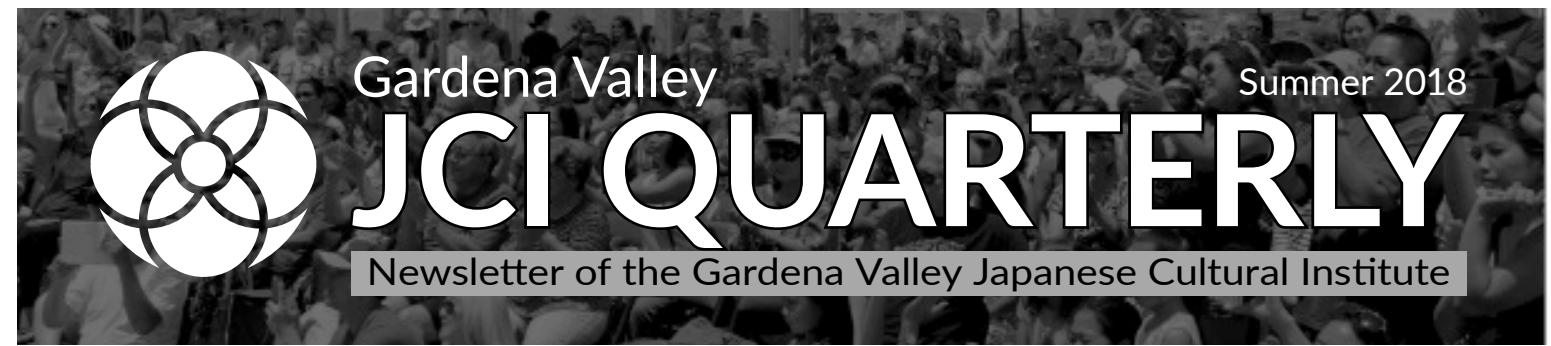




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OR CURRENT OCCUPANT

GARDENA VALLEY JAPANESE CULTURAL INSTITUTE

The Gardena Valley Japanese Cultural Institute (GVJCI) is a 501(c)(3) non-profit community center providing various classes, programs, services, and facilities to the South Bay area. We also provide affordable housing through the JCI Gardens Apartments, the adjacent senior housing property.

The GVJCI's roots date back to 1912, when it was known as the Moneta Gakuen, a Japanese language school. In 1967, it was formally incorporated as the Gardena Valley Japanese Language School. Then, in 1968, the corporation changed its name to the Gardena Valley Japanese Cultural Institute to incorporate the broader services and functions the organization offers. In 1971, Compton Gakuen, Gardena Gakuen, and Moneta Gakuen merged, opening its doors officially as the GVJCI's Japanese Language School. The GVJCI has a very proud history spanning over 100 years.

Today, we continue to provide a variety of activities, programs, and services. We are truly fortunate to have an active and well-utilized center serving people of all ages. We thank you, the community, for your active participation and for your support through donations and volunteerism that enables the GVJCI to continue.

MISSION STATEMENT

A space to engage, share, and embrace the Nikkei experience and culture.

VISION STATEMENT

The GVJCI envisions a vibrant network and a welcoming space for all persons interested in Japanese heritage and culture where history and tradition are honored, people are inspired to create action and change, and cultural pride and respect for all humanity are promoted.

Board of Directors

Charles Oyagi, *President*
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 Atsuko Vorreiter, *Vice Principal & Teacher*
 Mayumi Fuchino, *Teacher*
 Atsuko Fukuda, *Teacher*
 Naoko Okamoto, *Teacher*
 Masumi Sasaki, *Teacher*
 Chiaki Suzuki, *Teacher*
 Eriko Yamamoto, *Adult Class & Conversation Class Teacher*

2018 GVJCI MATSURI THANK YOU!

By Sharon Sawai, Events and Fundraising Coordinator

It was a nice, breezy, cloudy, overcast Saturday...and a warm, sunny, blue sky Sunday. Perfect weather for a summer Matsuri!

Yes, another Matsuri has come and gone. With all of the months spent planning for this huge event, in a flash, it's over. We hope you were able to find time out of your busy schedule and joined us in the fun! We were happy that udon was back again this year, and it was served either cold or hot! Could you smell the bbq aroma? We changed the recipe for the chicken teriyaki and received rave reviews! Hope you tried it! We once again served our Chicken Bao Sliders (test run on Sunday only) and it was a HIT! It will now be a staple on our menu. Another foodie newbie to our menu was the Okonomiyaki (as I tend to describe it...the Japanese pancake). What a delectable dish it proved to be. A culturally rich dish found in a Matsuri setting.

Other attractions...(caller) "B1, BINGO!", rang out on Saturday & Sunday. Money and prizes were awarded to our excited bingo winners! With the help from Mitzi Shimizu guiding our Ondo dancing, we are happy that our Ondo continues to grow! The Beer Garden (compliments of Sapporo Premium Beers), was again the "hot spot" of the Matsuri, providing shade, a place to kick up your feet, converse with family and friends...while drinking a can of Sapporo. It can't get better than that! As you can imagine, we have hundreds of volunteers, young and old, dedicating their time to help make this event a successful one. Our game booths were mainly run by youth volunteers, whether they're from South Bay FOR, Sansei Baseball, Gardena Judo Club, Boy Scout Troops 683 and 242, Kaizen Dojo, or Gardena High Key Club, we are extremely thankful for their service. We hope these dedicated youths will continue to serve in various aspects of our community well into their adulthood!



