



# VJCC Presents Its 2023 Scholarships

by Elaine Koyama

The VJCC is proud to announce its 2023 scholarship recipients. The awards were presented at the annual Summer Festival on Saturday, June 24. Through their high school years, these students distinguished themselves by achieving stellar academic records, participating in extracurricular activities, and further extending themselves by finding ways to be involved in community service both at the VJCC and the extended community. The awards were presented by **Bob Onishi**, VJCC President.

The recipients, in alphabetical order, are:

**Joseph Beard**, a graduate of Da Vinci Science High School, will be attending the University of North Dakota. His parents are **Kim Tamura** and **Matt Beard**.

**Claudia Fan**, a graduate of Culver City High School, plans to attend UC San Diego. She is the daughter of **Yudree and Dennis Fan**.

**Maiya Kuida-Osumi** is a graduate of Culver City High School and plans to attend UC San Diego. Her parents are **Jenni Kuida** and **Tony Osumi**.

(Continued on page 3)



From left to right: Taizan Oku, Joseph Beard, Maiya Kuida-Osumi, Claudia Fan, Maya Sano, Koji Schafer, Dillon Udagawa, Aili Watanabe, and Mia Washizaki. Missing in the photograph are Kenna McConnachie and Victor Yamamoto.

## SAVE THESE DATES

**VJCC Clean-up**  
Sunday, August 20, 8AM

**Arts & Crafts Fair**  
Saturday, September 23

**VJCC Golf Tournament**  
Los Serranos Golf Club  
Saturday, October 14

**Please check VJCC.com for the latest updates.**

# 2023 Miss Western LA

by Kazie Kame

**Aiko Matsumura Dzikowski**, 2023 Miss Western LA, was introduced as this year's queen of the Venice Japanese Community Center and Venice-West Los Angeles JACL on Saturday, June 24, during the VJCC's Summer Festival.

Aiko is the daughter of **Kyoko and David Dzikowski** and will be representing Venice and WLA as our queen candidate at this year's Nisei Week Festival.

A graduate in 2019 from Smith College, majoring in Anthropology and minoring in Neuroscience, Aiko is currently a PhD student in Anthropology at UCLA. (Continued on page 3)



## Board Visions

As I thought about this month's article, I wanted to reflect on all of the hard-working volunteers who come and help out every year at the VJCC's Summer Natsu Matsuri Festival. The VJCC's festival is an event I look forward to being a part of every year; it takes place for just one weekend in June.



The Festival Committee kicks off the planning in January, collecting information from all the clubs on the various food items and game booths that will be set up. Of course, we can't forget the groups doing the plant sale, displays in the classrooms, the store and stage presentations. We also have to reach out to the health inspectors and fire department to see if they have any updated requirements and needed permits. I can tell you personally that this is not as simple as it sounds and the committee does a great job in making all of the arrangements.

The festival booth setup has always been on Father's Day when parents from each club would come together to help pull all of the materials from the storage rooms--known as the pit--and assemble all the food and game booths in the parking lot. I love to see so many of our community members coming out to do their part and pitching in where ever help is needed. The summer festival is the VJCC's biggest fundraising event of the year so everyone knows it's important.



Past set-ups

For this year's festival, unfortunately we still were feeling the impact of the pandemic. We thus had to continue with a hybrid plan which meant we were having a one-day-only event yet again. Food trucks and pre-packaged food were sold instead of our usual food booths too. It wasn't our traditional festivities but we still did our best to make it fun for everyone. From the number of people who turned out this year and seeing so many smiling faces, I think it was successful.

I hope for next year's summer festival, we can return to our traditional two-day event and bring back all of our favorite food booths such as the chicken teriyaki plate, the spare ribs, won tons, chili and rice, udon and freshly made sushi and chirashi for everyone to enjoy.

Keiichi Ono

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The VJCC gratefully acknowledges the following donations of time, material, and money:  
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(Continued on page 3)

Photographs courtesy of  
Keiichi Ono



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**Legacy Tree: June-July 2023**

The VJCC gratefully acknowledges donations and pledges towards the Legacy Tree:

Alesia Starks . . . . . \$250



**2023 Scholarships** (Continued from front page)

**Kenna McConnachie**, a graduate of The L.A. Center for Enriched Studies, will be attending Tufts University. Her parents are **Robert McConnachie** and **Judy Nishimoto**.

**Taizan Oku**, a graduate of Culver City High School, plans to attend UC Davis. His parents are **Toshi Oku** and **Cynthia Headrick**.

**Maya Sano** is a graduate of The L.A. Center for Enriched Studies and plans to attend UCLA. Her parents are **Miki and Yutaka Sano**.

**Koji Schafer** is a graduate of Culver City High School and plans to attend UCLA. His parents are **Arleen Chikami** and **Ron Schafer**.

**Dillon Udagawa** is a graduate of Loyola High School and plans to attend UC Santa Cruz. His parents are **Eric and Heidi Udagawa**.

**Mia Washizaki** is a graduate of Culver City High School and plans to attend UC Santa Cruz. Her parents are **Lisa and Jon Washizaki**.

**Aili Watanabe** is a graduate of El Segundo High School and plans to attend UC Santa Barbara. She is the daughter of **Robert Watanabe** and **Akiko Yamada**.

