

Pasadena Japanese Cultural Institute

pjci.org

SPRING 2017



Pasadena-Mishima Friendship 2017 Summer Youth Program

JULY 27 THRU AUGUST 5, 2017

Mirai Nihongo Gakuin and the Pasadena Japanese Cultural Institute are happy to announce their 15th Annual Friendship 2017 Summer Youth Exchange Program. The purpose of the Friendship programs is to bring youth from the cities of Pasadena and Mishima, Japan together to share life experiences and to develop an increased understanding of our two cultures.

This year, young teens from Mishima will visit Pasadena for an exciting week that will include field trips to the Santa Monica, UCLA, Dodgers vs Giants baseball game, Battleship USS Iowa, BBQ Party, Universal Studios and Waterworld Technical Tour, the California Science Center and the Space Shuttle Endeavor and Little Tokyo.

Applications are now being accepted. For more information, please visit MiraiNihongoGakuin.org, PJCI.org or contact Bryan Takeda at affinity2000@earthlink.net or (626) 396-9927.

Enroll Now for Summer School!

SATURDAY MORNINGS BEGINNING JULY 9 THRU AUGUST 12

Mirai Nihongo Gakuin is now accepting applications for Summer School! Starting on Saturday, July 9 and running through August 12, join us for Saturday mornings filled with interesting programs and fun activities while learning Japanese.

For continuing students, school registration is free. Registration forms can be downloaded from our website at www.MiraiNihongoGakuin.org or please feel free to call (626) 449-5487 or email Mirai.Nihongo.Gakuin@gmail.com for more information.

We look forward to seeing you at Mirai Nihongo Gakuin!



Spring Has Sprung and 101 is the Magical Number for Qigong in 2017

The rains finally stopped and our Qigong class is starting to fill up again. Members are renewing their commitment to their health just as spring has renewed the earth. Truly, the birds are singing, the flowers and trees are blooming and Trump is tweeting.

The number 101 is special to our class. The 101 Highway takes us up and down the California coast to view our great Pacific Ocean. There's a 101 Coffee Shop in Hollywood. It's an historical landmark. And, then there is the 101 Cafe in Oceanside and the Highway 101 Museum. I'm sure we all are aware of Disney's 101 Dalmations. Who can resist all those little spotted puppies and Cruella Deville chasing after them? Then, there is Qigong's Glendora Fleischman who was gifted with 101 years on March 25th this spring and was celebrated by her classmates with cake, cookies, coffee and tea.

My mom is so lucky to be a member of our class and be surrounded by kind and gentle friends who make her feel important, show her affection and celebrate her with good wishes, flowers, plants, cards and of course, sweets.

Glendora was so surprised to see she made it through another year and was able to celebrate her birthday, not once but four times this year. The first celebration was with the Qigong class; the second with her doctor and the nurses at Kaiser. Her doctor asked her to come in for an office visit and when

► please see Qigong News on page 3



Shotokan Karate News



Group photo from the Year End Practice at Shotokan Ohshima Dojo

“Look at your own mind severely, directly and honestly. That is the first way to find the human mind. Look at your own, from bottom to top. This is our training process. The mind is sometimes good, sometimes bad, ugly or beautiful, cowardly or courageous. Once we look at our minds, the real deep parts of our mind come out. The beautiful, clean and powerful part of the mind comes out after the bad part is examined and removed.”

SHIHAN TSUTOMU OHSHIMA, SHOTOKAN KARATE

April is an important month for Pasadena Shotokan Dojo because we celebrated our 2nd anniversary at PJCI! We count our blessings that we are able to continue to pursue our Do (Way) at PJCI. Our dojo continues to grow – in numbers but also in depth of spirit. Our members have learned that hard, focused, consistent practice is the foundation for excellence in Karate. Practice is a 24/7 effort in Karate-do. We consider life outside the dojo, outside of regular (physical) practice, to be Karate practice as well. The mental attitude and the strength of spirit we develop during practice, carries forward into our everyday lives giving us a clear perspective (of what is good, right and appropriate), the ability to act decisively and the perseverance and strength to follow through on our decisions.

We closed the year 2016 with a year-end practice focused on doing one kata (Tekki shodan) 75 times in quick succession. It was a special practice, challenging/demanding, but everyone rose to the challenge. During the practice they had to search for and find inner strength to keep going despite their fatigue. Breathing was hard, sweat poured from everyone's bodies and movement became difficult as their bodies became weaker from the exertion. However, most learned something new about themselves – that the body might have limits but not the spirit. It was a great way to finish

2016, seeking to the actualize the Warrior's Way.