Not to be outdone by the youth groups, are the effervescent senior volunteers. The seniors can often be seen "behind the scenes", prepping ingredients, cooking during the Matsuri, soliciting for raffle prizes, or volunteering in a booth (and the list goes on...), this generation is the hardest working, and most dedicated group of people that I know. Through all of their aches and pains and ailments, you never hear them monku (complain), but rather they come back the next day to put in another hard day of work in. For this, I am truly grateful.

I am also grateful to the various JCI member organizations, such as Southern Calif Kyudo Renmei, South Bay FOR, Sansei Baseball, Na Pua`O Kapo, SBYB, Shorinji Kempo, Southern Calif Naginata Federation, Gardena Judo Club, Yonsei Basketball, Gardena Valley Nisei Club, Shotokan Karate, GEO, JCI Japanese Language School, Aloha Picking Ohana, Gardena Kendo, Boy Scouts 683, Nisei VFW, Yuujou Taiko, Halau Ke`Ala`O Na Lei Milo, Gardena JCI Kendo, Tanoshii Fun Camp, South Bay JAACL, and Boy Scouts 719 for the continued support throughout the years.



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We do our best to supply a room/facility for you to meet, and you are all so diligent in sending your members in to volunteer! So thank you! We have a few extraordinary groups that out of the goodness of their

continued onto next page

hearts, just “give back” to the community, and we are fortunate to be a recipient of their support. Thank you to ABC Nursery (Mr. Harry Yonemura), Okinawan Association of America, Faith United Methodist Church, Gardena Buddhist Church, Gardena Valley Baptist Church, Gardena High Key Club, West High Key Club, Sam Matsushita & Friends North Torrance Lions (Mr. Joe Ozaki), Gardena Pioneer Project, Islander’s Rod & Gun Club, Boy Scout Troop 242, and Kaizen Dojo. You all exemplify “goodness” and we appreciate your kindness and un-wavering support!

MANY thank you(s) and gratitude to the following local businesses, nurseries and individuals who generously donated raffle prizes, plants, vegetables, rummage sale items, craft items, and monetary donations. Thank you to Sapporo Breweries for sponsoring our Beer Garden once again! Without your kind donations and generosity, our Matsuri would not have been as successful as it was. You all play a vital role in the Matsuri’s outcome!

As a nonprofit community organization, this annual fundraising event is essential in order to support the operational, programming, overhead, and maintenance expenses of the GJVCI. We are able to continue to keep rental fees low for our community classes, and even waive fees for the community youth organizations. Funding also supports our various cultural, educational, and social programs and services for all ages. Therefore, your support of our Matsuri is always appreciated and we are grateful for your presence at our festival. Until next year..!

GOLD CORPORATE SPONSORS



SILVER CORPORATE SPONSOR



BRONZE CORPORATE SPONSORS



MONETARY DONATIONS

- Hair Unlimited
- Kuwae, Kevin
- Law Office of Steven I. Awakuni
- Nishihira, Joe & Violet
- Oyagi, Charlie & Carol
- Pho Consomme
- Rage Salon
- Sakura-ya
- Shimabuku, Hazel
- Storey, Gwendolyn
- Terao, DDS, Ernest
- Yamada, DDS, Jason

RAFFLE DONORS

- Anonymous
- Benson, Charlie & Laura
- Boba Time
- Boy Scout Troop 683
- Cherrystones Restaurant
- Country Touch Café
- Crenshaw Lumber
- Dickey’s BBQ Pit
- Dorothy Awakuni & Family
- Elder Law Services
- Gardena Buffet & Grill
- Goya & Mayeda
- Optometry
- Hong Kong Bakery & Deli
- Jersey Mike’s Subs
- Kotohira Restaurant
- L&L Hawaiian BBQ
- Ladybug Asian Grill
- Lomeli’s Italian Restaurant
- Marie Calendar’s Gardena
- Meiji Pharmacy
- Nakaoka, Tracy
- Park, DDS, Wayne
- Phiten
- Rascals Teriyaki Grill
- Sakae Sushi
- Sanrio Surprises
- Seafood Empress Restaurant
- Shimabuku, Hazel
- Sprouts Farmers Market
- Starbucks Albertsons
- Plaza Gardena
- Sushi Island
- Terao, DDS, Ernest
- The Loft Hawaiian Restaurant
- Townsend Appliances

- Uemeura, Hannah
- Uwahori, Sadae
- Uyemura, Ray
- Vons Market Gardena

FOOD SUPPLY DONORS & DISCOUNTS

- Akiyama, Miles
- Cal Fresco Company
- Martin Containers
- Mutual Trading Co
- Sapporo Breweries Limited
- Universal Waste

NURSERY DONORS

- Certified Plant Growers
- C-Stars Nursery
- Cymbidium Club
- Elwood Nursery
- F.K. Nursery
- Garibaldo’s Nursery
- H & H Nursery
- I.T. Nursery
- Javier’s Nursery
- Kawahara, Larry
- Moneta Nursery
- Nozaki Nursery
- OTY, Inc.
- S.Y. Nursery
- Sunflower Farms
- T.Y. Nursery
- United Plant Growers

