



# Pasadena Japanese Cultural Institute

[pjci.org](http://pjci.org)

WINTER 2013

## 2013 Nisei Week Court Takes Japan by Storm... Literally!

**T**hank you to everyone who attended the Annual Bazaar on October 6th and stopped by the Miss PJCI Bake Sale Booth. Whether it was through the purchase of a baked good or a simple conversation, your support is truly appreciated! Despite the warm weather, I, along with fellow Nisei Week court members Lauren Iwata (Queen), Megumi Yuhara (Miss Tomodachi), and Laura Higashi (Princess), had a wonderful time saying hello to all of the PJCI community. I would like to especially thank the PJCI Board for taking care of us during the event, 2012 Miss PJCI and Nisei Week Princess, Erika Fisher, and her family for helping with the booth, and everyone who donated an item to our bake sale.

On October 13th, the court and I embarked on our ten-day goodwill journey to Japan, where we visited the cities of Tokyo and Nagoya. During our stay in Tokyo, we were hit by a typhoon – the strongest one in Japan of the last decade! However, that did not stop us from experiencing the magic of Tokyo Disney Sea and shopping for cute souvenirs in Akihabara, Shibuya, and Harajuku. In Nagoya, we were graciously hosted by delegations from the city and



The Nisei Week Court pose for a photo in the gardens of Tokyo's New Otani Hotel

Minami Otsu Dori Shotengai (Pure O2) and participated in the annual Nagoya Matsuri as representatives from the sister city of Los Angeles. Unfortunately, bad weather greeted us again in the form of rain, and we were unable to take part in the festival's parade; but, just like in Tokyo, we still managed to have a fun time taking in

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## Interest List Now Being Formed for Friendship 2014 Pasadena-Mishima Summer Youth Program and Japan Tour

**T**he Pasadena Japanese Cultural Institute is happy to announce our 12th Friendship 2014 Summer Youth Exchange Program and Japan Tour at the end of July through early August. The purpose of Friendship 2014 is to bring citizens from the cities of Pasadena and Mishima, Japan together to share life experiences and to develop an increased understanding of our two cultures. In light of the tragedy of the 3.11 Great East Japan Earthquake and Tsunami, we plan to visit the Tohoku region to show our support for the people who are working so hard to rebuild their lives. The program includes a visit to our Sister City of Mishima that includes

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## PJCI Membership News

Mark your calendars for Monday, January 20, 2014, at 7:00 p.m. when the PJCI will be holding our annual general meeting and elections for officer positions for the coming year. It will be held in the Seniors Room (the Northeast corner of the main building on the first floor) and all PJCI members are welcome to come and vote.

If you are unable to attend, a proxy voting form will be mailed to all current members in the month of December. Please make your choices and mail it back in the pre-addressed envelope by January 13, 2014. You may also give the completed form to your PJCI representative before the January 20, 2014 meeting. Results of the elections will be available shortly thereafter and published in the Spring 2014 Newsletter.



### DISCOUNTS FOR PJCI MEMBERS

The businesses listed at right have partnered with the PJCI to offer our members discounts. Just present your membership card to receive the discount shown here.



**Flower Mart**  
5% off any purchase  
9177 Las Tunas Dr.  
Temple City, CA 91780  
(626) 286-8858

**Affinity Associates/  
Happicoats.com**  
10% off  
595 Lincoln Ave., Suite 207  
Pasadena, CA 91103  
(626) 396-9927

**Berry & Sweeney Pharmacy**  
10% off any over-the-counter purchase  
1377 N. Fair Oaks Ave.  
Pasadena, CA 91103  
(626) 794-1124

**Johnny's Sport Shop**  
10% off  
1402 Lincoln Ave.  
Pasadena, CA 91103  
(626) 797-8839

**Burkard Nursery**  
15% off  
690 N. Orange Grove Blvd.  
Pasadena, CA 91103  
(626) 796-4355

**L & L BBQ, Pasadena**  
10% discount on purchase of any plate lunch  
319 S. Arroyo Parkway #10  
Pasadena, CA 91105  
(626) 583-4960

## Introducing Jin Shin Jyutsu— An Ancient Japanese Wellness Practice

A few months ago, a new group quietly began meeting on Sunday afternoons at the Pasadena Japanese Cultural Institute. Jin Shin Jyutsu is an ancient healing art that dates back many centuries to balance and facilitate relaxation and healing. A unique facet of this practice is an emphasis on self-help, and once a month, the group comes together to learn and practice simple ways to help relieve stress and maintain physical, mental and spiritual harmony.

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PJCI member Adriana Bate has been studying and practicing Jin Shin Jyutsu for over ten years. This healing art was in use before the birth of the Buddha, and was rediscovered by Master Jiro Murai 100 years ago. In the middle of the twentieth century, Mary Burmeister brought the art to the United States.

