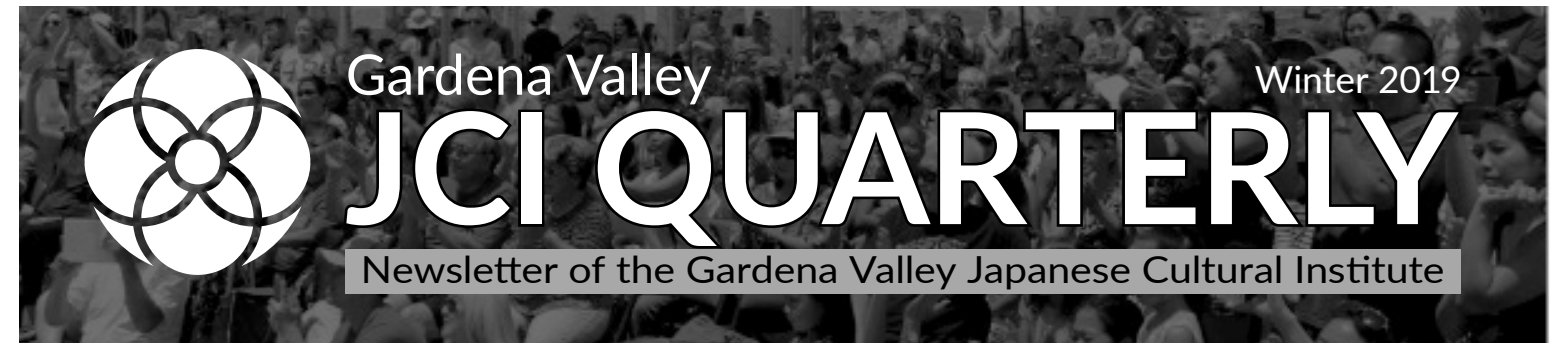




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GARDENA VALLEY JAPANESE CULTURAL INSTITUTE

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.

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Chiaki Suzuki, *Teacher*
Eriko Yamamoto, *Adult Class & Conversation Class Teacher*

HAPPY NEW YEAR 2019!

2018 seemed to pass so swiftly as previous years filled with loads of activity at the Gardena Valley Japanese Cultural Institute (GVJCI). A big accomplishment was the completion of the GVJCI Nisei Veterans Memorial Hall Kitchen renovation—thanks to all of your support that made it happen. This commercial kitchen is now in full operation, and we are looking forward to culinary demonstrations, new cooking classes, and new opportunities! Our Japanese Language School continues to thrive with more youth cultural programs that the public can also join in. In February, we look forward to another thought-provoking and educational Day of Remembrance event, and many other public programs throughout the year sharing Nikkei history, cultural traditions and their adaptations, personal stories, and diverse perspectives. GVJCI is also the home for our wonderful Member Organizations that provide a wide variety of classes and activities throughout the week, and we encourage you to support their efforts as well.

We sincerely thank all of you for the support you give the GVJCI as participants in our programs and services, as volunteers, as monetary and non-monetary donors, and as community collaborators. We could not do all that we do without you. Below is the list of our 2018 Donors (if we inadvertently missed any names, please let our office know)...thank you!

~Alison Kochiyama, Executive Director

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Bronze \$100 - \$249
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FORE! IT IS TIME FOR THE 16TH ANNUAL RISING STARS MINIATURE GOLF TOURNAMENT AT THE CAMELOT GOLFLAND!
By: Christopher Guerra

Join us on Saturday, March 9, 2019 from 9 a.m. to 2 p.m. for the annual Rising Stars Youth Leadership Golf Tournament at the Camelot Golfland located at 3200 Carpenter Ave, Anaheim CA 92806. Check in begins at 9 a.m. with a 10 a.m. shotgun start. This tournament is packed with all day fun for the entire family and for a great cause: to help keep the Rising Stars Program around for future leaders!

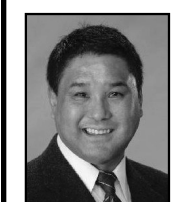
Make sure to enter the tournament soon! Fees are \$20 for adults and \$15 for children 12 and under. In addition, the entry fee includes a delicious continental breakfast, all you can eat pizza lunch, and a golfer goody bag! If you are not golfing, lunch is available for \$10. Prizes will also be awarded to the top 3 golfers for both the adult and children. (make sure to keep those scores low!)

On top of an exciting round of golf, there will be a raffle for all golfers to enter. This year's top raffle prizes include a Go Pro Hero 7, Fitbit, and a gift card tree! Other items will be raffled off as well. Raffle tickets are \$2 and the winner need not be present to win.

