



From the President's Corner, Cont'd.

encouraged her brother to come to the museum. Dorene Kenmotsu-Tsukida of Camarillo told us about a couple, Mollie and Phil Pressler in Lordsburg, NM and plans to build a museum and their interest in gathering information about the Lordsburg detention camp. Mrs. Nishi, 92 years young, who came from San Diego with her daughter who was busy taking notes as her mother recalled her memories of Crystal City. Mr. Masaru Okamoto, an Issei, was there. He's tops on our list to get an oral history interview as he was in the detention camps.

Thanks to all the C.C. friends who came and gave us moral support on a hot day in a room with no air conditioning! Tomi Matoba Tanaka of Sacramento in L.A. for VFW reunion stopped by to say "hello". Also seen were the Okamuras (HO, Kazie and Linda)--Okazakis (Sid, Yukie and Julie)--Yae Aihara, Goro and Yone Takeuchi, (Thanks to Skip and Yone who volunteered storage space for our displays, including the monument marker, from the Family Expo), Itsu McDonald, Sumi Yamaguchi, Tomo Mizukami and Akemi Yasuda (Thanks for setting up and putting away the refreshments), Charles McCollister. (If I forgot anyone, please excuse the oversight.

Saturday, February 25. LA downtown temperature: 69 degrees

Only in LA could we have the extremes in the temperature within a week's span of time. Approximately 40 persons were in attendance to hear about "Crystal City: Past and Present" presented by Jose Angel Gutierrez, Director of Center for Mexican American Studies, University of Texas at Arlington and Alan Taniguchi, Architect from Austin, Texas.

Mr. Gutierrez shared growing up as the son of a Mexican doctor and how his "world turned upside down" when his father died and he became a "migrant" lumped along with all the other Mexican Americans living across the tracks. The Crystal City camp area was a migrant farm labor camp before WWII. After the camp was closed in 1947, it was turned into a segregated "Mexican school" until the La Raza Unida Party boycott of the 1960s challenged and forced an end to such segregated facilities. Jose Angel, then a student activist and one of the founders of the La Raza Unida Party, recalled that he had participated in 38 school walkouts with no positive results; number 39,

the Crystal City walkout was successful. (Note: Back in 1973, when Jose Angel was a Judge and the President of the Crystal City Independent School Board District, he originated the idea of the Crystal City Camp historical marker.)

Alan Taniguchi was approached to design new schools on the former camp site by Mr. Gutierrez. Alan shared his experiences after the war; returning to California for a short time and finally relocating back to Texas for college and his career in architecture with offices in Austin.

Crystal City now has a brand new high school with a stadium and a new Airport junior high school. A maintenance shed now stands in the area of the swimming pool we used to enjoy on those hot, summer days. Part of the camp labeled as the airport and garbage area on the old maps is now condemned by the EPA due to the high levels of toxic waste dumped there. Seems as though few remnants of the camp remain today.

Seen among audience on the 25th were Haj and Yuki Nonoguchi, Sachi Maehara, Yae Aihara, Haru Kuromiya, Midori Fujii, Toshi and Jim Nakagawa, Sumi Yamaguchi, and Sid Okazaki.

Toni Takeuchi Tomita.

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Thank you Toni...I know many people wondered how our C.C. remembrance day was...I can assure you, our group is so supportive, so together...there is no way that any display, talks, etc. is not a GREAT SUCCESS...I mean, when you have all of our friends come...the two Isseis come distance and care enough to join in and share this very traumatic time with us...it is GREAT! For both Elfriede Bebb from Fresno and her brother, Otto Strassberger to join in with us, I was just overjoyed...it was a wonderful, warm reunion for us.

Elfriede just wrote me a letter: 2-24-95

Dear Sumi,

Although we've only recently met, you made my brother and I feel so welcome at the Feb. 18th meeting in Los Angeles.

The experience proved to be both memorable and emotional.

I'm so hoping we'll be able to make contact with more of the German internees and families.

The 50th Anniversary album of Crystal City is a beautiful tribute and a work reflecting the efforts of many.