Like many other energy-related practices, Jin Shin Jyutsu balances the energy circulating through the body. When that energy is blocked or congested, it can result in pain or illness. A typical Jin Shin Jyutsu session lasts about an hour. The receiver lies face up and fully clothed on a massage table. The practitioner then listens to the energy pulses and applies a “harmonizing sequence” placing her hands on a series of “Safety Energy Locks”, similar to acupuncture meridians or acupressure points.

According to ancient written records that remain in the archives of the Imperial Palace in Japan, Jin Shin Jyutsu was widely known before the birth of Gautama Buddha, before the birth of Moses, and was finally recorded in the Kojiki (Record of the Ancient Things) in 712 A.D.

The keys to this ancient treasure were eventually lost and then rediscovered by Master Jiro Murai of Japan, in the early 1900's. He devoted his life to the research and teaching of the art of Jin Shin Jyutsu.

In the 1940s, Jiro sought out a young Japanese-American interpreter, Mary Burmeister, to bring this art as a gift to America. Mary studied with Jiro for several years and later became a master of Jin Shin Jyutsu. She wrote the first English language texts on Jin Shin and held classes in many countries. With her family, Mary founded Jin Shin Jyutsu, Inc.®

You can get more information on this healing practice by calling Adriana Bate at (626) 405-0203, emailing [ambate.jsj@mac.com](mailto:ambate.jsj@mac.com), or come to the next meeting. The self-help group meets in the first floor meeting room at the PJCI on the second Sunday of each month.

## Nisei Week Court *continued from page 1*

the beautiful sights and eating the delicious food that Nagoya had to offer. We also had the opportunity to spend a night at an onsen in Gero, which was the first time I got to relax in the Japanese hot springs. Overall, it was an once-in-a-lifetime trip to Japan that I will never forget!

For 2014, our first court appearance will be at the Japanese Chamber of Commerce of Southern California's New Year's Day event in Little Tokyo. Come out and celebrate with us as we welcome the Year of the Horse!

## Gakuen News



We are very proud of our student-run Japanese Cultural Awareness Club for hosting a Chado Tea Ceremony demonstration by Mr. Kazutaka Osumi at this year's New Student Welcome Party. His group made learning about the tea ceremony interesting for both children and adults. The students, teachers, and parents were all able to make and taste the tea ourselves. It was a wonderful and educational event.

Kyodo Systems students were lucky enough to be invited to sing at the 18th Awaya-Kai Koto Concert in Torrance this year. It was a great experience for those who were able to participate.

If you or your child has always wanted to learn the Japanese language, Saturday classes are being offered throughout the year. Our next session is starting in January. Do not miss out! Please call the administration office at (213) 383-4706 for more information.

### Seeking Teaching Assistant

Pasadena Gakuen has an opening for Teaching Assistant. Knowledge of the Japanese language preferred. Please contact Kyodo Systems Headquarters for more information. (213) 383-4706

## The Film “Issei: The First Generation” to be Shown at Altadena Church

On Monday, January 27, 2014, the Senior Task Force of First Presbyterian Church, Altadena, presents a documentary film which had been lost, was rediscovered and recently restored. The 55 minute film is about the Japanese, who, at the turn of the century, immigrated to the West Coast of the United States. These pioneering men and women tell their own stories of struggles and triumphs in a new land. Toshi Washizu directed the film and he will be present to show it.

All are invited to come and view this era of history. The workshop begins at noon with a potluck luncheon, and Mr. Washizu will show the film around 12:45 p.m. Dessert and fellowship follow. The workshop usually ends around 2:15 p.m. Please come and enjoy. The church is located at 2775 Lincoln Ave, Altadena, Ca 91001. If you have questions, please call the church office at (626) 791-4271.

## Qi-Gong News



An instructional video produced by Stone Ishamura and Yoshi Miyazaki was filmed during Qi Gong's Halloween Potluck on Tuesday, October 29. Here, Stone is talking with qigong student Bruce Dennis during a break in the filming.

## Kendo News

The Southern California Kendo Federation held the fall promotional exams (Shinkyu Shinsa) on Sunday, October 20th at Wilson Park. The following Pasadena members received ranks: Megumi Hironaka (4 kyu), Maureen De Guzman (4 kyu), and James Chilingerian (4 kyu). We congratulate them on their new ranks. The 2012 All Japan Kendo Champion, Daiki Kiwada sensei (Osaka) will be visiting the southern California area from November 22-24, 2013. From December 13-15, 2013, Mitsuru Hamasaki sensei, former chief instructor of the Tokyo Metropolitan Police, will be visiting the southern California area. Our first tournament of 2014 will be the Kubota Memorial Tournament, which will be held on Sunday, January 26 at Wilson Park in Torrance. If interested in starting kendo, our next beginner's registration will be Tuesday, January 7, 2014. Please check our website: [www.pasadenakendo.com](http://www.pasadenakendo.com) or send an email to James Yamasaki at [jmyamasaki@yahoo.com](mailto:jmyamasaki@yahoo.com).



