

Crystal City Chatter

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Japanese Food...A Very Healthy Food

Available in many food store, a lunchtime favourite among office workers, sushi could be providing more than a tasty lunch. Scientists believe it is one of the reasons why the Japanese are among the most healthy people in the world.

On the average, the Japanese diet - raw fish, vegetables and rice - contain only 30 pc fat, most of it the healthier polyunsaturated variety, compared with 40 pc in Britain.

As a result, their rates of heart disease are among the lowest in the world. Recently, scientists in Japan found that sushi dishes - flavoured parcels of rice with raw fish and vegetables - could even protect smokers against lung cancer.

Professor Toshiro Takezaki, who led the study, says: 'Japanese people love fresh fish, particularly sushi. We think that is why, even though the Japanese smoke as much as people in the UK or actually slightly more, their rate of lung cancer is only 60% as high.'

The Cancer Research Campaign believes giving up smoking is the biggest preventive step, but says a high consumption of fresh fish and vegetables would lower the risk.

The protective fish effect was greatest for a particular kind of lung cancer, called adenocarcinoma. Eating fish cuts in half the risk of developing this type. Scientists aren't sure what gives fish its protective quality, but they suspect it stems from the polyunsaturated fatty acids in fish oil. Here Good Health gives a user's guide to the unique health-giving properties of sushi.

Raw Fish:

On average, each person in Japan consumes around 100 grams of fish every day, in forms such as sushi, tempura and sashimi.

The omega-3 fatty acids in fish are linked to heart protection and improved circulation. However, fish are host to many parasitic worms, and some must be cooked to make sure all worms and their eggs are killed.

Rice:

Rice is the staple of the Japanese diet. It is a good source of energy and provides a supply of protein. Long used by naturopaths to treat digestive disorders, it sometimes helps in relieving diarrhoea. Highly refined white rice has fewer nutrients than a brown. But brown rice contains phytic acid, which blocks the absorption of iron and calcium into the body.

Wasabi:

This is the green paste, often served with sushi, that is the Japanese equivalent of English mustard. Thought to cleanse the palate, wasabi could also have health benefits. Scientists in Japan have discovered compounds called isothiocyanates in the paste that can help prevent tooth decay.

Wasabi has also been found to aid cancer prevention and prevent blood clots, if eaten regularly.

Seaweed:

The Japanese have been eating sea vegetables for centuries. They use seaweed in large amounts in their diet because of its concentrated mineral content.

Up to a quarter of Japanese food contains seaweed to boost flavour. In sushi, dried sheets are wrapped around rice and vegetables to form a mini-parcel. It is rich in iodine - vital for a healthy thyroid - copper, calcium, iron and magnesium.

Ginger:

A popular flavour-enhancer in sushi dishes, ginger is also taken to mark the end of one type of sushi during a meal before moving on to the next. The spice is widely known to have therapeutic effects, not least in aiding digestion, and is often prescribed by naturopaths to ward off seasickness.

It is also thought to protect against respiratory illnesses and colds, as well as to ease flatulence and and gripe. Chewing on ginger can relieve toothache. A pilot study showed ginger could relieve the symptoms of Raynaud's disease, which causes painful numbing of the fingers and toes.

Soy sauce:

Made from fermented soya beans, soy sauce is widely used in Japanese cooking. However, it has a very high salt content and should be avoided by anyone with high blood pressure or who has been told to have a low-sodium diet.

There are some definite benefits linked to a higher consumption of foods rich in soya. (Cont'd pg. 5)

Letters to the Editor

Hi Sumi, Uvalde brought back memories from the past. I'm enclosing a short page I wrote up and sending it to you for your information...always enjoy reading the CCC. Please keep it up.

Yoji Matsushima

"Our family was released from Crystal City Family Internment Camp, Texas on April 3, 1946. We released together with Mr. and Mrs. Horagami, Mr. and Mrs. A. Tambara and Ken, who were all from Portland, Oregon. When the bus left the front gate of the camp Mrs. Horagami was just jumping with joy that she was finally leaving camp. This was the first time I left camp since entering it on September of 1943.

