



Pasadena Japanese Cultural Institute

pjci.org

SUMMER/FALL 2015

Your Community Center



**PJCI ANNUAL BAZAAR
SUNDAY, NOVEMBER 1, 2015
11:30 AM TO 4:00 PM.**

This year, the Pasadena Japanese Cultural Institute has rescheduled the Annual Bazaar for our members and guests to Sunday, November 1st, from 11:30 am to 4:00 pm. You may notice a few changes but we look forward to offering a safer environment for all and hope that you will come and support the many groups who make their homes at our center.

Our many martial arts groups will demonstrate their skills including Aikido, Karate, Kendo, Kyudo and Naginata. The Pasadena Nikkei Seniors will have their White Elephant Sale where attendees can find many practical household items and hidden gems. The Pasadena Gakuen is planning to serve savory Curry Rice and Onigiri while the Kyudo dojo will sell refreshing shave ice. Visit the Kendo dojo booth to purchase a variety of soft drinks. The young members of the AKABEKO PROJECT will be serving their delicious udon and selling Akabeko kits, all to benefit the victims of the 3.11.11 Fukushima nuclear disaster.

Don't forget to visit the Miss Pasadena JCI booth for information about their program as well as to see pictures of the wonderful activities and events that they experience over the course of their reign. Also, the Pasadena Gakuen will sell various Japanese magazines and printed items while the Pasadena-Mishima Friendship Youth Exchange Program will offer information about their program for 2016 and will sell t-shirts.

And finally, visit the PJCI booth to enter our Opportunity Drawing for your chance to win the First Prize of an Apple iPad, the Second Prize of a GoPro digital camera or the Third Prize of a Flat Screen Television in addition to several other prizes!

Over the last several years, the Pasadena Japanese Cultural Institute has welcomed several new groups to serve our community. Last year we were happy to welcome the highly acclaimed Bando Hidesomi Nihon Buyo dance troupe to our center to teach young aspiring students to learn traditional Japanese odori. Over the last year, we also began offering a Soroban class (Japanese abacus) class on Thursday afternoons where students learn to use the abacus and greatly improve their math aptitude. And most recently, our center welcomed the Pasadena Shotokan Karate Dojo where students develop the physical skills as well as the mental discipline offered by karate. Shotokan Karate meets on Monday evenings and Saturday afternoons.

As you can see, your center offers a very wide variety of Japanese cultural and martial arts classes that you can enjoy. We encourage you to take advantage of these great opportunities to learn and to enjoy what the Japanese culture has to offer. For information about membership and our weekly schedule, please visit the Members Booth at our bazaar.

We look forward to seeing you there and we sincerely thank you for your continued support.



2015 Miss Pasadena JCI, Veronica Ota (center), is flanked by former Miss Pasadena JCIs shortly after being crowned 2015 Nisei Week First Princess in August

Hello everyone,

While the nine-day Nisei Week festival may be over, my year on the 2015 Nisei Week court has just begun! I was extremely honored and very excited to be chosen as this year's First Princess, and my year is off to an incredible start.

I would like to thank everyone who was able to come out and participate in the Nisei Week festivities. I was so happy to see many Pasadena friends that week, especially during the Grand Parade and Closing Ceremonies.

Some of my favorite parts of the week included meeting veterans at the National Japanese American Veterans Memorial, touring the LA Flower Mart, and visiting Keiro and singing Japanese songs for the residents. One really special moment for me was during the Nisei Week Grand Parade when native Pasadenian Mikey Culross (from the Rafu Shimpō), called out my name on the microphone and told me to look to the left because that was where my parents were sitting.

So again, thank you PJCI members for supporting me and giving me the opportunity to participate in Nisei Week. I look forward to sharing more about my adventures and travels as the year continues.