**Victor Yamamoto**, a graduate of Culver City High School, will be attending UC San Diego. His parents are **Gordon and Massumi Yamamoto**.

Congratulations to our scholars! We send them off to college with our best wishes as they continue to explore their futures. ♡

**2023 Miss Western LA** (Continued from front page)

Her hobbies include ceramics, filmmaking, field hockey, running and playing both the piano and cello. Aiko enjoys traveling, volunteering with children and animals, and spending time with friends and family.

Aiko was introduced by 2022 Miss Western LA and Nisei Week Princess **Faith Nishimura** and was congratulated by VJCC President **Bob Onishi**.

She was joined on the stage by four other Nisei Week queen candidates: **Sara Kubo** (East San Gabriel Valley Japanese Community Center), **Isabella Polizzotto** (Gardena Evening Optimist Club), **Nancy Chin** (Pasadena Japanese Culture Institute), and **Kaili Inouye** (San Fernando Valley Japanese Community Center).

After the presentation, all the ladies participated in the Summer Festival's ondo. ♡

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## Board Vision by Keiichi Ono - August 2023

今月の記事はVJCCの夏祭りで毎年熱心にお手伝いをしているボランティアの人たちについてじっくり考えたいと思いました。VJCCの夏祭りは私も毎年楽しみにしているイベントで、6月の週末にだけある行事です。

夏祭りの計画は、1月に委員会が始めます。全てのクラブの食べものやゲームをするブースの情報を集めます。もちろん、鉢植えの販売や、教室の飾りつけ、お店やステージでの紹介も忘れることはできません。最新の必須要件を満たしているか公共衛生検査官や消防署にも連絡を取らないといけません。なかなか簡単なことではないですが、委員会の人たちが段取りよく全ての事を準備してくださっています。

夏祭りのブースを設営するのは、毎年父の日です。色々なクラブの保護者の方々が集まって、駐車場に食べものやゲームのブースを組み立てます。たくさんのコミュニティーの会員の方々が集まって、作業をされる様子を見るのが私はとても大好きです。夏祭りは、とても大切なVJCCの最大のファンドレイジングの行事です。

今年の夏祭りも残念なことにパンデミックの影響を受けている感じがしました。ですので、今年も1日だけ開催され、ハイブリッドな内容で行われました。例年夏祭りで販売されていたブースでの食べものの代わりに、フードトラックや、事前にパックされた食べ物が販売されました。それは今までの伝統的な夏祭りとは違っていましたが、皆さんが楽しく過ごせるように最善を尽くしました。多くの皆さんが夏祭りに集まってくださり、沢山の人の楽しそうな笑顔を見ることができ、良い夏祭りが開催されたと思います。

来年は、例年通りの2日間の夏祭りで、チキン照り焼きや、スペアリブや、ワンタン、チリライス、うどん、すしや、チラシ寿司など皆さんの大好きな食べ物が復活することができるとういなど願っています。

オノ ケイイチ



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|-----------------------|---------|------------------------|
| 1 <sup>st</sup> PRIZE | \$1,000 | Alyson Yamaguchi       |
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| 3 <sup>rd</sup> PRIZE | \$300   | Joan Ito               |
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**SUNDAY, AUGUST 20**  
**starting @ 8am**

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members and organizations.

Please come out to meet, and work  
together with members from other clubs  
to clean and maintain our Center.

All clubs and organizations are  
responsible for sending representatives  
to this event.

There will be refreshments and drinks in  
appreciation for your labor.

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### How to Participate:

- 1 Submit your name and email address to [keiro.org/survey](https://keiro.org/survey) by Aug. 31, 2023.
- 2 Look out for an email between Aug. 1 and Sep. 5 for the survey link. All surveys must be completed by Sep. 15, 2023.

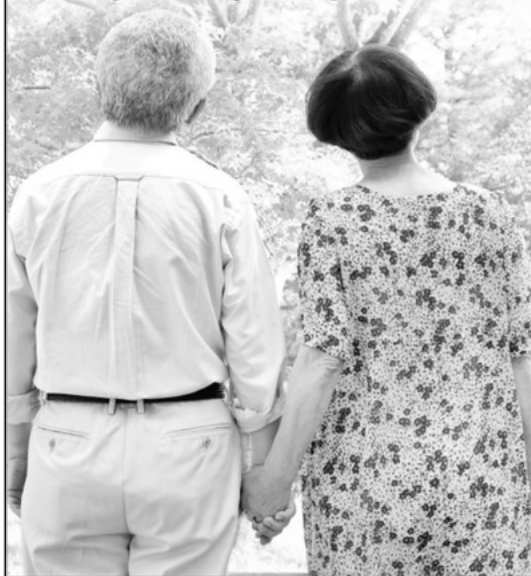
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Keiro's Community Survey

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## ☆ベニス空手クラブ☆

皆さん、お元気ですか。暑い日が続き、夏らしくなってきました。もう8月です。

6月24日は、VJCC恒例の夏祭りが再開されました。ハイブリッドという形でしたが、フォトクラブの写真の展示や、鉢植えの販売や、食べ物やゲームのブースもありました。空手クラブでは今年は食べもののブースはありませんでしたが、ステージでの空手の型や組手の発表はありました。生徒も先生たちも皆、日ごろの練習の成果を精一杯披露しました。

