

1964 West 162nd Street Gardena, CA 90247 Phone: 310-324-6611 Fax: 310-324-3223 Email: info@JCI-Gardena.org Website: JCI-Gardena.org G Facebook.com/GVJCI @GardenaValleyJCI



To visit the GVJCI website. scan the QR code using vour phone camera!

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 GVJCl's Japanese Language School. The GVJCl 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.

Paul Koshi

Helen Nakano

Charles Oyagi

Raymond Shibata

Glenn Tachibana

Terry Terauchi

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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Stephanie Mayeda, Program Manager Yukiko Natori, Senior & Bilingual Programs Coordinato

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HAPPY NEW YEAR 2024!



Happy New Year wishes for 2024 from the Gardena Valley Japanese Cultural Institute (GVJCI)! Akemashite omedetou gozaimasu! 2024 is the Year of the Dragon. It is said that the strong and powerful dragon comes later in the zodiac after many other animals because it stopped on the way to help others. I look forward to this altruistic characteristic that 2024 will bring!

Although 2023 might not have been as peaceful and calming a Rabbit year as we hoped, our moments of reflection always bring us to a place of gratitude, and we have so much to be grateful for. We have our buildings full of life again seven-days-a-week with our programs, events

and activities, as well as, GVJCI member organizations' activities.

In February, we held our **Day of Remembrance** event on the Japanese Peruvian experience during WWII online which was powerful and moving and captured our highest viewing audience. Although it was not an in-person event, the online platform gave us an opportunity to work with the out-of-town/state panelists, as well as viewers logging on from Peru and Canada. In April, we had a sold-out GVJCI Izakaya fundraising event where supporters were treated to exquisite food, drink, and entertainment in an intimate and relaxing environment. In June through a generous family memorial scholarship donation, we were able to offer for the first time, an undergraduate/ graduate scholarship, the Brian Takeo Mitsunaga Memorial Scholarship. Also in June, we had our first full-scale GVJCI Matsuri Fundraiser since the pandemic, although it was only one day-thank you to all who came out to support it and to our many volunteers, sponsors, and donors! TANOSHII Fun Camp came back in August with a fun-filled cultural educational experience shared by the campers and their counselors too! Then in September, GVJCI co-sponsored two fundraiser events for the Maui firestorm victims with overwhelming community support, especially with many of our community members having roots and ties to Maui and the Hawaiian islands.

For our building needs, among other ongoing repairs within our campus, volunteers helped us paint the 2nd floor Bridge: JCI Heritage Center and classrooms where new desks and chairs were used by the returning Fall 2023 Japanese Language School students after three years of online instruction. GVJCI also embarked on a solar panel **project**, which will help us with energy sustainability for our future generations to come.

All of this, as well as other programs, activities, services, and events could not have happened without the support you gave us through our fundraising efforts, volunteerism, and participation in our programs and events. We also thank our event sponsors and program grantors whose funding made a significant impact. We truly couldn't have carried out our work to serve the community without your kind support and generosity...doumo arigatou gozaimasu. We look forward to seeing you again in 2024!

With sincere kansha.

Alison Kochiyama, Executive Director

Sandy Uyesugi, Administrative Assistant

Facilities Lyndon Meighan, Community Engagement and Facility Manager Brian Hoshiko, Maintenance Custodian

Bryan Tamura, Maintenance Custodian Gary Fujikawa, Facility Assistant Alvin Takamori, Facility Assistant Japanese Language School Lawrence Hada, Principal

Bob Seki, Maintenance Custodian

Masumi Sasaki, Vice Principal & Teacher Mayumi Fuchino, Teacher Noboru Mishima, Teacher Asaka Morita, Teacher Chiaki Suzuki, Teacher Naoko Tran. Teacher Aki Izumi, Adult Class & Conversation Class Teacher

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

HOW IT WORKS:

- 1. Call or email us to arrange pickup at (310) 324-6611 or cars@ici-gardena.org.
- 2. Harold's Car Donation Service (HCDS) will arrange towing, always free of charge 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 the car is sold, your acknowledgement and tax forms will arrive by mail
- 5. You get rid of an unwanted car and get the satisfaction of helping others. You also get an IRS approved tax deduction. Yay!

MATCHING GIFTS

Your company may be one of thousands that "match" employee charitable contributions with corporate dollars. Many companies also match volunteer hours or gifts from spouses. retirees and board members. A corporate matching gift is an easy way to double, or even triple, the impact of your personal contribution to the GVJCI. Thank you to all who donated via matched employee charitable contributions in 2023!