Veronica Ota

2015 Miss Pasadena JCI and 2015 Nisei Week First Princess



SPECIAL DISCOUNTS FOR PJCI MEMBERS

Present your current membership card to receive the discount shown.

| | |
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| 10% off any purchase | Flower Mart 9177 Las Tunas Dr. Temple City, CA 91780 (626) 286-8858 |
| 10% off | Affinity Associates / Print and Promotional Products 595 Lincoln Ave., Suite 207 Pasadena, CA 91103 (626) 396-9927 |
| 10% off any over-the-counter purchase | Berry & Sweeney Pharmacy 1377 N. Fair Oaks Ave. Pasadena, CA 91103 (626) 794-1124 |
| 10% off | Johnny's Sport Shop 1402 Lincoln Ave. Pasadena, CA 91103 (626) 797-8839 |
| 15% off | Burkard Nursery 690 N. Orange Grove Blvd. Pasadena, CA 91103 (626) 796-4355 |
| 10% off any plate lunch | L & L BBQ, Pasadena 319 S. Arroyo Parkway #10 Pasadena, CA 91105 (626) 583-4960 |



Students created beautiful kazari for the Tanabata Festival in July

Gakuen News

Since the start of the new school year, Pasadena Gakuen has been busy hosting and participating in a variety of events. In July, the school celebrated the annual Tanabata festival by creating beautiful kazari decorations and hung them in the auditorium.

In August, students participated in suikawari, the Japanese watermelon splitting game and later enjoyed homemade hiyashi-somen. As a special treat on hot summer days, parents made kakigori, or shaved ice, for the students. To welcome Mishima city students from Japan, the classes and teachers performed bon-odori dance.

In September, the school had a welcome party for all new students which included food and games. Preparations are also underway for the annual PJCI bazaar where Pasadena Gakuen will sell gyoza and yakisoba.

This year marks the 80th anniversary of Pasadena Gakuen and a celebratory lunch will be held on November 21 at 1:30 pm. Invitations will be sent mid-October. We encourage alumni students and teachers, including those who helped build the school, to attend. In addition, it would be a nice event for new families to participate in. For more information about the lunch, please contact Kyodo System Headquarters at (213) 383-4706 or email pasagakuen01@yahoo.com.

Good News for Eldest Qi Gong Student



99 year old QiGong student Glendora (center) surrounded by her classmates

Whoever would have known the benefits of the Qi Gong class would continue to assist Glendora in improving her health at age 99?! It appears the energy from class instructor Ernie Fukumoto and that of the students continues to evoke positive changes in Glendora Fleischman's health.

For years Glendora has suffered from numerous health conditions including fourth-stage kidney disease. A recent trip to her nephrologist showed a marked improvement in her kidney markers when compared to two years ago. Although her disease is still at stage four, the improvement is a welcomed sign to Glendora and her family.

There are days when Glendora would rather stay in bed and not leave the house, but she has been willing to go to class with her daughter and she has reaped the benefits of her attendance at Qi Gong.

Daughter Mary has also benefited from the class and from Ernie and Glen Yamada's working with her physical problems from a fall in April. Her pain is for the most part a thing of the past and she is looking forward to improved health for herself and her mother. Mary is eagerly looking forward to her mother's 100th birthday in March of next year. Thanks to Ernie Fukumoto and the energy of the Qi Gong class she believes celebrating her mom's 100th birthday can be a reality.

Friendship 2015 Pasadena-Mishima Summer Youth Program

Twenty students and two chaperones from Mishima, Japan, together with ten local students having a great time during a dozen activities within eight days. In a few words, that was Friendship 2015. Since 2002, the Pasadena Japanese Cultural Institute (PJCI) and the City of Mishima have supported the youth exchange program which fosters youth understanding between the United States and Japan while strengthening the US-Japan relationship.



