



Adventurer's Club News

The 2020 Winter Hokkaido tour is sold out. The Adventurer's Club is going to Okinawa in Fall 2020!

Between late October and early November. For more information, contact Tim Toyama at timtoyama@gmail.com.



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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.

Board of Directors

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Shizuka Marinakis, *Teacher*
Asaka Morita, *Teacher*
Naoko Tran, *Teacher*
Chiaki Suzuki, *Teacher*
Eriko Yamamoto, *Adult Class & Conversation Class Teacher*

Gardena Valley JCI QUARTERLY

Newsletter of the Gardena Valley Japanese Cultural Institute

Fall 2019

GVJCI STAFF UPDATES



We said sad/happy well-wishes to former Program Manager, **Nicole Sato**, at the end of September, as she embarked on new adventures in Northern California. We thank Nicole for her three years of dedication to developing and growing our programs and services, finding new ways for people to connect with us including social media, and bringing innovative and fresh perspectives, energies, and ideas to GVJCI's work and staff. We will miss you, but know that you'll still find ways to keep connected with us! Thank you, Nicole!

Meet **Stephanie Mayeda**, our new Program Manager: Hi everyone! After an incredibly rewarding internship and volunteering throughout the past several years, I'm so excited to be able to work at the Gardena Valley JCI as the new Program Manager! To get to know a little bit about me, I'm a Torrance native and fourth generation Japanese American. If I'm not working, currently I like to spend my time neatly arranging foods into my bento box, playing my ukulele, or watching Japanese TV shows and movies (with the goal of taking the N4 Japanese Language Proficiency Test next year!). The GVJCI has given me so many



invaluable opportunities to help me grow both personally and professionally, and by taking on this role, I hope to give back just as much.



Another new face that you may have seen is **Dayton Lee**. Dayton is helping us out as an interim **Facility Operations Manager** while **Dale Inafuku** is out on leave. GVJCI sends well-wishes to Dale, and we thank Dayton for his willingness to provide his great services to staff and community.

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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!



Giving Tuesday Fundraiser: Save-the-Date!

Date: December 3, 2019

This annual 'Global Day of Giving' event takes place on the first Tuesday after Thanksgiving and has helped to amplify year-end fundraising efforts for nonprofits including the Gardena Valley Japanese Cultural Institute (GVJCI). We invite you and your family, friends and colleagues to support our programs and events by making a donation on Giving Tuesday! To make an online donation, please visit our website at <https://www.jci-gardena.org/donations.html>. #gvjci #givingtuesday

NOV

5th ANNUAL GVJCI ELEMENTAL FUNK CONCERT BENEFITING THE GVJCI

SAT, NOV 2, 7-11PM

GVJCI Main Hall

Elemental Funk will be joining us for the 5th time for a night of music, dancing, and some good eats. Join us for some awesome music, dancing, local delicious bites, and local brewery beer or wine. Tickets are on sale now! Buy with the button to your left or at our office. Table seats also available.

For more information, please contact Cathy Lee at clee@jci-gardena.org or 310-324-6611.

LA FOOD BANK FOOD DISTRIBUTION

WED, NOV 6th, DEC 4th, JAN 8th, 9AM-10AM

GVJCI Parking Lot

We've partnered with LA Food Bank to provide FREE shelf-stable food items to seniors 60 years+! If you or your family member or friend would like a box, please RSVP at 310-324-6611 or info@jci-gardena.org. Boxes weigh 10-12lbs. Volunteers will be on hand to provide assistance to your car.



ALZHEIMER'S LOS ANGELES SAAVY CAREGIVER EXPRESS

FRI (3 WEEKS), NOV 8, 15, 22 10AM-12PM

GVJCI Upstairs Classroom 207/208

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 dementia. Attendance for all 3 weeks is mandatory.

