

SISTER CITY NEWS



Torrance, California



Torrance Sister City Association



Kashiwa, Japan

Newsletter Editor: Mona Wong

November 2010

Newsletter Mailing: Gail Roulette

Vice President's Message

By Gail Roulette



Greetings, Everyone!

I would like to fill this space with A Big THANK YOU to all those community groups/businesses who took part in our August activities and helped our Kashiwa guests have a memorable time in Torrance:

Torrance Bakery
Keiro Nursing Home
YMCA Y's Men's Club
Madrona Marsh
Torrance City Cable
Torrance Farmers Market
Oriental Motor USA
Torrance Historical Society
Torrance High School
Mayor's Office And Staff
Torrance Fire Department
Long Beach Hyatt Hotel
Torrance Police Department
Torrance/South Bay Family YMCA
City Transportation Department
Torrance Art Museum
Boots'N Bows Square Dance Club
Torrance Theater Group
Smiseks' Pool Party
Japanese American National Museum
Go For Broke National Education Center
Fugetsu-do Confectioners
Rafu Shimpo Newspaper
American Of Japanese Ancestry World War II Memorial Alliance
Japanese Cultural And Community Center
Yonamine Company

...and all of our TSCA volunteers who led activities during the three weeks in August!

TSCA Cookbooks are available for holiday giving. \$15.00 per book pick-up at the November meeting or \$20.00 per book shipped

***Contact: Teri Kuwahara
t.kuwahara@verizon.net***

Student Club Board for 2010-2011

Student Club held elections for the 2010-2011 board. The new slate of officers is as follows:

President — Lisa Cho

Vice President — Brianne Heredia

Treasurer — Kristin Wong

Secretary — Heidi Kang

Ways & Means — Ada Smisek

Historian — Vanessa Barragan

Congratulation to the new student board members. Thank you to outgoing student board members.

CALENDAR

November	1	Deadline for Notice of Intent for 2012 Adult Leader
	5	City Hall Closed
	8	Next TSCA meeting 7:00
	11	City Hall Closed
	12	Application deadline for 2012 Adult Leader
	19, 25, 26	City Hall Closed

MEMBERSHIP NEWS

By Ron Kimmel

Membership Chairman

New and renewed Memberships:

Kaneshiro, Myrtle (I)

Valleni, Pamela & Warren Matteson (F)

Please update your directory:

Hayashi, Dan, Ann, Chasen, Janey
20709 Mansel Ave, Torrance CA 90503

Dana Vinke address change 5805 to 5808

It's time to renew your membership for 2011. Please use the application form on the newsletter even if you are renewing. This will ensure that we have the correct information for the newsletter and the 2011 directory.



SUMMER 2011 STUDENT EXCHANGE PROGRAM

APPLY NOW!

Our very successful student exchange program with our sister city of Kashiwa, Japan, will take place once again in the summer of 2011, continuing a long tradition since 1974. We are looking for outstanding students who will serve as fine representatives of the city of Torrance. It is a wonderful enriching experience.

Applications are now available in each high school, usually in the counselors' office. Applications are also available at the main Torrance library (see Dana Vinke there), and in the Community Services offices of Torrance City Hall (see Suzie Wand).

Each student selected will spend 3 weeks in July living with two families in Kashiwa, seeing many places and sights there, and making friends with some Japanese students. An adult leader from Torrance will accompany the group. In August, the families of Torrance students will host a student from Kashiwa for 10 days, joining the Kashiwa students during the 3 weeks we show them the sights and fun activities of Torrance and the Los Angeles area.

The eight students selected will receive extensive orientation, participate in our annual weekend festival of Japanese culture, Bunka-Sai, and be designated by the city of Torrance as Youth Ambassadors, recognized officially by the mayor and City Council.

Students who apply must be in the 10th grade or higher, and must be Torrance residents. The applicant must not have reached a 19th birthday by the time the group leaves for Japan in early July.

Please encourage any interested young people to apply. Deadline for the applications is December 20, 2010.

Ray Roulette,

Student Selection Committee chair,

310-370-9427.



Sakura 3 Nurses

By Ilene Gelbaum

We all know how sweet Vera Little is. But do you know how very hard she works to get the best host family / Kashiwa student match? This year, Vera matched our family with Sakura Murai. Sakura came to Torrance with 4 whole months of nursing school under her belt. I have been a Registered Nurse for 45 years, the last 32 as a Certified Nurse-Midwife. I want to thank Vera for the opportunity to get to know this young nursing student and discuss many health-care issues with her.

Due to the wonderful generosity of 2 Japanese nurses working at Little Company of Mary Medical Center maternity unit, Sakura made her first visit to an American Hospital. Since the tour was in Japanese, she asked great questions and took photos and notes. I admit that I am always recruiting. However, we may really have a future midwife in the making here.