My brother too was impressed and moved. It also makes me want to visit San Antonio and the Crystal City site, one of these days.

Please add me to your list for "Crystal City Chatter". If I can help in any way, feel free to contact me. Sincerely, Elfriede S-Bebb

THE VI PERUKAI REUNION

Dear Amigos:

Lima, January'95

FELIZ ANO NUEVO Saludos from PERUKAI - LIMA

Here we are announcing our VI PERUKAI REUNION in Lima - Peru postponed from 3 years ago. It will be held this year on July 15th and 16th at the Lima Sheraton Hotel and Casino a week after the Panamerican Nikkei Convention COPANI.

As you know 1995 is the 50th Anniversary of the end of World War II, a special meaning to us, the camp people.

Please come to this land where you were born or you have lived long time ago, together with your family.

Let's get together: the PERUKAI members of JAPAN, U.S.A. and PERU and let's make this an enjoyable and memorable event.

Place: LIMA, PERU  
 Date: Saturday, July 15, 1995  
       Sunday " 16, "  
 Hotel: LIMA SHERATON HOTEL AND CASINO  
       Single room: \$100.00  
       Double " : 110.00  
 Reunion Activities: Covers Dinner Banquet, Lunch, Activities  
 Cost: \$100.00/person

Details of the program will be forthcoming such as: register forms, tours; visit to Palacio de Gobierno, Centro Cultural Peruano Japonés, Estadio La Union, Museo Amano, optional tours to Cuzco and Nazcao.

Looking forward to seeing you in our VI Reunion. Best Regards,

Augusto Kague  
Yuriko Tanaka (Mishima)

P.S. Our contact person in U.S.A. is Mrs. Libia Yamamoto (Maoki). If you have any questions, please call her at [redacted]

.....  
This is an opportunity for many of you to visit Peru and see fascinating country...it would be so nice for many of you to be able to join in with our friends, and enjoy the reunion...Some of you have expressed interest so contact Libia in Richmond, California...  
.....

May 6 - 7 SPRING FESTIVAL sponsored by the Japanese American National Museum. First Street will be blocked off and booths will be set up in the middle of the street for the public to participate in various cultural arts and crafts, some related to camp activities.

The museum is requesting help from former internees to volunteer to answer questions about their camp experiences beside the "America's Concentration Camps" exhibit in the museum. The staff and regular volunteers at the museum will be busy with the other activities planned for this weekend.

Your response to our help for the November Family Expo was truly overwhelming and greatly appreciated. Once more, we are asking if you can spare a few hours and come down to the museum to share the Crystal City experience. We have scheduled two hour shifts from 10 am to 5:30 pm for the two day event. Since the area around our exhibit is narrow, we are asking for two volunteers (maximum) per time period. Please call Ruby Sakurai (310) 323-3069 and let her know which day and time you will be able to help. "Dozo tanomimasu" -- and thanks for your support and assistance!  
Toni Takeuchi Tomita

.....  
I do hope that all of you out there can come out to assist us...you know that I would be there with bells on but unfortunately, I will be out of the country...I'm going to a workshop in China to learn Qigong for two weeks and hope to share what knowledge I pick up...it will be quite an intensive course morning, noon, night...every day...and I'm really looking forward to this opportunity...so PLEASE...COME AND HELP THE C.C. BOOTH...AND LET'S INFORM & EDUCATE!!!

LETTERS TO THE EDITOR:

January 30, 1995

**CITY of CRYSTAL CITY**

"SPINACH CAPITAL OF THE WORLD"

101 East Dimmit Street

Crystal City, Texas 78839-3577

Dear Sumi,

Please excuse me for calling you by your first name, but it seems as if I've known you for a long time, even though we've only corresponded with each other a couple of times. If you would prefer, I can address you by your last name. You may call me Miguel or Mike if you would like.

I hope that the trip that you're planning to Crystal City becomes a reality. We would be pleased to have you visit our city, after such a long absence.

We have two small motels in the city, not the best, but you are welcome to stay. We also have another motel in Carrizo Springs, 11 miles from Crystal City, so as far as accommodations, you would not have to worry.