Admission is FREE. Please RSVP at 310-324-6611 or info@jci-gardena.org

NALC USA • SECURED & COMFORT-ABLE LIFE CONFERENCE/ナルクUSA

『安心・快適ライフ コンファレンス』のご案内

会場： ガーデナ平原日本文化会館

SUN, NOV 10, 9AM - 3PM • 11月10日(日), 午前9 - 午後3

GVJCI Main Hall • ガーデナ平原日本文化会館、メインホール

無料のお弁当と健康診断の手配があり必ず事前予約願います。Tel: (310) 561-6486 Eメール: info@nalcusanpo.org

Admission is FREE. Please RSVP at 310-561-6486 or info@nalcusanpo.org

高齢化社会のアルツハイマー病を含む認知症が大きな社会問題になっております。(1)その原因究明と治療薬開発の現状と将来の展望、(2)そして介護と生活の問題に対しどう向き合っていくべきなのか、(3)ご自身が困らず安心して暮らせるためにご用意しておくべき法的留意事項をご紹介します。

DEC

KEIRO VITALITY FORUM • ALTERNATIVE TRANSPORTATION

FRI, DEC 6, 10AM - 11AM

GVJCI Upstairs Classroom Rm 207/208

Driving is not the only independent transportation option. Do you want to know more about rideshare apps and public transportation options? Come join us to learn more at this workshop!

Admission is FREE. Please RSVP at 310-324-6611 or info@jci-gardena.org

JAN

ALZHEIMER'S LOS ANGELES LOST MEMORIES VIDEO & DISCUSSION

FRI, JAN 10, 10-11:30AM

GVJCI Upstairs Classroom 207/208

Follow the Ramirez family in a 4-episode mini-series as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression and the challenges that families face before they come together.

Admission is FREE. Please RSVP at 310-324-6611 or info@jci-gardena.org

TNK membership is currently at 738!

Upcoming TNK Activities:

- Next casino trip will be to Pechanga on November 11th
 - The annual TNK Christmas party is December 7th Saturday from 11AM-1:30PM
- *TNK Technology Time will move to Classroom #205 starting November 12th!*

BENTO PROGRAM • 弁当プログラム

Healthy box-style lunches are available for \$6! 健康的なお弁当が6ドルで購入できます。

Please visit our website or campus for a weekly menu or simply call us at 310-324-6611 between 9am-12pm. 一週間ごとのメニューは、サイトやGVJCIで入手できます。あるいは午前9時から12時の間に、(310) 324-6611までお電話下さい。

友の会テクノロジータイム!

友の会テクノロジータイムの場所は、11月12日から205教室に移動します。スマートフォンやタブレットなど、様々な携帯機器の使い方に関する質問にボランティアがお答えします。無料です。

*友の会会員対象のクラスです。

火曜/水曜 午前11時から12時まで

11月12日より205教室にて

JCI GARDENS APARTMENTS WAITING LIST OPENING SOON

The 100 unit low-income senior apartment complex adjacent to the GVJCI will open the waiting list to the first 250 applicants. Please check our website at jci-gardena.org or call the JCI Gardens Apartments starting the first week in November at (310) 515-3642.

MINIMUM ELIGIBILITY:

HUD Section 202/8 Program (qualifying income)
Must be age 62+ at the time of application
Mandatory screening: credit check, criminal background, current and previous landlord verifications.

MOVE & GROOVE FRIDAY FRIDAYS, starting NOV. 1, 5:45 to 6:45pm
GVJCI Nisei Veterans Memorial Hall

"Move & Groove" is a Low Impact Aerobics class; no jumping or running in place, designed to move every muscle of the body. Your heart will pump, your lungs will expand, you will sweat. All to the beat of groovy music!

Fee:\$5.00 FIRST CLASS IS FREE

CHAIR YOGA SUNDAY SUNDAYS, starting NOV. 3, 3:15 to 4:15pm
GVJCI Upstairs Classroom

A gentle yoga class using chairs for support; ideal for beginners, and anyone recovering from injuries..

Fee: \$5.00, FIRST CLASS IS FREE

For information, contact Tim at timtoyama@gmail.com.



SMARTPHONE/TABLET CLASS

Jan 6th to Feb 10th, Mon 10AM to 11AM

\$10 per class or \$50 for the whole series, paid in advance
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 - Jan 6
Components, Symbols
Settings - display, volume/sounds, etc.
- Week 2 - Jan 13
Adding contacts
Phone calls, Text messages, Email
Using the camera
- Week 3 - Jan 20
Apps - Already installed & Adding New Apps
**Please bring your Apple App Store or Google Play passwords
- Week 4 - Jan 27
Apps - Useful Emergency Apps





OUR LOST YEARS FILM SCREENING SAT, JAN 18, 2-4:30PM

GVJCI Main Hall

South Bay JACL and the Gardena Valley Japanese Cultural Institute will sponsor a screening of noted writer-director Lane Nishikawa's latest documentary film, "Our Lost Years." The film screening of "Our Lost Years" will begin at 2pm, followed by a Q&A with Nishikawa. The event will commemorate the 75th anniversary of the end of World War II.