Building off of the ground work paved by the Building Community Through Leadership (BCL) program in 2003, for members of Community Service organizations, the Rising Stars Youth Leadership program seeks to develop leadership skills in youth and encourage active participation within the Japanese American Community in order to build leaders for the future.

The program continues to grow and starting with RS13, a new workshop and outing activity was added to the program to further enrich the purpose of the Rising Stars experience. The golf tournament is in fact organized and put on by students in Rising Stars. The tournament serves as a means for the students to apply what was learned during each session and apply these learned skills in the real world.

For any questions, please visit www.risingstarsylp.org or call (213) 254-5722. For additional questions, please contact risingstarsyouth@gmail.com.



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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!

THE ADVENTURERS CLUB ANNOUNCES TWO TOURS TO HOKKAIDO!

Tour 1: Autumn 2019 (Late October – Early November)
Tour 2: Winter 2020 (February)

Why Hokkaido?

Hokkaido, the northernmost island, is Japan's great wild frontier. It's huge, accounting for ¼ of Japan's landmass, but with only 4% of its population. There are enormous national parks, vast primeval forests, a rugged coastline, rivers, volcanic peaks and lakes, hot springs, pure white snow. Hokkaido is the homeland of the Ainu, Japan's indigenous people. Hokkaido's high quality food and drink is unlike anywhere in Japan; there's Seafood caught in its cold, nutrient-rich waters (Crab, Salmon, Mackerel, Oysters, Scallops, Sea Urchin, Squid). 80% of Japan's wild salmon is from Hokkaido. Its produce is known throughout Japan: strawberries, apples, pears, grapes, wheat, and the Yubari Melon, known for its intense sweetness. Hokkaido is Japan's breadbasket. Its dairy products are considered world-class and are highly sought after; the milk is rich and creamy, that results in extraordinary ice cream, butter, cheeses, and yogurt. Many dishes have a pat of butter, e.g., grilled scallops. Hokkaido is crazy for its delicious Ramen: Miso, shoyu, shio (salt), and curry. Beer (Sapporo, of course) and whiskey (world-class Nikka whiskey, awarded the World's Best Blended Malt four times). Hokkaido is the onsen (hot springs) capital of Japan. Its volcanoes create some of the best onsen in Japan.

Why Autumn?

Experience Hokkaido's beautiful and colorful fall foliage, and taste its seasonal produce when it's freshly harvested.

Why Winter?

Hokkaido in winter is astonishingly beautiful. It is known for Sapporo's world famous winter snow festival, with its massive snow and ice sculptures. Taste Hokkaido's tremendous seafood. Hokkaido also has fantastic skiing, snowboarding, and other winter sports.

If you're interested, contact Tim Toyama at timtoyama@gmail.com, or 310-848-9890 (phone and text).

Each tour estimated budget is \$3,000.00 (not including airfare), will include 10 days, and is limited to approximately 16 people.

THE ADVENTURERS CLUB

Itching for adventure, to see new and different things? The Adventurers Club could be your ticket!

The purpose of the Adventurers Club is to travel to places near and far, to attend events such as concerts, plays, films, and anything else that sounds interesting. Another purpose is to foster friendships, share new experiences, and expand horizons.

Please note that the Adventurers Club is a non-sponsored GVJCI activity.

For more information, please contact Tim Toyama at 310-848-9890 or email at timtoyama@gmail.com.

GARDENA NISEI MEMORIAL VFW POST 1961

Steve Moriyama, Commander

Our inaugural Veterans Day Dinner/Fundraiser was a huge success! The response was overwhelming, thanks to the participation of our members, their families, extended families, friends, the staff of the Gardena Valley Cultural Institute, and its member organizations. A big mahalo and shout-out to the Higa Ohana. Your support, organizational skills, and execution of this planning was vital and key to our success. The members of Post 1961 are so grateful for your participation. Mere words, but "thanks guys, couldn't have done it without you"! We exceeded all expectations and are looking forward to our next Veterans Day Dinner / Fundraiser.

The membership of Nisei Post 1961 are involved and active in so many events throughout the year. A few of our on-going projects are:

The Annual Nisei VFW Reunion in Reno NV, Cemetery clean up and service at Roosevelt Memorial park, for Memorial and Veterans Day, Cemetery clean up at Green Hills Memorial Park, Memorial Day service at the Memorial Wall at JACCC, Memorial Day Service at The Gardena Valley Japanese Cultural Institute, Memorial Day Service at Rose Hills Memorial Park, Memorial Day Service at Westminster in support of Nisei VFW Post 3670, the Annual Homeless Compton Stand Down, Annual Manzanar field trip, the LAUSD JROTC Voice of Democracy Program, the NTHS AJROTC program, the Redondo Union High School MCJROTC program, The Gardena High School AJROTC program, The City of Gardena Veterans Programs such as Veteran's Day and the Wall that Heals, Gardena Valley Japanese Cultural Institute programs and Matsuri.