Crystal City holds its Spinach Festival on the second weekend of November every year. It attracts persons from all over the United States and Mexico, and is considered to be one of the largest festivals in the area. The Festival would fall on November 10, 11, and 12 this year.

The spinach crops begin to be ready towards the end of November, since they require cool weather.

If you could change your trip to coincide with the Festival, I am sure you would enjoy it, and we would be glad to have you as honored residents.

Please inform me of the dates, number of rooms required and any other information in order that I may make the necessary arrangements for your visit.

The City of Crystal City welcomes you with open arms.

Sincerely,

Miguel A. Delgado

Dear Miguel,

Everyone knows me as Sumi...so do call me by this name...I thank you for your invitation to the Spinach Festival...and to Crystal City with warm welcome!

There has been interest, even from Hawaii when we do this nostalgic visit back to Crystal City, however, presently, the timing...seems hard to come to any decision. I thought at the time some of us discussed this, September would have been nice, however, to have it at the same time as the Festival sounds even better...but this coincides with something I must attend this year so it will be impossible for myself to go...

We will be having our meeting April 1st, so I will bring this up to their attention at that time. I do believe it would be great when we can enjoy your Festival...that statue is the only thing many of us remember when we went to Crystal City Camp...it was for a very little moment, but many of us wondered why there was Popeye statue there.

I will write you as soon as we get some feedback from the members...

Thank you very much...as you can see, I used the envelope as the letterhead.

Very sincerely yours... Sumi

To all of you readers...if any of you are interested...PLEASE CONTACT THE CHATTER...WE NEED YOUR INPUT...LET'S PUT THIS INTO ACTION...IF NOT THIS YEAR, DEFINITELY, NEXT YEAR!!!!...I FOR ONE AM GOING...WITH ANYONE ELSE INTERESTED...So Miguel, I will be coming...not this year but probably next year...so see you then! WRITE...CALL...LET ME KNOW Y'ALL... (Cont'd on page 9)

"CRYSTAL CITY REMEMBERS"

Presentation 2-18-95 Sumi

Before I begin this presentation, the tape that I cut down from 2 hours of the Panel Discussion in Monterey 50th Anniversary Reunion, with Joy Nozaki, Ella Tomita, Grace Shimizu and Eloy Maoki to 40 minutes was such poor quality that the people gathered there could not hear the video tape, therefore, I "winged it".

I gave the background of the arrests, Joy's presentation of Munson Report (shortened), Ella's story of the Hawaii group and their arrests, Sand Island experience, and the journey to USA, Eloy's account of the Peru group who endured so much pain and sufferings, their state of "Illegal Alien" status when they were "kidnapped" from Peru...the reason why they (US government) needed them for POW exchange, etc...along with Grace Shimizu's continued fight for the many Peru internees today...so now I will continue with the presentation about facts even the C.C. people did not know about: The arrests of our fathers AND OF MOTHERS...30 WOMEN!

"At this time, I'd like to talk about some unknown facts that occurred...it was a time of chaos and hysteria...no one knew what was going to happen to them, their families, where they were being sent to, what to do with all their belongings...as you know, we could only take what we could carry to the assembly centers and relocation centers. Many of us could not store our furniture, etc. in storages for no one knew how long or what the future held for us at all.

We know that the men were taken to Missoula MT, Bismarck ND, Fort Livingston LA, Fort Sill OK, Santa Fe NM, and Lordsburg NM...but what of the women and WHO WERE THEY? Most people now know the men (our fathers) were arrested...but very little know of the women who were arrested.

THERE WERE 30 WOMEN WHO WERE ARRESTED. All were housewives. Most were arrested around January of 1942. I know of seven who were arrested. This is their stories:

Mrs. Mori...you in C.C. knew her and her husband Dr. Mori in camp...they were both physicians there at the camp hospital. She was arrested in Honolulu...according to Ella Tomita, she was contacted by Yomiura Shimbun in Japan four days before Pearl Harbor...(Dr. Mori was arrested and was considered spy...he underwent severe interrogation and solitude confinement)...and was sent to the mainland detention camp, later joined with her husband in Crystal City.

