

Ho, Ho, Ho and now Happy 1996!

It may be a wee bit late to wish all of you the most wonderful Christmas and New Year, but somehow, it has been a bit busy and getting the news together was perplexing...but...nothing is impossible...At times, Murphy's Law seems to throw the monkey wrench into the gear system, but I'm very grateful that my stubbornness comes in handy at times...it wears out even Murphy!

There is a saying, "Cast a bread upon the water, and it will return ten fold."...when we requested the Northern California Crystal City friends to host the 1993 Reunion in Monterey, the CCA gave them a check for \$2,000. as "seed money" to cover expenses for the get-together...and LO and BEHOLD, the loaf returned to us...a check for \$5,000. was sent to our treasurer Sid Okazaki several months ago...WE ARE VERY GRATEFUL NORTHERN CALIFORNIA CCA FOR YOUR VERY GENEROUS \$\$\$\$\$. It will be used towards the expense for our '96 Reunion August 16 and 17.

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From the President's Corner

SPECIAL DEDICATION TO NOBY YAMAKOSHI

In October, we lost a very special friend...Noby Yamakoshi. He was not just Aya Hosaka's husband and father of four great children...but a very "special, remarkable person", as Irene Hirano put it when she gave "Words of Tribute" at the Memorial Service on October 19, 1995 in Chicago, IL.

Noby and Aya worked together in building one of the most successful business, Nobart Corporation, producing Japanese American National Museum's brochures, direct mail and store catalogs...Co-Chair and Vice-Chairman of JAN Museum's Board of Trustees...building the Museum, supporting the Morikami Museum in Florida, and other museums, the Buddhist Church, and many other organizations.

"Noby was a true believer in giving - he always found that extra time, found some way that Nobart could provide a service or offered to contribute money." (Irene Hirano's Tribute)

"He was not shy about speaking up and he always had lots of ideas. Noby had GREAT VISION and he always thought BIG. With Noby if you were going to do something, we should do it BIG, dot it GOOD, and do it with CLASS." (I. Hirano)

"To Aya and the family...all of us here today and so many others from all over the country who wanted to be here but couldn't...we are truly grateful for all that Noby gave us." (I. Hirano)

To this I add, Crystal City Internment Camp would not have been able to join in with the ten Relocation Centers in its year long display at the JAN Museum without his support and his Voice...and we C.C. friends all appreciate his BIG HELP.

THANKS NOBY...We will always think of you fondly! I was very fortunate in meeting Noby...and it was like I knew him for very long time...he came to our last picnic, and we were able to meet again at the L.A. Convention Center, November '94. ...what a magnificent soul...he will be missed...greatly!

* * * * *
Toni Tomita

The unforgettable aroma of three succulent "sacrificial birds" roasted to a golden brown sheen still permeates the air as the last vestiges of turkey bones simmers in a pot for the finale - what we Takeuchis call "Mission" stew, as in Union Rescue. This is a tradition handed down from mama who stretched "dem bones" for another meal to feed her voracious brood of 6.

Ever since mama died in 1974, it has also been a Thanksgiving tradition for all us six siblings and offsprings to gather at my house. So through the years they have come, as far as Oakland, Sunnyvale and San Diego, in ever growing numbers, bearing the fruits of their labor for the "groaning board" and also inviting friends to share in the feast. This year there were 42 of us.

This is a day I treasure and look forward to. A time for the annual family photo shoot with every grandparent hoping the grandkids are looking at the camera. A time to share childhood anecdotes. A time to bask in the love that binds us all and give thanks to God for all our blessings. Hope you had a memorable Thanksgiving too! (Cont. Page 2)

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Reflection sumi

1995 was a very, very action-packed year...passed by so fast, couldn't believe that we are now facing 1996. Talk about SUPER SPEED FAST FORWARD YEAR...that's what it seemed like to me. The saying, "the older you get, the faster the years go by" must be true...yet, I still feel the same...in spirit...but the mirror doesn't reflect that youthful feeling that's still inside...and watching the grandchildren all grow...mature...develop...some not only are up to (Cont. page 2)

November is Thanksgiving dinner with turkey, cranberries, stuffing, yams, and pumpkin pie. Then December brings Santa Claus...Christmas Eve dinner...Christmas day dinner...however you celebrate this holiday, ham, roast beef, leg of lamb, roast pork, turkey, chicken, or combinations of the above...with more trimmings and desserts...but for us Japanese Americans...we have the tradition of OSHOGATSU...THE holiday for all Japanese, Japanese Americans...