空手クラブの生徒にとっては、友達や家族に自分たちが身に付けた技を披露する良い機会であり、また、友人や家族と一緒に滅多に会えない人たちと再会する良い機会です。

今月は、空手クラブのインストラクターの一人、鈴木徹さんが、空手での体の曲げ伸ばしについての想いを共有してくださいました。

ストレッチ

鈴木徹

ストレッチについて考えるとき、運動選手や、体操選手や、激しい競技やスポーツに関係があると思われがちです。空手や武術になじみがなければ、ストレッチの重要性に気付かないかもしれません。ですが、トレーニングをする上でストレッチは必要不可欠なことのうちの1つなのです。

他に驚くべき特徴は、いかに空手で、実際の体が関わっているかということです。

空手は、最小の動きで、最大の力と距離を強調し、ほとんどの基本的な技のために体全部を使います。相手に向かったり、相手から離れたたりして、強い突きは、柔軟な手首や、腕、肩、腰、足が全て必要です。蹴りや、複数の技が組み合わさった技のような、より複雑な技には、身体の部分の多数の方向への急速な動きが要求されます。これら技を実行するために、生徒は、身体をコントロールすることができないといけないうし、時には、身体を不自然な姿勢にもっていかないとはいけません。そうすることは、非常に難しく、トレーニングの前後に体をストレッチさせて、柔軟な体を作らなければ、持続することは不可能です。

生徒は彼らの人生の長い期間練習は、肉体的に違う段階を経験するでしょう。けがをしたり、年を取ってきたり、人生において色々なことがおきるでしょう。ですが、ストレッチをしたり、全身運動をすることで心身の健康を保ちます。殆どの空手の生徒の人たちが実際の年齢よりも元気そうに見えるのは、偶然ではないと思います。

全体的に、ストレッチをして、身体と心を柔軟に保つことは、空手だけではなくて、皆さんの健康にとってとても重要なことです。怪我をすることを予防し、運動範囲を維持し、血液の流れをよくします。屈伸運動することは、身体の筋肉を鍛えることで、健康を保つことができます。

空手クラブでは、毎週月曜日と木曜日の午後6時から9時15分、多目的教室で稽古をしています。体力づくりを始めたいとお考えの方は、是非、見学にいらしてください。詳細は、VJCCのオフィスにお問い合わせください。

# VENICE KARATE CLUB

August 2023

We hope everyone is doing well! August has quickly arrived, and Summer is heading into its peak.

On June 24th, the annual Summer “Natsu Matsuri” Festival returned to the VJCC. While it was a “hybrid” version, there were photo exhibits, plant sales, and of course food and game booths. The Karate Club did not have their food booth this year but performed a demonstration. All students and instructors performed well and represented the club proudly. For the Karate Club it is a time for students to showcase their skills, and for friends and family it is a time to reunite with friends and family of old and new generations.

This month, junior instructor Tom Suzuki has kindly shared his thoughts on the importance of stretching in Karate and in life:

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## Why Stretch?

By Tom Suzuki

When you think of stretching, it is often associated with athletes, gymnasts, and intense activity events. Unless the person is familiar with Karate or Martial Arts, it may not be the first thing associated with stretching. However, it is one of the essential parts to a successful journey of training.

Another surprising aspect to outsiders is how much of the actual body is involved in Karate. While Karate emphasizes maximum power and distance with minimalist movement, the entire body is used for even the most basic of techniques. A “strong” punch requires flexible wrists, arms, shoulders, hips, and legs if stepping toward or away from someone. For more complicated techniques, such as kicks or combinations involving multiple techniques, these body parts require rapid movement in multiple directions. To be able to execute these techniques, students must be able to manipulate and at times put the body in unnatural positions. Doing so would be extremely difficult and unsustainable without flexibility and maintenance through stretching the body before and after training.

Students that train for long periods of their life will experience different stages of physicality. Injuries, aging, or life happen, but stretching and using all of the body in training allows students to keep the body and mind in shape. I am sure it is not a coincidence that most students look more fit and youthful than their actual age as well.

Overall, stretching and keeping the body and mind flexible is important not just for Karate, but for everyone’s health. It helps with preventing injury, maintaining range of motion, and increasing vital blood flow. Stretching can relax tensed muscles which lead to stress buildup, so even if you do not train, having a stretching routine can greatly improve your body and life.

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The Venice Karate Club meets every Monday and Thursday from 6:00-9:15pm. Whether you are continuing your training or are interested in starting something new, our Club will always welcome you.

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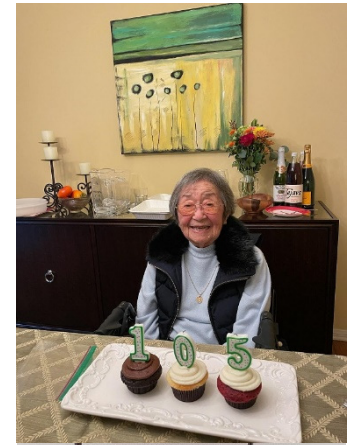
# SENIOR NUTRITION

August 2023



A big thank you goes out to Trace and Ann Nishiyama who donated a wheelchair, 3 walkers, and a bath/shower seat plus accessories - all in pristine condition. They were taken the day these were dropped off (except for the shower set, so if you are in need of one, please let Tina, the Senior Nutrition Food Services Coordinator know).