## Pasadena Nikkei Senior News

Recent activities for the Nikkei Seniors included a day trip to Oak Glen for apple picking, which was followed by lunch at Morongo Casino. Another afternoon was spent at Santa Anita Park where they enjoyed betting on the thoroughbreds while enjoying a delicious lunch buffet. Rumor has it that some of the race goers who placed their bets on Corey Nakatani's mounts also made a little bit of money as he brought home four winners that afternoon.

The Nikkei Seniors also held their annual flu shot clinic, which was again coordinated by Jane Maruyama Frausto. The PNS would like to thank her, along with her volunteer staff comprised of Dr. Joy Weissman, Terue Musashi, and Kathy Fujita.

The craft class is seeking individuals to help with projects as well as provide ideas for new things for them to work on. Anyone is welcome to join them Wednesday mornings at 10:00 at the PJC I.

With 2013 nearing an end, the Nikkei Seniors are currently looking for things to see and do in 2014. Make plans to attend their Annual New Year's Party, tentatively scheduled for Sunday, February 2 at the Pasadena Buddhist Temple, when their 2014 calendar of activities will be unveiled. Please contact Kiku Matsumoto (626) 794-0240 or Ron Toshima ([toshima@sbcglobal.net](mailto:toshima@sbcglobal.net)) for information or to make a reservation.



Carol Oyama looks on as Alice and Lefty Kikkawa take a moment to relax at the Los Rios Rancho apple farm in Oak Glen

## Summer Youth Exchange Program *continued from page 1*

a home stay and several facilitated activities with assistance from the Mishima International Relations Association.

### Program Goals

- To prepare our youth for the challenges and responsibilities of a changing global community.
- To inspire and engage our youth in cross cultural exchange opportunities.
- To offer our youth the opportunity to develop lifelong friendships.
- To share and to understand our cultural similarities and differences.
- To nurture the desire for further exchange and to develop an appreciation for our cultures.
- To develop leadership skills and opportunities through group activities, workshops and field trips.
- To develop communication skills by bringing youth from different countries together to share common experiences.

### Program Highlights

- Facilitated group activities that encourage interaction and communication.
- Welcome by Mishima International Relations Association (MIRA)
- Home stay in Mishima with host family
- Youth activities in Hakone no Sato
- Meeting with Mishima Mayor Toyooka
- Explore and shop Tokyo – Tokyo Sky Tree, Asakusa Shrine, Akihabara, the Imperial Palace, Shibuya and Harajuku.
- Tohoku sightseeing tour including areas affected by the Great East Japan Earthquake and Tsunami

An interest list is now being formed for everyone interested in travel to Japan in 2014. Please contact Bryan Takeda at [affinity2000@earthlink.net](mailto:affinity2000@earthlink.net) or call (626) 396-9927 to add your name or for more information.

## Aikido News

The Pasadena Aikikai 9th Annual Winter Friendship Practice on December 8, 2013, will be replaced this year with a special fundraiser practice for the victims of Typhoon Haiyan/Yolanda in the Philippines. Donation amount is at the discretion of the participant.

The seminar will start at 8:30 a.m. and end at 12:30 p.m. and will cover a wide range of principles and techniques.

## Host Families Sought for Japanese University Students March 8 and 9, 2014

Pasadena area host families are being sought for a group of exceptional university students from Japan for March 8 and 9, 2014. The students are part of the Knowledge Investment Program (KIP) based in Tokyo and headed by Ms. Keiko Packard. KIP is a collegiate program that gathers top university students from across Japan to form a study group and visit universities throughout the world. This coming year, 15 students will be travelling to the United States from February 20 thru March 12, 2014 and will visit Rice University (Houston), Yale, Harvard and UCLA. In addition to meeting and staying with local UCLA students for a couple of nights, the students will lead a forum to discuss issues related to the importance of a person's hometown in a global society. They will also stay in Pasadena to meet with local families and to learn more about the Nikkei community.

For more information on how you can participate, please contact Bryan Takeda at [affinity2000@earthlink.net](mailto:affinity2000@earthlink.net) or call (626) 396-9927.