Actually, The New Year began with settling unfinished businesses, paying 1995 bills, getting all the house clean, changing the linens; everything must be clean...starting The New Year right...with clean slate...

Cleaning and preparation for this very important holiday took weeks...cooking started from weeks before, gathering the delicacies...symbols for Oshogatsu was very meaningful..good luck...long life...Etc...

The "Genkan", or the entrance...doorway, was arrangement of pine boughs, bamboo stalks and "Ume"...plum blossoms. The pine boughs is a symbol of youthful spirit; the bamboo is strength and flexibility; "Ume" blossoms, which flowers in deep winter, for fidelity in adversity. My front yard (as well as the back yard) has pine trees, bamboo trees (at least dozen species), and "Ume no ki" or plum tree...so I don't place the three symbolic branches for the "Good Luck"...mine is alive and blossoming even as I type this newsletter...

On New Year's Eve, "Toshitori Soba"..."Soba", buckwheat noodles are eating before midnight for good health and longevity...according to an article, the word "soba" also means "near", and people return to their childhood homes to reunite with their family members...

In the old days, one week...seven days of celebration was held...first day was for immediate family to visit their folks, or the eldest female on her side of the family carries on the Oshogatsu tradition...it is her duty to host the "Mochizuki" Party to make sweet rice cakes...THE food that is closely associated with New Year's festivities.

"Mochi"...from the word "motsu"..."to hold"...symbolic of longevity and wealth...is THE essential ingredient for "OZONI", a special broth-soup with the mochi (and some veges) as the first meal of the year.

In the old days (before the Mochi machines), "Mochitsuki" or making of the "Mochi" was a laborious but joyful activity, involving the extended families of a half dozen Issei menfolks pounding steamed sweet rice, "Mochigome", with large wooden mallet in a stone "bowl"...shouting "Yoisho, Yoisho", as they pounded in turn rhythmically...a person usually turned the rice over with wet hands, hoping the mallet does not smash his/her hand, between the pounding.

Soon the rice becomes sticky paste, no longer looking like rice-grains...the women would then shape it into round little cakes with rice flours around them, to keep them from being sticky. Two rounded mochi, one on top of the other, looking like flattened snowman is the center piece, "OKASANE"...or "a pile", "layered" mochi...decorative mochi topped with tangerine with their green leaves still attached, (on a decorative papered wooden tray/platform)...for "good luck" symbol...on alter, or higher shelf area...table...in many or every room in the house...

I remember when mama had large "Okasane" mochi...with the tangerine or "Mikan" on top, and in front, a Pacific lobster that had been boiled with its long "feelers" (whiskered spikes)...placed, the mochi stacked on "kombu"...sea kelp...for "yorokobu"...to rejoice...be joyful...on folded, white rice paper, decorated over the wooden stand...also red and white "string" twisted and sticking out on the side of the "Okasane"...all symbolic of good luck and the red and white, not only the color of Japanese flag, but symbolic of purity and life...

New Year's Day started out with hot sake (rice wine), to toast in Good luck year...Kampai...and even as a child, I choked on the sake, wondering what was so good about "Sake"...but obediently, we sipped the wine to keep us in good health and fortune!...then the feast began. Not only with the "Ozoni" or the soup with mochi in it, but all the lavishly prepared delicacies that the women or mamas prepared from weeks before...

(Cont'd from page 3, "Oshogatsu", Celebrating Japanese New Year)

One must have vegetables from the mountain, the valley and the sea...so there's "Sansai" ...mountain greens...vegetables prepared...other vegetables made into "Nimono", "Umani"... vegetables cooked together with or without chicken...the seaweeds from the ocean..."Konbu maki"...kelps tied together as "Yorokobu"...or radiate joyfulness..."Hijiki"...another type of seaweed cooked with "aburage"...fried bean curd...

One must have "Kuromame"...sweetened black beans with chestnuts and kelp...for the beans represented "good health"... "Mame de peen peen"...to be energetic like beans...the chestnuts "kuri" for mastery and success...and of course again the kelp "Kombu" for "Yorokobu"...joyfulness...and everyone must have lots of "Kuromame" for the New Year!