Those seniors who were lucky enough to get the wheelchair or one of the walkers were very appreciative for the donation. It is heartwarming to see them use them.



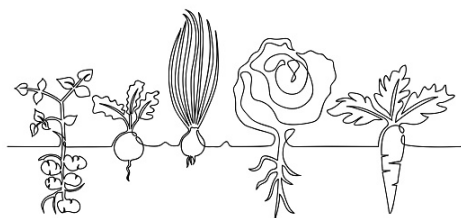
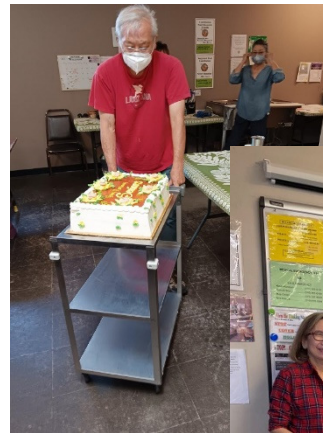
## Upcoming Events

Mark your calendars for Senior Nutrition's Fall Bake Sale scheduled for October 30 (yes, the day before Halloween....so treats for adults as well as for the ghosts and goblins who come to your door).

### "Fun Friday" Activities:

- ◆ Bingo – every Friday from 10:15 a.m. – 11:30 a.m.
- ◆ Cake Day – Celebrate birthdays on the 3<sup>rd</sup> Friday of every month - except December.
- ◆ Bento Day – last Friday of every month except December

**The Garden Market:** – which is usually held on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays (May – November) has been temporarily suspended due to the long rainy season we experienced this year. However, if you managed to get your garden in and you have some home-grown vegetables, fruits, herbs, etc. to share, bring them in to any Senior Nutrition volunteer who will put them out for anyone who wants them. Fresh produce is always appreciated by us all!



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For more information, visit [keiro.org/iyashi-care](http://keiro.org/iyashi-care) or scan the QR code

Call and leave a message to inquire: 213.873.5791



**VJCC**<sup>TM</sup>  
 Community News






# Arts and Crafts Fair

Saturday September 23, 2023

9:00 AM – 3:00 PM

**FREE Admission and Parking | Cash or check only**

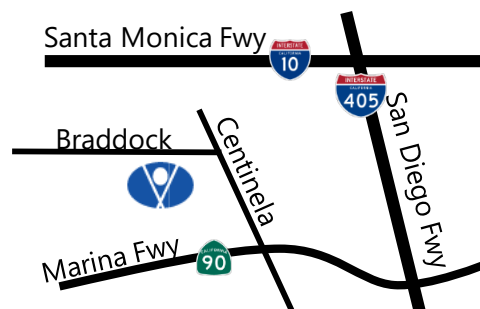
- ✿ Family clothing apparels ✿
- ✿ Japanese inspired clothes ✿
- ✿ Hawaiian handmade crafts ✿
- ✿ Unique crafts by local artisans ✿
- ✿ Original & custom jewelry ✿
- ✿ Gifts and Holiday items ✿
- ✿ Limited Food Items ✿

**Venice Japanese Community Center**

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310-822-8885

All proceeds benefit the VJCC



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On Saturday, October 14, 2023, the VJCC will hold its 20th Annual Golf Tournament at Los Serranos Golf Course in Chino Hills. We are excited to experience this new venue which was established in the mid-1920s.

This golf tournament is one of many events held by the Venice Japanese Community Center that allows us to gather with our friends, family, and supporters.

The Venice Japanese Community Center recently had its 100-year anniversary. Along with our mission statement, it is this sense of community which continues to keep our center relevant.

The funds raised by the tournament will be used for future renovation projects.

The success of the tournament is dependent on individual, club, organization, and corporate sponsorships, as well as prize donations.

Sponsors, participants, and donors will all be helping to build the future for the VJCC. We invite you to participate in the VJCC Golf Tournament.

*Thank you for your continued support,  
The VJCC Golf Tournament Committee*



## Golf Ball Roll

Last year, for the first time, we held a Golf Ball Roll. Based on the success and feedback from our participants, we decided to do this again.

The cost is \$10.00 per golf ball. At the course, the golf balls will be rolled toward a designated hole. Any ball(s) falling into the hole will be declared the winner(s).

Every paid entry will receive a number that has a corresponding numbered ball to be rolled at the tournament. The ball closest to the pin will be declared the winner in the event that no ball rolls into the hole.

50% of the net proceeds will be split evenly and awarded to the winner(s). Results of the event will be posted on the internet immediately after the event.

Your name and number(s) will be posted on the VJCC website – [www.VJCC.com](http://www.VJCC.com) – prior to the Golf Ball Roll event.



# 20th Annual VJCC Golf Tournament



**Saturday, October 14, 2023**

Los Serranos Golf Club

15656 Yorba Avenue • Chino Hills, CA 91709

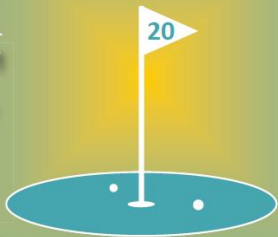


Venice Japanese  
Community Center, Inc.

