

Pasadena Nikkei Seniors, Inc.

595 North Lincoln Avenue, Suite 101-A, Pasadena, CA 91103

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NEWSLETTER

January, 2021

Fingers Crossed for Better Times in the Year of the Ox

Happy New Year, everyone!! As Coronavirus continues to control what we can and cannot do, I'm afraid that all future PNS activities remain on hold, which unfortunately includes the postponement of our annual New Year Party. With the release of the vaccine, we on the PNS Board are keeping our fingers crossed that at some point in 2021, we will be able to safely gather together again. The PNS Board is discussing alternative ways of celebrating the Year of the Ox and to recognize our 2021 "Beiju Babies".

As most of you know, the New Year Party serves as an opportunity to renew PNS membership for the upcoming year. With the party's status in doubt, we're asking that you take the opportunity to renew your membership by mail, using the membership form that is included with this newsletter. And if you have not already done so, please take the time to renew your membership to the Pasadena JCI.

The 2020 PNS calendar, which was filled with numerous activities, was completely scrubbed, so we were unable to offer much of anything for most of our members. But what emerged from the rubble was the introduction of a PNS twice-monthly meal delivery service, spearheaded by our two PNS *executive chefs*, Ron Dyo and Jeannie Toshima. In order to practice safe social distancing, there was a restriction as to how many volunteers could serve on the lunch crew, so we were unable to offer these meals to all members. But we were able to cater to most of the regulars who had attended the monthly luncheons in the past, focusing our attention on the Nisei who were willing to accept meals from outside their personal bubbles. With the current surge in COVID-19 infections, those deliveries are on hold, but we hope to offer them again when things settle down.

Changes are in the works for the PNS Board and Cabinet in the upcoming year. Serving as 2021 PNS President will be Ron Dyo, replacing outgoing President Ron Toshima. And being welcomed to the Board are two familiar "born and raised Pasadenans", Bob Hayashi and Jane Maruyama Frausto. The list of 2021 PNS Board members and officers can be found below.

2021 PNS Cabinet and Board of Directors

President – Ron Dyo

Vice President – Mark Oune

Treasurers – Kay Abe, Scott Shinmoto

Recording Sec. – JoAnne SooHoo

Corresponding Sec. – Virginia Ishida

Board Members – Jane Frausto, Bob Hayashi, Diane Hisayasu, Wade Utsunomiya, Ron Toshima



Pictured above is the 2020 PNS Board of Directors, which included Itsy Ota, who passed away last spring. All have agreed to continue serving on the 2021 PNS Board along with Bob Hayashi and Jane Frausto. Left to right: Wade Utsunomiya, Ron Dyo, Mark Oune, Gini Ishida, Scott Shinmoto, the late Itsy Ota, Kay Abe, JoAnne SooHoo, Diane Hisayasu, Ron Toshima

Message From Ron Dyo, 2021 PNS President

My name is Ron Dyo and I'll be the Pasadena Nikkei Seniors (PNS) President for 2021. First, I would like to thank the Board for its past success with Ron Toshima as the President. I hope I can do the job as well as he did.

With the difficult times last year, there were many changes made to the calendar leaving few activities for PNS members. We are going through a critical time in trying to "Keep Safe" with Covid-19 infections surging. We need to follow the CDC guidelines and hope that is enough to prevent us from getting ill. Please stay healthy and hopefully soon, this may be in the past.

We also thank you for your past membership and the generous donations PNS has received. Please check your email, newsletters and the PNS website for upcoming PNS news or activities. <https://PasadenaNikkeiSeniors.weebly.com>

I look forward to having you join us in future events that the PNS might be able to provide. My hope is that more of you will be able to take advantage of being PNS members. In the meantime, please be SAFE!

Tom Miyasaki's - *Ode To Volunteers of Pasadena Nikkei Seniors*

The meal delivery service organized by Ron Dyo and Jeannie Toshima would not be possible without the able assistance of many volunteers. In order to comply with safe social distancing protocols, the lunch crews were limited in how many could gather to help, so all worked diligently to get the lunches out the door.

96-year young PNS member Tom Miyasaki, one of the lunch recipients, took note of everyone's hard work and composed "An Ode to Volunteers of PNS". In thanking Tom, we wrote that everyone who helped gave their best effort, and our meals, like his Ode, came from our hearts.

The PNS salutes the many volunteers who assisted in the kitchen and as drivers in safely delivering meals to our Seniors: Cindy Dyo, Nolan & Ashley Dyo, Jean Kawakami, Kyoko Gibbs, Akimi Ching, Dona Mitoma, Scott & Shelley Shinmoto, Diane Hisayasu, June Chin, Mark Oune, Bobby Fukumoto, Bob & Deena Ota, Marvin Inouye, Mikala Toshima, Pasadena BWA; Alan & Lori Hatakeyama, Kelly Hokyō, Carol Nakauchi, Carol Oyama, Virginia Ishida, Doug Lee, Jeri Takeda, John Nakaki, Kathy & Don Matsumoto, Brent & Peggy Lew, Ron Toshima.