Sakura also had the chance to speak with TSCA's Amy Coury, an experienced nurse of many years, and Mark photographed our three generations of nurses. I also gave Sakura contact information for my midwife colleagues in Ibaraki Prefecture and in Saitama, in case she ever needs a consultation.

It would be so perfect if Sakura could return to Torrance to work awhile as an RN when she graduates in 3 1/2 years – the best example of Sister Cities bringing the world together.

Wait, it's almost winter already?

By Ken Radomski

Assistant Language Teacher in Kashiwa



Oh, how time flies. It's been over a year since I first arrived to Kashiwa, and it's been nothing short of spectacular. I've seen students graduate, go out into the real world to get jobs or enter universities throughout Japan. They would come back to school to visit and yet I hardly recognized them. They come back wearing their own clothes instead of uniforms. They had the freedom to get piercings, change their hair color, and wear make up (and they all exercise this freedom.) They ended up being a purikura version of their former self. I've also had the pleasure of welcoming in a whole new class of freshman. Seeing their uneasy faces at the beginning of the semester turn into an unshakable bond between classmates made you want to see each class grow more and more.

But like the incoming students, I had to face an adjustment period, too. I was like an uprooted tree, forced into new soil, hoping that my roots would grow and gain stability again. Living in a foreign country on my own was both exciting and relentless. I no longer could turn to my loving friends and family whenever I wanted. Even using Skype, there is a severe time difference. When I get back from work, people back home were asleep. When I was about to sleep, Californians were getting ready for work in the morning. Even with technology, the rotation of the earth divided us.

As time passed, I grew more independent emotionally and financially. Cooking and eating family sized meals by myself turned into a norm. Late nights turned into afternoon naps. Video games with friends turned into books in bed. I started to explore passions that I always knew I had in me. Bought an expensive road bicycle, and now I try to get out of using the train whenever possible. I now never leave the house without my DSLR or my 35-year-old film camera. I learned how to DJ and produce mixes, and I now spin in Tokyo about once a month. So this isolation I once dreaded ended up forcing me to achieve more than I could imagine. The time alone has forced me to look at how I spend my time outside of work, and seek and explore opportunities that came up.

I'm still learning to be a better teacher with every class I teach, but with the help of the amazing staff at Ichikashi, I grow more confident in my abilities and seek to provide a unique education to the students here in Kashiwa. The longer I'm here, the more comfortable I am to call Kashiwa my home. And though there is certain things I yearn for from back home, I consistently get a little taste of home from all the friends that have come to visit from the states, including my mother who has been in Kashiwa for the last 3 weeks. Though it's for short time, being with the people I love makes me realize how blessed I am to be out here, making wonderful relationships out here, and still have amazing people waiting to hear my stories back home. If this last year is any indication of how the next two will go, being excited, would be an understatement.



Sakura Murai met Amy Coury and Ilene Gelbaum

Memories of Japan

The Second in a mini-series of reports from the 2010 Kashiwa exchange group
Compiled by Gail Roulette

Each summer TSCA sends a student delegation to our sister city Kashiwa. Before they go, we give them eight two-hour orientation sessions to prepare them for the trip. Each of these students, usually high-school age, and their adult leader selects a particular topic to research. They write their findings prior to going, then write a report after the trip describing what they have learned. For the next few issues we will present excerpts from their experiences based on their post-trip reports.

Japan's Healthcare – By Brianne Heredia

Japan is part of the Universal Healthcare System. All doctors are paid the same regardless what their expertise is. Yet many students strive to obtain positions as doctors or nurses, not for the money, but to help others.

Ryoko Yasuda, my second host sister, is a nurse. Her primary duty is to give injections, but also aids others where she is needed. Ryoko told me most of the people who came into the hospital were treated for extreme heat problems, i.e. heat stroke and dehydration.

The Japanese people are generally very hygienic... they maintain a healthy diet which includes fish, natto and lots of vegetables...they are not susceptible to the common cold as we are. When they do get sick, they are more inclined to treat themselves with home remedies before having to take medicine or go to the doctor's office. They are also courteous and cautious enough to wear face masks to keep from spreading germs.

The main cause of death in Japan is known to be smoking. The Japanese are now realizing that there is a need for the separation of smokers and non-smokers, which is why you will find various smoking rooms in train stations, hotels, and restaurants.

Another cause of death is from the extreme heat Japan has during the summer months... especially among the elderly.... It also surprised me that Japan has a high suicide rate. Many young people kill themselves due to the high pressure of education and the pressures in the work place.

Even though Japan's healthcare is different from the United States, overall the Japanese are very healthy people and because of this they are known to live long lives.

Through this experience as a Torrance Sister City Exchange Student, I have learned so much about the Japanese culture, the everyday lifestyles of Japan's citizens and most importantly I have made lifelong friendships with my host families as well as with my Kashiwa sisters.