### MISSION STATEMENT

*To preserve, share and promote  
the Japanese and Japanese-American culture and heritage,  
and provide for the needs and interests of  
the Japanese-American community  
through education and instruction.*

# 20th Annual VJCC Golf Tournament



DATE: Saturday, October 14, 2023

PLACE: Los Serranos Golf Club  
15656 Yorba Avenue  
Chino Hills, CA 91709  
(909) 597-1769

TIME: 6:15 a.m. Registration  
7:45 a.m. Shotgun Start  
1:00 p.m. Awards Lunch

COST: \$180.00 includes:  
Greens Fee and ½ Cart  
Tee Gifts  
Prize Fund  
Breakfast Burritos and  
Awards Lunch Buffet  
Includes Side Games

FLIGHTS: Flights TBD & Callaway  
4 Person Team Scramble



REGISTRATION DEADLINE:  
**August 26, 2023**

FOR MORE INFORMATION:

E-MAIL: [Golf@VJCC.com](mailto:Golf@VJCC.com)

or call **Norm Matsubara at**  
**(310) 218-9976**



## Sponsorships

### PLATINUM SPONSOR: \$2,000

- Free ½ Page Ad in VJCC Newsletter for One Year
- Recognition on Tournament Banner
- 4 Players, including Lunch
- 3 Tee Sponsorships on Golf Course
- Special Recognition during Awards Lunch

### GOLD SPONSOR: \$1,500

- 4 Players, including Lunch
- 3 Tee Sponsorships on Golf Course
- Special Recognition during Awards Lunch

### SILVER SPONSOR: \$750

- 2 Players, including Lunch
- 2 Tee Sponsorships on Golf Course
- Special Recognition during Awards Lunch

### BRONZE SPONSOR: \$400

- 1 Player, including Lunch
- 1 Tee Sponsorship on Golf Course



### SUPPORTING SPONSOR: \$100

- Tee Sponsorship on Golf Course

### FRIENDS SPONSOR: \$25

### GIFT SPONSOR: Gift for Raffle (\$50 value or greater)



## Registration

- Platinum Sponsor** \$2,000 = \_\_\_\_\_
- Gold Sponsor** \$1,500 = \_\_\_\_\_
- Silver Sponsor** \$750 = \_\_\_\_\_
- Bronze Sponsor** \$400 = \_\_\_\_\_
- Golf/Lunch** \_\_\_\_\_ # players x \$180 = \_\_\_\_\_
- Lunch Only** \_\_\_\_\_ # people x \$45 = \_\_\_\_\_
- Supporting Sponsor** \$100 = \_\_\_\_\_
- Friends Sponsor** \$25 = \_\_\_\_\_
- Golf Ball Rolls** \_\_\_\_\_ # of Balls x \$10 = \_\_\_\_\_  
(see back cover for more information)
- Gift Sponsor** \_\_\_\_\_

GIFT & VALUE

My Team will play:  Medal  Scramble

Contact Person \_\_\_\_\_

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Email \_\_\_\_\_

NUMBER OF  
GOLF BALL  
ROLLS

Name of Golfer #1 \_\_\_\_\_

GHIN# \_\_\_\_\_

Callaway

Name of Golfer #2 \_\_\_\_\_

GHIN# \_\_\_\_\_

Callaway

Name of Golfer #3 \_\_\_\_\_

GHIN# \_\_\_\_\_

Callaway

Name of Golfer #4 \_\_\_\_\_

GHIN# \_\_\_\_\_

Callaway

*Golfers without GHIN# will be placed in Callaway Flight.*

Make check payable and mail to:

**Venice Japanese Community Center**

Attn: Golf Tournament  
12448 Braddock Drive  
Los Angeles, CA 90066





# Senior Wellness Program

## AUGUST 2023

| SUN | MON                         | TUE  | WED | THU                         | FRI  | SAT   |
|-----|-----------------------------|--|-----|-----------------------------|--|---|
|     |                             | 1  | 2   | 3                           | 4  | 5   |
| 6   | 7<br>10-11am Tai Chi (MPR)  | 8<br>10-12pm Chinese Mahjong (MPR)<br>10-12pm Healthy Living (CR)  | 9   | 10                          | 11   | 12  |
| 13  | 14<br>10-11am Tai Chi (MPR) | 15<br>10-12pm Chinese Mahjong (MPR)<br>10-12pm Healthy Living (CR) | 16  | 17                          | 18   | 19  |
| 20  | 21<br>10-11am Tai Chi (MPR) | 22<br>10-12pm Chinese Mahjong (MPR)<br>10-12pm Healthy Living (CR) | 23  | 24                          | 25   | 26<br> |
| 27  | 28<br>10-11am Tai Chi (MPR) | 29<br>10-12pm Chinese Mahjong (MPR)<br>10-12pm Healthy Living (CR) | 30  | 31<br>Coloring Contest Ends | <b>L = VJCC Lounge</b><br><b>MPR= VJCC Multipurpose Room</b><br><b>CR = VJCC Conference Room</b> |   |

**Register for Keiro no Hi Festival TODAY**



Asian Persuasion



**Keiro no Hi**  
FESTIVAL



Fujima Kansuma



Ron Dyo



Ukuleles for Little Tokyo



Makoto Taiko

Sunday, September 17, 2023 | 10:00 a.m. – 3:30 p.m.  
Japanese American National Museum (JANM)

Above are just a few of the amazing guests we will have at this year's festival!