The bus took to a town called Uvalde, Texas train station so that we could catch the train to Los Angeles, California and on to Portland, Oregon. The train station was something that you would see in a western movie with two train tracks and a station with a platform. Inside there was a station master selling tickets.

One thing that struck my eye was the bathrooms. There were two bathrooms each for men and women but on the outside there was a sign "colored" and "whites only". It was very strange because it was the first time in my life that I have seen anything like this.

When the train arrived, we all got aboard and found a seat since it was open seating. When the conductor came by to check our tickets, he said, "You all cannot sit here because this car is for the "colored". I had never heard that used in my life. He said that we have to move to the "whites only" car. So we picked up our things and moved to "whites only" car.

I thought it every strange because only couple hours ago, we were released from internment after four and a half years. The war was over but discrimination was not over. We have never heard of civil rights in 1946."

I know that my husband told me that when he was in the army and was traveling down south, that he saw restrooms with "White only" and "Colored only" signs and also on the train, one of the car was all full so he went to the next car and it was empty so he sat in that car...then the conductor came and told him he couldn't sit there because the car was only for the colored people...well, my husband told him that he paid full fare for the train ride and that the front car was full and there were no seats available so he was going to just sit where he was...and the conductor told him, "That's what's wrong with you damn yankees...you don't know no better!" Anyway, thanks for your letter...it sure was a ratty place in Ellis Island where you and I met, when we were supposed to get on the SS. Gripsholm to go to Japan...Thank God, we didn't get on! and instead took a train to Crystal City...that was long, long ago neh. Thanks Yoji... Sumi

I remember Uvalde because that's where they took me for my eye exam...it was the first and only time that my mom and I were taken out of the camp...I guess they didn't have any optometrist in camp to take care of our eyes.

Dear Sumi, I read your Jun/Aug Chatter with great interest...Haru Kuromiyas story about Uvalde brought back my memories of my visit to CC in 1975 when I was attending a three month Cryptoclass at the Lackland AFB in San Antonio...(Story cont'd on page 3) Tak Takeuchi

Dear Sumi, Thank you for preparing the Special Edition 2011 -- highlighting the Crystal City Historical trip made by the Nakahara's and family, and friends. Also the Crystal City Reunion update. It brought back memories of the WW II Camp life. I especially recall the tragic drowning of the two young Peruvian Japanese girls in the swimming pool. The men and women at the pool cooked rice and placed it on their bodies, trying to revive them, but could not. It was a sad day. God bless you...

Haruko Ishiyama

I know that Toni told me about the rice being cooked and put on the two girls' bodies to revive them...I never knew that that would/could revive people...it really was a very very sad day. I know that Sumio Higashida was the life guard that day and he told me that he caught two little water snake that morning and he told his father who told him to be alert because two people may drown that day...so he stayed all day watching carefully and he finally went back home to eat dinner when the drowning happened...and Mr. O'Rourke was there trying to revive them, working on the girls...but they succumbed...what a tragic situation...except for this, Crystal City was not a place that was in any way dangerous...

Dear Sumi, Just got your newsletter and as always it was full of great stories and information. I noticed the front page article about the reunion at Crystal City and the letter from Werner Ulrich. I have never been able to find anyone of German descent who was processed through the Tuna Detention Camp (Tunjunga CCC Camp) and Mr. Ulrich and his friends may be able to help me. I will send him an E-mail and see what he knows. (Cont'd on page 4)

(Tak Takeuchi's memories, cont'd from page 2)

"When I was attending a three month Crypto class at the Lackland AFB in San Antonio I decided to celebrate my 50th birthday Dec. 6th. I studied the map and took the route through Uvalde across the Nueces River to CC. Why Uvalde? Because that was where we went to get our eye examined while in C.C. When I reached C.C. I stopped at a gas station for directions to the camp. I found the owner a kindly man named Rutledge. He said he was familiar with the camp and offered to ride with me to the camp site which wasn't very far from the station.

I took pictures of the water tower, statue of Popeye and the sign that proclaimed CC was the 'spinach capitol' along the way. At the camp site there weren't too many recognizable buildings standing. Ones I knew were the hospital building, Harrison Hall and swimming pool. I walked around Harrison Hall looking for Yamagishi and Okazaki residence but they were all gone. Only reminders were the birds that were noisily darting under the eaves.

