

August is coming...Picnic is coming...and the dinner is coming...FAST! We're down to the wire now and must have everyone's HELP! We are requesting donation for the picnic... \$25.00 per person for the dinner...and donation to offset the expenses for these newsletters...and we are asking you for the HELP! The picnic expenses thus far is:

- Use of the park: \$500.00
- Rental of P.A. System: 50.00
- Entertainment...Band 350.00
- Food...Catered...per person 11.00
- Soft drinks provided:
- Prizes for games:
- Raffles:

We also will request \$25.00 per person for the dinner at the Radisson Hotel on Saturday night August 25th...we will have prime rib for dinner.

Sending out these newsletter...about 450 each time...the stamps, the copying service, envelopes, papers, etc....it adds up each time, so ONEGAI SHIMASU...please help us offset the expense. THANKS A MILLION!

Enclosed you will find a self-addressed envelope for the donation...please write in on slip below, how much for the picnic (if you are attending)... how much for the dinner... (to those coming)...and how much for the newsletter...it will help Sid Okazaki with the bookkeeping part of it...

On June 18, 1990, Monday night, 7:00 p.m., we had a Crystal City Association meeting at the Sugar Bowl Coffee Shop in Lil Tokyo. It was a great turnout...we had Sei Dyo, Sid Okazaki, Sachi Maehara, Ted & Tomo Mizukami, Yosh & Akemi Yasuda, Sam & Dottie Hatanaka, Tom & Reiko Ikemiya, Skip & Yone Takeuchi, Ty & Fumi Nakamura, Meg Yoshimura, H.O. & Kazie Okamura, Sho Kurakane, Bob Oda, Stogie & Massie Kanogawa, Sid & Yukie Okazaki, and yours truly. I'm always so impressed by the unity of the C.C. people...inspite of it being a busy weeknight, everyone came and supported this coming dinner and picnic. Our chairman Sei Dyo discussed the coming events and Stogie was able to get the Radisson Hotel Restaurant to serve Prime Rib dinner for the dinner night. We will have the lunch catered, which will be taken care of by Tom Ikemiya. The cold drinks will be furnished by the Crystal City Association, Yosh Yasuda in charge...however, if anyone wants to have beer, they are welcome to bring their own. It will not be furnished at the picnic. There will be a group who will entertain us...the band that furnished music at our last picnic... The games will be taken care of by Sid Okazaki, Takashi and Kenji Takeuchi.

At the last picnic, many have regretted that we ended the "Tanko Bushi" ondo too early...that there were others ready to join in, only to have the ondo end, therefore, this year, we hope to have few dances besides the "Tanko Bushi"...one of them is the new era, "Heisei" ondo...or is it "Kangeki" ondo? Tomo Mizukami knows and will be teaching those who are interested in learning this ondo two Mondays in August...August 6th, at Haj & Yuki Nonoguchi's home (or back yard, if there are many) from 7:30 p.m...please call them if you will be going [redacted]...On August 13th, at Ted & Tomo Mizukami's home, please call her by July 29th, 1990... [redacted]...thank you.

Incidentally, I mentioned in one of the newsletter about those interested in going to Crystal City... well, I never got any response except the very few of us, and I had a travel agent look into the possibility of flying into San Antonio, bus into C.C. stay for short time...bus back to San Antonio... stay short while for sight-seeing San Antonio... fly into El Paso...bus into Carlsbad, N.M. to see the famous Carlsbad Cavern...then bus back, return to L.A.X...however, with no response, no numbers, we were stymied so I cancelled the plans for this year. Another person showed interest in driving by R.V. in small group to C.C. next year...and just enjoying the time together...driving through either with shared driving, or getting chartered bus if there's many...if there's no interest...I will drop the whole subject.

At the meeting, it was mentioned that the next big reunion be held up north somewhere...Monterey, San Francisco, etc...and we really would like the C.C. people up there to be able to get together to plan this...we down here in the southland will help you from this end. Will anyone contact us on this subject...there's enough people in San Jose, San Francisco, Monterey, Sacramento, other bay area people...and though spread out, it can be done...I myself live one hour away from L.A... and somehow can make it to the meeting once in a while. Often time, it's by phone...and thank goodness for G.T.E. and Pacific Bell, we can get together this way...we really would appreciate it! It'd be fun to see the lovely Monterey, the many places in San Francisco, etc...etc...and of course meeting all the people again...enjoying time all together...there was a mention also that the Peru ex-internees may want to get together with us on our next reunion...I understand that they have a big get-togethers. I do know that some of the Hawaii friends would like to come for the next one too, so we welcome ideas, assistance, etc.

We still have time for those of you who would like to attend our dinner...picnic...please don't hesitate...WE WELCOME YOU ALL...Just let us know how many for the dinner, and for the picnic...COME!!!

D O N A T I O N

FOR PICNIC \$ _____
 FOR DINNER \$ _____
 FOR C.C. CHATTER \$ 25. -

FROM: NAME: Satomi Koga Ishida
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CONGRATULATIONS TO THE PERUVIAN PRESIDENT...

ALBERTO FUJIMORI...it's a great victory...and I wish him lots of luck...I understand that Peru is in shambles...high inflation, no electricity after 5 p.m., earthquake damage...it will be a tremendous job to carry out.