Registration is required and available on a first-come, first-serve basis. Registration will close on **Monday, August 21, 2023 at 5:00 p.m. PDT**, or until spots are filled.

Click the button below to see what we have in store for this year's festival!

Learn More

日本語はこちら

### Keiro Grants Program: Creating Stronger Community Ties

### Live Your Best Life! Healthier Living Workshop

- About Healthier Living Workshops**
- Free on-site workshops
  - Meets for 2 1/2 hours each week for six weeks
  - Trained peer leaders
  - Meet new people and gain social support
  - Gives you tools to live a healthier life

*Supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, and cancer.*

**Workshop activities and their benefits:**

| Activity  | Benefit  |
|---|--|
| Goal setting and problem solving                        | Helps you feel well and be well                                |
| Reading food labels and meal planning                   | Learn about healthy eating                                     |
| Learning easy ways to increase physical activity        | Become more active and increase energy                         |
| Learning different ways to cope with difficult emotions | Live happier and calmer  |
| Meditation, visualization, and positive thinking        | Improve relaxation and sleep                                   |
| Managing medications                                    | Reduce missed medication doses                                 |
| Improving communication about your health               | Better relationships with health care providers and loved ones |

*"It gave me the courage to get my life back on track..." Workshop participant*

**Sign up NOW for this No-cost, six-week workshop (2 hour sessions)**

**Location:** Venice Japanese Community Center  
**Tuesday Dates:** August 1 to September 5  
**Time:** 10:00 am to 12:00 pm  
**Contact:** Gayle Hiram



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**The "Japanese Doll" Coloring Contest**  
 From June 8 – August 31st. 1st place winner - \$30 Mitsuwa Gift Card. Must be a current VJCC member to participate. Pick up entries at the VJCC office.

All classes and activities are FREE to all VJCC members 60 years and older. Our number one priority is the safety of our participants. All classes and activities still follow strict CDC protocols. e.g., face covering. Participants must be fully vaccinated and had taken first booster shot. Scheduled events can change without notice. Any questions or to RSVP please contact Gayle Hiram at [Gayle.hiram@yahoo.com](mailto:Gayle.hiram@yahoo.com), or call the VJCC office at 310. 822.8555.

## Local Advertisers

A black and white photograph showing a caregiver and an elderly woman sitting at a table. The caregiver, a young woman with her hair in a bun, is smiling and looking at the elderly woman. The elderly woman is also smiling and looking towards the caregiver. There is a bowl of food and two mugs on the table. A window with a view of trees is in the background.

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# ZUMBA FITNESS NEWS

August 2023

Zumba Fitness meets on Tuesdays at 9 AM at the Gym Stage. So far, a few people have attended class, and they are mostly beginners. Class has been fun though!

Here are a few announcements about class, however, and sorry for the inconvenience.

Please remember that there is no class for the first 2 weeks of August. Classes resume Aug. 15 (9 AM) and Aug. 16 (new 7 PM class at MPR)

We will not meet on Aug. 22<sup>nd</sup> due to a doctor's appointment. I will teach on Aug. 23<sup>rd</sup>. I will be gone for a month from Sept. 10-Oct. 8. Thank you for understanding.

Aug. 15, class resumes at 9 AM

Aug. 16 - a new Wednesday class starts at 7 PM!

See you soon and stay hydrated!

*Leonore Miller*

*Certified Zumba Fitness and Zumba Gold Instructor*



*Beauty and the Heat: Steaming pool at Biscuit Basin, Yellowstone National Park, 2023*

Photograph by Leonore Miller

**PHOTO CLUB – 08.2023**

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# Venice Pioneer Project 2023 Domo Arigato! Thank you so much!

The PIONEER PROJECT would like to thank all the people who supported and donated to the General Store and donated plants at this year's Community Center Festival, as well as the generous monetary donations.

The Project is also very grateful for all the hard working volunteers who again worked endless hours at our store and booth.

## Volunteers

|                     |                  |                         |                    |
|---------------------|------------------|-------------------------|--------------------|
| John Amis           | Pauline Itow     | Alice Ogawa             | Yoshie Tachiki     |
| Tazo Amis           | Hank Iwamoto     | Kenji Ogawa             | Kim Tachiki-Chin   |
| Kay Endow           | Carolyn Komoto   | Sharon Okimoto          | Gordon Tani        |
| Tomoko Fukuda       | Ayako Masada     | Jun Oyama               | Joan Tani          |
| Gayle Hiram         | Alan Matsuzaki   | Cris Pineda             | Cliff Tanigawa     |
| Debi Horibe-Robbins | Jane Matsuzaki   | Evelyn Pineda           | Dillon Udagawa     |
| Tom Ikemoto         | Phyllis Murakawa | Fran Saito              | Lori Uyeda         |
| Jean Inada          | Ray Nakagama     | Nadine "Dinky" Shintaku | Harriet Woo        |
| Elizabeth Inouye    | Ryan Niimi       | Norman Tachiki          | Margaret Yamaguchi |
| Eric Inouye         |                  |                         | Donna Young        |