I used to envy these birds that flew freely over the fence and made their homes in the camp. I went back to the fenced pool area. Half of the pool was filled with dirt and vegetation and weeds had returned. It almost looked like May 1943 when we first came here. It was about a month after our arrival the plans were set to make the pool.

In July, I was recruited by Kiyō Yamagishi to help with the project headed by a German Engineer. We were issued wide brim sombreros and started in earnest clearing the weeds and vegetations in the hot humid weather. One day I found a shiny object in the mud that turned out to be a woman's lipstick holder and kept it as a keepsake. I still have it in my collections.

On another day I was trying to start the water pump the handle flew off and struck my face. I broke my glasses and bloodied my face. Kiyō rushed me to the sick bay and an old German doctor cleaned me up and started to sew my eye lid. I got about six stitches and I remembered the first one that he pulled the needle so hard it pulled through. Ouch! We toiled through the summer as more people were coming in to fill the cottages. We finally got the pool area cleared of vegetation and into a smooth shape of a bowl. The next task before pouring the concrete was to make a trench from the center to the outside for the drainage pipe. Nob Yamagishi and I got the task.

Digging went fairly smooth till we reached the highest part of the bowl. We were digging on our hands and knees pulling the wheelbarrow when suddenly I heard Kiyō yelling hysterically very faintly from above to get out! I flew out like a bat out of hell but when I turned around Nob was not behind me. He was still in the trench, struggling with his shoulder caught by the sludge. I rushed back and grabbed his arm and pulled and just as we got out, the walls came sliding down. It all happened so fast and silently, Nob and I just stood there frozen for a second trying to realize what had happened.

We could only thank God and Kiyō for alerting us. We retrieved the wheelbarrow days later...it was just a heap of twisted metal. The schools started shortly after this incident and we never went back to finish the project. This incident did not get much publicity...and most of the principles are now gone, but it built a bond between Nob and I that lasted our life time. Whenever we met, we never forgot how close we came to meet the grim reaper. If this pool can talk, I am sure it has many interesting tales to tell

When we returned to the station I had my car serviced and while waiting Mr. Rutledge's daughter came by and we had nice chat. She said she was a little girl then and remembered the teachers that used to stay at her house. She also knew Mr. Tate. Mr. Rutledge was drafted in April 1943, a month before we arrived...one of the mechanics asked about the bugle calls he heard every night.

I left CC feeling good about the visit. I met some real nice people. Time certainly heals. For me, CC was a 'once upon a time' place and a chapter where with no hope for the future. I read William Ernest Henley's poem "Invictus" often to find comfort. And I found the closure of this chapter on a day I celebrate with cake and candles.

After retirement I have visited all the ten camps plus Lordsburg and tried once to locate but failed to find the Santa Fe camp site. My travelling days are over now but I have a treasure trove of memories. Best wishes to all and stay healthy...

Always, Tak Takeuchi

Well, thank God you and Nob were able to get out of the hole...amazing...memories of Crystal City for me is warm and fuzzy with many friends and good home-cooked food, lots of sports...etc. etc...no work, just study and play...so it was great...not worrying about my folks because they were together in the same camp...home for me anyway...so memories of Crystal City has always been good...thanks Tak for sharing a time in your life at Crystal City...helping to build the pool.I enjoyed.

(Letters to the Editor, Cont'd from page 2)

We are still working on preserving the open space at the old Tuna Detention Camp (Verdugo Hills Golf Course) and a CA State marker for WWII. We have been working with Los Angeles City Councilman, Paul Krekorian, and he may have located a source for the 12 to 14 million dollars we need to buy the property from the developer. Prop. O, a Los Angeles, Bond for water reclamation to clean up rivers, wells, and to catch runoff to recharge our underground water tables, may be the answer. It just happens that the Blanchard Canyon flood control channel runs through the property which is located on a major watershed. The golf course would remain with more ponds and streams, and the old growth oaks and sycamores would remain. They would store and recycle all water on the property. Keep your fingers crossed and tell your members not to give up.

Sincerely, Lloyd Hitt

Thank you Lloyd for the update...will hope and keep our fingers crossed...that would be great!!!