There were a couple of other special events/practices that our members attended toward the end of 2016. First we had a combined practice with Caltech Shotokan Karate, the oldest Dojo in our SKA organization. There were seven members of Caltech who came to practice with us on 11/5/16 and we had a great time together developing and honing our Karate skills. Senior Practice (for those 40 years old and above) at Shotokan Ohshima Dojo (SOD) in Santa Barbara took place on 12/19/16 and 4 of our members were able to go and see (and practice in) the beautiful Dojo SKA (Shotokan Karate of America) built nearly 20 years ago. They also had the pleasure of being instructed by and training with Tsutomu Ohshima Sensei, one of the last living students of Master Gichen Funakoshi, founder of Shotokan Karate and developer of modern Japanese Karate. He showed, even at the age of 86, his ability and knowledge which impressed and inspired each of us. The next day was Year End Practice at SOD and more of our members were able to practice with Sensei and with members of affiliate Dojos from throughout California and the country.

Five of our members were able to help out with the PJCI gym clean-up on 1/22/17, working with members of other groups to get the facilities prepped for future activities. They enjoyed working with and getting to know members of the Kyudo group and other youth involved with PJCI who came out (in pouring rain!) to help.

Twelve people associated with the Dojo (members and their families) attended the PJCI luncheon last month and were able thereby to connect with the larger PJCI community – to see/meet members of the other groups that make up the community and learn more about their group's activities. One of our younger members, Forrest Swain, was honored with the Outstanding Youth Award by PJCI at the luncheon. He was happy to see that his efforts in Karate were recognized and is resolved to try all the harder to move forward in his practice.

We now have approximately 10 people practicing on a regular basis twice a week at the Institute. Practices are led by Instructors James Uyeda (Godan), Evan Viera (Sandán) and Mike Sanchez (Nidan). We want to extend an invitation to members/friends of PJCI to join us in practice (Karate-do). Our members ages range from 10 to 57 years old (students must be at least 10 years old but can be any age over 10) and we have both males and females practicing, in various stages of fitness. The first practice is free and, if you decide to join, the cost is set to only cover our expenses at the Institute (our dojo is non-profit). Come and check us out – Traditional Karate that nurtures great spirit and powerful effective fighting techniques.



Kizuna Summer Camp

JULY 10 THRU JULY 14, 2017

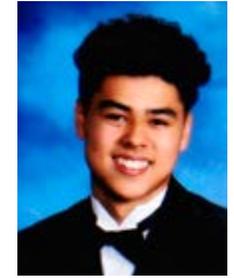
For our second year, the Pasadena Japanese Cultural Center and Mirai Nihongo Gakuin will partner with Kizuna to present Kizuna's Summer Camp! Summer Camp is a local program for children ages 7-13 (entering 2nd grade to entering 8th grade), centered on building a foundation of Japanese American culture & heritage.

The camp is a high caliber program: with instructors selected from the community's cultural experts, counselors who are carefully vetted and rigorously trained, with workshops and activities optimized for passing on the Japanese American tradition. Register today at www.kizuna-la.org.



Kendo News

On Sunday, February 5th, the Southern California Kendo Federation held the Kubota Memorial Tournament in Torrance. Congratulations to James Yamasaki for taking 1st place in the senior division, Cedrik DeGuzman for receiving kantoshō (fighting spirit) in the 1-2 dan division, and Maureen DeGuzman for taking 3rd place in the women's kyu division. At the PJC annual luncheon, Hiroki Luke Roberts received the youth achievement award for the kendo group. Congratulations Hiroki! If you would like information about starting kendo, please visit our website at www.pasadenakendo.com or contact James Yamasaki at jmyamasaki@yahoo.com.



Bruins Scholarship recipients (from L to R) Nicholas Fong, Linus Jen, Kendall Kikkawa and Jake Luna

Pasadena Bruins News

Congratulations to our 2016-17 Bruins Scholarship Recipients (Nicholas Fong, Linus Jen, Kendall Kikkawa and Jake Luna). They will be receiving their awards at the upcoming Bruins 5K Run/Walk on Saturday, May 13th at the Rose Bowl in Pasadena. There's still time to come out and support this event. Go to the Pasadena Bruins website at www.pasadenabruins.org to register.