Mrs. Furuzawa...known as "Gunkan Mama"...or "Navy mom" because she and her husband Dr. Furuzawa entertained many of the navy men, when the ships came in San Pedro. Both Dr. and Mrs. Furuzawa were in Crystal City. Their home was a Weller Street Hotel where New Otani Hotel is standing today. There was always a peanut-popcorn vender in front of their hotel...and later, it was known that these venders were FBI men posted there to take down people entering and exiting from their home.

Mrs. Fujii, wife of Rev. Fujii of Tenrikyo Church, who was arrested and although Rev. Fujii was also to be arrested, because he insisted that their 3 years old son accompany him to the detention camp...and refused to part with his son, they sent him to Manzanar but took his wife to Terminal Island, then to Seagoville International Women's Prison in Texas.

Mrs. Hamano...she was the first woman to be arrested and was the only Japanese woman in Terminal Island...somehow, the other women were not yet arrested and taken into this immigration center. The tragedy of this situation was heard all over Lil Tokyo and beyond. She hung herself with her silk stocking and committed suicide...Bishop Yamashita surmises that being all alone and so fearful of what may take place probably caused her to take her life. She was Umeya Senbei's owner...mother of two sons 19 and 21. Later, other women were taken to Terminal I.

Mrs. Kawa...mother of Taro and Ken Kawa of Embun Market...As I recall, Ken told me that he lost his father when he was 14 years old, so he empathized with my youngest son Luke when my husband died...Luke was almost 14 at the time...Ken stated that he was 18 when his mother was arrested and he could never forgive this country for that cruel act. He showed such anger and pain as he talked about it...even after 30 years had passed.

Mrs. Uchida...wife and a professor...graduate of Japanese University in Tokyo...her husband was also a graduate of a university in Japan. They both resided in Ogden, Utah but were arrested there. They were one of the early internees to reside in Crystal City, but were released and returned to Ogden, Utah. She helped many of the people in detention camp to order from the

(Continued on page 6)

(Cont'd from page 5) "CC Remembers"

Sears and "Monkey Wards" order book...she stayed up long hours to help these people...many from Latin American countries and did not know the English language. She and her husband were one of the early C.C. internees but were released and returned to Ogden, Utah.

Mrs. Aoki...my very dear friend Yae Aoki Suyenobu's mom...a farmer's wife. This is such a painful story for me to receive...and Yae really wanted to help me so these women's story can be told and known, however, she stayed up until after 3:00 a.m. one morning, called me the next morning and told me as much as she wanted to, she could not...it was too upsetting...but I was able to get the story one sentence at a time...at Yoga and Tai Chi classes...it is very difficult to ask someone so dear to you, something that distresses her so much...with so much pain and tears in her eyes, she answered my questions...

Yae was 18 years old at the time of Pearl Harbor. Her father was taken away by the FBI men on December 7th...he was not only a master Kendo teacher, but was in the Russo-Japanese War and was decorated with the "Kinshi Kunsho", the Medal of Honor in Japan. All Kendo masters were thought to be in the "Black Dragon Society".

Yae's mother was arrested in January and taken to Terminal Island Immigration Center...she tells me that there was not a day that went by that she did not cry...later she was allowed to visit her mother, so she and her brother Shiro drove to Terminal Island and were made to sit and wait for many hours. Even the guard sympathized with them, but could do nothing about it. Eventually, she was able to see her mother for a short time before her mother was sent to Seagoville International Women's Prison in Texas.

Yae went into Poston Relocation Center with her older brother Iwao, but Shiro stayed out and worked hard at all types of hard jobs...difficult, menial labors...that was around February of 1942. Later, her mother was sent to Crystal City, and then her father joined her mother. She was then allowed to join her mother and father in Crystal City, however, Iwao did not join them.

At the end of August 1943, Mr. Aoki signed the family to repatriate to Japan on the exchange ship Gripsholm...they went to New York...all their baggages were on board (Yae had two brothers and a sister there in Japan), but somehow, they could not get on the ship...there were too many aboard to accommodate them, along with 94 others...(my family included)...so were sent to Ellis Island and stayed there 4 days and 3 nights before 21 of the 97 people who could not get on Gripsholm went to Crystal City Internment Camp, and the others were sent to Tule Lake.