PERFORMERS

- Aloha Picking - Mel Ogata
- Gardena JCI Kendo
- Gardena Judo Club
- Gardena Kendo Dojo
- GJVCI Line Dancing - Terri Slemmons & Jean Inouye
- GJVCI Move & Groove

- GJVCI Senior Hula & Ukulele - Harriet & Chika Nagata
- Halau Ke’ Ala’ O Na Lei Milo
- Kaizen Dojo
- Kanani Kalama Hula Studio
- Na Pua ‘O Kapo
- Shotokan Karate
- South Bay Shorinji Kempo
- Southern California Kyudo Renmei
- Southern California Naginata Federation
- Yuujou Taiko

VOLUNTEER ORGANIZATIONS

- Aloha Picking - Mel Ogata
- Boy Scout 242
- Boy Scout 683
- Boy Scout 719
- Faith United Methodist Church
- GJVCI Japanese Language School
- Gardena Buddhist Church
- Gardena Evening Optimist
- Gardena High Key Club
- Gardena JCI Kendo
- Gardena Judo Club
- Gardena Kendo Dojo
- Gardena Pioneer Project
- Gardena Valley Baptist Church
- Gardena Valley Nisei Club
- Halau Ke’ Ala’ O Na Lei Milo

- Islander’s Rod & Gun Club
- Kaizen Dojo
- Mitzi Shimizu & GJVCI Ondo Class
- Na Pau ‘O Kapo
- Nisei VFW
- Okinawa Association of America
- Sam Matsushita & Friends
- Sansei Baseball
- Shotokan Karate
- South Bay FOR
- South Bay JACL
- South Bay Shorinji Kempo
- South Bay Youth Basketball
- Southern California Kyudo Renmei
- Southern California Naginata Federation
- Tanoshii Fun Camp
- Counselors
- Tomo No Kai
- West High CSF
- Yonsei Basketball
- Yuujou Taiko

MAPFRE/Commerce West

MAPFRE/Commerce West Insurance Company, formerly Western Pioneer, was formed in 1948 with the help of many Nisei insurance agents to provide Japanese Americans affordable automobile insurance. MAPFRE/Commerce West Insurance Company continues the “Western Pioneer Group Program” today, in which members of Japanese American non-profit organizations can purchase automobile insurance at discounted rates. In addition, annual donations are given to non-profit organizations that have the most members joining this plan. This special discount program benefits the drivers and the Gardena Valley Japanese Cultural Institute (GVJCI). Please ask your agent about this program. Below is a partial list of participating agencies.

COSTA MESA
Miyazaki Ins. Svcs.
(714) 979-8700

CULVER CITY
Trust Insurance
(310) 839-3127

GARDENA
AHTKY Insurance
(310) 516-0110

Nakamura Agency
(310) 327-0717

HUNTINGTON BEACH
Mizuno Insurance
(714) 964-7227

LA PALMA
The J. Morey Ins. Co.
(714) 562-5910

LONG BEACH
Nori Marumoto Inc.
(562) 595-4403

LOS ANGELES
Buna Insurance
(213) 626-1547

Kagawa Ins.
(213) 628-1800

Tatsuno Insurance
(213) 626-1954

MONTEBELLO
Ogino-Aizumi, Inc.
(323) 728-7488

MONTEREY PARK
Quality Ins. Service
(323) 727-7755

PASADENA
FIA Ins. Svcs., Inc.
(626) 795-7059

SANTA MONICA
Autoline
(800) 770-7978

TORRANCE
Kamiya Ins. Agency
(310) 781-2066

Tsuneishi Insurance
(310) 533-8877

GVJCI is continually looking for ways to improve. In staying with that theme, we are near the completion of upgrading our contact information database to a new and exciting software. For those who are receiving our quarterly newsletters, we apologize in advance for any inconvenience and errors that occurred during the transfer of information process. Please contact us via email at info@jci-gardena.org or our office at (310) 324-6611 to advise of any corrections, to be removed from the quarterly newsletter list, or if you would like to receive the digital distribution of the newsletter.



GVJCI 4th Annual
Kansha Art & Craft Show

Art Show: Sat, Sept 29 12-6PM
Sun, Sept 30 9-2PM

Craft Show: Sun, Sept 30 9-2PM

Looking for new craft vendors to join us for this
fun, community oriented craft show!

Looking for artists to showcase their art!
Theme is: Nikkei Community or Nikkei Family



For more information:
Craft: Sharon Sawai at:
s_sawai@jci-gardena.org.

Art: Nicole Sato at:
nsato@jci-gardena.org

(310) 324-6611



**SEEKING 2019
CALENDAR ADS**

Every year the GVJCI puts together a calendar featuring a wonderful collage of photo memorabilia showcasing our many programs, organizations, and individuals at the GVJCI. The calendar is also an effective advertisement opportunity for businesses, as well as, a way in which organizations and individuals can lend their support through well-wishers' message displays. We mail the calendars to our monetary and non-monetary donors, advertisers, and widely distribute them to all of our GVJCI participants and our affiliated organizations' members.

If you are interested in supporting the GVJCI by means of purchasing a calendar ad, please contact Sharon Sawai at s_sawai@jci-gardena.org or call the GVJCI office at (310) 324-6611.



Gardena Valley JCI News

MEET OUR 2018 NCI INTERNS!