THANK YOU TO OUR SUPPORTERS!

GVJCI's supporters through grants and donations received between January 1, 2023 and December 31, 2023 (If we inadvertently missed any names, please let our office know.)

\$15,000+ Kodama, Mitchell & Esther ♥♥

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Enriching Your Caregiver Toolbox

Saturday, April 13, 2024 9:00 a.m. - 1:00 p.m.

San Fernando Valley Japanese American Community Center

Seats are limited! To gain useful knowledge and skills for your caregiving journey, sign up at keiro.org/CC24 starting January 15!



The Gardena Valley Japanese Cultural Institute and Grateful Crane Ensemble present:



Come experience a bit of Japan as the GVJCI breezeway is transformed into a yokocho!

Drawing inspiration from the post-war Showa era, you'll be immersed in the sights, sounds, smells, and tastes of a bustling Japanese alleyway brought to you by the team behind the Shokudo series.

Mark your calendars for Showa Alley on Saturday, April 13th, 2024. Tickets start selling Monday, January 22nd, 2024 on the GVJCI website. Proceeds will benefit the Gardena Valley Japanese Cultural Institute and Grateful Crane Ensemble.

Saturday, April 13th, 2024 4:00pm to 10:00pm 21+ only







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APRIL DEADLINE FOR 2024 GVJCI SCHOLARSHIPS

GVJCI High School Senior Scholarships

The GVJCI awards annual scholarships to high school seniors in the South Bay region of Los Angeles County. Former GVJCI Japanese Language School students who live outside of the South Bay region may also apply.

Eligibility: Applicants must have been directly involved with the GVJCI or GVJCI 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.

Scholarships available: Gary Hori Memorial Scholarship, Gardena Valley JACL Scholarship, and the Gardena Valley Gardeners Association Legacy Scholarship, and other GVJCI scholarships.

GVJCI Undergraduate/Graduate Scholarship

The Brian Takeo Mitsunaga Memorial Scholarship is available to college and graduate school students.

Eligibility: Applicants must be currently full-time at a college, university, trade school, business school, or any other institution of higher learning within the United States at the undergraduate or graduate school level. A minimum 2.5 GPA is required. Applicant must have been directly involved with the GVJCI in some capacity (ex: GVJCI Japanese Language School, GVJCI internships, GVJCI programs and services. GVJCI member organization's involvement would not qualify.)

NOTE: Previous recipients of a GVJCI Undergraduate/Graduate Scholarship are not eligible to reapply to this scholarship for additional years of their undergraduate or graduate education. However, an applicant who received a GVJCI Undergraduate/Graduate Scholarship as an undergraduate student, is eligible to reapply as a graduate student.

Applications are available on our website. Submission deadline is April 8, 2024, and award recognitions will be made in June 2024.

To make a donation to the GVJCI Scholarship Fund or for more information, please contact the GVJCI Office or visit our website.



MESSAGE FROM THE BOARD PRESIDENT



I had many interesting conversations with colleagues, friends and family this year. The topic was related to diversity, culture and family values. As wild as 2023 had been, these topics often surfaced and were top of people's minds. After a lengthy conversation, we came to the conclusion that when most people seek to overcome adversity, they find harmony or balance in fellowship and the sense of community. Although fellowship and community had slightly different meanings to each person, they all realized the importance of community in our lives.

Such a place is the Gardena Valley Japanese Cultural Institute and its community center. It's a home to many organizations and their members, as well as those who reside mostly in the South Bay area. But did you know that our footprint is even larger? With the GVJCI's mission to provide a space to engage, share and embrace the Nikkei experience and culture, we attract many through our virtual channels too.

Why not be excited to engage? You can choose to get involved with one of our many robust programs and community events. There are many interesting activities too! Even our volunteers and donors enjoy the sense of community as they participate and witness our growth. One example is through our "Friends of the GVJCI" program. We also had 5 new interns this year and we welcomed Alexis Okihara, our 2023 Kizuna Board Fellow.

A special thank you to Ray Shibata, who retires from his active position on the Board of Directors. Since his inception to the Board in 2011, he had many accomplishments including the development of our TANOSHII Fun Camp for the youth and in conjunction, a leadership program for older children. He participated in many Board Committees and was considered by many to be a mentor. For 2024, Ray accepted the title of Board Emeritus, and has decided to remain an active volunteer to the community. Thank you Ray!

Are we the community you have been looking for? Visit us online or just stop by and say hello!

