school. The driveway is on Callan Ave.

San Lorenzo High East Gym – Use the parking lot entrance on Ashland Ave. to access SLZ High's East Gym. Turn right at the end of the parking lot and the gym will be to your left. You can park alongside the gym on the blacktop.

Fred Korematsu High School Gym is located at the corner of E. 14th St and 138th Ave. Street parking is available.

GYM LOCATIONS

Bancroft Middle School

1150 Bancroft Ave., San Leandro, CA 94577

(Additional parking can be found across the street from the school. The driveway is on Callan Ave.)

Fred Korematsu High School (FTK)

2200 Bancroft Ave., San Leandro, CA 94577 *The gym is located at the corner of E. 14th St. and 138th Ave. Street parking is available.*

John Muir Middle School

1444 Williams St., San Leandro, CA 94577

McKinley Elementary School

2150 E. 14th St., San Leandro, CA 94577

San Lorenzo High East Gym

50 East Lewelling Blvd., San Lorenzo, CA 94580

(Use the parking lot entrance on Ashland Ave. to access the East Gym. Turn right at the end of the parking lot and the gym will be to your left. You can park alongside the gym on the blacktop.)

GYM RULES and SAFETY

Due to insurance/liability issues, only EAC players are allowed on the courts.

Children who are not Eden players must not be left unattended in the gyms.

Climbing and playing on the bleachers or gym structures is prohibited.

Please refrain from eating and drinking (except water) beverages inside the gyms.

Everyone's adherence to these rules will ensure the EAC's continued use of these gyms. Thanks for your cooperation!

SPAM Musubi

(Families to make 2 batches or 2 cans worth)



Important: Use short grain UNSEASONED rice only

- Cook 4 cups of short grain rice, let cool
- 4 sheets of nori (seaweed, 7 ¼" x 8")
- One can original SPAM luncheon meat
- 1 cup musubi glaze (recipe below)
- Large musubi mold (available at Daiso)

Cut spam into **8** equal slices.

Pan fry each piece until golden brown.

Place fried spam in pan with simmering glaze sauce for a couple of minutes to cook in flavor.

Set aside to cool.

While spam is cooling, place mold over one piece of nori.

Put in one layer of rice (1/2" inch thick), press down gently.

Place two slices of spam side by side, lengthwise over rice.

Add one more layer of rice of same thickness and press down gently.

Lift mold slowly from around layers to remove.

Wrap seaweed around, placing a little water on edge to hold in place.

Cut long piece into two equal 4" pieces and tightly wrap each in plastic wrap. **DO NOT REFRIGERATE!**

Musubi Glaze

cup soy sauce
1/2 cup mirin
1/2 cup sugar

1/2

Gently boil all three ingredients until sugar is dissolved.

Furikake Chex Mix



Ingredients:

2 boxes Chex or Crispix cereal (use two different flavors)

1 stick of butter

¾ cup of sugar

½ cup light Karo syrup

½ cup vegetable oil

2 TBSP soy sauce

1 bottle Nori Komi Furikake (seaweed sesame rice seasoning)

Optional: bugels, pretzel sticks, assorted Japanese rice crackers

Directions:

Preheat oven at 250 degrees

In a sauce pan over medium heat, melt butter, sugar syrup, vegetable oil and soy sauce.

Pour cereal in large aluminum pan mix with any additional dry ingredients.

After ingredients are melted, pour mixture on top of cereal.

Toss and stir until the cereal is coated evenly. Then sprinkle furikake on and toss for even coating.

Bake for one hour, stirring every 15 minutes to ensure even crispiness.

Divide batch up in individual snack size ziplock bags.

Hawaiian Macaroni Salad

1 (1 lb.) box macaroni (elbows)
2 Tbsp. apple cider vinegar
2 carrots, shredded
2 1/2 c. Best Foods mayonnaise
1/4 c. milk
2 tsp. sugar
Kosher salt & pepper, to taste



Cook macaroni according to package directions. Drain well and place macaroni in a large bowl or Tupperware so it can be easily refrigerated later.

While macaroni is still hot, sprinkle on vinegar and add carrot. Toss together until well combined. Allow to cool for about 10-15 minutes.

In a separate, smaller bowl, whisk together mayo, milk, and sugar.

Fold mayo mixture into the macaroni until all the macaroni are evenly coated. Add salt and pepper to taste.

Cover and refrigerate at least 4 hours (best if overnight).