Konichiwa! My name is Kelly Airi Dekitani and I am the Social Media and Community Outreach intern for GVJCI. I will be a 4th year at the University of California Los Angeles (UCLA) and am majoring in Sociology with a minor in Education Studies. I am a part of the Kizuna Nikkei Community Internship program and I am so honored to have the opportunity to be placed at the GVJCI! I attended the GVJCI Japanese

Language School since I was 6 years old and did various other programs here such as Judo, Tanoshii Camp counselor, and Kizuna NDC counselor. The GVJCI has played a large role in my life and through their services I was able to feel more connected to the Japanese American community. I am so excited to be back here as an intern and I hope to learn communication and workplace skills. I look forward to gaining new experiences and interacting with community members! Thank you to Kizuna and the GVJCI for this once in a lifetime opportunity! Although I am only a summer intern I hope I can continue to contribute and give back to this amazing community!

Hello! My name is Lauren Yoshiyama and I am a Nikkei Community Intern for the South Bay JACL, but am working at the Gardena Valley JCI. I am a rising senior at University of California, Irvine, majoring in Public Health Policy with a minor in Management. I am very excited to be interning here as I have been involved with the GVJCI for a number of years through attending the annual matsuri as well as being a counselor at Tanoshii Fun Camp. Although I've only recently become involved with the JACL, I am excited to work with them on their oral history project! Through this internship I hope to learn more about working at non-profit organizations. I also hope to gain more hands on experience working with others, and to improve my communication skills. Overall, I am very happy to be a part of this internship and cannot wait to see where this experience takes me.



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- Avoid the Nightmare of Probate
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- Protect the Family Home from Medi-Cal Recovery
- Get Medi-Cal to Pay for IHSS (In-Home Supportive Services)

LEARN HOW TO PROTECT YOUR HOME

Gardena Valley JCI
1964 W. 162nd St., Gardena
Sat., Aug. 18th
10 AM - 11:30 AM

- **Oxnard Buddhist Temple** 250 S. H Street, Oxnard
Sun., Aug. 19th - 11 AM - 12:30 PM
- **Seinan Senior Center** 116 W. Jefferson Blvd., LA
Fri., Aug. 24th - 12 PM - 1:30 PM
- **San Fernando Valley JACC** 12953 Branford St., Arleta
Sat., Aug. 25th - 10 AM - 11:30 AM

SEATING IS LIMITED Call (800) 403-6078 for Reservations

**GVJCI CAR
DONATION
PROGRAM**



Thinking of donating your car to charity?
Now, you can, and at the same time, support the GVJCI! We have teamed up with Harold's Car Donation Service (HCDS).

Here's the Easy Steps:

1. Call or email us to arrange pickup at (310) 324-6611 or cars@jci-gardena.org.
2. HCDS will arrange towing, always free to you. (Disabled Vehicles, Junk Cars, Scrap Cars and Wrecks also accepted)
3. HCDS handles all DMV paperwork at time of pickup including Release of Liability.
4. After car is sold, your acknowledgement and tax forms will arrive by mail.
5. You get rid of an unwanted car and the satisfaction of helping others, and you receive an IRS-approved tax deduction!

Partial funding of our student internship program was made possible by a generous grant from the South Bay F.O.R. Thank you South Bay F.O.R. for your wonderful community partnership!



NEW TO SMARTPHONES/TABLETS? COME TAKE OUR CLASS

WEEK 1 - AUGUST 16, 2018

Components, Symbols
Settings - display, volume/sound, etc.

WEEK 2 - AUGUST 23, 2018

Adding contacts
Phone calls, Text Messages, Email
Using the camera

WEEK 3 - AUGUST 30, 2018

Apps - Already Installed & Adding New Apps
** Please bring your Apple App Store or Google Play passwords

WEEK 4 - SEPTEMBER 6, 2018

Apps - Useful Emergency Apps

WEEK 5 - SEPTEMBER 13, 2018

Wi-Fi / Data Usage / Storage

WEEK 6 - SEPTEMBER 20, 2018

Question & Answers



Don't have a smartphone/
tablet but want to learn?
We rent them out for free!

2018 GVJCI SCHOLARSHIP RECIPIENTS

On June 23 at the 2018 GVJCI Matsuri, we introduced the 2018 GVJCI Scholarship recipients. We are very proud of the youth who have been affiliated with GVJCI over the years through various associations, projects and activities. This is very encouraging to us as we continue to strive to best serve the community, and to engage with the youth of today, as well as in the future. Here are the 2018 GVJCI Scholarship recipients and their messages. Congratulations!

Brenda Fernandez, GVJCI Gary Hori Memorial Scholarship

North High School graduate and entering El Camino College

"Being selected for this prestigious scholarship not only makes me feel eternally grateful, but it also makes me feel proud to be a part of this wonderful organization. It goes to show that this organization values true passion for the Japanese culture rather than simply heritage. Although I wasn't born Japanese, the culture has always been a big part of my life, and JCI helped me continue to expand my knowledge and passion for it!"

Emily Matsui, Gardena Valley Gardeners Association Legacy Scholarship

West High School graduate and entering El Camino College

"I am very excited and grateful to receive this scholarship from GVJCI. Working with them for my Gold Award project was an unforgettable learning experience."