Richard Ames President, GVJCI Board of Directors

GVJCI SOLAR POWER PROJECT

We are and have been doing our best to be mindful about using sustainable practices wherever we can. Our office uses second hand office furniture and equipment, and we are committed to using recyclable containers at fundraisers such as our annual GVJCI Matsuri Fundraiser and our Signature Event. We are excited to share that we are converting to Solar Power. The project began in 2023 and is scheduled to be completed in 2024. Solar power can help the GVJCI save up to 75% or more on our monthly electricity bill and is a major upgrade that will help us reduce our carbon footprint even more.

As a nonprofit, GVJCI normally would not receive any rebates, incentives, or tax breaks from the state or federal government converting to Solar Power. However, an unusual opportunity has arisen for nonprofit organizations. We are very excited that through Southern California Edison and Direct Pay Investment Tax Credit, the GVJCI qualifies for incentives and rebates for Solar installation and resealing of the roof. All the panels will be installed on the Main Building powering both the NVM hall and JCI Main hall. We will be able to save 50% on installation. Fundraising efforts towards this project will be included in our 2024 year end appeal. The money we save on our monthly electricity expense can instead be used towards our programs and services we provide to the community.

We hope you'll agree that this major upgrade is a great benefit to our campus and community. We hope you'll consider donating in the future to this worthy project. Thank you!

Thank you to all who supported us on Giving Tuesday, Elemental Funk and our Online See's Candies Fundraisers in 2023! Because of your kind generosity, we were able to raise \$2,340.00 (Giving Tuesday), \$5,850.00 (EF) & \$1,531.00 (See's) for a total of \$9,721.00 ! Thank you!



It has been a busy year at the GVJCI. Thank you to those who volunteered to complete the painting project upstairs in the Bridge Library: Dan Morimizu, David Homan, Donna and Glenn Sanada, Loryce Hashimoto, Ken Kawamura, Andrew Bacon, and Nathlyn Hirohama. You are al superheroes. The GVJCI appreciates you!



Continued from page 2 Elder Law of California 🖖 Enomoto, Richard & Jean 🌸 Eto. Takeshi Kurt 🌻 🌸 🔍 Francis, Paulette - City of Gardena Councilmember 💗 Fujii, Iris & Edwin 🖖 Fuiii. Russel 🍡 Fujita, Edward 🖖 Fukada, Susan 🖖 Fukumoto, Kimiko & Larry 🌸 Fukunaga, Atsuko 🌸 🧡 Furukawa, Richard & Irene 🌸 Furutani, Norman & Ginny 🌸 Futami, Raymond 🍀 Gardena Nisei VFW Women's Club 🌸 Gulfstream Corp Matching 🞁 Hamamoto, Thomas & Akiko

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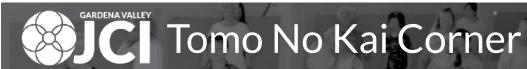
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\$50 - \$99



Happy New Year 2024 to our Tomo No Kai family! It was a wonderful 2023, and we're happy to say we finished the year with 566 members! Don't forget, you can renew or sign up for 2024 at our office. Stop by after class or anytime Monday through Friday from 9am to 5pm—we're here to help you! Come join our daily social hour, Tomo Cafe, where friends and new friends come to have coffee, pastries, and shoot the breeze! People have also been having a blast in our exercise classes: Physical Fitness for Seniors, Move & Groove, Chi Gong For Healthy Back, Chair Yoga, Gentle Yoga, and our new Chair Yin Yoga. And for those who love to dance or want to learn how, there's plenty to choose from: hula, line dance, and ballroom dance. But what if you're more artistically inclined? We got you covered-check out our Tuesday oil painting class and Wednesday watercolor painting class! And last but certainly not least, our BINGO activities have been going so strong. Everyone has a great time picking their cards and waiting for their turn to call, "BINGO!" We hope you'll join us for these fun and engaging activities every week! See our schedule on our website or grab a copy at the front office. Here's to another amazing year!