Sumi, Crystal City Chatter is most enjoyable and interesting. You do a wonderful job of putting out the newsletter and I really appreciate receiving it.

My wife, Chieko (Kato) Moriguchi passed away last year. She was one of the internees of Crystal City. I did accompany her on the Peru-kai visit to Crystal City in 2002. I also accompanied her on her first and only return to Lima, Peru in 1999 when the Peru-kai held their reunion there while Mr. Fujimori was president. She would have enjoyed receiving your newsletter had she not passed away.

I did make a private pilgrimage to Amache last year and found it to be a very moving experience to revisit the grounds that once were the camps we lived in.

Again, thank you for all your work in producing the newsletter. Keep up the great work.

Sincerely, Richard Moriguchi

Hi Richard, I'm so sorry to hear that your wife has passed away...it must be lonely now and yet aren't you fortunate to have many pleasant memories of her...going with her to Peru and to the former CC Camp? I know I went with my children and grandchild to Crystal City back in 1997 and I was grateful that we could all go together with many friends. Actually, it wasn't the camp that made it so wonderful, but the many lifetime friends I made there...Take care and stay well.

A 9-11 Hero named Daisy

James Crane worked on the 101st floor of Tower 1 of the World Trade Center. He is blind so he has a golden retriever named Daisy. After the plane hit 20 stories below, James knew that he was doomed, so he let Daisy go, out of an act of love. She darted away into the darkened hallway. Choking on the fumes of the jet fuel and the smoke James was just waiting to die. About 30 minutes later, Daisy comes back along with James' boss, who Daisy just happened to pick up on floor 112.

On her first run of the building, she leads James, James' boss, and about 300 more people out of the doomed building. But she wasn't through yet, she knew there were others who were trapped. So, highly against James' wishes she ran back into the building.

On her second run, she saved 392 lives. Again she went back in. During this run, the building collapses. James hears about this and falls on his knees into tears. Against all known odds, Daisy makes it out alive, but this time she is carried by a firefighter. "She led us right to the people, before she got injured" the fireman explained.

Her final run saved another 273 lives. She suffered acute smoke inhalation, severe burns on all four paws, and a broken leg, but she saved 967 lives. Daisy is the first civilian Canine to win the Medal of Honor of New York City.

Amazing isn't it?

Hashis

Saguri-bashi...To look for contents in a soup with hashi

Mayoi-bashi....To wander chopsticks over several foods without decision.

Sashi-bashi: To pick food by stabbing it.

Neburi-bashi...To lick the tips of the chopsticks.

Yose-bashi.....To pull a plate or bowl around with chopsticks.

Hotoke-bashi..To stand chopsticks up in rice.

Kaki-bashi.....To shovel food into one's open mouth attached to a bowl or plate.

Nigiri-bashi.....To hold two sticks together as one would grab a knife.

Hashi-watshi..To pass food to another person from chopstick to chopstick

Namida-bashi.To drip sauce from the food or from chopsticks.

Newspaper Clippings

I received Honolulu Star Advertiser newspaper from Ella Ohta Tomita that Honouliuli is seeking federal park recognition...like the relocation camps in this mainland, and some internment camps, Hawaii also had 13 confinement sites for those arrested when Pearl Harbor was bombed..."about 150 Americans of Japanese ancestry, most of whom were nisei and community leaders, were relocated to Honouliuli from Sand Island in March 1943. By June 1943, about 300 Japanese-Americans were confined at the camp, including some who arrived from the neighbor islands." However, I know Crystal City had many of those arrested right after Pearl Harbor's bombing come after being in Sand island for awhile.

Some of my Hawaiian friends didn't even know that those from Hawaiian Islands were arrested and sent to the mainland and later joined their families in our Crystal City camp.

"The Japanese Cultural Center of Hawaii has nominated Honouliuli for designation as a historic site under the National Register of Historic Places. The site was added to the Hawaii Register of Historic Places in August 2009." Some of those that were arrested and were sent into these camps did not want to discuss his time spent at the relocation camp.

Also, in the Los Angeles Times, Sunday August 14th, right on the front page was an article about the hundreds of Japanese Americans returning to Heart Mountain, Wyoming to see their past put on display. It's amazing that a large number of 1,000 joined in this pilgrimage.