We wish all of you good health, and a new year rich with love and happiness. Together, we will build ever greater memories in both our families and community.

Once again, Thank You to the Post 1961 Women's Club, the Members of Nisei Post 1961, the Staff of GVJCI, and all of our friends and family for your continuing support of our Post as we continue to work towards making our VFW Post an integral part of our community.

Contact information for Post 1961:

Steve Moriyama, 1127 W 213th Street, Torrance, CA 90502

Tel: 213-700-0364

Email: moriyamaohana@sbcglobal.net

Board of Directors Updates

The GVJCI Board of Directors send their gratitude for all of the support given to the GVJCI, staff, and board. We would like to announce the officers for 2019.

Ray Shibata, President
Alan Kita, Vice President
Marilyn Tsuge, Secretary
Miles Akiyama, Treasurer

Special thanks to Charlie Oyagi for his term as President for the last 15 years! We are indebted to Charlie for his dedication, leadership, and immense support throughout his term. Charlie will continue to remain active on the Board.



(upper row, l-r) Richard Ames, Juan Hernandez, Alvin Takamori, Steven Awakuni, Teri Kuwahara, Grant Nakaoka, Gail Doi, Christina Bartlett (2018 Fellow), Alan Kita, CyVan Yamamoto (2018 Fellow)
(lower row, l-r) Miles Akiyama, Ray Shibata, Marilyn Tsuge, Charles Oyagi, Alison Kochiyama (Executive Director)

Staff Updates

Please welcome **Cathy Lee** to our staff as the **Development and Events Manager**. Cathy Lee comes to us with over 20 years of experience at Toyota Motor North America, and she's familiar with GVJCI through volunteering at past JCI Carnivals/Matsuri as a basketball parent. She is a marketing professional whose background includes events, experiential marketing, advertising and trade shows. A foodie at heart, Cathy enjoys cooking, baking and spending time with her family and mini schnauzer mix fur baby. She's excited to join the GVJCI team and for the opportunity to share the rich Japanese culture and history with the community.



GVJCI thanks **Sharon Sawai**, who dedicated over 5.5 years as the Events and Fundraising Coordinator. Along with her hard work on the Matsuri, Calendar, and other historical GVJCI fundraisers, Sharon established new ones which became annual events, like Kansha Craft Show, Elemental Funk concert, and others. Although Sharon left the staff at the end of December, she wants to continue as a GVJCI volunteer. Thank you Sharon!

Facility Updates

We Have a New GVJCI Hall Floor!

Well...maybe not new, but it does look good! The GVJCI shutdown the week between Christmas and New Year's Day, and it was the perfect time to have a couple maintenance coats of finish put on the floor. We had the floor completely refinished at the end of 2017. Unfortunately, the floor was showing a little wear with the heavy use of the hall. The team from Hardwood Floors LA came in and put the maintenance coats down in a couple days. Thank you to the guys for the effort and speedy work! Please feel free to stop by the hall and take a look at the floor and see how deep the finish looks!

Join us in taking care of the floor when you are in the hall. Please lift tables and chairs when moving them. Wear soft soled shoes when possible. If you see liquid on the floor, wipe it dry with a towel or paper towel. Let's work together in taking care of this awesome facility that was gifted to us by a great generation of Nikkei.

Eagle Scout Project

The GVJCI is very fortunate that Kevin Uyesugi, an Eagle Scout candidate, chose the GVJCI for his Eagle Scout project. He decided to build a storage unit. Storage space has been an issue for us with our growing staff, more programs, a bigger and better Matsuri to name just a few things. On October 20, 2018 Kevin led Boy Scout Troop 683 to help alleviate this problem. He oversaw the construction of a storage unit that is now on the east side of the GVJCI Building. He worked on the storage unit all day and completed the job after sundown. It is just what we needed to make some much needed storage space within easy access. Thank you for doing a great job, Kevin!



Congrats, Kevin!