This is when I met Yae, the Kanogawa family (the other Yae, Stogie and Reo), the Matsudo family, the Matsushima family and us Utsushigawa family...it was returning to Yae to C.C., but the first time for the four other families...

I'm sorry to have caused so much stress to you Yae for having to record your family, especially your mother's arrest...your blood pressure must have risen sky high each time I asked a question, but your graciousness and great love to assist me record this fact is appreciated very much and I thank you from the bottom of my heart...

Mrs. Uchida and Mrs. Aoki were sisters-in-law...

So now we know that there were women who have gone through the horrors of arrest not only with their arrest and separation from their families...can you imagine being a mother of a 3 years old and not being able to hold him, see him or watch the daily growth of a child? I for one cannot imagine such a cruel act any more than that one Peru mother who packed cans of milk for her infant, only to have it not only confiscated but to have them thrown out...the mother not being able to breast feed, tried...only to have blood come out of her nipples. What anguish...and such pain...I cannot even begin to imagine. Eloy Maoki talked of this mother with five little children..."

This was my presentation to about 60-65 people February 18th...at the JAN Museum. As Toni had mentioned, to have Mrs. Nishi come with her daughter Alice Matsumoto from San Diego...at the age of 92...she tells me that she remembers my mom from Sendai, Japan because her older sister was a friend of mom...and she went to school with my uncle...Mr. Masaru Okamoto who at 89 looks young yet. . and all of you C.C. friends who came and your support is greatly appreciated. THANK YOU VERY, VERY MUCH...

Sumi

HEALTH NOTES

Thank you all for the encouraging words...you expressed your interest in good health hints, and preventative medicine...it made me feel good to know that you are interested in doing something to keep yourself in optimum health.

Some of you have joined Tai Chi classes...and probably many of you are thinking of looking into different exercise groups.. I certainly hope so...it's easier to work out with group of people who become friends...

In the last article, I wrote about Mr. Ito who came from Seicho-No-Ie to help my husband when he was in intensive care at Japanese Hospital... well, what a small world, I then received a letter from Bill Ito, husband of Grace Kodama in Pacific Grove that Mr. Ito that I wrote about was his father...we wrote each other, and it sure was...Ito-san was a very special person, gifted with inner guidance and helped many, many people all over So. Calif. and probably other areas.

I guess we could put it in, Ripley's "Believe It or Not". We are very grateful for Ito-san who prolonged Kiyos life and for his dedication. He truly was a "man of God"... thanks Bill for letting me know.

Since taking Tai Chi and Yoga from last August, I have been able to enjoy a "miraculous", great health...For the last 4-5 years I was plagued with very irregular heart beat, and it often "ranaway"...causing fibrillation and difficulty in breathing...many times the irregular beat caused heaviness in the chest but somehow I was able to "ignor" it and worked as though it was just a nuisance...the last year was the worst...I had to pause at moments to catch my breath...but

lived with it.

Well, somewhere between 2-3 months ago, the irregular heartbeat and fibrillation disappeared. I can't remember when they stopped. I just know that I now have regular heartbeat and it feels great!

I know this is due to Yoga and Tai Chi...since taking it twice a week at 3 locations, my health has improved greatly...not only has all my muscles improved (I do work at it daily), firm, lost fat ...no "love handles", more energy and stamina, stomach slowly firming up...losing the flab I allowed to grow...and now my body does the "choosing" of what food it wants to have...

Daily, for breakfast, I HAD TO HAVE a cup or two coffee...and enjoyed at least one coke, if not more...but now it's "sayū", hot water, hot lemon water, tea, and even water...I never could drink water since there were so much difference in taste...so years and years, I could not even think of drinking water... but not only do I drink water, I enjoy it very much, which is quite a shock for my children and grandchildren...