## Monetary Donors

|                              |                        |                                 |                                 |
|------------------------------|------------------------|---------------------------------|---------------------------------|
| <b>Natsuko Akiyama</b>       | <b>Norman Kumagai,</b> | <b>Betsy Marumoto</b>           | Robyn Shimizu                   |
| <b>Mary Garcia</b>           | <i>In Memory of</i>    | <b>Ayako Masada</b>             | Toshiko Shimizu                 |
| <b>Emiko Holmes</b>          | <i>Mae Kumagai</i>     | Irene Matsumura                 | June Sumida                     |
| Ruth Horibe                  | <b>Eleanor Lee</b>     | <b>Otome Nagano</b>             | Lucille Takahashi               |
| <b>Robert &amp; Lucy Ito</b> | <b>Elma Lee</b>        | Jean Nakamoto                   | <b>Eddie &amp; Karen Takata</b> |
| <b>Marian Kubota</b>         | Tamiko Lowe            | <b>Cris &amp; Evelyn Pineda</b> | <b>Itsuye Teshiba</b>           |
|                              | <b>Kimiko Maeda</b>    | Misao Shibasaki                 | <i>(Bold are \$100+)</i>        |

## General Store & Plants Donors

|                                   |                    |                      |                        |
|-----------------------------------|--------------------|----------------------|------------------------|
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| Setsuko Anthony                   | Elizabeth Inouye   | Phyllis Murakawa     | Faith Stevens          |
| Weimei Chu                        | Pauline Itow       | Ray & Nancy Nakagama | Kim Tachiki-Chin       |
| Kay Endow                         | Yoneko Itow        | Kats Nishimoto       | Linda Takahashi        |
| Joyce Enomoto &<br>Ken Rosengrant | Carol Kurihara     | Sharon Okimoto       | Gordon & Joan Tani     |
| Wayne Ginoza                      | Eleanor & Elma Lee | Otome Nagano         | Cliff & Linda Tanigawa |
| Tina Grammatico                   | Masako Lorrin      | Katsuko Nakagawa     | L. Vashemirova         |
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| Terry Murase Ikeda                | Anne Mizutani      | Utako Sawa           | Margaret Yamaguchi     |
| Tom Ikemoto                       | Kristine Mizutani  | Gail Sharp           | Kathy Yamamoto         |
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# VJCC 101 Years and Counting!

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/caps

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**Total purchase = \$ \_\_\_**

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100-YEAR ANNIVERSARY  
T-SHIRTS & TOTE BAGS**

**\$20 EACH**

**VJCC HISTORY BOOK**

**\$40 EACH**

Please make checks  
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Mail form & pmt to: VJCC  
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L.A., CA 90066

You will receive an email or phone call  
when your order is ready to pick up.

**THANK YOU FOR YOUR SUPPORT**

Proceeds will go towards the remodel  
of the VJCC restrooms.

*90th Anniversary Celebration*

Venice Japanese Community Center

# History Book



## Local Advertisers



# eric | akutagawa

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- Member of BHGLAAR, CAR, and NAR
- B.S., Psychobiology, UCLA
- M.T.O.M., Emperor's College

COMPASS

**Family History: Grandson of the late Hidemi & Torako Akutagawa (West LA Residents since 1953)**

### Services And Special Offer

Call or email me for a complimentary, no obligation value of your property - NO HOME VISITATION NECESSARY!

お持ちの不動産についての短時間、無料、何の義務もないの査定をご希望であれば、私までお電話かeメール下さい。お宅への訪問は不要です。

Please mention this ad to receive \$500 at the close of escrow or donate it to the charity of your choice.

この広告を受け取ったことをお知らせ下されば、エスクローが閉じた時に500ドルを差し上げるか、あなたのお名前でご希望のチャリティーに献金させていただきます。

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Union Bank is proud to support the VJCC.

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### Chuck Han

Vice President and Branch Manager  
West Los Angeles Branch  
4032 S. Centinela Avenue, Los Angeles, CA 90066  
310-391-0678



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# VENICE JAPANESE COMMUNITY CENTER