Restaurant Offering Discount to PNS Members

The Pasadena Nikkei Seniors are pleased to announce that 2020-21 PNS members ordering meals from **Ai Restaurant** in South Pasadena are eligible to receive a 20% discount on their entire order. As membership cards have not been issued to members, the restaurant will request your name along with a phone number when placing your order.

During this unprecedented time of the COVID-19 pandemic, PNS realizes that many small businesses are experiencing difficult situations. In an effort to increase sales for small restaurant enterprises, PNS is hoping to implement a discount program with various local restaurants that is structured to benefit the restaurants through increased sales

Ai Restaurant is located at 1013 Fair Oaks Ave, South Pasadena 91030, phone number 626.799-0534. **The 20% discount offer will be in effect until March 31, 2021**



An Ode to Volunteers of PNS

"Our shut-in Nikkei seniors, some help they can surely use"
Ron and Ron expressed concern, Something their stress reduce
Thoughtful Jeannie joined the Rons with a plan that's really neat
"Delicious bentos we should make since seniors love to eat."

'Twas a noble mission that they chose to render
With pots and non-stick pans and also a veggie blender
More with masks and gleaming knives, came to join the cause
Donning colorful aprons, they came without pause.

Diane blended veggies, and Jeannie grilled the wienees
Dianne sharpened her knife for slicing skinny zucchinis
Sadly dicing onions, a tearful Jeanne was seen
Scaling slippery salmon, Jean made quite a scene.

Giddy in glee was Ashley, squishing ripe tomatoes
Fast as Nolan was no one, peeling white potatoes
And working as a team, were Dyo's Cindy/Ronnie
Their prized creation being, holy macaronnie!

As June tossed in veggies, pot was stirred by Mark and Scott,
Adding sauces made by Wade, Bobby poured in a lot.
Drumming on pans was Ron, so chefs all worked in sync
The, voila, perfectly done, best in the world we think.

Bento boxes all in line for artist packers to fill
Umeboshi on top of rice, added for mouthy thrill
Kabocha here, teriyaki there, tsukemono on the side
Akimi, Kyoko and Shelley stepped back to admire with pride.

When Dona added doughnuts, the bento was ready to go
Lexus, Benz and Camrys, shiny cars lined in a row
With sunglasses and sturdy masks, drivers there were many
Among them with a Honda were Douglas and Gini.

When both got in the car, Covid spacing was amiss
Though faced with such a plight, "There's a way," Doug insists
"Roll down your window Gini, and stick far out your face
And I shall do the same, giving us the six-foot space."

Loaded with the bentos, on Lincoln Avenue they sped
At the intersections, lights turned green somehow from red
Gini showed no care as hair swept straight to the rear
As wind blew Douglas' beard, a swishing you could hear.

Delivered first to a couple, who said it made their day
To the next on the list, they were on their way
Heading east into the sun, oh, what a sight to be seen
Went two bobbing heads with a Honda in-between.

In appreciation from Miyasaki's Tsuru and Tom



Donations



The Pasadena Nikkei Seniors gratefully acknowledge and thank the following individuals for donations received October to December 2020. Please let Ron Toshima know if anyone has inadvertently been overlooked and they will be acknowledged in the next newsletter.

Deacons of First Presbyterian Church of Altadena
Alan Goto & Tamiko Goto
Bob & Deena Ota
Jane Smith
Mitzi Toshima
Tomomi Yamasaki
Pauline Griffith...in memory of Dr Sadao Itano
Frank & Judy Kam...in memory of Itsy Ota and Kiyoshi Takeda
Tee Murashige...in memory of Dorothy Tsuboi

Drive-Thru Flu Shots Successfully Held

Because Coronavirus infections were high, getting your regular flu shot became imperative. But because of the pandemic, it wasn't possible to have the typical walk in flu shot clinic as in years past. So under the direction of Jane Frausto, the PNS improvised and held a drive-thru flu shot clinic in late October. Reservations were required to get the shot, and all participants were required to complete forms with COVID-19 screening questions and adhere to a detailed protocol for receiving the shots upon arrival at the PJCI.



Under the supervision of Dr. Joy Weissman and assisted by Teri and Megan Musashi who helped administer the shots, nearly 50 individuals took advantage of the free vaccines. Thanks also to Mark Oune and Ron & Jeannie Toshima for their assistance that day.