友の会ファミリーの皆様、2024 年新年明けましておめでとうございます。素晴らしい 2023 年でした。566 名の メンバーとともに年を終えられたことを嬉しく思います。 2024 年の友の会メンバーシップ更新またはサインアッ プは、弊社オフィスで行うことができますのでお忘れなく。クラスの後、または月曜から金曜の午前9時から午後 5時までいつでもオフィスにお立ち寄りください。お手伝いいたします。平日毎日9時から11時まで開放してい る、Tomo Cafe にぜひご参加ください。お友達とコーヒーやペストリーを飲みながらゆっくりとくつろぎながら楽 しいお話しに花を咲かせましょう、そして新しいお知り合いもどんどん作ってください。高齢者のための体力づく り、ムーブ&エクササイズなどのエクササイズクラスも好評です。 Groove、健康な背中のための気功、チェアヨ ガ、ジェントルヨガ、そして新しいチェア陰ヨガ。ダンスが好きな人、ダンスを習いたい人には、フラダンス、ライ ンダンス、社交ダンスなど、たくさんの選択肢があります。もし、芸術的なクラスを探している場合は火曜日の油 |絵クラスと水曜日の水彩画クラスをぜひお試しください。手作りがお好きな方には, 編み物クラスや手芸クラスも あります。そして最後になりましたが、私たちの BINGO 活動はとても盛り上がっています。誰もがカードを選び、 「BINGO!」と発言する順番を待つのを楽しみにしています。日本語のみ話される方でも楽しくビンゴクラスに参加 できます!毎週の楽しくて魅力的なアクティビティにぜひご参加ください。ウェブサイトでスケジュールを確認する か、フロントオフィスでコピーを入手してください。今年も素晴らしい年になりますように



Insurance program for members of Gardena Valley Japanese Cultural Institute. Our partnership with MAPFRE Insurance offers important auto coverages like comprehensive and collision deductible options and of course a multitude of discounts including multi-policy discounts up to 20%. As part of your MAPFRE Insurance auto policy you also receive a complimentary membership to Road America's Roadside Assistance service.

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Continued from page 5 Kuriyama, Matthew Lee, Kaylyn Lee, Tracy Maeda, Karl Masumoto, Marie Morinaga Nutritional Foods, Inc. Mutual Trading Co., Inc. Nakamoto, Jay Oba. Christopher Sapporo USA, Inc. Sato, Nicole Shigemura, Wendy Shin-Sen-Gumi Group Sugimoto, Donna Sunflower Farms Taenaka, Megan Tanaka Farms The Loft Hawaiian Restaurant Tominaga, Kimberly

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Tanigawa, Trisha

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Tsumaki, Mark

Yamasaki, Rick

Yoshii, Edna

Nagao, Jason

Nakatsu, Ron

Komai, Jody

Brian T. Mitsunaga Memorial Fund 🎓

Vehicle Donations Arakaki, Brian Azuma, Ikue Hays, Justin

GVJCI RECEIVES THE 2024 DURFEE'S LARK AWARD

We are pleased to announce that GVJCI is among 15 nonprofits to receive the 2024 Durfee Foundation 2024 Lark Award towards staff wellness. Durfee's Lark Awards support the collective care and well-being of staff at small Los Angeles-based nonprofit organizations with deep ties to the community. Each organization will receive \$30,000 to spend as they see fit to meet the needs of their staff for replenishment. "At Durfee, we believe that the sustainability of organizations depends upon the wellbeing of their staff. People are the principal resource that fuels our sector. We need to take care of them if we hope to achieve our urgent missions for the public good," Durfee Foundation Executive Director Claire Peeps stated.

"We, like other nonprofits, faced great challenges due to the COVID pandemic. Our dedicated staff had to guickly shift to online programs and services during our closure, and we continued our work finding new and more ways to connect with the community in need-we never stopped working. We are so appreciative of this grant fund to be used for collective care and personal renewal of staff, recognizing that we need replenishment and to take care of ourselves in order for us to continue to take care of our community," said Alison Kochiyama, GVJCI Executive Director. GVJCI currently has 20 staff members: 5 full-time and 2 part-time office staff, 8 part-time Japanese Language School staff, and 5 part-time facility staff. "Another hope for this grant is to be able to unify staff in various work areas-many who might not have an opportunity to work together normally, but can hopefully get to know each other through some team bonding activities that are also being planned," Alison added.

We would like to give special thanks to our interns Haruka Ishii and Stephanie Ajifu, and Derek Oye and Dr. Lisa Nakagawa for their support in the grant process.

CATEGORY SYMBOL Events: Art Show, DOR, Signature Event Ö Fundraisers: Calendar, Elemental Funk, Giving Tuesdav, Matsuri, Raffle Facility Operation: Mayemura, Louise Friends of GVJCI: . General: 0 Nomivama, Satomi Programs: Bento Buddies, Family, JLS, ₹. Seniors, Youth Sugiyama, Rodney Scholarships: 1 Sponsors: Events, Programs, Fundraisers Grants: 0 Westrem, Charles Corporate & Matching Gifts: Ö

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Gardena Valley JCI CALENDAR

FEB

SETSUBUN SAT. FEB 3. 10-11AM **GVJCI Bridge Library**

Celebrate Setsubun with GVJCI with fun themed crafts and activities for children ages 5-10. Participation fee is \$5. Please visit our website to register.