Jasmine Baba, Gardena Valley Japanese American Citizens League Scholarship

Mira Costa High School graduate and entering University of California, Irvine

"I'm very honored to have been awarded this generous scholarship from GVJCI. I've been a part of this community for over ten years now, and am very thankful to all the teachers and staff that have taught me about the Japanese language and culture. JCI has been like a second home to me this past decade and I am grateful for all they do in the community. They have been an integral part in shaping who I am today so receiving this scholarship is an honor."

To make a donation to the GVJCI Scholarship Fund or for more information, please contact the GVJCI Office or visit our website (jci-gardena.org). The GVJCI awards annual scholarships to high school seniors, and GVJCI Japanese Language School graduates. Applicants must have been directly involved with the GVJCI or its member organizations that hold regular activity at the GVJCI. Emphasis is placed upon GVJCI and other community involvement, volunteerism and future goals. High school students must have a minimum of a 2.5 GPA and have post-secondary educational plans.



Pictured from L-R: GVJCI Board President Charlie Oyagi; GVJCI Scholarship recipient Jasmine Baba; GVJCI Board of Director Lawrence Hada; GVJCI Gary Hori Memorial Scholarship recipient Brenda Fernandez; GVJCI Executive Director Alison Kochiyama (not pictured: Gardena Valley Gardeners Association Legacy Scholarship recipient Emily Matsui)

MURAL OF GRATITUDE

By Kelly Dekitani, GVJCI NCI Intern



If you've gone upstairs recently, you might have noticed a mural! It was created by Brenda Fernandez, a former graduate of our Japanese Language School and North High School. Brenda has been a part of the GVJCI for 8 years and is also the recipient of the 2018 GVJCI Gary Hori Memorial Scholarship. She created the beautiful mural as a way to thank the GVJCI for everything they have done for her. With the help of her brother Brandon and her good friend Doug, her unique mural was finished in time for the public to see at the summer Matsuri that was held on June 23rd and 24th.

Brenda chose art to convey her love and gratitude to the GVJCI because to her, art is an universal language that everyone can see and understand. She enjoys making origami so she made sure to incorporate that into the art piece to add touches of Japanese culture. Her mural is unique because it's a combination of drawings and origami which is not commonly seen. Brenda's passion and talents were apparent through her mural and the GVJCI is thankful for her wonderful contributions that she's made throughout the years!

ARE YOU A 2018 FRIEND OF THE GVJCI?

Thank you Friend of the GVJCI who renewed their 2018 pledge or became a new Friend! Your contribution supports the continued growth of the GVJCI and its programs, services, and activities, serving the increasingly diverse and dynamic Nikkei communities in the South Bay. As a Friend, you enable us to further advance to achieving our mission and vision into the future.

You too can become a Friend of the GVJCI support group by making an annual pledge to continue the great work that the GVJCI is doing! Go to our website jci-gardena.org under "HOW TO HELP" then "DONATIONS" and then click on the "BE OUR FRIEND!" button to either print and mail in your check or fill out an on-line form and make an on-line contribution via PayPal. Or visit our office, and be a part of this South Bay treasure.

Below are our 2018 Friends so far who have pledged support.

Thank you Friends!

PLATINUM (\$1,000 OR MORE)

Cambra, May
Kushida, Arlene
Murakami, Jeff & Christine
Shibata, Ray & Sharon
Yonemura, Harry

GOLD (\$500-999)

Anonymous
Haramoto, Larry & Lilly
Kita, Yoshiko
Matsushita, James & Patsy
Mizuba, Dorothy
Mochidome, Sadao & Ruby
Nakano, Helen & George
Taira, Curtis & Naomi

SILVER (\$250-\$499)

Anonymous
Anonymous
Eto, Gary
Hori, Bryan & Kathy
Ikeda, Tamotsu & June
Muranaka, Aiko & Aki
Nakata, Bob & Taeko
Okamura, Lyle & Shelly
Shimabuku, Hazel
Taga, Chris & Janet

BRONZE (\$100-\$249)

Abe, Esther
Anonymous
Anonymous
Anonymous
Anonymous
Anonymous
Anonymous
Anonymous
Arakawa, Takeko
Awakuni, Dorothy Teruko
Benson, Charles & Laura

Fujimoto, June
Fukunaga, Betsy
Hamada, Richard
Hamamoto, Thomas & Akiko
Iba, Beverly
Igawa, Eleanor
Iwata, Amy
Kikuta, Gayle
Kiryama, Iku
Kobayashi, Steve & June
Kochiyama, Alison & Jimmy
Koga, Yvonne
Kuwahara, Arthur
Mayeda, Florence
Mayeda, Melvin & Christine
Moy, Phil

Mura, Miyoko & Hideo
Nagao, Stanley & Shirley
Nakakihara, Mae
Nakao, Harumi & James
Nakaoki, Emma
Nakata, Harry & Cathy
Nakatani, David & Lily
Noda, Alice
Oda & Chang, Warren & Juliet
Okazaki, Shirley
Oshiro, Betty
Oshiro, Masanobu
Robbins, Robyn
Russ, Edmond
Sagawa, Nancy & Norman
Sasahara, Yoshiko
Shimatsu, Jane
Shiroma, Joseph & Lilly
Suda, Sadao & Yuriko
Sugita, Chris
Takamori, Alvin & Mochidome,
Debbie
Takashima, Airi
Tengan, Diane
Toma, Ivy & James
Toshiyuki, Sandra

Uemura, Hannah
Urata, Doreen & Sidney
Uwahori, Sadae
Warner-Jeheber, Dorothy
Watanabe, Donald & Sachiko
Watanabe, Haru
Watanabe, Jun & Charlotte
Watanabe, Pat
Watanabe, Sue
Yahata, Shirley
Yamanaka, Flora
Yamane, Dick & Judy
Yamasaki, Robert DDS
Yamashita, Masako
Yoshii, Edna
Yoshimura, Midori N.