To even see the enlarged liver reduce in size because I suffered "Toxic Hepatitis" when I had helped an elderly lady paint her bathroom with "Epoxy Enamel" and the fume enlarged my liver and spleen and I was so weak, I could hardly walk... this was about 15 years ago. I could see that the liver area is normal size now...doesn't stick out like it used to and it is not as tender as it used to be when I just touched the area...now, it's almost hard to believe that all this can happen since the first part of August, last year...but it did!

Besides Tai Chi and Yoga, I've been attending Qigong class in Santa Barbara every week and am learning this form of Tai-Chi.

Qigong is rapidly becoming the

"miraculous" healing "power" of today's medicine. It is also with the "Chi" or "Ki" energy that is built up with Tai Chi. The Western world is now "awakening" to this old Chinese method of healing.

Many Aids victims are practicing Qigong to strengthen their immune system...along with Chinese herbs and acupuncture...MS patients are doing Tai Chi and are able to walk...it is truly amazing!!!

When I "retired" over a year ago, I did not know what I was going to be doing...for I cannot "do nothing"...I love challenges and knowledge..and really love to work with people...so this "new" frontier, the ancient Chinese healing art seems to be my calling to spread the knowledge to many who are afflicted with physical disability...and restrictions!

I will be joining a group of doctors end of April to go to China to learn Qigong at their Institute of Five Clouds Mountain at Nine Streams to study. It will be a daily morning to night workshop...of course, we will have time to hike into 5 temples walk, forest of Heavenly Bamboo and the Dragon Well tea fields, etc. It all sound so musical and beautiful...it may be and it may not be but I want to be able to learn as much as I can on this two weeks time...later, I may want to go back to learn more...anyway, it will be an adventure.

Stay tuned...I'll let you know.

Meanwhile, many people seem to have "arthritis" and the joints are painful, etc. The old fashion medicine was to have a tablespoon of apple cider vinegar in one half cup of warm water in the morning (some of you may want to sweeten it with honey)...and make sure you rinse your mouth...I had pits in my upper teeth...acid on enamel...

(Cont'd on pg 8)

(Cont'd from page 7)"Health" HO had to fill them up...so be very careful about rinsing your mouth after...it's apple cider vinegar...not apple cider...some people mistakingly took apple cider and said, "it tasted good, I didn't have to sweeten it." well, no, not if it's cider.

Of course many of you who has read Edgar Cayce's book will know how two raw almonds a day will keep cancer away... probably the small amount of cyanide in it, as it was reported by one of the health column years ago...so I have my almonds...at least 2 a day but sometimes get carried away with hand full...so good.

Edgar Cayce also recommended that for painful knees other joints...apply castor oil in flannel and putting this on the affected area, and heat it so I had my patients do this by saturating a flannel material, placing plastic material so the heating pad does not get oily...results were great!

\*Remember, all these helpful hints MAY NOT WORK ON EVERY ONE but just some...so it's never fool proof that the result will be 100%.

When my mom was alive, she was taking blood thinner but I had her switch to an aspirin a day, and it was just as effective, and she said she slept more soundly every night...it was also helpful for my husband...it certainly was much cheaper than all the other blood thinner and just as effective...but remember...ALWAYS, ALWAYS ASK YOUR PHYSICIAN AND TALK IT OVER WITH THEM...THEY KNOW YOUR CONDITION!!!

The acupressure on your hand also helps...there's reflexology of the feet...also of the hands...(even facial)...take one hand, press with an

index finger or thumb (which ever is stronger)...probe around the other hand hard for painful spots...when you find one, try to "work it out" by rubbing it real hard with the finger or thumb...until the pain reduces...it will probably take more than one time.

The thumb area, under, is a very sore area...and the wrist just under the thumb...which leads to the lung area...it may help people with asthma, or weak lung...breathing problem...the outside area is also sore area...under the little finger and down to the wrist area...which is around the heart area...massage well.

The web area...between the index and thumb area is very sore...it is an area I work on all the time...it's much better now...that's lung and area around it...