"Tai"...sea bream fish...must be baked and the head of the fish and tail tied upward to look very "strong and jumping up"...again the word "tai" from "Medetai" or "happy occasion", "auspicious occasion"...with the head facing left...(I tied the head and tail facing right, one year, only to have mama yell at me that I had the fish facing the wrong way...woe unto me, I evoked bad luck...needless to say, I NEVER made that mistake again...the fish MUST face the right way...Left...only left!)...so "Tai" is for happiness and the red color is for good wishes.

A dish of carrot and white radish or "daikon" salad, "Kohaku Namasu"...a simple sweetened vinegar thinly sliced dish is symbolic of happiness because of its red and white color...as the Japanese considers red and white to be very good and happy color to have for festive occasion...carrots, daikon and gobo (burdock root) and other root vegetables are symbolic of stability because they are root vegetables...they grow firmly in the earth. "Gobo" is used for the many vegetable dishes, but the most tastiest is the thinly sliced "Kimpira gobo"... with its spicy "shichimi" or red pepper sprinkled into the soy sauce and sugar dish...THIS dish is a MUST at THE New Year! "Renkon"...Lotus root being a sacred plant..as in Buddhism.

One of the expensive dishes is the "Kazunoko"...herring roe pickled in soy sauce and some sake...dashi...katsuo or bonito shavings...the herring roe is for "fertility"...some people use the herring roe on kelp..."Kazunoko konbu"...doubling up on fertility and happiness...so all these fish roes, even the salmon roes as in "Ikura" or "Suzuko" denotes fertility.

Dishes that include clams and tightly curled fern leaves suggest expanding good fortune... the "mikan" or the mandarin oranges are called "dai-dai"... "generation-to-generation", and when you have bowl of them or on top of the "Okasane", these tangerines must have their green leaves attached to them for not only freshness but radiate a positive aura for the special festivity.

There are many more dishes with more meanings...however, these are THE must list on the Japanese New Year...of course, there's "sushis", and "sekihan" or the red bean sticky sweet rice for again good luck, good fortune..."matsutake" or mushroom found under pine trees... which sold this last year for \$29.95 a pound...fresh "shiitake" mushrooms tastes great but I use the dried ones for many dishes...many types of beans are used, again for good health ...lima bean paste, black beans, red beans made into "anko"...paste...often used with the "mochi" for "oshiruko"...mochi in bean "soup"... "Natto mochi"...for another type of mochi in fermented beans...and my favorite mochi dish is the simple "shoyu and sato" or soy sauce and sugar...just dip it in hot and chew, chew, chew!...some like it with "nori"...seaweed wrapped around it...ahhh...the flavor of "Oshogatsu"...

Instead of one week of celebration today, most celebrate 3 days...Japanese stores are closed for about 3-4 days now...people in Japan have also taken less holidays...the table is not laden heavily with all the many dishes that we used to have long, long ago...for we have Americanized it with the teriyakied chickens, the hams, the turkeys and other American dishes...potato salads, vegetable dips as well as potato chips and taco chips...guacamole from South of the border...the salsa dips with its snappy spice...anything and everything is acceptable on our table...watching the Rose Parade, Rose Bowls for the boys...and all the other bowl games that's on all day and night...and the table continues to feed everyone all day long...

Then it's "sayonara" to "Oshogatsu" for another year...now waiting for Chinese New Year!

Health Notes:

THE MIRACLE OF LAUGHTER

L. Katherine Ferrari, MA, MS.

In my practice as a Chi-ropractor-acupressure, etc., I have always emphasized the importance of "attitude"... how you look at things, situations, "problems", difficult people/person...etc...as mama used to say, "KI no mochiyō".

I often quote mama who did not have education except for elementary school and school for sewing...she was the oldest daughter in family with five brothers and three sisters...there were two older brothers so her life at home was naturally, helping mom, and work, work, work...however, somewhere, she had magnificent wisdom.

So even when we were put into the camps, she radiated like sunshine, smiling and keeping everyone's spirit up...laughing, making people laugh..."Ki no mochiyō"...it is how you look at things... your outlook, perception...

Laughter was emphasized in healing...Norman Cousin was able to overcome his terminal illness with Laughter, along with very high Vitamin C...Ascorbic acid and exercise...he couldn't even hold tennis racquet in his hand but he had it taped to his hand, and with great pain, he worked on playing tennis everyday...and laughed as much as he could with his wife...needless to say, he overcame his illness and wrote "Anatomy of Illness".