SMARTPHONE & TABLET CLASS

MONS, FEB 5, 12, 26, MAR 4, 11, & 18, 1-2PM FOR LECTURE, 2-3PM FOR TUTORING **GVJCI Nisei Veterans Memorial** Hall

Do you need help using apps on your smartphone? Not sure how to edit the settings on your iPhone or Android? Register for our smartphone/tablet class to learn the basic functions of your device! A guestion and answer session will conclude each class. This is a 6 class series; each class is \$10 or \$50 for the whole series. The second hour of each class will be an informal tutoring hour where students can ask questions and receive help from tech volunteers!

This program is made possible through funding from Keiro.

SELF DEFENSE WORKSHOPS | セルフ デ ィフェンスワークショップ SENIORS (men & women) -THURS, FEB 15, 10AM-12PM WOMEN - TUES, MAR 12, 7-9PM **GVJCI** Nisei Veterans Memorial Hall | ガーデナバレー二世ベテランズ ホール

The theme of these free workshops is Self Defense and Situational Awareness Workshop. The first 30 minutes will focus on Situational Awareness and general considerations of preparedness. The remaining 90 minutes consists of introduction of practical self defense techniques including striking, kicking, and blocking as methods to minimize any attack and injury and to facilitate escape. Each workshop is taught by 6th degree black belt instructor Art Ishii from the Matsubayashi-Ryu Karate-Do of Little

Tokvo.

このワークショップのテーマは自己防衛 と状況把握意識です。前半30分はどのよ うな状況かを認識する事と日常の備えに フォーカスします。後半90分は攻撃を最 小限にとどめ脱出を容易にするために実 践的なあらゆる手段の自己防衛テクニッ ク方法を紹介します。各ワークショップ はリトル東京松林流空手道黒帯六段のア ートイシイ先生にご教授いただきます。 無料、ご寄付いただけると幸いです。

GVJCI DAY OF REMEMBRANCE 2024 -TERMINAL ISLAND: LOST BUT NOT FORGOTTEN SAT, FEB 24, 2-4PM **GVJCI** Main Hall

This year, the theme for the Gardena Valley Japanese Cultural Institute's (GVJCI) 2024 Day of Remembrance will highlight the history and stories of the Japanese American fishing village community of Terminal Island in San Pedro during WWII. In a live in-person program on Saturday, February 24, 2024, the GVJCI will feature a documentary film about the history of Terminal Island followed by a panel discussion featuring Michael Enomoto, architect of the San Pedro Terminal Island Japanese Fishing Village Memorial, June Miyamoto Donovan, President of the Terminal Islander's Club, and David Metzler, director of the documentary we are screening, and Edgar Award-winning author Naomi Hirahara will moderate the panel discussion and Q&A. We hope the community will come away with a stronger understanding of our local South Bay Japanese American history, as well as a desire to learn more from our community partners and Gardena Valley JCI. Registration is not required and admission is free.

MAR

HINAMATSURI SAT. MAR 2. 10-11AM

GVJCI Bridge Library Celebrate Girl's Day with GVJCI! We'll be learning about the history and traditions of Hinamatsuri

through crafts and activities for children ages 5 to 10. Participation fee is \$5. Register on the GVJCI website!

CREATE YOUR OWN BUSINESS PLAN IN 10 WEEKS

TUES & THURS, MAR 5, 7, 12, 14, 21, 26, 28, APRIL 2, 4, 7PM -9:00PM

GVJCI Upstairs Classroom 205 If you are looking for a jumpstart into writing a comprehensive Business Plan then this course will help you achieve that goal. You will create an effective business plan ready by the end of the course. This is a free program co-sponsored by the Little Tokyo Service Center. To register, please email LittleTokyoSmallBiz@LTSC.org or call/text 213-503-3804.

BEGINNER BONSAI REPOTTING WORKSHOP SAT, MAR 16, 10AM-1PM GVJCI Outdoor Breezeway

This workshop will be a hands-on working introduction to bonsai repotting and care taught by the Dai Ichi Bonsai Kai. Students will learn the basics of pruning and repotting their bonsai tree. Bonsai is an outdoor activity, and instructors will explain the basics of watering, fertilizing, pest control, and tree maintenance. Limited to 20 participants only. \$60 per person. Supplies included but participants are required to bring their own bonsai tree in need of repotting. Refreshments will also be served.