The Gardena Evening Optimist Club holds an annual dinner to recognize and motivate youth that have served the community in an outstanding way. This year the dinner was held on November 13, 2018 at Seafood Port Restaurant. The GVJCI was once again honored to be selected to nominate a youth for this impressive award. Our nominee this year was Kevin Uyesugi. Kevin is a scout with Boy Scout Troop 683 and constructed a storage unit for the GVJCI as his Eagle Scout project. (See related article on pg 3). It was an honor to work with Kevin, and even more of an honor to be able to nominate him for this award.

Other honorees were Garrett Marzo, nominated by Boy Scout Troop 683; and Ricardo Anguiano nominated by the Gardena Police Department Explorer Post 142. Kevin, Garrett and Ricardo are all fine examples of young men that are taking the time to connect with and serve their community.



Kevin receives his GEO Youth Appreciation Award. From left to right: Garrett Marzo, Ricardo Anguiano, Kevin Uyesugi, Lisa Nakagawa

continued from page 8

- Sueda, Irene
- Sunflower Farms
- Sushi Island
- Suyemoto, Mikio
- T.Y. Nursery
- Takamori, Alvin
- Terao, DDS, Ernest
- The Loft Hawaiian Restaurant
- Townsend Appliances
- Tsuge, Marilyn
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- United Plant Growers
- Universal Waste
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- Watari, Joe & Sachi
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- Yamashiro, Enrique
- Yoshimura, Eileen

SUPPORT GVJCI THROUGH AMAZON SMILE! :)

My wife and I buy many things from Amazon.com. A couple of years ago, we designated the GVJCI as our recipient for the Amazon Smile donation program. Every time we buy something from Amazon, a portion of the purchase price goes to the JCI, at no cost to us. After registering, there is nothing further for us to do, everything is automatic, Amazon does all the work. So far, Amazon has donated \$137.34 to the GVJCI from our purchases. Please join Amazon's donation program; it's a simple and painless way to help the JCI.

~Naomi Yoshida and Tim Toyama

GVJCI Thanks Naomi and Tim for choosing GVJCI for Amazon Smile purchases. To date, our total donation received from everyone who designated GVJCI as this charity is \$1,234.52! Thank you all!

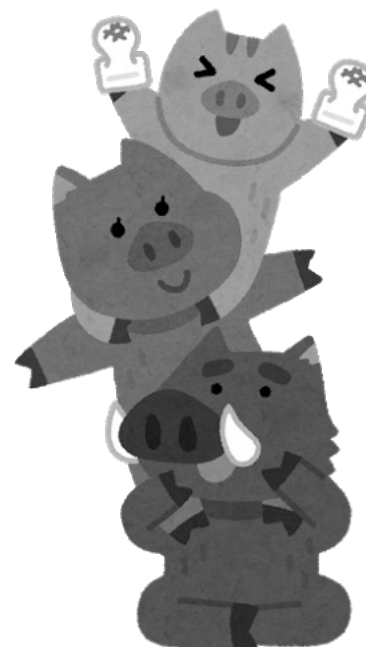
Words from our 2018 Board Fellowship Fellow

Hello! My name is CyVan Yamamoto and I was a 2018 fellow on Gardena Valley JCI's (GVJCI) board. I was granted this opportunity through taking part in Kizuna's board fellowship program and I must say that it was very eye opening. I suspect that like myself before this program, there are many people who are unclear of the role of a board and its importance to the success of an organization. Through this board fellowship program and with the help of GVJCI's board members, I have been able to learn how effective board leadership can set the tone for an organization's success in regards to long term strategy/mission alignment, fiscal responsibility, and operational efficiency. I would definitely recommend the program to anyone who is interested in non-profit work or aspires to be a future board member of any organization.



Also, being new to the South Bay, working with GVJCI was great in that I learned how close knit of a community the Gardena/Torrance area is and how GVJCI is really the epicenter of so many fond memories and traditions that span generations. This is embodied in our Matsuri event. As the South Bay community continues to evolve and change, it is organizations like GVJCI that safeguard and perpetuate the sense of community that runs throughout all of Gardena and Torrance. In some shape or form, I plan to be a long time member of the South Bay community and really thank the GVJCI board and staff for giving me such a great introduction.

Thank You,
CyVan Yamamoto
Board Fellow 2018



**GVJCI
MATSURI
2019**

SAVE THE DATE!
JUNE 29-30, 2019

GARDENA VALLEY
JCI

1964 W 162nd St. Gardena, CA 90247
(310) 324-6611 | info@jci-gardena.org | jci-gardena.org

**CALLING ALL
MATSURI PHOTOS!**

Do you have photographs from our old Carnivals or Matsuri? If you have photos from 10, 20 and even 50 years ago, please email them to info@jci-gardena.org or bring them into be scanned!