I know I was in Heart Mountain for one year before going to Ellis Island to get on the ship to go to Japan in September of 1943, however, there weren't enough room for 97 of us, so that's where I met Yae Aoki, the Kanogawas, Reo, Stogie and Yae, and the Matsushimas, Yoji and his brother and the Matsudo boys and their family...and I think there was another family...can't remember but it was a couple...the rest were sent to Tule Lake Segregation Camp...

Going to Crystal City was just wonderful...from mess hall food (messy food) to home-cooked food, fresh milk and ice delivered every other day...the first grocery cart made from crates and wooden wheels with metal around the wooden wheels..."kara kara, kara kara" every morning...amazing and wonderful!!!

So these newspaper clippings were interesting...soon the German groups and maybe few niseis and/or will be at Crystal City Spinach Festival, having their reunion...hopefully some one will contact me with the news of what went on and how it was...

I enjoy the Shinnenkai luncheons every January and the Vegas trip in May to meet ole friends, so do not feel the need to join in on this reunion..

(Japanese Food...Cont'd from Front Page)...Soy Sauce

It's thought that they protect against cancer, cardiovascular disease, premenstrual syndrome and even osteoporosis. But it's better to get the soya from milk or tofu.

Fish roe:

The hard roe of cod, eaten boiled, is widely used in Japanese sushi dishes. Although rich in omega-3 fatty acids thought to help protect against heart disease, it is also high in cholesterol, so it shouldn't be consumed in large amount.s.

Caviar - sturgeon roe - is very expensive but is still high in fat. Typically, fish roe contain about 90 calories per 100-gram serving and are a rich source of protein.

there are likely to be only vry small servings in the average sushi. Because it is high in the purines that tripper gout, sufferers should avoid caviar.

The English Plural

Box plural is boxes, but ox becomes oxen, not oxes.

One fowl is a goose, but two are geese...moose then should be meese.

A lone mouse becomes mice when there's more than one...yet a house in plural is houses, not hice.

Man becomes men in plural, but pan is not called pen.

If my foot is feet...sould a boot become beet?

If one is a tooth and whole set is teeth, should a plural of booth be called beeth?

Then one may be that and there would be those.

Yet hat in plural would never be hose...And the plural for cat is cats, not cose.

Let's face it...English is a crazy language. There is no egg in eggplant, neither apple nor pine in pineapple.

And why is it writers write, but fingers don't fing?...oh well...that's our language...English!

Grandma's Hands

Grandma, some ninety plus years, sat feebly on the patio bench...She didn't move, just sat with her head down staring at her hands.

When I sat down beside her she didn't acknowledge my presence and the longer I sat I wondered if she was OK.

Finally, not really wanting to disturb her but wanting to check on her at the same time, I asked her if she was OK. She raised her head and looked at me and smiled, "Yes, I'm fine, thank you for asking" she said in a clear voice strong...

"I didn't mean to disturb you, grandma, but you were just sitting here staring at your hands and I wanted to make sure you were OK," I explained to her.

"Have you ever looked at your hands?" she asked. "I mean really looked at your hands?"

I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands as I tried to figure out the point she was making.

Grandma smiled and related this story:

"Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled, shriveled and weak have been the tools I have used all my life to reach out and grab and embrace life...

"They braced and caught my fall when as a toddler I crashed upon the floor...

They put food in my mouth and clothes on my back. As a child, my mother taught me to fold them in prayer. They tied my shoes and pulled on my boots. They held my husband and wiped my tears when he went off to war.

"they have been dirty, scraped and raw, swollen and bent. They were uneasy and clumsy when I tried to hold my newborn son. Decorated with my wedding hand they showed the world that I was married and loved someone special.

"They wrote my letters to him and trembled and shook when I buried my parents and spouse.

"They have held my children and grandchildren, consoled neighbors, and shook in fists of anger when I didn't understand.

"They have covered my face, combed my hair, and washed and cleansed the rest of my body. They have been sticky and wet, bent and broken, dried and raw. And to this day when not much of anything else of me works real well, these hands hold me up, lay me down, and again continue to fold in prayer.

"These hands are the mark of where I've been and the ruggedness of life.