Lately, there's been so many people I know that are seriously ill, I've been running around trying to bolster up sagging, depressed spirits...it's natural to feel "down" and want a "miracle" to happen...since I'm in the service of health...(chiropractic) I've met many people who have had cancer, scleroderma, heart problems, high blood pressure, M.S., etc...and many fought hard to overcome these illnesses. The one thing that I found in common in these "heroic" people were strong faith...strong will to live...and some just did not accept the doctor's prognosis...they beat the odds and became healthy.

One of the most wonderful books that I feel EVERYONE should read...not just for themselves but to strengthen their friends or family when "tragedy" occurs...is "LOVE, MEDICINE & MIRACLES" by Bernie Siegel, M.D. He is a surgeon-author who has inspired many people with his experiences with cancer patients...stories of "exceptional patients"...he noticed that certain terminally ill cancer patients not only beat the odds but went on to LIVE happy, healthy lives. As a result, he set up a support group called "Exceptional Cancer Patients", which continues to this day.

There has been controversy to his method of helping his patients, (as usual)...they say that he gives false hope to the dying...or that his philosophy increase feelings of failure in patients who don't improve, however much they try to better their attitude... It's very hard to understand the reason why some people come through the most disastrous conditions while others may succumb to a lesser condition...I still do not understand how this works...and I have been searching for many, many years...however, that IT works for some...even with the "blackest prognosis" gives HOPE even if it's the slimmest, and that little glimmer of hope means a great deal to many people.

Dr. Seigel has written another book since the first one...I had just begun to read it when I left both books with a family to read. He was asked why he thought women lived longer than men...his answer was, "There are physical factors but more than anything it has to do with emotional factors. Women are willing to deal with their feelings, and they keep finding new reasons NOT TO DIE. It may be for her husband...children...etc.

The one message Dr. Siegle would like to convey through his writing and teaching is, "I'm teaching people not only how NOT to feel guilty, but how to be heroic to confront mortality to take on a challenge, to become winners, to do something with life they had never done with it before.

I tell patients, 'It's okay to feel lousy. It's all right if you can't control every side effect. Everybody dies someday.' Part of why I wrote another book was to say: 'The message is to HEAL YOUR LIFE. NOT CURE YOUR DISEASE.'

I really do hope you pick up this book...even if no one you know is ill or has any "crisis" in their lives...I really think it's great!!! I've learned to live my life one day at a time...life is very precious, and should be handled with much care and love.

There are many wonderful books out there today to relay messages of hope...strength...faith...

Since working with the dedicated Crystal City people on the picnic and dinner...the meetings... this newsletter, I found that all these people shared love and dedication for those whom they were in camp with...each meetings that I have gone to, the turn out is really great! Everyone is there to give of themselves...a total dedication...and it really is wonderful.

I'm impressed greatly by everyone's help...and many are wives or husbands of those who were in Crystal City...and they help shoulder the responsibilities..I thank each and everyone of you for the effort and HELP through the years. I know now how much time and work it takes to put together a successful get-together.

I know that I have heard from several of you out there that "you don't know many people" so you don't feel comfortable in coming to picnics and dinners...

Well, let me tell you, I really didn't KNOW that many people in camp either...it may seem like I did since I'm "active" or seem to know several people and am seen talking to or laughing with those I meet at the gatherings...well, since the camp days...each dinners, banquets, picnics and the reunion, I have "MET" and enjoyed many more people...I did not KNOW them in camp...I saw many of you but did not get to know you until many, many years later...of late, more recently, since opening up myself...now that I'm in the working capacity of this Crystal City Association, I know more people, have had a chance to enjoy them more now...so PLEASE DON'T HOLD BACK ON JOINING IN ON THIS PICNIC AND DINNER...let's get to know you now...this picnic offers so much...my children and their families come for the wonderful time they have all together...every one of my six children come for this occasion...they come with their children to run the races...the games they are able to enter and come back with those great gifts...my little grandchildren still talk about the prizes they won...and after the races, the "gang" were out there playing football and just having one great time! They have all planned their vacation-time to come here for THE picnic...from up north in Castro Valley, to down south in Mission Viejo...and all around here and there. There are a lot of the group that's just waiting for this picnic...so bring your family...include your grandchildren...make it not only a Crystal City occasion...MAKE IT YOUR FAMILY OCCASION...

I know many of the Crystal City families look forward to this too! So...Please join us and enjoy a day full of good food, good entertainment, good games, lots of raffles...and good friendship! I look forward in being able to see many of you in August! Get to know us...don't enryo, please.

Each time we send out this newsletter, there has been several returned because of new address and they were not sent forward...please let us know your new address if you would like to continue to receive Crystal City Chatter...and you know, I really would appreciate any article, any news that I could put into this paper...it does make it nice that you make it "your" paper as well...the paper is awful white and blank when I start out...and I do hope that somehow, it's informative, somewhat enjoyable, and keeps us "together" where ever you are.

Do take care...ENJOY...have a great summer time... vacation cruise or trips...and for many of you who retired or are retiring...RELAX...and make your life wonderful and have fun!

The maps to both the dinner at Radisson Hotel in Los Angeles, August 25th, and the picnic at the El Dorado East Regional Park in Long Beach... will be sent to you couple of weeks before the dinner and picnic...so don't worry, we will get you there...last minute message included...bye...