Fukunaga, Betsy
 Hamada, Richard
 Hamamoto, Thomas & Akiko
 Iba, Beverly
 Igawa, Eleanor
 Iwata, Amy
 Kaneshiro, Louise & Harry
 Kikuta, Gayle
 Kiriya, Iku
 Kobayashi, Steve & June
 Kochiyama, Alison & Jimmy
 Koga, Yvonne
 Kuwahara, Arthur
 Lewis, Roxana & Howard
 Matsushima, Paul & Monica
 Mayeda, Florence
 Mayeda, Melvin & Christine
 Moy, Phil
 Mura, Miyoko & Hideo
 Nagao, Stanley & Shirley
 Nakakura, Kenneth & Doris
 Nakao, Harumi & James
 Nakaoki, Emma
 Nakatani, David & Lily
 Nishimura, Bill
 Noda, Alice
 Nomura, Jon & Kathy
 Oda & Chang, Warren & Juliet
 Okazaki, Joyce
 Okazaki, Shirley
 Oshiro, Akiko
 Oshiro, Betty
 Oshiro, Masanobu
 Oyama, Tom & Chiyoko
 Russ, Edmond and Irene
 Sagawa, Nancy & Norman
 Sakamoto, Dan & Setsuko
 Sakamoto, Louise
 Sasahara, Yoshiko
 Shigemura, Fumiko
 Shimatsu, Jane
 Shiroma, Joseph & Lilly
 Suda, Sadao & Yuriko
 Sugita, Chris
 Takamori, Alvin & Mochidome, Debbie
 Takashima, Airi
 Tengan, Diane
 Toma, Ivy & James
 Toshiyuki, Sandra
 Toyama, Tim
 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, Brian and Ericksen, Robert
 Yoshii, Edna
 Yoshimura, Midori N

TRIBUTES

\$500 - \$1000

In Honor of Aiko Yoshinaga-
 Herzig
 Anonymous
 In Memory of Eriko Shinozuka
 Shinozuka Family

\$100 - \$499

In Memory of Larry
 Tamaki
 Fukuhara, Gail & Ryan
 In Memory of Stan Kanemoto
 Inouye, Tomoko
 In Memory of George Ajioka
 Inouye, Wade
 In Memory of Yuko Yonemura
 Jono, Kathleen
 In Memory of Myrna Kawahara
 Kaneda, Joyce
 In Memory of Sakaye
 Kawaminami
 Kawaminami, Janice
 Kumamoto, Donna
 In Memory of Yaeko Tanamachi
 Kishiyama, Linda & Ken
 In Memory of Sam Imamoto
 Mikami, Richard & Ann
 In Memory of Art Nishitsuji
 Modlin, Barbara
 In Memory Of Aki Sugita
 Sugita, Akira Trust
 In Memory of Michio Takade
 Takade, Nancy
 In Honor of Eleanor Igawa's
 Birthday
 Trinidad, Roneale
 In Memory Of Red Uemura
 Uemura, Hannah
 In Memory of Sakaye
 Kawaminami
 Zoerner, Laura

\$10-\$99

In Memory of Aki Muranaka
 Awakuni, Dorothy Teruko
 In Memory of Art Nishitsuji
 Awakuni, Dorothy Teruko
 In Memory of Stanley
 Kamemoto
 Awakuni, Dorothy Teruko
 Fujino, Elsie
 Ogawa, Masao & Amy
 Shimabuku, Hazel
 Tokishi, Patsy & Willie
 Ueda, Barbara
 In Memory of Eriko Shinozuka
 Fukumoto, Chisako
 Hamamoto, Irene
 Imose, Takashi & Mae
 Miyamoto, Satoshi & Mitsuko
 Mori, Catherine

Murakami, Charles & Merle
 Nishio, Akiko
 Noguchi, Junko
 Okazaki, Shirley
 Oki, Noriko
 Shimabuku, Hazel
 Suzuki, Roy & Terri
 Takahashi, Sumiko
 Wada, Louise
 Watanabe, Jun & Charlotte
 Yamanaka, Flora
 Yamasawa, Hazel
 Yang, Joseph & Chen, Mary
 Yoshimi, June K
 In Memory of Nancy Fujikami
 Kawamata, Florence
 In Memory of Stan and Agnes
 Kanemoto
 Maki, Tsuneto
 In Memory of Sakaye
 Kawaminami
 Muraoka, Jeanne & Gerald
 In Memory of Victoria
 Nakamatsu
 Nakamatsu, Maria
 In Memory of Yaeko Tanamachi
 Periklos, Deborah