初めて家を買う人、必見!ア メリカで資産形成!未来の 安定を創造する不動産購入 のABC/3月30日(土)2-3:30PM GVJCI 2階クラ スルーム207/208

買う時期はいつ? 買う場所はどこがい い?何から準備したらいいの?ローン は組めるの?ダウンはいくら必要?等 々の質問に20年以上の実績を持つ力 リフォルニア州認定不動産エージェ ントウイルハイトヨシコさん(DRE License#01382235)をお招きしてレク

チャーして頂きます。日本人ローンエー ジェントの方も来られますので不動産口 ーンに関する質問も聞けちゃいます。参 加費無料。どなたでも参加できます。こ れから不動産購入を考えている30代4 0代の方々、既に不動産をお持ちでこれ からどうしようかとお考えの方々、是非 このセミナーに参加して疑問点をクリア にしましょう!

APR

SANSEI STORIES WORKSHOP SERIES WEDS, APR 3, 10, 17, 24, MAY 1 & 8,7-9PM

GVJCI Upstairs Classroom 205 Write and tell your story. Write about yourself, your family, your friends. Add a story to your legacy. This workshop is designed to help new and experienced writers develop an idea, character or story. Tim Toyama will conduct the workshop. Participation fee is \$10 for each workshop or \$60 for the entire series.

DISCUSSING SUBSTANCE **ABUSE DISORDER IN THE AAPI COMMUNITY SAT, APR 6, 10AM-12PM GVJCI Upstairs Classroom** 207/208

Dean Nakanishi, CEO of the Asian American Drug Abuse Program (AADAP) will give an overview of Substance Use Disorder and some perspective from his 30 years of service. This overview will offer a perspective from AADAP's approaches to treatment and current



trends in the field. This session will give participants an opportunity to ask direct questions. AADAP's goal is to give participants insight into AADAP's addiction services, how to approach the issue, and in what ways the community can help advocate for an issue that is commonly kept, "hush, hush!" This program is free to attend. Registration is not required.

OUCHI-GOHAN WORKSHOPS (JAPANESE HOME COOKING WITH CHEF MIKE INOUYE) SUNS, APR 7, 14, & 28, 10:00AM-12:00PM **GVJCI** Nisei Veterans Memorial Hall Kitchen Participants will be instructed by veteran sushi chef Mike Inouye on how to prepare a variety of Japanese foods. Learn how to make Japanese home cooking in an instant pot, how to make fried foods such as shrimp and vegetable tempura and chicken and pork katsu, and how to make your own 7-ingredient futomaki! Limited to 10 people per workshop. To register, please visit the GVJCI website!

- \$60

- Oden
- Tonjiru •
- Gohan •
- Series \$60

Save-the-Date! 2024 GVJCI Matsuri Fundraiser

Date: Saturday, June 29, 2024 Time: 10:00am - 7:00pm Location: GVJCI

Celebrate Summer with GVJCI at the 2024 **GVJCI Matsuri Fundraiser**! Please mark your calendars and save the date! See you there!



• Sunday, April 7 - Instant Pot Series

Sunday, April 14 - Fried Food

• Shrimp and vegetable tempura Chicken and Pork Katsu Sunday, April 28 - Futomaki - \$60

MANZANAR PILGRIMAGE SAT, APR 27, 6AM-9PM

The 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. It will be a first come first serve basis and registration will end once spaces fill up. Payment will guarantee registration. Former incarcerees receive free admission. If you would like to reserve a seat on our bus, please visit the GVJCI website to register.

日本語によるアルツハイマー ワークショップ 4回シリーズ:月曜日 4/29, 5/6, 5/13, 5/20、 午後1時-3 時、2階クラスルーム207/208 参加費 無料、どなたでも参加できます 各シリーズ講演者を招いてのワークショ ップです。 1回目 アルツハイマーとは:4/29午後1 時から3時 福嶋幹雄氏 2回目 脳を健康に保つ方法:5/6午後1 時から3時 関谷基嗣氏 3回目 行動とアルツハイマー病:5/13 午後1時から3時 ロドリゲスゆり氏 4回目 安全な家庭内環境:5/20午後1時 から3時 関谷基嗣氏

SCAN THE QR CODE WITH YOUR PHONE CAMERA TO REGISTER FOR ANY OF OUR PROGRAMS!