This year, students from Pasadena and Mishima were together from July 30 thru August 6. Highlights of this year's program included a Dodgers vs Angels baseball game, a morning with the Pasadena Gakuen, a tour of the Battleship U.S.S. Iowa, a day at Universal Studios, the California Science Center and Space Shuttle Endeavor, a private tour of the Japanese American National Museum, Olvera Street, Farmer's Market, the Griffith Ob-

► Continued on next page

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Integrated Martial Arts Begins Gracie Jiu-Jitsu Combatives Course

Jntegrated Martial Arts (IMA) teachers have been studying and teaching a mix of arts including Judo, Karate, Aikido, and Eskrima for many years. Most of the sensei's have advanced rankings in multiple arts. My name is Tim Piering and as Chief Instructor of IMA I hold black belt rankings in 5 different martial arts. I came to the conclusion that there was a weakness in the self-defense aspect of our training. We were very good in all the stand-up arts which include strikes, locks, and throws but weak in ground techniques. So we all took off our black belts, put on white belts and began studying Gracie Jiu-Jitsu.

The reality is most fights end up on the ground and Gracie Jiu-Jitsu specializes in ground fighting. The Gracie Combatives self-defense philosophy is simple and effective and is broken into four phases as follows:

- 1) Close the gap on an attacker covering up so you don't get hit.
- 2) Clinch and take the attacker to the ground.
- 3) Maintain control on the ground while the attacker exhausts himself.
- 4) If necessary submit the attacker with choking or locking techniques.

The Gracie's did a comprehensive study of real fights and found 36 techniques rose to the top as being most effective and most often used. These 36 techniques are the basis of the Gracie Combatives Course. This course was developed for the military and police and is designed to overcome the attack of a larger stronger opponent. Helio Gracie, the founder, developed this art in Brazil by studying judo ground techniques called newaza. Helio was light weight and frail but found he could overcome larger opponents by using technique, timing, and leverage. His son Ronon Gracie brought Gracie Jiu-Jitsu to the U.S. and founded the Ultimate Fighting Cham-



Triangle choke demonstrated by sensei's Ty and Jake.

pionships (UFC) to prove its effectiveness. Ronon's brother Royce Gracie put Gracie Brazilian Jiu-Jitsu on the map by winning three UFC's against much larger and stronger opponents. Today, third generation Gracie brothers Ryron and Renner continue the family tradition and have introduced many innovations in a Global Training Program to enable participants of any age to defend themselves.

At our class we study and teach Combatives Course techniques by viewing a video which breaks the moves down into component parts and then we practice it many times. We rotate through all 36 techniques practicing several each class. We have been lucky for the addition of Ty Mapp to the class who has studied Gracie Jiu-Jitsu for 5 years and helps greatly with coaching the finer points of the techniques. Sensei's Ty, Robert, and Tim also study at the Gracie Academy in Beverly Hills under the guidance of Ryron Gracie.

We welcome all students teens and above to the class with or without any martial arts training. Each technique stands by itself so you can join at any point in the rotation. Class meets Wednesday and Friday mornings from 6 to 7 am. Cost is \$25 per month to cover facility rental and training aids. Contact Tim Piering at timpiering1111@gmail.com or (626) 688-1645 for more information.

a great time getting to know the students and experiencing a week together."

The Pasadena-Mishima Friendship Program was launched in 2002 by Bryan Takeda and Mishima Mayor Koike after an introduction by the Pasadena Sister Cities Committee. Since that time, over 180 youth have participated in the program. Many participants continue to stay in contact with one another to share their life experiences through college, early career and even marriage! Pasadena and Mishima became Sister Cities in 1957.

Plans are already being made for Friendship 2016. For information about the program to Japan in 2016, please contact Bryan Takeda at affinity2000@earthlink.net or call (626) 396-9927.

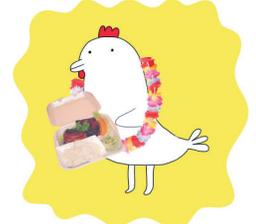


PASADENA BUDDHIST TEMPLE

Pasadena Buddhist Temple will have their **Fall Favorites Take-Out Dinner** on Saturday, October 24. Dinners will all be packed "to-go" and will include their tasty BBQ Teriyaki Chicken, Beef Chow Mein with Pan Fried Noodles, rice and salad.