VEHICLE DONATIONS

Anonymous
 Ajioka-Yamashiro, Susan
 Asato, Les
 Berry, Jeffrey
 Blackstein, Raul
 Hama, Mariko
 Hamamoto, Aki
 Hata, Audrey
 Hayashi, Thomas
 Kawasaki, Ronald
 Kochiyama, Jimmy & Alison
 Koda, Hiroko
 Malicay, Claudio
 Morimoto, Derek
 Motoyasu, Ken
 Nakasuji, Hisao
 Nagahashi, James
 Ogamori, Howard
 Sasaki, Akira & Joan
 Sawai, Paul
 Takahashi, Ben
 Takamatsu, Sharlot
 Takamine, Calvin
 Udo, Anthony
 Urada, Ron

IN-KIND DONATIONS OF ITEMS OR SERVICES

20th Century Fox Films
 ABC Nursery
 Aiya America
 Akiyama, Miles
 Anonymous
 Benson, Charlie & Laura
 Best Communication Systems
 Boy Scout Troop 683
 Cal Fresco Company
 Certified Plant Growers

Cherrystones Restaurant
 Country Touch Café
 Crenshaw Lumber
 C-Stars Nursery
 Cymbidium Club
 Dickey's BBQ Pit
 Doi, Gail
 Dorothy Awakuni & Family
 Elder Law Services
 Elwood nursery
 Ezaki Glico USA Corp.
 F.K. Nursery
 Gardena Buffet & Grill
 Garibaldo's Nursery
 Gekko, Richard & Teri-Lynn
 Goya & Mayeda Optometry
 H & H Nursery
 Hair Unlimited
 Hata, Donald
 Hong Kong Bakery & Deli
 It's Boba Time
 I.T. Nursery
 Javier's Nursery
 Jersey Mike's Subs
 Kaji & Associates
 Kawahara, Larry
 King's Hawaiian Bakery & Restaurant
 Kochiyama, Jimmy
 Kotohira Restaurant
 Kuwae, Kevin
 Kuwahara, Teri
 L&L Hawaiian BBQ
 Lady Bug Asian Grill
 Law Office of Steven I. Awakuni
 Lomeli's Italian Restaurant
 Marie Callender's Gardena
 Martin Containers
 Medina, Dan
 Meiji Pharmacy
 Moneta Nursery
 Mutual Trading Co
 Nakaoka, Tracy
 Nikkei Credit Union
 Nishihira, Joe & Violet
 Nozaki Nursery
 OTY, Inc.
 Oyagi, Charlie & Carol
 Park, DDS, Wayne
 Phiten
 Pho Consomme
 Rage Salon
 Rascals Teriyaki Grill
 Ray Uyemura
 S.Y. Nursery
 Sakae Sushi
 Sakura-ya
 Sanrio Surprises
 Sapporo Breweries Limited
 Seafood Empress Restaurant
 Shibata, Asako
 Shimabuku, Hazel
 Shin-Sen-Gumi Foundation, Inc
 Shiozaki, Cory
 Sprouts Farmers Market
 Starbucks Albertsons Plaza
 Gardena
 Storey, Gwendolyn



Come and join Tomo No Kai in 2019! Membership fee is \$12.00. New memberships and renewals must be paid at the first class attended. Students cannot participate in the classes without a current 2019 membership. Age is 50 years and above. Average class fee is \$4/class.

TNK CLASS HIGHLIGHT

“Gentle Yoga” and “Gentle Yoga with Chairs”

The perfect way to relax your mind and body. These classes are based on poses to work the entire body, creating a strong center with firm arms and legs and a healthy back. While you still stretch your muscles and work your joints, you're not pushing yourself outside your comfort zone. Gentle yoga is done for the joy of stretching and stillness of mind. They are perfect for beginners because it works muscles and joints in a way that avoids the risk of injury. This is ideal for anyone suffering from mobility issues, has an injury, or needs to warm up very gradually.

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Frequently, the chair yoga student is unable to participate in a traditional yoga class due to the effects of aging or disabilities. However, Chair yoga is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness. Chair Yoga is one of the gentlest forms of yoga available.

The classes are taught by Genie Nakano, who was born in East

LA. Earning a Masters in Dance at UCLA, Genie performed in various dance companies, including “Great Leap,” and Eartha Kitt’s “Kitt Dancers,” and later formed her own dance company, “Belady I.” Genie, along with four other teachers, wrote the outline for Yoga and Chi Gong for the LAUSD, thereby implementing the programs into the district.