"But most importantly it will be these hands that God will reach out and take when he leads me home. And with my hands He will lift me to His side and there I will use these hands to touch the face of God."

I will never look at my hands the same again. But I remember God reached out and took my grandma's hands and led her home. When my hands are hurt or sore or when I stroke the face of my children and husband I think of grandma...I know she has been stroked and caressed and held by the hands of God.

I, too, want to touch the face of God and feel His hands upon my face.

Smell the Roses Now

Experiences shouldn't be pre-recorded to be "aired" later in life. I've watched people at Yellowstone so bent on collecting "records" to enjoy later that they missed its beauty.

They were so busy shooting pictures, buying souvenirs, T-shirts and maps that they never took a minute to soak up the beauty.

We can't prerecord our life to replay, because at the replay we're only spectators.

The joy comes from participating. Preoccupation with preservation doesn't heighten an experience; it diminishes it.

Donna Aslett

A Survivor's Story

Minamisanriku resident recalls harrowing ride upon tsunami waters.

On the afternoon of March 11, 2011, 73 years old Kuniko Suzuki was inside her home folding laundry and talking with her neighbors, Nobuko Kasuya and Megumi Chiba, who stopped by to visit.

At 2:46 p.m., the house began to shake when a magnitude 9.0 earthquake jolted the Tohoku region of northeastern Japan, knocking out power and causing major damage to roads, buildings, and infrastructure. She went outside to check to see if her grandchildren were coming home.

Soon after, the tsunami warning sounded and she was conflicted with what she should do. Wait for her grandchildren or evacuate to higher ground? She decided to evacuate because the week before they had a smaller earthquake and she remembered that the teachers kept the students at the school. She had faith that the school would take care of her grandchildren.

She called inside to Kasuya and Chiba, who were busy cleaning a doll case that had fallen off the shelf. She told them "There's no time for cleaning. A tsunami is coming. Let's get out of here." Because of arthritis in her leg, Suzuki didn't get around easily, so she couldn't take the shortcut and had to go the long way.

There are several videos on You-tube taken from an evacuation area on a hillside above the small town of Minamisanriku. You can see entire homes floating and a cloud of dust filling the sky as the tsunami demolishes everything in its path. At one point, you can see Suzuki and other residents emerge from between the houses as the floodwaters approach.

"I heard crazy noises from behind while I was running. I didn't turn around." she recalls.

In one 'video, she says she can hear her daughter-in-law screaming, "Mother, run!" In another, you can see the tsunami waters rush in behind her, and then she disappears out of frame. What happened next only she can describe:

"The wave was very big and the wave scooped me up. The waves came from both sides and crossed and made a big, tall wave. I was riding on it."

Despite being swept up by the floodwaters, she said she wasn't scared and remained pretty calm. "I can swim very well," she said. "the force of the tsunami was very strong. It happened so fast. I rode the wave when the wave hit this area."

She points to a pile of debris 50 yards away with her cane. "It just happened in a second. Then the roof came down."

The roof she spoke of was floating in the floodwaters and became her life raft as it came underneath her, scooped her up and carried her to an embankment, 50 yards from where we were standing during the interview. That is where a firefighter plucked her off the roof to safety.

In the rolling sea of debris, it's a miracle she wasn't hurt. Not a scratch. The only blemish on her was a bruise on her arm where the firefighter grabbed her.

After she was rescued, she said, she sat down on the steps that lead up to Shizugawa High School, which currently serves as an evacuation center where she and her husband had lived for four months. She remembers looking out at the water and seeing houses "drifting like the leaves in the water...like bamboo leaf ships."

Her life now is like those houses, drifting, with no final destination in sight. "I am wondering what is going to happen from now. You can't build the houses where the tsunami hit. so we don't have the land, and no aid from the government. I am very worried about my future. There is no plan from the local government."

But she remains optimistic about the future. "Even though I am living in a mountain of debris, I have a strong spirit to go through this. I have to do something. I have to live. I don't want to die like this. If there is a chance, I would like to build a house again."

For now, she is just grateful that all of her family members are safe. building a new house will have to wait while the government comes up with a plan for rebuilding the town of Minamisanriku.