## Pasadena Sister Cities Student Exchange Program

### Applications now being accepted for Mishima, Japan

The Pasadena Sister Cities Committee Student Exchange Program offers a special opportunity for students, ages 17 to 24, to participate in summer exchanges with our international sister cities. To qualify, students must be attending high schools or colleges in the areas served by the Pasadena Unified School District or must be residents of that area. **Students selected for the program are expected to participate in Sister City activities and help to provide housing for visiting students the following summer.**

Located at the foot of Mount Fuji, the City of Mishima program will be held for three to four weeks from late July to early August. College students will be preferred for this program. Student participants will assist part-time in English classes during their stay.

An application can be downloaded from the Pasadena Sister Cities website at [www.pasadenasistercities.org/exchange.html](http://www.pasadenasistercities.org/exchange.html). Please use the checklist on Page 3 to make sure your application is complete. Your completed application must be e-mailed by January 25, 2014. When your application has been received, you will be contacted by e-mail or phone to inform you regarding the location and time of your required interview. Interviews are typically scheduled within two weeks of the application deadline. For more information please contact Bryan Takeda at [affinity2000@earthlink.net](mailto:affinity2000@earthlink.net) or call (626) 396-9927.

## PJCI ORGANIZATIONS AND SCHEDULE

### Pasadena Gakuen Japanese Language School

Saturdays: 8:45 a.m.-12:15 p.m.

Contact: Yoshiko Uno, Head Instructor

Phone: (818) 249-0018

Phone: (626) 405-2321

Email: [pgakuen@sbcglobal.net](mailto:pgakuen@sbcglobal.net)

### Bando Hidesomi Nihon Buyo Class

Saturdays: Please call for times

Contact: Bando Hidesomi

Phone: (310) 800-0118

Email: [bandohidesomi@gmail.com](mailto:bandohidesomi@gmail.com)

### Yokou Kitajima Ikebana

Meets on 4th Saturday of each month from 1:00 p.m.-2:00 p.m.

Contact: Yokou Kitajima

Phone: (626) 333-3039

### Pasadena Aiki-kai

Wednesdays: 7:00 p.m.-9:00 p.m.

Sundays: 9:00 a.m.-11:00 a.m.

Phone: (323) 878-5611

Email: [info@pasadenaaikikai.com](mailto:info@pasadenaaikikai.com)

### Integrated Martial Arts

Wednesdays: 6:00 a.m.-7:00 a.m.

Fridays: 6:00 a.m.-7:00 a.m.

Contact: Tim Piering

Phone: (626) 440-4183

Email: [timpmoto@aol.com](mailto:timpmoto@aol.com)

### Pasadena Kodokan Judo Dojo

Mondays: 7:00 p.m.-8:30 p.m.

Saturdays: 3:30 p.m.-5:00 p.m.

Contact: Mike Verdugo

Phone: (626) 441-9614

Email: [verdugoassoc@earthlink.net](mailto:verdugoassoc@earthlink.net)

### Pasadena Kendo Dojo

Tuesdays: 7:00 p.m.-9:00 p.m.

Fridays: 7:00 p.m.-9:00 p.m.

Contact: James Yamasaki

Phone: (626) 676-0318

Email: [jmyamasaki@yahoo.com](mailto:jmyamasaki@yahoo.com)

Website: [pasadenakendo.com](http://pasadenakendo.com)

### Kodama Taiko

Thursdays: 7:30 p.m.-9:30 p.m.

Contact: Karren Tsutsui

Phone: (888) 493-2879

Email: [info@kodamataiko.com](mailto:info@kodamataiko.com)

Website: [kodamataiko.com](http://kodamataiko.com)

### Nanka Kyudo Kai

Saturdays: 5:30 p.m.-8:30 p.m.

Contact: Rick Beal

Phone: (626) 367-9175

Email: [rickbeal@sbcglobal.net](mailto:rickbeal@sbcglobal.net)

Website: [kyudosocal.com](http://kyudosocal.com)

### Pasadena Naginata Dojo

Saturdays: 9:00 a.m.-10:30 a.m.

Contact: Cathy Mikuni

Phone: (818) 790-2446

Email: [cmikuni@hotmail.com](mailto:cmikuni@hotmail.com)

### Pasadena Nikkei Seniors

Handicraft Class Wednesdays: 10:00 a.m.-12:00 p.m.

Contact: Kiyoshi Takeda

Phone: (626) 359-3780

### PJAA Bruins Basketball

Contact: Dan Nakauchi

Phone: (626) 437-5965

Email: [dnaka55413@aol.com](mailto:dnaka55413@aol.com)

Website: [pasadenabruins.org](http://pasadenabruins.org)

### Qi-Gong

Tuesdays: 9:00 a.m.-11:00 a.m.

Contact: Ernie Fukumoto

Phone: (626) 833-1935

Email: [efukumoto@sbcglobal.net](mailto:efukumoto@sbcglobal.net)