Dinners must be pre-ordered by October 12. Pre-Ordered dinners are \$13. You can pay for your dinners at the door.

Order online at PasadenaBuddhistTemple.org or call (818) 790-0979. The Temple is located at 1993 Glen Avenue, Pasadena 91103.



FIRST PRESBYTERIAN CHURCH OF ALTADENA

The First Presbyterian Church of Altadena would like to announce the following events that are open to the public:

Senior Taskforce Workshop presentation: "**Scams on Seniors**" with speaker David Jacobs, Chair of the Pasadena Seniors Commission and former Police Lieutenant and Risk Manager for the City of Pasadena. This workshop will be held on Tuesday, October 20, 2015, and will begin at 12 noon with a pot luck luncheon followed by the presentation. Also, Huntington Hospital nurses will offer FREE FLU SHOTS before and after the presentation. If you would like to offer a food dish for the potluck (enough for 10 servings) please contact Dorothy Kirkland at (626) 221-7065.

The **Angel Interfaith Harvest of Love Luncheon** sponsored by the Presbyterian Women will be held Saturday, October 24, 2015, beginning at 11:00 am. This luncheon benefits patients and families at the Los Angeles county/USC medical network. The highlight of the luncheon will be a silent auction of a number of unique gift baskets. A donation of \$35 is being asked with checks made payable to Presbyterian Women.

The Presbyterian Women will host their **Annual Rummage Sale** on Saturday, November 7, 2015, from 9:00 am to 2:00 pm. Donations of all types of household goods and clothing are accepted (please no text books or encyclopedias). Donations may be dropped off from 8:00 am to 12 noon from November 2-6, and from 1:00 pm to 4:00 pm or 6:30 pm to 8:30 pm on November 6.

For additional information, please contact the church office at (626) 791-4271. All are welcome.

Friendship 2015

continued from previous page

servatory and a wonderful Farewell Party at the Pasadena JCI where the youth from Mishima sang a touching rendition of "Arigato".

According to Pasadena JCI President, Bryan Takeda, "This year saw the largest number of students from Mishima visit us since the program began in 2002. There is increasing interest in exchange programs among youth in both Japan and the United States and we plan to continue to grow and improve the program for many years to come. It would be great if we can take 20 Pasadena students to Japan in 2016. I would also like to express my sincere thanks to all the host families who opened their homes to the Mishima students. I think they all had



Some crazy Kendo characters showing off their hardware

Kendo News

On Sunday, June 28, the Southern California Kendo Federation (SCKF) Championships were held at Wilson Park in Torrance. We had some of members participate. Congratulations to James Chilingerian for placing 3rd in the 3-1 kyu division and James Yamasaki for placing 2nd in the Senior division.

On Sunday, August 23, the Nisei Week Tournament was held at the Almansor Park Gym in Alhambra. We had a good number of our members participate. We want to congratulate Maureen De Guzman for placing 3rd in the Women's Division and James Chilingerian for placing 3rd in the 14-15 years old division. The next big tournament will be the SCKF Team Championships (which will have concluded by the time this newsletter is published) on Sunday, September 27, at Wilson Park in Torrance. Our promotional exams will be held on Sunday, October 18, at Wilson Park in Torrance. If you are interested in kendo, please contact James Yamasaki (jmyamasaki@yahoo.com) or check www.pasadenakendo.com.