UPCOMING EVENTS FOR THE BRUINS:

- **April 24 (Monday) from 3-9 pm** - Paco's Mexican Restaurant Fundraiser (200 E. Foothill Blvd, Arcadia). 10% of all dine-in and take-out orders to be donated to the Pasadena Bruins.
- **August 19-20** - 2017 Bruins Coed/Adult/Master Tournament
- **August 26-27** - 2017 Bruins Youth/Prep Tournament

Sponsorship/Advertising for 2017 Bruins Tournament Book:

If you would like to submit an ad for the 2017 Bruins Tournament Book, please go to www.pasadenabruins.org/tournament.html.

Pasadena Nikkei Seniors News

On Sunday, April 9, 2017, the 26th Annual Haru Uta Matsuri concert benefitting the Pasadena Nikkei Seniors was held at the Armstrong Theater in Torrance. Close to 500 guests were on hand to enjoy the wonderful show that featured over 25 performers and was produced by Mr. Junichi Araki. All the volunteer performers rehearsed for over a month, meeting at the Pasadena JCI auditorium every Sunday afternoon through the month of March. Thank you to all the Haru Uta Matsuri performers for giving their time and talents for so many years to support our community!



PASADENA NIKKEI SENIOR CALENDAR:

- **April 22** - PNS Luncheon @Pasadena Buddhist Temple
- **May 18** - Pala Bus trip
- **May 27** - PNS Luncheon @PJC
- **June 3** - Miss Pasadena PCI BBQ Matsuri
- **June 24** - PNS luncheon @PJC

Qigong News

► *continued from page 1*

she entered the exam room it was decorated with balloons and floral decorations and the entire staff sang happy birthday to her. She was really surprised and her face just lit up with a huge smile on her little wrinkled face. She celebrated once again at the Black Angus for dinner with her daughter and son-in-law and she just returned from a brief trip to Cambria where she celebrated again for dinner at The Sea Chest on Moonstone Beach. Of course she is not done yet and is headed for the mountains for a joint birthday party with her grandson and other family members. Truly this is a milestone for Glendora and we will continue to celebrate her longevity throughout the year and we are looking forward to begin the festivities again next March 25.

I am sure her longevity has been enhanced by the camaraderie of the class and the positive chi that emanates from those of us who circle around her every Tuesday. It's never too late to join us and get involved in moving meditation. Thanks to Ernie and Glenn, we all reap the benefits of sharing our positive energy with one another. Remember, there is always room for one, or ten, or twenty more. The more the merrier.

Miss Pasadena JCI News



Aloohhhaaaaa!

The 2016 Nisei Week court and I just returned from an unforgettable trip in Hawai'i. We were there for 10 days, but most importantly we were there to support our sister city's 65th Hawai'i Cherry Blossom Festival! It was so exciting (and nerve wracking) to see the new court being crowned. I have to say, our experience would not have been the same without their hospitality crew treating us like real ohana (family). Their generosity and kindness is the true definition of "Aloha" and we are forever grateful! The next trip for us is only a couple weeks away! We will be headed up to San Francisco for their 50th Cherry Blossom Festival and participate in their parade. Our time on the court is flying by, but we are enjoying every single moment and creating lifetime memories.

Love,

JULIA TANI
2016 MISS PASADENA JCI

INTRODUCING OUR 2017 MISS PASADENA JCI, TOMI OKUNO!

Dear PJCI Members,

My name is Tomi Okuno and I am honored to begin my service as this year's Miss Pasadena JCI! The opportunity to represent the Japanese American community through our center is so special to me as someone who grew up in Pasadena.

I recently graduated from Rhode Island School of Design with a BFA in Illustration. Since then I've begun developing my independent studio practice in mixed media. I'm an aspiring art teacher and currently volunteer for organizations that provide arts and youth programming in LA. I love eating spicy food, going to museum exhibitions, and spending time with my family.

I'd like to give a big thank you to the PJCI for welcoming me with open arms!

Love,

TOMI OKUNO
2017 MISS PASADENA JCI

Save the Date!
Pasadena BBQ Matsuri



Saturday, June 3rd
5:00 PM · Pasadena Buddhist Temple



SPECIAL DISCOUNTS FOR PJCI MEMBERS

Present your current membership card to receive the discount shown.

► 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

► 10% off any plate lunch

L & L BBQ, Pasadena

319 S. Arroyo Parkway #10 | Pasadena, CA 91105 | (626) 583-4960