“Gentle Yoga” is held on Monday from 11AM to noon, in the Main Hall.

“Gentle Yoga with Chairs” is held on Wednesday and Friday from 11AM to noon, in the Main Hall.



SMARTPHONE/TABLET CLASS

Feb 7th to Mar 14th, Thurs 10AM to 11AM
 \$10 per class or \$50 for the whole series, paid in advance

Our 6 week series is back! Learn how to use your smartphone or tablet from the basics or come drop in on the weeks you want to brush up on! Don't have a smartphone/tablet but still want to learn? No problem! We have rentals, free of charge, both iPads and Android tablets.

Week 1 - February 7

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

Week 2 - February 14

Adding contacts
 Phone calls, Text Messages, Email

Week 3 - February 21

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

Week 4 - February 28

passwords
 Apps – Useful Emergency Apps

Week 5 - March 7

Wi-Fi / Data Usage / Storage

Week 6 - March 14

Questions & Answers



Gardena Valley JCI CALENDAR

FEBRUARY

SEVEN SAMURAI SECRETS OF SUCCESS: A BOOK EVENT WITH LORI TSUGAWA-WHALEY SAT, FEB 9, 1:30-4:00PM Nisei Veterans Memorial Hall

Come join us as we welcome author Lori Tsugawa-Whaley and her book "Seven Samurai Secrets of Success". Who were the samurai and how could a people dedicated to war and violence have such an impact on a culture known for its politeness, manners and aesthetic beauty? The samurai warrior of ancient Japan lived by a moral and ethical code known as *bushido*; 'the way of the warrior.' Come and learn about Chiune Sugihara, the Japanese diplomat (also a modern-day samurai warrior), who courageously saved the lives of over 6,000 Jewish refugees risking his life and career during World War II by 'doing the right thing.' The 'Seven Samurai Secrets of Success' were applicable in ancient Japan, and especially relevant for the 21st Century. Admission is free but donations are appreciated. Please RSVP online, emailing, or calling us.

ALTERNATIVE FACTS: THE LIES OF EXECUTIVE ORDER 9066 DAY OF REMEMBRANCE EVENT SAT, FEB 23, 1:30-4:00PM GVJCI Main Hall

We invite you to our annual Day of Remembrance (DOR) event to commemorate the anniversary of the signing of Executive Order 9066, which caused the mass removal and imprisonment of Japanese Americans during World War II. This year's theme will be centered on the then vs now, featuring Jon Osaki's *Alternative Facts: The Lies of Executive Order 9066*, and we will examine the parallels to the current climate and what happened over 75 years ago. Afterwards, a panel discussion with Jon Osaki and others will take place. Free to the public, no registration required. For more information, please email us at info@jci-gardena.org or call us at (310) 324-6611.

MARCH

HINAMATSURI SAT, MAR 2, 11:00-4:00PM South Coast Botanic Garden

Come celebrate Girl's Day with us at the South Coast Botanic Garden! The GVJCI will have a booth out at SCBG's annual Cherry Blossom Festival this year. Come join us for a fun craft activity while exploring the garden to look at the beautiful spring blooms among many other plants, flowers, activities, and performances. Adult admission is \$9, children 5-12 yrs old is \$4, and under 4 yrs old is free.

JAPANESE MEDICARE WORKSHOP SAT, MAR 9, 2:00-4:00PM GVJCI Classroom Rm 207/208

Are you confused about your Medicare options? Turning 65, and enrolling in Medicare soon? Come join us for this workshop to learn what you need to know in order to make an informed decision on your Medicare coverage. You will learn what Medicare is, what Medicare costs, what choices are available, and how to choose the right plan for you. **This workshop will be conducted in Japanese!** Free admission but donations are appreciated. RSVP is required. Please call or email the GVJCI to reserve a spot.

「メディケアってよくわからない、、、」という方、もうすぐ65歳になりメディケアを開始なさる方々は、是非このワークショップにご参加ください。このワークショップでは、メディケアがどういうものか、メディケアのコストがどれぐらいか、ご自分にはどのプランが必要で、どのような選択肢があるかを学べます。無料、寄付歓迎、ご予約が必要です。

THE BRIDGE: JCI HERITAGE CENTER REVAMP DAY! SUN, MAR 24, 9:00-3:00PM The Bridge JCI Heritage Center

Help us restore beauty back to our library! The Bridge: JCI Heritage Center was started almost 11 years ago by a group of volunteers. With the years of use, it's in need of a refresher. Come help us build furniture, clean, and help make our library look better than ever before! Need volunteer hours? This is the perfect opportunity to earn some hours and help out the community. Please contact Nicole at nsato@jci-gardena.org for questions or to help volunteer.

