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.

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

Mission 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.

Vision Statement
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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 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 Basketball, 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 VFV, Yuujou Taiko, Halau Ke’Ala O Na Lei Milo, Gardena JCI Kendo, Tanoshii Fun Camp, South Bay JACL, and Boy Scouts 719 for the continued support throughout the years.

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...
As a nonprofit community organization, this annual fundraising event is essential in order to support the operational, programming of the GVJCI, and maintenance expenses of our building. 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..!

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MANY thank you(s) and gratitude to the following local businesses, nurseries and individuals who generously donated raffle prizes, product samples, rummage sale items, crafts, 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.

GOLD CORPORATE SPONSORS

RAFFLE DONORS
Anonymous
Benson, Charlie & Laura
Bobo Time
Boy Scout Troop 683
Cheerystones
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
Ladybou Asian Grill
Lomelí's Italian Restaurant
Marie Calendar's Garden
Meijj 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
Umeoura, 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
Nokazi Nursery
OTC, Inc.
S.F. Nursery
Sunflower Farms
T.V. Nursery
United Plant Growers

PERFORMERS
Aloha Picking - Mel
Ogata
Boy Scout 242
Boy Scout 683
Boy Scout 719
Faith United Methodist Church
GVCI Japanese Language School
GVCI Japanese Language School
GVCI Japanese
Kawahara, Larry
Moneta Nursery
Nokazi Nursery

MAY have many Nisei insurance agents to provide Japanese Americans affordable automobile insurance. MAPFRE/Community 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 Gardenawa Valley Japanese Cultural Institute (GVJCI). Please ask your agent about this program. Below is a partial list of participating agencies.

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/Community 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 Gardenawa 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
Curtis Trust Insurance
(310) 839-3127

GARDENA
AHTKY Insurance
(310) 516-0110

GARDENA
Nakamura Agency
(310) 327-0717

HUNTINGTON BEACH
Mizuho Insurance
(714) 964-7227

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

LOS ANGELES
Buna Insurance
(213) 626-1547

Kagawa Ins.
(213) 628-1800

Tatsuho Insurance
(213) 626-1954

Moneta Nursery
(800) 770-7978

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

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

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

SANTA MONICA
Autoiline
(800) 770-7978

Torrance
Kamiya Ins. Agency
(310) 781-2066

Tsuneshi Insurance
(310) 533-8877

GVCIJ 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.

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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!

Gardena Valley JCI News

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.

MEET OUR 2018 NCI INTERNS!

FREE ELDER LAW SEMINARS

NISEI WEEK SPECIAL!!!

$1,000 OFF LIVING TRUST PACKAGE

Preserve Your Life Savings!
- • Are my Living Trust & Powers of Attorney Updated?
- • Avoid the Nightmare of Probate
- • How to Pay for Quality Long-Term Care
- • 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

JUDD MATSUBAGA
Attorney at Law

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

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

NEW TO SMARTPHONES/TABLETS? COME TAKE OUR CLASS

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

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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 understanding. I am very thankful for being 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 education and future goals. High school students must have a minimum of a 2.5 GPA and have post-secondary educational plans.

**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."

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**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
- 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
- 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
- Kiriyama, Iku
- Kobayashi, Steve & June
- Kochiyama, Alson & Jimmy
- Koga, Yvonne
- Kuhwahara, 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
- Teng, Diane
- Toma, Ivy & James
- Toshiyuki, Sandra

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**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!
Learn new things; learning something new strengthens the connections between nerve 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 Fumaneat. 

Yes, it takes effort and commitment to beat Alzheimer's, but betwee 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: JACC 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) 873-5702.

Tomo No Kai Corner

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 prevent Alzheimer’s and to protect the brain. His plan is known as SHIELD, which is an acronym for Screening and Intervention to Delay Early Loss of Independence. Rudy Tanzi believes that it is possible to delay the onset of Alzheimer’s by making small lifestyle changes, such as exercising, eating a healthy diet, and interacting with others. 

Exercise is necessary to keep the body fit. People who exercise regularly have stronger and more flexible muscles, and exercise helps grow new nerve cells. 

- Exercise: make sure you walk, or doing something that relaxes you, for example, listening to music. 

- Interact with others: speaking with people involves nerve activity that interacts with others.

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

- Sleep: get at least eight hours every night.

There are many exercises that can help improve brain function and delay the onset of Alzheimer’s. Some of these exercises include:

- Walking: walking every day can help improve blood flow to the brain and reduce the risk of developing Alzheimer’s.

- Brain Training: brain training exercises can help improve cognitive function and delay the onset of Alzheimer’s.

- Socializing: socializing with others can help improve brain function and delay the onset of Alzheimer’s.

- Eating a healthy diet: eating a healthy diet can help improve brain function and delay the onset of Alzheimer’s.

- Sleep: getting enough sleep every night can help improve brain function and delay the onset of Alzheimer’s.

The sky’s the limit. Previous writing experience is not necessary. The workshop will demystify writing and unlock the stories you have within. 
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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 for $5 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
Get 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? 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’s 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: 5:00 – 9:00 PM
Location: GVJCI Upstairs Classrooms #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 Yuujiou Daiko’s Basic Beginner’s 8 week course! Contact Judi Kaminishi at jnkaminishi@gmail.com.

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