"Our Lost Years" takes the audience on a personal, comprehensive, behind-the-scenes journey, exploring the emotional and psychological impact of the evacuation and incarceration, the insurmountable ten-year battle for redress and reparations with its bittersweet triumph, and the newfound legacy of a battered community becoming a voice of justice for all people.

Nishikawa traveled to seven cities, interviewing internees, their children and grandchildren, politicians, community leaders, lawyers, and activists to make the film.

Admission donation is \$10.00, and all proceeds will go to support South Bay JACL and the Gardena Valley Japanese Cultural Institute.

Please RSVP online: <https://gvjci.wufoo.com/forms/our-lost-years-film-screening/>



FEB

SETSUBUN

SAT, FEB 1, 11:30AM-12:30PM
GVJCI Nisei Veterans Memorial Hall

Setsubun is a Japanese holiday celebrated every February. Setsubun celebrates the welcoming of spring by bringing in good luck for the new year and getting rid of the old year's bad luck! Come join us as we eat yummy Setsubun treats, practice the tradition of mamemaki (bean throwing/scattering), and make a craft! Event is geared towards children but all ages welcome! Cost of participation will be \$5. Register online by 1/28 at: <https://gvjci.wufoo.com/forms/setsubun-2020/>



COME CHECK OUT OUR NEW CLASS!

"SURVIVAL ENGLISH" ESL CLASS TUES & THURS (10 WEEKS)

Nov. 12-Feb. 6, 10AM-12PM
GVJCI Upstairs Classroom 204

Enroll in our new ESL class to learn how to use English in everyday situations like speaking on the phone or ordering food at a restaurant! This class is taught by 2 TEFL-certified teachers and is ideal for high beginner to low intermediate learners. Essential grammar, idioms, and phrases will also be covered. Come to Orientation Day on 10/22 to ask our teachers questions and learn more about the class!

- Week 1 - Nov 12
Introductions; Conversation starters;
- Week 2 - Nov 19
Grocery Stores, Restaurants
- Week 3 - Dec 3
Doctor's Appointments; American Culture: Thanksgiving
- Week 4 - Dec 10
Casual conversation, making friends
- Week 5 - Dec 17
Talking on the Phone (various situations)
- Week 6 - Jan 7
Travelling/Vacationing in the US.
- Week 7 - Jan 14
American Culture: Holiday traditions; Culture Shock!
- Week 8 - Jan 21
Listening to news reports; emergency situations
- Week 9 - Jan 28
Idioms & Slang
- Week 10 - Feb 4
Student Choice!

Enrollment fee is \$250. Please register on our website, by phone (310) 324-6611, or email (smayed@jci-gardena.org).



Gardena Valley JCI News

EAGLE SCOUT PROJECT



Eagle Scout candidate Alex Ito with GVJCI Facilities Operations Manager, Dale Inafuku.

The GVJCI is very fortunate that Alex Ito, an Eagle Scout candidate, chose the GVJCI for his Eagle Scout project. Earlier this year, Alex constructed a 15 foot storage cabinet in our conference room to store our many supplies. The cabinet had sliding doors and an attached white board. In addition, two classrooms were patched and painted. The entire project involved over 400 total volunteer hours.

Alex has been involved with the GVJCI for over ten years, helping at carnivals and learning karate. In fact, he earned his black belt in Shotokan karate last year. Alex stated that the GVJCI has been an important part of his life and that it helped him connect with and appreciate his Japanese heritage. When it came time to choosing an Eagle Scout Project, he wanted to give back to the GVJCI to show his appreciation.

The GVJCI would like to thank Alex, Boy Scout Troop 378 and all of his family and friends for their support for a job well done!

Rascals Teriyaki Grill GVJCI Fundraiser

Enjoy delicious Teriyaki Plates and Chinese Chicken Salad and take a break from your holiday preparations while supporting the GVJCI!

Date: Tuesday, November 12, 2019
 Time: 11:00am - 9:00pm
 Place: Rascal's Teriyaki Grill - 3 locations!
 Gardena: 1540 Artesia Blvd, Gardena, CA 90248 (310) 516-8814
 Torrance: 5111 Torrance Blvd, Torrance, CA 90503 (310) 542-0022
 Long Beach: 1760 N Bellflower Blvd, Long Beach, CA 90815 (562) 431-7777

The flyer will be needed. Please visit our website at jci-gardena.org to download the flyer. Thank you for your support!



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