When we meet in Santa Barbara to sit around and do some of the Qigong, we work on our hand reflexology, our ear reflexology and do many of the breathing exercise from our stomach area..."Dan Tien"... area between the navel and the pubic bone...in Japanese, it is breathing from the "Hara". Slow and rhythmic...you will feel energy (Chi) develop in your body...

Anyway...these are little exercises that you can do whenever you have time...I do it (the breathing) in my car as I drive...I'm constantly exercising with balance or breathing while shopping or waiting in checking line...there are many places that you can make use of those little time.

Stretching exercises are real good. Bob and Barbara Anderson's Stretching book is very beneficial...it also helps you with warm-up before many of your "games"...and warm-down exercises...I've recommended this book for all of my patients to keep their mus-

cles toned up and reduce injuries. You don't have to buy expensive exercise machines to do daily dozens...I use towels and whatever I have around the house. (Cheapskate? Nah...just knowing that what's around works just as well...why not?)(But if the exercise machine gives you the incentive to workout...hey, go for it! Some of those they make now are really great! (They make real snazzy workout clothes too!)

Meditation...contemplation...all great...it not only reduces the stress of daily world, but does reduce blood pressure, bring inner peace and slows down the metabolism...releases tensions...there's not enough words to emphasize how wonderful it is to "lose yourself in a state of complete bliss". Ask Yamashita Sokan Sensei...I'm sure he will agree with me.

Now, many of you will know about many other things that you are doing to enjoy good health and making your life healthy and good. Please share with us what you do. Maybe it's the Nishi method...or some herbs...or food...we would all like to know so share with us all, what works!

Some people cannot sleep...if you like milk, the old fashion warm milk really helps...if not, herbal relaxants as Valerien, or some are sold as "Calm" etc..and it has some herbs that's non addictive...some herbal tea is very helpful too...so check all of these...there's so many choices at health stores today.

A very good friend of mine told me that she found those "body pillow" very comforting and loves to sleep between two of them...it seems to give her the "nurturing effect" and just feels so good to curl between them...I'm sure it works for some of you fellows too...

A good pillow helps the neck area. "Makura" made of "Azuki" or the husks of barley...seems to help with the nestling of the neck comfortably...so sleep well...!!!

Letters to the Editor: Cont'd

Dear Sumi, February 14, 1995

"Happy Valentine's Day to you!! The most recent of Crystal City Chatter filled with newsworthy information was so well written. Thank you also for sharing health hints.

Perhaps by now Yae had told you I am unable to attend what promises to be very special and outstanding program featuring Crystal City this weekend. Congratulations to you, Toni and Alan Taniguchi. We flew to 4 or 5 cities, to talk to groups in behalf of JANM. You must let me know all about your presentation - maybe Morikami Museum would be interested!..."

Love, Aya Yamakoshi

Dear Aya,

Thank you for your warm, wonderful letter and all the many interesting inserts.. the story about your father, Fred T. Hosaka, "Shortchanged in America", A story of hardship, to many beautiful Haiku you composed, a copy of the "Kwanyin" in pastel (my very favorite "Goddess"), a flyer about your son Brian who is a "Fusion koto player" in Paris. You and Noby must be very, very proud of him. Both of you have given so much time and energy for JAN Museum, Morikami Museum and few other Museums that you support.

I will have one of the "Haiku" you have written on the other side...page 10.

The presentation also is in this Chatter...it was a success with a great group! I do believe we are able to inform and educate many people "out there". I have been asked by a private high school in Santa Monica to talk to the group of student in May about evacuation of the Japanese and Japanese-Americans. They will videotape my address because I will be in China at the time, but they still would like to know so they are setting up a day to tape my talk.

I'm very grateful for these opportunities...keeps me busy but it's well worth it!!!

Take care, and thank you again.

Love, Sumi

February 26, '95

Dear Sumi,

Thank you for sending the Crystal City Chatter to my father, Archbishop Nitten Ishida. I am writing to request that you send it to me instead. He is now 94 years old and due to Parkinson's Disease finds it difficult to read, write, or walk. I have been reading the newsletter to him, and we both have found it interesting and informative.

The reunion in Monterey sounded great!

I would have gone had it not been for the deaths of my brother Kunimaro and my mother and my father's hospitalization that year.