Keiro

Keiro Speaker Series for January and February 2021

Sign up:

<https://www.keiro.org/what-we-do/events/keiro-speaker-series>

***Ikigai*: Finding Purpose in Retirement**

Wednesday, January 20, 2021 6:30 – 7:30 p.m. PST

Guest Speaker: Tim Tamashiro

Ikigai is a Japanese term that translates to “a reason/purpose for being.”

Guest presenter, Tim Tamashiro, Canadian jazz singer, radio broadcaster, author, and speaker, will guide attendees through a conversation on “how to ikigai” especially after retirement.

How can a Person be “Well” Through End of Life

Wednesday, February 24, 2021 | 4:00 – 5:00 p.m. PST

Guest Speaker: Dr. Ira Byock

Nationally renowned Dr. Ira Byock will talk us through conversations about death, and how this is an important concept to know what is important in our current lives.

Keiro Virtual Forums

Sign up: <https://www.keiro.org/virtual>

Keiro is providing free weekly virtual forums. As a new start of the year, consider joining us to learn and engage with others!

- Tuesday, 1/19 – Start 2021 with a *Mottainai* Approach to Food Waste (bokashi workshop) (10:30 - 11:30 a.m.)
- Thursday, 1/21- Probiotics - What is Your Gut Feeling? presented by Dr. Bill Liu (10:30 - 11:30 a.m.)

2021 PNS Membership Drive

Please remember to RENEW your PNS Membership. Membership form is included in this newsletter.



(L-R) Megan Musashi, Teri Musashi, Dr. Joy Weissman



(Standing L-R) Ron Toshima, Jeannie Toshima, Megan Musashi, Teri Musashi, Jane Frausto.
(Seated L-R) Mark Oune, Dr. Joy Weissman

Visit the PNS Website: <https://PasadenaNikkeiSeniors.weebly.com>

PNS 2021 Special Recognition Recipient - Ron Toshima

It is with great pleasure that the Pasadena Nikkei Seniors Board of Directors announce the 2021 recipient of the ***PNS Special Recognition for Outstanding Service*** to **Ron Toshima**.

Ron is a true leader who makes a difference. His leadership in service roles delivers substantial benefits to the community and he demonstrates, inspires and mobilizes others to work cooperatively and effectively as a team toward the betterment of PNS and the community. Because of his strong work ethic, professionalism, dedication and commitment, he is truly an established leader.

In November 2011, Ron was recommended as a prospective PNS Board member. Shortly after attending monthly Board meetings and becoming familiar with PNS Board members, schedules, activities and events, Ron took an active part in volunteering to assist with PNS related trips and functions.

In December 2012, Ron was asked to take on the task of Master of Ceremonies for the PNS New Year's Party. In August 2013, Ron accepted the position of Co-President with Mr. Kiyoshi Takeda, the existing President. Upon Mr. Takeda's resignation as President, Ron assumed the duties as PNS President in January 2017. During the past years as president, Ron has always been mindful of the legacy left by Mr. Takeda and past Board members by continuing to assist PNS activities such as the Flu Shot Clinic, overseeing the PNS Bazaar booths and the monthly Senior Luncheons (prior to the pandemic). He conducts PNS Board monthly meetings as well as other business related meetings and disseminates information regarding Keiro No Hi and other community organization activities. Ron has attended other organization meetings, events and luncheons, and takes active charge of the New Year's Party. He



Ron with blueberries he picked.

has been the editor of the PNS Newsletter providing pertinent PNS news to the membership. Ron has coordinated various PNS trips through the years, such as shopping trips to Marukai and Farmers Market, visits to Santa Barbara Orchid Show, Santa Anita Race Track, day trips to Pala and other casinos, Lancaster Poppy Fields, Flight Path Museum in Los Angeles and numerous other trips and events. During the challenging times of COVID-19, Ron supervised the Lunch Delivery Program, enlisting a number of Board members as well as volunteers.

In addition to all his PNS duties, Ron also served on Board positions for the Pasadena Japanese Cultural Institute as President and Vice President from 1991 through 2017. For Pasadena Buddhist Temple, Ron serves as a regular member of the "Sons of Gardeners" group who meet on Tuesdays and Thursdays to maintain the inside and outside of the temple landscaping. He also helps with temple fundraisers, soliciting and scheduling volunteers, and general maintenance.



Ron with Pasadena Mayor Terry Tornek and Bryan Takeda at the 2020 PNS New Year Luncheon

On another note, Ron is a wonderful grandfather who enjoys attending his grandchildren's social and school activities as well as assisting them with the distance learning for their schools.

Throughout the years, Ron's leadership and service success has been demonstrated by his willingness to work cooperatively and respectfully with others. He embodies the true meaning of the words: hard work, dedication, commitment and compassion. Ron has continued to bring positivity and determination to see that the Pasadena Nikkei Seniors succeed and grow while inspiring the community along the way.



Wear a Mask • Maintain Safe Distance • Wash Your Hands