But they are a step closer now. She and her husband won the lottery -- the temporary housing lottery. Last month, they moved into a two-bedroom temporary housing unit along with five other family members. "It's small, and it's not like our own house, but it's far better than staying at the emergency shelter."

A Special Request
From Ets Ichikawa Osaki

I received a request from Ets to have her 8th grade Federal Elementary School in Crystal City friends' present address...so if any of you know their present name (married) and address and if possible their telephone numbers, please contact her or the Chatter. We would greatly appreciate your assistance.

Addresses and telephone number:

1. Sachiko Imamura
2. Janet Inouye
3. Nancy Ishikawa
4. Rosemarie Hohenreiner
5. Siegrid Richter

Telephone numbers only:

1. Yoshiko Hori
2. Sachiko Fukushima Nino
3. Dale Ikeuye
4. Hiroshi Marui
5. Kazuma Nakata
6. Maureen Umeki

So if you know the above information for those listed, please send it to Ets Osaki

Portland, OR 97230

Thank you very much.... really appreciate your help.

If any of you readers want information from another CC friend, I will be glad to put it in this newsletter...this is your newsletter too, you know so send in whatever information you want...

Crystal City Camp Story
by Sat Ichikawa...still available.

There are still the booklet about our camp available which Sat wrote and illustrated, so if any of you would still like to have a copy, or would like to donate it to school library or any library (to educate the many, many people about our being incarcerated during World War II) Ets said she still have some so it is still \$7.00 a copy...please call or write to Ets at Portland, OR 97230, phone #: Culver City, CA or to her sister Noriko Kurashige at 90230, phone # Thank you!!!

Job Search

1. My first job was working in an orange juice factory, but got canned. Couldn't concentrate.
2. Then I worked in the woods as a lumberjack but just couldn't hack it, so they gave me the ax.
3. After that, I tried to be a tailor, but wasn't suited for it, mainly because it was a sew-sew job.
4. Next, I tried working in a muffler factory but that was too exhausting.
5. Then, I tried to be a chef. figured it would add a little spice to my life, but just didn't have the thyme.
6. Next, I attempted to be a deli worker, but anyway I sliced it, couldn't cut the mustard.
7. My best job was a musician, but eventually found I wasn't noteworthy.
8. I studied a long time to become a doctor, but I didn't have any patience.
9. Next work was a job in a shoe factory. Tried hard but just didn't fit in.
10. I became a professional fisherman but discovered I couldn't live on my net income.
11. Managed to get a good job working for a pool maintenance company but the work was too draining
12. So then I got a job in a workout center, but they said I wasn't fit for the job.
13. After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it.
14. My last job was working at Starbucks but had to quit because it was the same old grind.
15. So I tried retirement and found I'm perfect for the job.

To look back all the time is boring...Excitement lies in tomorrow.

It now costs more to amuse a child than it once did to educate his father.

There is no such thing as a non-working mother.

Driving in the Rain This may save your life

Good Vision in a Downpour

How to achieve good vision while driving during a heavy downpour. We are not sure why it is so effective; just try this method when it rains heavily. This method was told by a Police friend who had experienced and confirmed it. It is useful...even driving at night.

Most of the motorists would turn on HIGH or FASTEST SPEED of the wipers during heavy downpour, yet the visibility in front of the windshield is still bad....in event you face such a situation, just try your SUN GLASSES (any model will do), and miracle! All of a sudden, your visibility in front of your windshield is perfectly clear, as if there is no rain.

Make sure you always have a pair of SUN GLASSES in your car, as you are not only helping yourself to drive safely with good vision, but also might save your friend's life by giving him this idea.

Try it yourself and share it with your friends! Amazing, you still see the drops on the windshield, but not the sheet of rain falling.

You can see where the rain bounces off the road. It works to eliminate the "blindness" from passing semi's spraying you too.

Or the "kickup" if you are following a semi or car in the rain. They ought to teach that little tip in driver's training. It really does work...

The next warning is a good one! I wonder how many people know about this.

A 36 year old female had an accident several weeks ago and totaled her car. A resident of Kilgore, Texas. She was traveling between Gladewater and Kilgore. It was raining, though not excessively, when her car suddenly began to hydro-plane and literally flew through the air. She was not seriously injured but very stunned at the sudden occurrence!