APRIL

RIBBON LEI-MAKING WORKSHOP SAT, APR 13, 2:00-4:00PM GVJCI Upstairs Classroom

It's graduation season again! Do you have your leis ready? Kerilyn Sato returns to GVJCI teaching another lei workshop with us! She will be teaching a couple different ribbon lei-making styles just in time for graduation! Come learn how to make simple, yet beautiful ribbon lei. This beginner/intermediate lei-making class will showcase classic styles.

Keri has been dancing hula since the age of 5. She began making her own lei and haku lei for hula shows at a young age and has continued to grow both her ribbon and flower lei-making skills. She started "Lei'd with Love" as a hobby to keep her hands busy while hanging out at home and watching TV.

\$30 per participant. Please register online or at our office. Hurry! Class size is limited to 25 people.

SAVE THE DATE...

MAY 4TH: KODOMO NO HI WORKSHOP



MANZANAR PILGRIMAGE

The 50th annual community-wide Manzanar Pilgrimage at the Manzanar Historic Site will be on April 27th. Manzanar was the site of an American WWII concentration camp that was used to forcibly house people of Japanese descent from 1942-1945. The Pilgrimage Program features speakers, performances, interfaith religious ceremony, and community ondo.

If you would like to reserve a seat on our bus, please email info@jci-gardena.org or call 310-324-6611. It will be a first come first serve basis and registration will end once spaces fill up. Payment will guarantee registration.

TANOSHII FUN CAMP

Tanoshii Fun Camp is coming back revamped! Mark your calendars for July 8-12th for a fun week! We'll be changing things up this year so expect new things with the same educational fun as always.

We're also looking for camp counselors both high school and college-aged! Paid positions available. Please email nsato@jci-gardena.org for more information about the camp or becoming a counselor.



SPECIAL CLASSES COMING TO THE GVJCI!

LTSC SMALL BUSINESS INCUBATOR WORKSHOP: EFFECTIVE DIGITAL MARKETING

A free 8-part workshop series for entrepreneurs and social media managers to receive hands-on training to start, improve and build their digital marketing campaigns. Learn how to create an effective Kickstarter campaign and make your goal or launch a brand on Instagram and create effective digital footprints, and so much more! RSVPs are LIMITED. Please attend all classes! To register: Email Mariko Lochridge at mlochridge@ltsc.org.

Dates: Weekly on Tuesdays, Feb 19th to Apr 2nd
Time: 6:00-9:00PM

Location: GVJCI Upstairs Classroom 204 or 205 (Please check with instructor for possible room changes)

ALZHEIMER'S ASSOCIATION OF LOS ANGELES will present a series of education workshops at GVJCI regarding Alzheimer's disease. The workshops will cover multiple topics and will be held on the following dates:

DEMENTIA FRIENDS

Learn five key messages about dementia and develop action steps to help your community.

Date: Friday, Feb 8th

Time: 10-11AM

Location: GVJCI Upstairs Classroom #208

DISEASE RESEARCH UPDATE

Friday, Mar 8th, 10:00-12:00PM

GVJCI Upstairs Classroom #208

Get an update on research findings around the symptoms, detection and causes of dementia and Alzheimer's disease. Learn about the latest treatment available and what research is currently being conducted to find a cure for this disease.

SAVVY CAREGIVER EXPRESS

Weekly Fridays, April 12, 19, 26, 10:00-12:00PM

GVJCI Upstairs Classroom #208

A 3-week program based on the Savvy Caregiver. This program develops the basic knowledge, skills, and attitudes needed to care for someone with Alzheimer's disease or another form of dementia.

Alzheimer's Association of Los Angeles Contact : Kimiko Kelly: kkelly@alzla.org (323) 930-6257. Free admission but donations are appreciated.

For all Alzheimer's Association classes, please RSVP with us at info@jci-gardena.org or at (310) 324-6611.

"FACES OF CAREGIVING" FILM SCREENING

Sat, Mar 16, 1:30-4:30PM

Nisei Veterans Memorial Hall

The "Faces of Caregiving" video event is an educational campaign to help raise awareness of Alzheimer's disease and other dementias by showcasing the personal stories of five unique Japanese American and Japanese caregivers. This amazing event is made possible by the generous support of the Keiro Grants Program and the JA Community Foundation. Care Counselors from Alzheimer's Association Los Angeles will be available on-site to answer any questions. Please join us for a wonderful time filled with conversation, community, and refreshments.