My brother Kibimaro, who was born in Crystal City, recently went to the Crystal City exhibit at the L.A. National Museum. He afterwards called to tell me that he spotted my father and older brother Hidemaro in photos which were on display. My father taught calligraphy there. My brother Hidemaro was in grammar school. (He was killed in action in the Korean War January 1953)

Enclosed is a check to help defray expenses for the newsletter. Our thanks and appreciation for all your work in producing and sending out the newsletter!

Sincerely, Dr. Helen Ishida-Abramson

Dear Helen,

I know that Yae Kanogawa Aihara always talked about your father and how she learned calligraphy from him...I'm sorry that he has Parkinson's Disease...but am happy to hear that he is alert and enjoys this newsletter. I know that many people have expressed their appreciation for "news" of friends that they knew in Crystal City...it was long ago...but that wonderful atmosphere is still remembered today.

I'm sorry that so much tragedy occurred at the time of the Reunion...but we hope you can make the next one...will let you and others know when and where we will have the next one...please join us then.

Thank you very much for your donation for the Chatter...that keeps us circulating...we have been increasing our readers every month...and all are not from Crystal City...I am truly grateful.

Please relay my warm "Hello" and extend good healthy thoughts I send to your father...I wish him well...and thank you.

Very sincerely yours, Sumi

March 15, 1995

Dear Sumi

...The paper and television keep saying the mudslide is in Ventura County - later the place affected was La Conchita but I couldn't locate the "town" until couple of days ago - I thought the "town" might be close to your Camarillo but I see it's quite a ways apart.

We're having more rain but the next 2-3 days the sun is suppose to peek out. Getting the "bad weather" blue - good weather will make us well again...take it easy and rest up.

George Okabe

Hi George,

Thanks for your concern...La Conchita is a very small town...about 15 miles from Camarillo. There's a grove of many varieties of bananas at the edge of the town...and it was a huge landslide...I'm sure many other place had mud, mud and more mud...Take care, and thanks. Sumi

GET WELL DEPARTMENT:...Yets Dyo...Surgery takes a lot out of you so please take it easy..rest well and have Sei spoil you rotten...you probably deserve to be spoiled...read...watch some good video tapes...rest and relax...the ole fashion "R & R" is what you need...and the C.C. group will see you April 1st for our meeting...

OUR HEARTFELT SYMPATHIES TO: The Ase and Takehara families...Katherine Ase, Paul Ase and Dr. Joe Takehara and their families, for the loss of:

PAULINE ASE TAKEHARA, who lost her valiant fight against cancer in January. She and her husband Joe attended our '88 Reunion.

The Yoshimura families...Atsuko Yoshimura, Mrs. Yoshimura, (Meg's mother whom they went back to take care of), Tad Yoshimura and all the families, for the loss of:

MEGUMU YOSHIMURA, who passed away very suddenly, just a few weeks ago, in Hiroshima, Japan.

Haiku by Aya Yamakoshi

"EVACUATION"

Huddled close, clinging  
Mother's skirt...Evacuation  
Faced in bonded courage.

Mass exodus  
Where and why...destiny unknown  
Bleak fate awaits.

Yearn not for homeland  
Gazing out train...teary eyes  
Image fades to mere dot.

Our family bound  
With others in common cause  
Return to homeland.

In camp, the roses bloomed  
Petals of friendships opened  
To lasting fragrance.

"UNBROKEN CORD OF FRIENDSHIP"

Reunions, too brief  
Departure like severance  
Still, an unbroken cord.

The Wu Wei principle underlying T'ai Chi Ch'uan can be understood Pooh Way...No stress, no mess...like a stream..."Flows like water, reflects like a mirror..." "The Tao of Pooh" Benjamin Hoff.

"Let the words from my mouth, and the meditation from my heart, be acceptable to Thee"  
sumi shimatsu-utsushigawa.

CRYSTAL CITY CHATTER  
[Redacted]  
Camarillo CA 93010



TAD & SATOMI ISHIDA

[Redacted]  
SAN FRANCISCO CA 94116