It's Not Good-bye, It's Farewell

This year has been an incredible journey. It would not have been without the PJCI and all of its members. I have had the privilege to follow in the footsteps of women that I wholeheartedly respect. Dana Heatherton, my cousin, led the way to a new tradition at PJCI. The women that followed demonstrated inner strength, creativity, and love for the community. I'm honored to have been chosen among these women: Dana Heatherton '09, Jamie Hagiya '10, Erika Olsen '11, Erika Fisher '12, and Ashley Honma '13. Over the past year, I have met so many of you of the PJCI community who I admire and feel grateful to call friends. You have supported me and welcomed me throughout the year. You have no idea how your words of encouragement meant to me. Thank you also for your continued support of the Miss Pasadena JCI program and of Veronica Ota, your 2015 Miss Pasadena JCI and 2015 Nisei Week First Princess. I couldn't have been more proud to pass the torch on to someone so worthy. The Annual PJCI Bazaar is coming up. I hope to see everyone there. As always, it's going to be great reuniting with so many friendly, familiar faces. Even though my year as your Miss Pasadena JCI comes to an end, you haven't seen the last of me. Don't forget, I'm still a member of the Pasadena Nikkei Seniors. Apple picking anyone?

Thank you for everything. Be happy and well.

—Tori Nishinaka-Leon
2014 Miss Pasadena JCI and 2014 Nisei Week Queen

Shotokan Karate News

Greetings to the Pasadena Japanese Cultural Institute community. We of Shotokan Karate of Pasadena are grateful for the opportunity that has welcomed us to the institute and have settled in to rigorous, focused Karate training and development in the Way of Karate. We are excited to spread the knowledge of the art that we and our chief instructor, Tsutomu Ohshima, have dedicated our lives to pursuing. And we are also excited that we are here at the PJCI for the long-term.



We welcome members of the community to come and see what we do. The first lesson is free - no obligation. Fees are low since we are non-profit. We welcome students of all shapes and sizes, ages (except a minimum age of 10) and gender, novices or experts. We will take you from where you are (or if you are just starting!) to a higher level of understanding and skill. Direction is clear and simple and training sessions are practical with attention to detail. Expect to sweat (and lose weight!) but also have a fascinating and exciting experience. Though Shotokan is a traditional martial art, we never forget that training should prepare you to handle real world situations. Our classes meet on Saturdays from 1:30 to 3 p.m. and Mondays from 7 to 8:30 p.m. You are welcome to come visit us, or go to our website at pasadena.ska.org for more information.

Pasadena Nikkei Seniors News

In order to comply with standards put forth by the city of Pasadena, there may be changes forthcoming with this year's PJCI Bazaar. But one thing that will not change is the presence of the Pasadena Nikkei Senior craft sales booth. There's a good chance that their wares may not be displayed in the familiar area outside their office in the parking lot. But rest assured, tables displaying their sale items will be parked nearby, so upon arrival that day, be on the lookout for signs directing you to their new location.

A trip to the Pala Indian Casino has been scheduled for Thursday, October 15. The bus will depart from the Pasadena Buddhist Temple parking lot at 8:00 in the morning. To make a reservation, please call Kiyoshi Takeda at (626) 359-3780.

Paperwork has already been submitted for ordering this season's flu shot vaccines, so Sunday, October 25, has been reserved as the date to administer this year's shots. Shots are FREE and will be given in the PNS office at the PJCI from 11:00 am-1:00 pm. But the supply is limited so arrive early to make sure that you don't miss out.

Our much-anticipated apple-picking trip to Knaus Apple Ranch had to be cancelled. Unfortunately, bad weather hit the farm during blossom season, and combined with California's drought condition, the ranch was unable to open this year. But they've asked that we keep them in mind for the 2016 season.

Upcoming luncheons are scheduled for October 17 at the PJCI (hosted by Ron Dyo), and November 7 at the Pasadena Buddhist Temple (hosted by the Pasadena BWA). Be sure to call Kiku Matsumoto at (626) 794-0240 to make your reservation.

The Nikkei Seniors would like to thank Ron and Cindy Dyo and the Miss Pasadena JCI Committee for hosting the recent September luncheon. A delicious soboro-don was prepared by Ron and Atsuko Fisher and a bountiful dessert was expertly baked by Art Musashi. Also assisting were committee members Erika Fisher, Chris & Colleen Honma, Terue Musashi, Erika Fisher, Linda Inouye, and Vicky Nishinaka-Leon. The PNS gratefully appreciates all of their hard work in the face of extremely sweltering conditions.