Thank you for giving me this amazing experience.

What I Learned in Japan: School Rules – by Lisa Cho

Going to the high schools in Japan was very different from what I had imagined, and I am so glad I got to experience talking to the Japanese college students, high school students and elementary students.

At Reitaku University, I learned that college students have much more freedom than when they were in high school. For an example they now can have their ears pierced, hair dyed, and wear whatever they want... and in college the students do not wear indoor shoes which they had to when they were in high school.

At the high schools in Japan, the students all wear indoor shoes called uwabaki. Each student has a cubby, usually located in the front of the main entrance, which they put their shoes in.

We also played Kendo at the high schools, which is the modern Japanese martial art of sword fighting... We were taught the rules of kendo like yelling "men" "dou" "kote" when you hit the other opponent.

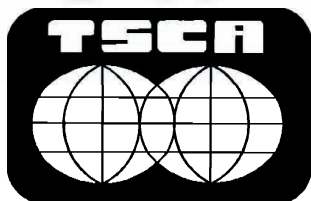
I learned so much while in Japan. I learned that the rules in Japan are very different but I know they all serve a purpose.



experience Japan!



**Become
a Cultural
Ambassador
& have the
adventure
of a lifetime!**



Torrance Sister City Association (TSCA)

is looking for highly-motivated Torrance residents who are high school sophomores through college freshmen, 19 years old and younger, to serve as cultural ambassadors in the Student Cultural Exchange Program.

Since 1974, TSCA has sponsored hundreds of students to represent the highest qualities of American youth in Kashiwa, Japan, our sister city, for three unforgettable weeks in July.

Pick up an application in your school's Counseling Office or call the Torrance Community Services Department at 310/618-2930.

- ◆ Here's your chance to represent the best of Torrance youth
- ◆ Promote international friendship and understanding
- ◆ Become part of a family in Kashiwa, Japan
- ◆ Visit modern Tokyo and the ancient temples of Kyoto
- ◆ Gain understanding of Japanese customs & daily life
- ◆ Participate in an authentic tea ceremony
- ◆ Experience Hiroshima
- ◆ Make lifelong friends and much, much more!

 **sister
cities**
INTERNATIONAL
**APPLICATION MUST
BE POSTMARKED BY
MONDAY, DECEMBER 20, 2010**

TORRANCE SISTER CITY ASSOCIATION, INC.

**3031 Torrance Boulevard
Torrance, CA 90503**

Have You Considered Being an Adult Leader for the Torrance Student Exchange Program?

- **Accompany up to eight high school students to Torrance's sister city, Kashiwa, Japan in July 2012.**
- **Learn about the Student Cultural Exchange Program and Japanese Culture.**
- **Spend three exciting weeks in Japan as an Ambassador of goodwill.**

Here are the qualifications:

- **Be at least 26 years of age at the time of the trip.**
- **Reside or work in Torrance.**
- **Have a background working with youth in at least one of the following areas:**
 - **Education, counseling, behavioral sciences, or**
 - **Youth activities**

Interested?

- **Contact Mark Richardson, Committee Chair: mark@lafn.org [(310) 328-9126].**
- **By Monday, November 1, e-mail to mark@lafn.org or mail a brief letter of intent to apply for the position, giving TSCA a brief personal background and a request for an application packet.**
- **By deadline, Friday, November 12, 2010, mail your completed application for review by the Adult Leader Selection Committee.**

Mail all material to:

**Torrance Sister-City Association
3031 Torrance Blvd.,
Torrance, CA 90503
Attention: Adult Leader Program**



TORRANCE
SISTER CITY
ASSOCIATION
3031 Torrance Boulevard
Torrance, CA 90503

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**TORRANCE SISTER CITY ASSOCIATION
2011 Membership Application**

Except for Life Membership, all annual memberships are in effect from January 1st to December 31st.

Name: _____

Address: _____

City: _____ State: _____ Zipcode: _____

Telephone (____) _____ E-mail: _____

My membership is: NEW _____ RENEWAL _____ I do not want to be listed in the TSCA Directory _____

Directory Update: New address _____ New telephone number _____ New E-mail address _____

I am interested in participating in TSCA activities: _____

- Individual.....\$10.00 per year
- Family.....\$20.00 per year
- Supporting.....\$50.00+ per year
- Benefactor.....\$100.00+ per year
- Life Member.....\$2000.00+ one time donation

Enclosed is a donation to TSCA (in addition to my annual dues) in the amount \$_____.

Total enclosed: \$_____

Make your check payable to **TSCA** and mail with this form to: The Torrance Sister City Association
c/o The Community Services Department
3031 Torrance Boulevard
Torrance, CA 90503

TSCA meetings are held on the second Monday of each month, except in August and December, at the Civic Center West Annex Commission Room, 7:00 p.m.