BEAT ALZHEIMER'S AND DEMENTIA

There are hundreds of articles in magazines, newspapers, and online about Alzheimer's and Dementia, in addition to dozens of books. No wonder, as our population has so many seniors. There is no one who hasn't been affected by Alzheimer's and Dementia, either as a caregiver, knowing someone who is caregiving, or knowing someone who is suffering from these diseases.

Every 66 seconds, someone in the United States develops Alzheimer's; currently more than 5 million Americans have Alzheimer's, and by 2050 that number could rise as high as 16 million, according to the Alzheimer's Association.

Rudy Tanzi, a leading Alzheimer's researcher, has come up with a way to beat Alzheimer's or to lessen its impact, and to protect the brain. His plan is known as SHIELD, which is an acronym that stands for:

- Sleep at least eight hours.
- Handle stress by meditating, taking a walk, or doing something that relaxes you, for example, making music.
- Interact with others; speaking with people involves nerve activity that strengthens the brain.
- Exercise is necessary to keep the body strong and flexible; exercise helps grow new nerve cells.
- Learn new things; learning something

new strengthens the connections between nerves cells.

-Diet; eat less red meat and more fruits, nuts, and vegetables.

The Tomo No Kai program provides opportunities to fight Alzheimer's. Tomo No Kai classes fit right in with most of the SHIELD plan. The classes provide stress-reducing activities and opportunities to interact with others; there are many exercise classes; and several classes give people a chance to learn new things.

Here are some of the TNK classes: Creative Stitchery; Bingo; Card Games; Ballroom Dance; Hula; Line Dance; Move & Groove Low Impact Aerobics; Physical Fitness for Older Adults; Meditation; Mind Bender; Qi Gong; Stretching for Seniors; Tai Chi; Yoga; Zumba Gold; Karaoke; Ukulele; Oil Painting; Sumie Japanese Ink Painting; and Fumanet.

Yes, it takes effort and commitment to beat Alzheimer's, but as Bette Davis once said, "Getting old is not for sissies."

For a schedule of days and time, please pick one up at the GVJCI office.

NEW!

LIFE STORIES

Write and tell your story. This workshop is designed to help new and experienced writers develop an idea, character, or story. Each 2-hour session includes reading and discussion of stories in progress. The stories could be about anything; stories about growing up in Orange County, East LA, Crenshaw, Gardena; about grandparents, parents, brothers, sisters, aunts, uncles, cousins, friends, you. The sky's the limit. Previous writing experience is not necessary. The workshop will demystify writing and unlock the stories you have within. The workshop will be conducted by Tim Toyama, award-winning playwright of "Visas And Virtue," "Independence Day," "Memorial Day," "Yuri and Malcolm X," and "Bronzeville."

Date: Mondays, beginning on August 6th
 Time: 1PM to 3PM
 Place: Upstairs classroom #205
 Fee: \$3 per class (Tomo No Kai membership required)

FREE REIKI INFORMATION CLINIC

Want to attend our Donation Reiki Clinic but don't really know what it is? Come to our free information session!

Date: Sept 11th (Tues)
 Time: 10AM

Keiro No Hi Transportation Provided From GVJCI!

When: September 16, 2018 | 10:00 AM - 4:00 PM
 Where: JACCC Plaza

Complimentary transportation from the GVJCI as well as a hosted bento lunch will be made available to older adults free of charge on a first-come, first-served basis with prior registration. Please contact Keiro at (213) 873-5708.



Manzanar Pilgrimage?

By Nicole Sato, Program Manager

Just as the sun was starting to rise, our bus started off for the 49th Annual Manzanar Pilgrimage without a hitch. All 56 passengers were on board, not one late, and the weather was forecasted to be a nice 75 degrees at Manzanar. Through the several months of emailing, many of our passengers had discussed their excitement for this trip, some revisiting their family's camp, some for the first time, some even coming out as far as Hawaii to come on board with us.

We made our rest stop at the McDonald's in Mojave for a quick food and leg stretch break on time. It seemed like we had missed the other buses heading towards the pilgrimage so the crowd wasn't too bad. The bus started back again, and as the lonesome Mojave town disappeared behind us, we heard a thunk! followed by the bus driver's exclamation of disbelief. Confused, we asked what was wrong, to which he replied that the tire blew out. While unexpected, we were glad it wasn't anything worse...or so we thought. As a CHP car pulled up to see if we needed assistance, the bus driver desperately tried to get ahold of someone from the bus company to send out a spare. We had two passengers who were to be banner holders representing their camps in the Pilgrimage program, so we didn't want to delay our arrival any longer. After several phone calls, the bus driver got news that they were sending in someone from Lancaster an hour or so away. We were all disappointed, but there wasn't much we could do. People took the time to check out the badly busted tire, ate snacks, and passed the time. After a total of two hours or so, we were back on the road with a sigh of relief.