When she explained to the highway patrolman what had happened he told her something that every driver should know -

NEVER DRIVE IN THE RAIN WITH YOUR CRUISE CONTROL ON.

She thought she was being cautious by setting the cruise control and maintaining a safe consistent speed in the rain. But the highway patrolman told her that if the cruise control is on when your car begins to hydro-plane and your tires lose contact with the pavement, your car will accelerate to a higher rate of speed making you take off like an airplane. She told the patrolman that was exactly what had occurred.

The patrolman said this warning should be listed, on the driver's seat sun-visor...**NEVER USE THE CRUISE CONTROL WHEN THE PAVEMENT IS WET OR ICY**, along with the airbag warning. We tell our teenagers to set the cruise control and drive a safe speed - but we don't tell them to use the cruise control only when the pavement is dry.

The only person the accident victim found, who knew this (besides the patrolman), was a man who had a similar accident, totaled his car and sustained severe injuries.

NOTE: Some vehicles (likie the Toyota Sienna Limited XLE) will not allow you to set the cruise control when the windshield wipers are on. You might save a life with this information. Let your friends know!

Failures...but Not Quite

He broke into football as a high school coach. He got his first collegiate head coaching job at Stanford in 1977, where he directed the Cardinals to a 17-7 record and captured wins in the Bluebonnet and Sun Bowls during his two-year tenure.

He wanted to coach in the National Football League, and he was interviewed and rejected by the Bengals, Jets and Rams. The experts had labeled him as a "good technician, not a head coach."

He got his first job as a head coach in the pros in 1979 when the San Francisco 49ers named him head coach and general manager. He took over a losing San Francisco 49ers team and built it into the most successful NFL franchises over the last two decades.

Bill Walsh later became one of only 14 coaches in the history of professional football to be elected to the Hall of Fame.

Holidays, Holidays

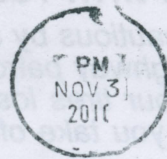
So our summer was over...and fortunately we avoided those hot hot days this summer...labor day and all the freeways are full of automobiles going or coming from up North, down South...busy busy freeways...and many people vacationed wherever they went...many, I understand to Las Vegas, San Francisco, San Diego...and I know better than to be on the many highways and byways during this time...then I found out shortly after Labor Day, it was Martin Luther King Day...and many parades, ceremonies all over this country...but they couldn't dedicate the stone figure of MLK that day due to severe rain in Washington D.C...it was postponed for later date...then somewhere along the way, Halloween was here...oh my, Halloween stores all over the many cities selling the many gory costumes and masks...with all the orange pumpkins growing in Camarillo...(I always wonder what they do with so many left overs...there's so many still left on the farmlands...so it is now November and soon we will be having turkey day...yup, Thanksgiving with stuffing, mashed potatoes, of course rice for us "Nihonjins"...cranberries and pumpkin pie...and so many of us stuff ourselves like the turkey it self...ahhh then Christmas with all its lights and festivities...New Year with all the "Okasane", all the many delicious food we grew up with (I no longer cook them all...it's so much more convenient to purchase it at Marukai, Nijiya, etc.)...but of course we have to have the "Okasane" with the tangerine on the alter...then the New Year comes around and many may celebrate it, however, I just watch the TV from the comfort of my bed to watch the many fireworks around the world...ahhhh, then comes the Chinese New Year...this time it's the **Year of the Dragon**. (My year)...so it will be probably time to eat again at a Chinese restaurant and enjoy it!!!

However...there's one that will be for many of you in and around L.A...our annual "**Shinnenkai**" luncheon. This year Toni found a restaurant in Gardena that she said has delicious Japanese food and the owner/cook is going to close the restaurant for us...it will be on Sunday, January 22, 2012 at 11:30 a.m.

Cherrystone Restaurant
15501 S. Vermont Ave.
Gardena, CA.
(310) 329-8200

Please call Toni at [redacted] Tomo at [redacted] or me at [redacted] Lets all get together and enjoy our annual fellowship!!!

sumi shimatsu
Crystal City Chatter
 [redacted]
Camarillo, CA 93010



Satomi Koga Ishida
 [redacted]
 San Francisco, CA 94116