Hawaiian Kalua Pig- Slow Cooker Recipe

Ingredients

5-6 lbs pork shoulder or butt roast, boneless or bone-in
1 TBSP liquid smoke, Hickory flavor
2-3 tsp red Hawaiian Sea salt, use a little more for larger roast
1 small head of cabbage, shredded
Banana leaves – optional

Instructions

1. Wash and pat dry the pork roast and place in the slow cooker
2. Make shallow diagonal slices into the meat and pour the liquid smoke evenly over the top
3. Sprinkle with Hawaiian salt and rub into the crevices
4. Place the lid of the slow cooker on and set the time for 8-12 hours on LOW.
5. Check at about 8 hours for doneness. If not done let go the full 12 hours, checking every hour.
6. Remove pork from slow cooker, let sit for 10-15 minutes then shred with a fork. Add back some of the liquid into the shredded meat for some more saltiness and moisture.
7. Saute shredded cabbage lightly with juice from the roast and combine with shredded kalua pork.

Notes: If using banana leaves, which can be found at any Asian grocery store, place some leaves in the bottom of the pot reaching up the sides. Place the roast on top of the leaves, then add the liquid smoke and salt and wrap tightly with the leaves tucking them back under the roast. You can tie with cooking twine, but it's not necessary if the leaves are wrapped tightly enough. Cook the same as a non-wrapped roast. This will give the pork more of a Lau Lau style flavor.

Hawaiian Kalua Pig- Instant Pot Recipe

Ingredients

4 lbs pork shoulder or butt roast
½ cup water
1 TBSP liquid smoke, hickory flavor
2 tsps Hawaiian salt or coarse Kosher salt and a pinch more for later
1 small head of cabbage, shredded

1. Rub salt over the roast and cut into 4 equal pieces.
2. Heat up a medium frying pan with 1 Tbsp of oil and and lightly brown meat on all sides.

3. Put water and liquid smoke into the pressure cooker. Add meat into the pot and add a pinch more salt over the top of the meat.
4. Press [Manual] and then use the [+] button to choose 90 minutes pressure cooking time. When beep sounds, use the natural release to release pressure (approximately 20 minutes). When the valve drops, carefully remove lid.
5. Remove meat from pressure cooker and shred with two forks. Add some of the juices from the pressure cooker to moisten the meat.
6. Saute shredded cabbage lightly with juices from the cooked pork and add to shredded kalua.

Hawaiian Kalua Pig- Oven Style

Ingredients

- 5- to 5 1/2-pound boneless pork butt roast
- 2 tablespoons plus 2 teaspoons Hawaiian sea salt
- 3 frozen banana leaves, thawed
- 6 cups water, divided
- 1 Tbsp liquid smoke, hickory flavor
- 1 small head of cabbage, shredded

1. Preheat oven to 350°F. Using small sharp knife, cut 1/4-inch-deep slits 1 inch apart all over pork roast. Rub 2 tablespoons sea salt all over pork. Unfold 1 banana leaf on work surface and place pork roast atop leaf. Fold up leaf around pork, enclosing completely. Repeat wrapping pork in remaining 2 banana leaves, 1 at a time.
2. Tie with kitchen string to secure, then wrap roast in foil. Place pork in roasting pan; pour 4 cups water into pan.
3. Roast pork in oven until very tender when pierced with fork, about 5 hours. Unwrap pork and cool slightly. Shred pork and place in large bowl.
4. Bring remaining 2 cups water and remaining 2 teaspoons salt to boil in small saucepan. Add liquid smoke; pour over pork and stir to blend. Let stand 10 minutes to allow liquid to flavor pork.
5. Cook shredded cabbage lightly with juices from the roast and combine with kalua pork.

Chicken Curry (follow recipe on box or below)



- 1 box of S&B Golden Curry Sauce Mix (8.4 oz- MILD)
 - 2 lbs lean chicken (Trader Joe's chicken tender strips work well)
 - 1 large yellow onion, diced
 - 3-4 potatoes, cut into 1" cubes
 - 2 large carrots, cut into 1" pieces
 - 4 tbsp cooking oil
 - 6 cups water
1. Stir-fry chicken and onion in oil in a large skillet until onions are lightly browned, and chicken is translucent, approximately 5 mins. Remove from heat.
 2. Boil carrots and potatoes until they are medium soft and can be easily pierced with a fork. Drain water and set potatoes and carrot in a bowl.
 3. Rinse pot used to boil carrots and potatoes and bring 6 cups of water to a boil. Break up the curry sauce cubes (you can chop them into smaller pieces) and place them into the boiling water. Reduce heat and stir until the sauce is dissolved.
 4. Add the chicken and onion mixture and then the carrots and potatoes back into the curry sauce.
 5. Over medium heat, continue to stir until all your ingredients are well incorporated.
 6. Let curry cool slightly and put in double-bagged Ziploc bags or into a plastic container to bring to the Jam. If cooking the night before, please make sure the curry is warmed up so that is ready to be served with minimal reheating. It would be ideal if curry can be brought to the Jam in a crockpot already warmed.