However, after about an hour of smooth sailing, we heard the bus driver yell out "Unbelievable!". The same tire had blown out yet again. This time, we were stuck in the middle of nowhere, in the middle of 101. On the whole bus, only three or four passengers had cell service. Thankfully, we had water, but many people bought lunch to be received on site at the pilgrimage. After many failed calls, we were finally able to get ahold of the bus company, the CHP, and our bentos. Because of other functions, the next available bus would be coming in from Los Angeles and wouldn't arrive for another three or so hours.

We had no cell/internet service, stuck in the hot desert,

We had no cell/internet service, stuck in the hot desert,

and one filled up bus toilet (I'll spare you the details), and a bus full of people, roughly 30 minutes away from the site. So close, yet so far. Someone on the bus mentioned this might have been close to what her ancestors experienced on their way to being sent to camp—dusty and windy, not really sure of what to expect, and stuck in a bus full of strangers. Circumstances were obviously different, but we were stressed, worn out, and worried nonetheless.

After about 5 hours or so of waiting, the new bus from Los Angeles finally made it out to us. We shuffled in and as a last minute decision, we headed off to Manzanar hoping the sunset would be just enough light to catch the last glimpse.



The site that must have had thousands just a few hours ago sat empty with just the right amount of light left to take a few photos and be on our way. While we missed the program, everyone on board was happy to have been able to say that they at least made it to Manzanar physically. We ended our trip at 1:30 in the morning, exhausted both mentally and physically. While many things could've gone better, what I witnessed that day was the spirit of the community. While we were waiting for our bus, many of the passengers talked to each other about their family histories about those who were or weren't in camp, children asking former incarcerated what life was like in camp, and we had adults taking care of children from other families by playing games with them or talking to them. Not only that, the CAIR-LA bus made a detour stop to pick up a few passengers from our bus, in an emergency plea to get at least a couple people back home. Also, a woman stopped by and offered us food, making sure no one was going hungry.

This trip was something we never thought we'd experience, and it was something we'd never want to again, but the people we met, the conversations we had, and the memories that were made is something we couldn't gain even if we tried. We're ever grateful for every passenger who came on board and didn't complain once and for being so understanding, and those who lent us a hand to make our trip every bit comfortable as they could.

Next year we'll be there!! -knocks on wood-

AUG

CHANGING TIDES PAINT NIGHT

Sat, Aug 11, 6-9PM

GVJCI Nisei Veterans Memorial Hall

Join the Changing Tides Team for a fun and relaxing CT Paint Night! The event will include an interactive painting workshop, a guest speaker, and food provided by King's Hawaiian. Unleash your creative side, and learn how art can be used as a fun way to practice well-being.

Changing Tides is a Little Tokyo Service Center initiative that aspires to change the current stigma regarding mental health in our community into a productive and proactive discussion. All supplies will be provided, and dinner is included. The event will be free; however, a suggested donation of \$5 would be greatly appreciated! For more information, email ChangingTides@LTSC.org.

ADULTING WORKSHOP #1: FIRST HOME BUYING

Sat, Aug 25, 2-4PM

GVJCI Nisei Veterans Memorial Hall

Are you a first time home buyer? Come to this FREE home buying workshop and learn about the home buying process from start to finish: common mistakes to avoid, getting a mortgage, and much more! All attendees will receive a FREE home buying guide, and enter for a chance to win an Apple TV! Derek Hirano is a top producing real estate agent who ranked among the Top 5% of all sales professionals, internationally, with Coldwell Banker. Join us for this amazing event and gain valuable insight straight from the source! For more information or to RSVP contact the GVJCI at (310) 324-6611, info@jci-gardena.org, or sign-up via our website! This event is co-hosted by Kizuna.

SEPT

ADULTING WORKSHOP #2: WEDDING PLANNING

Sat, Sept 15, 2018, 1-3PM

GVJCI Nisei Veterans Memorial Hall

Are you engaged, planning on being engaged, or want to learn more about the wedding planning process? Please join Sara Tabita, wedding planner/coordinator of Sara Seto Events, as she walks you through Wedding Planning 101 and gives you insight into everything you need to know to plan your dream wedding day! Admission is free but donations are appreciated! For more information or to RSVP contact the GVJCI at (310) 324-6611, info@jci-gardena.org, or sign-up via our website! This event is co-hosted by Kizuna.

GVJCI X CSUDH ARCHIVES HISTORY SCANNING DAY

Sat, Sept 22, 10-4PM

GVJCI Nisei Veterans Memorial Hall

Join us for the first GVJCI and CSUDH scanning day. Folks are invited to bring family photographs, documents, early immigration documents, camp related documents or photographs, leases, family letters (in English or Japanese), organizational papers, business papers, camp newspapers, and many other items.

Bring historic photographs or documents to be scanned. You will get a copy, and a copy will be placed in the CSU Japanese American Digitization Project headed by CSU Dominguez Hills.

11-12 PM: DENSHO: Online Resources for Japanese American History

Brian Niiya, Densho's Content Director will speak on the work of Densho and the vast extent of research available online for researchers, genealogists, students and others delving into Japanese American Incarceration during World War II.

1-2PM: Photo Preservation Hands-On Workshop

Hands-on explanation of the CSU Japanese American Digitization Project database. Find family documents or wedding photographs already in CSUJAD, throughout the day.