## 2023 ONGOING PROGRAMS & CLASSES

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|--|---|---|---|--|
| ▼<br>12:30 Taiko<br>3:30 Virtual Sunday Yoga<br>5:30 Volleyball Adult<br>8:00 Basketball Adult | 9:00 Pickleball<br>10:00 Tai Chi (60+) (Senior Wellness Program)<br>10:30 Sr. Nutrition<br>▼<br>1:00 Craft Workshop<br>4:00 Basketball VYC<br>6:00 Karate (Beginner)<br>6:30 Aikido<br>7:00 Del Rey H/O (1 <sup>st</sup> Mon)<br>7:00 Karate | 09:00 Adult Zumba<br>10:30 Sr. Nutrition<br>▼<br>1:00 Virtual Chair Yoga (Sr. Wellness)<br>4:00 Basketball VYC<br>7:00 Taiko<br>7:00 Boy Scouts<br>7:00 Judo | 9:00 Pickleball<br>10:00 Seigin-Kai<br>10:30 Sr. Nutrition<br>▼<br>4:00 Basketball VYC<br>7:30 JACL (1 <sup>st</sup> Wed)<br>7:00 Kendo | 10:30 Sr. Nutrition<br>▼<br>12:30 Ballroom Dance *<br>12:45 Ukulele* (Inter.I &II)<br>4:00 Basketball VYC<br>6:00 Karate (Beginner)<br>6:00 Aikido<br>7:00 Ikebana<br>7:00 Japanese as Sec. Lang. (Beginner)<br>7:00 Karate | 9:30 Sumi-e<br>10:30 Sr. Nutrition<br>▼<br>4:00 Basketball VYC<br>5:30 Hula<br>7:00 Japanese as Second Language (Intermediate)<br>7:00 Judo<br>7:30 Kendo | 7:15 Aikido<br>9:00 Japanese Language (Children's)<br>9:30 Japanese Dance*<br>9:30 Basketball VYC<br>▼<br>1:00 Koto*<br>2:00 Bunka Shodo<br>2:00 Iaido |
| Same as Week 1   | Same as Week 1<br>10:00 Watercolor<br>▼  | Same as Week 1   | Same as Week 1<br>▼<br>7:30 VYC Mtg (2 <sup>nd</sup> Wed)   | Same as Week 1  | Same as Week 1<br>▼<br>7:00 Bonsai (2 <sup>nd</sup> Fri)  | Same as Week 1<br>3:00 Iaido<br>▼  |
| Same as Week 1   | Same as Week 1   | Same as Week 1<br>▼<br>7:00 Boy Scout Parents<br>7:00 Photo Club (3 <sup>rd</sup> Tues)  | Same as Week 1<br>▼<br>7:00 CBO (3 <sup>rd</sup> Wed)<br>7:30 VJCC Exec Council   | Same as Week 1<br>▼<br>7:00 Japanese as Sec. Lang. (Beginner)   | Same as Week 1<br>▼<br>7:00 Japanese as Second Language (Intermediate)  | Same as Week 1   |
| Same as Week 1   | Same as Week 1<br>10:00 Watercolor   | Same as Week 1<br>▼<br>7:00 Bonsai (4 <sup>th</sup> Tues)  | Same as Week 1<br>▼<br>7:00 RAP (4 <sup>th</sup> Wed)   | Same as Week 1  | Same as Week 1  | Same as Week 1<br>3:00 Iaido<br>▼  |

Revised 6/1/2023

\* class has not yet resumed

## 2023 REPRESENTATIVES

### Arts & Crafts

Craft Workshop..... Ruby Kita  
 Photo Club..... June Inai  
 Watercolor..... Ko Yoshida

### Boy Scouts

Scoutmaster..... Bill Conroy  
 Parents' Club..... Ted Nishimura

### Exercise

Yoga.....Leslie Masuda  
 Zumba.....Leonore Miller

### Dance

Ballroom Dance..... Gayle Hiram  
 Hula..... Wen-Chia Parker  
 Japanese Odori..... Dianne Fukuwa

JACL (Venice/WLA)..... John Saito

### Japanese Culture

Bonsai..... Shig Miya, Shinya Miyakoshi  
 Ikebana.....Satsuki Palter  
 Calligraphy (Japanese Brush Writing)  
 Shodo.....Fusako Ogasawara  
 Sumi-e.....Jane Shibata

### Japanese Language

Gakuen (Youth)..... Jolyn Brookes  
 Adults (as a 2<sup>nd</sup> language).....Fusako Ogasawara

### Martial Arts

Aikido..... Tom Scheir  
 Iaido..... Harry Mott  
 Judo..... Trace Nishiyama  
 Karate..... Ron Sugano  
 Kendo..... Kenji Arai

### Music

Koto..... Eiko Idota  
 Shigin (Seigin-Kai).....Kosei Yamamura  
 Taiko (Koshin)..... Lori Miyakawa  
 Ukulele..... Kay Kawano

Podiatrist (Dr. Kenneth Teshima).....

RAP..... Carolyn Komoto

### Seniors

Nutrition..... Tina Grammatico  
 Pioneer Project.....Eric Inouye  
 Senior Wellness Program.....Gayle Hiram

### Sports

Basketball (Adult).....Chuan Michael Chang, George Johnston  
 Basketball (VYC).....Kathy Yamashita/Kazie Kame  
 Pickleball (Adult)..... Mil Kurashige/Ken Rosengrant  
 Volleyball (Adult)..... Stephen Fujimoto

Revised 6/1/2023

FOR CLASS INFO, CALL VJCC OFFICE (310) 822-8885 OR EMAIL OFFICE@VJCC.COM  
 MESSAGES WILL BE RELAYED TO APPROPRIATE PARTIES



## SAVE THESE DATES

### **VJCC Clean-up**

Sunday, August 20, 8:00 a.m.

### **Arts & Crafts Fair**

Saturday, September 23

### **VJCC Golf Tournament**

Los Serranos Golf Club

Saturday, October 14

**Please continue to check [VJCC.com](http://VJCC.com) for  
the latest updates for the Center.**

## IN THIS ISSUE

### **VJCC Presents Its 2023 Scholarships**

### **2023 Miss Western LA**

### **Board Visions: Festival Volunteers**

#### **Club News:**

Karate Club

Photo Club

Pioneer Project

Senior Nutrition

Senior Wellness

Zumba

#### **日本語:**

空手クラブ

役員からのメッセージ