2-2:30PM: CSU Japanese American Digitization Project: An Overview

The CSUJAD project has received over \$1 million in grants to digitize and catalog documents, photos, camp materials, lease and property documents, and family history materials. Hear Yoko Okunishi, project cataloger and Greg Williams, project director discuss the origins of the project.

For more information about archiving, please contact Greg Williams at (310) 243-3013 and for information about the event, please contact the GVJCI at (310) 324-6611 or at info@jci-gardena.org. More detailed information is available on our website.

OCT

EMERGENCY PREP+ WORKSHOP

Sat, Oct 20, 2-4PM

GVJCI Upstairs Classroom #207/208

Come to our emergency prep and more workshop to learn all about what to do in an emergency. Living in SoCal, do you know what to do in case of fires, earthquakes, or even a mudslide? Have you tasted emergency foods before? Come find out without the risk of buying it and not liking it! Free admission, but donations are appreciated. Please call, email, or sign-up online to RSVP!

OBAKE NIGHT

Fri, Oct 26, 7-9PM

GVJCI Nisei Veterans Memorial Hall

Boo! Our popular Obake Night is taking a turn this year! Join us for a spooky scavenger hunt! Go around the GVJCI campus hunting for clues! \$3 per participant, but a group of a minimum of 2 people must be present to participate. Drinks, and refreshments will be sold on site. RSVP online or come into our office!

SPECIAL CLASSES COMING TO THE GVJCI!

CREATE YOUR BUSINESS PLAN IN 8 WEEKS: MAPPING OUT SMALL BUSINESS SUCCESS

Got a great business idea but don't know where to start? Do you need money to kickstart your first order but don't know how to ask? Have you heard the phrase 'business plan' but have no idea what to put on page one? Then this 8 part series is for you!

The Los Angeles Small Bizcubator in partnership with the Little Tokyo Service Center, Asian Pacific Islander Small Business Program and Small Business Association is launching a training program for aspiring entrepreneurs to develop the skills necessary for a successful business launch.

This program is also part of an opportunity for new entrepreneurs to apply for the LA Small Bizcubator FREE retail pop-up space in Little Tokyo. Applicants that attend 70% of these workshops will receive a preferred status in the application process for the LA Small Bizcubator retail pop-up space program.

Dates: Weekly on Tuesdays starting from August 21st to October 9th
Time: 6:00 - 9:00 PM
Location: GVJCI Upstairs Classroom #204

Registration: E-mail Mariko Lochridge at mlochridge@ltsc.org for more information.

SAVVY EXPRESS WORKSHOP

The Savvy Express workshop is a free 3-class series for family and community members who are helping someone who has Alzheimer's disease or another form of dementia. This workshop will increase your knowledge about dementia, help you learn how to handle difficult behaviors and connect you with resources in your community.

Dates: Sept 10, 17, and 24
Time: 10-12PM
Location: GVJCI Upstairs Classroom #207/208

YUJOU DAIKO 8 WEEK CLASS COURSE

Want to learn taiko? Come to Yujou Daiko's Basic Beginner's 8 week course! Contact Judi Kaminishi at jnkaminishi@gmail.com.

Dates: Sundays starting Aug 5th
Time: 12-1PM
Price: \$100



Saturday, November 3, 2018

Reconnect with your team and join us for a fun night of BINGO. Proceeds go to SBL and Gardena Valley JCI. Pre order online at sanseibaseball.com no later than October 19th, 2018.

Time: 6pm-9pm
Cost: \$10 presale, \$12 at the door
(Each bundle has 10 sheets with 3 cards/sheet)
Place: Gardena Valley JCI - 1964 W, 162nd St., Gardena, CA 90247

For information on these events & more, follow us on:
Facebook: [/sanseibaseball](https://www.facebook.com/sanseibaseball)
Twitter: [@sanseibaseball](https://twitter.com/sanseibaseball)
Instagram: [@sanseibaseball](https://www.instagram.com/sanseibaseball)

New Player Orientation

New to Sansei Baseball? Kids 4-6 yrs old can participate in fun baseball skill stations. Board members will be available for any questions you may have about our League. Then join us for our Bingo Night immediately following this event.

Time: 5pm-6pm
Cost: FREE
Place: Gardena Valley JCI - 1964 W, 162nd St., Gardena, CA 90247

Check our website for updates on these events and more!
www.sanseibaseball.com

2018-2019 School Year



Japanese Language School at Gardena Valley JCI

A fun and friendly place to learn Japanese language and culture.

Pre-Registration for Year 2018
At Orientation on August 11, 2018, 10am – 11:15 am
In the JCI Nisei Vets Memorial Hall
School Begins September 8, 2018

Where: Gardena Valley Japanese Cultural Institute (2nd floor)
When: Saturday Mornings (Children & Adult Classes)
Monday Nights (Conversation, Only Adult)
Who: 5 years to Adult
Tuition: \$60 per month (for Saturday Classes)
\$5 per class (for Monday Night Classes)
One time new student registration fee will apply.

Classes are taught in the format of Japanese as a foreign and heritage language. This school is great for anyone who wants to learn Japanese for the first time. Students are expected to learn both oral and written Japanese.



Gardena Valley JCI
Japanese Language School
1964 W. 162nd Street, Gardena, CA 90247
(310) 324-6611 jls@jci-gardena.org
Website: www.jci-gardena.org