Sometime ago, I came across an article "The Miracle of Laughter" by L. Katherine Ferrari, MA, MS...and I will take excerpt out of this important message...Laughter... will really make a **BIG** difference in YOUR LIFE...

IT IS A GREAT HEALING ENERGY!

Make it part of your life to laugh, laugh, laugh!!!

Can you ever remember feeling stress, depression or anger when you were laughing? Of course not, because it's impossible! There's absolutely no way for a person to experience both a positive and negative emotion at the same time.

Skeptical? Try an experiment. Look into a mirror, smile broadly and say, "I'm *really* angry!!!" Now watch what happens. Generally, people burst out laughing, because mixed messages just aren't taken seriously.

Your body is designed with great integrity. What you think, feel or say is reflected on your face and impacts your body chemistry. It's an automatic response. If you're in a happy frame of mind, you have a happy expression on your face; if you're in an unhappy frame of mind, you have an unhappy expression on your face. It's like a barometer telling you what's happening inside your body. (If in doubt, look in a mirror at the first indication of stress.)

Becoming conscious of the mind-body connection is a great break-through. Now we know that we can take charge of our emotions. But, more importantly, we can control the results. It's our choice completely.

That's right. We can decide to feel good when we want to. We don't have to be at the mercy of outside events. We can use positive emotions like laughter to turn out mood around.

Try another experiment. Practice laughing or just smiling when you're in a bad mood. Even if you don't feel like it, do it! Listen to funny tapes, read some good jokes, see a funny movie or do whatever you like that makes you feel like laughing. You'll increase your oxygen level and improve your circulation. It will improve your alertness and create a feeling of relaxation. I guarantee that your bad mood won't last long -- it's impossible. The mind and body work together. All it takes is practice to be in charge. It's a skill that can be learned.

Once you've mastered it, you'll have real power. Stress-related illnesses will disappear and fear-based inactivity will be a thing of the past.

Now that the therapeutic value of laughter is becoming recognized, people are no longer regarding it as just frivolous or using it only for entertainment. On the contrary, laughter has become serious business.

Researchers of the Laughter Project at the University of California at Santa Barbara proved that laughter did as well in reducing stress as more complex biofeedback programs did. Their studies, resulting in an Education Programming Handbook for the College Community, provided a great aid for teachers and students alike.

I believe that we've only seen the tip of the iceberg. Laughter will make a great impact in many fields. There are some "pioneering professionals" making rapid advances already. More and more healthcare professionals are using laughter as a healing and helping tool; executives are taking it into the office to increase productivity and decrease sick leave; and even the clergy are incorporating humor in their ministry. We've been told about a Presbyterian minister in Atlanta named Doyme Michie who has a "ministry of laughter." He entertains the sick and shut-ins with a routine of magic spiced with humor.

Also, there are other people like Norman Cousins, former editor of the Saturday Review, who have had their work with humor more highly publicized. In his best selling book, Anatomy of

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("Laughter"...Cont'd from page 5)

an illness, Mr. Cousins Claims that he owes his life to laughter. In a carefully documented account of a potentially fatal collagen disease, he states that standard medical treatment was not helping him. He decided to take matters into his own hands. By using nontraditional therapy which included heavy doses of laughter, he finally returned to a healthy state. It was unexplainable in terms of modern medicine.

Was laughter the answer? There seems to be a difference of opinion. However, we do know that laughter is a real miracle in many other ways. You can get it without a prescription; it's readily available; it is non-allergic and non-fattening; it has no damaging side effects; and best of all, it's free. Researchers of the Laughter Project also point out that laughter requires no special training, no special equipment and no special laboratory atmosphere. All we have to do to get its many benefits is to take generous doses of it daily.

We all agree that laughter feels good, but its benefits are still being disputed. Those with the courage to use it as a tool for healing may be part of the biggest medical discovery of our age.

We already have evidence indicating that the majority of our illnesses are caused by certain negative emotions, attitudes, thoughts and brainwaves. So we know that the mind and body work together. Why is it so difficult to accept that wellness could be caused by positive emotions, attitudes, thoughts and brainwaves?

It seems that the "hard statistics" on positive emotions like laughter are not yet in. Therefore, some people dismiss it as just more holistic mumbo-jumbo. Others resist changes in standard medical procedures. But whatever the objections, most detractors feel this use of humor is much too new to be taken seriously.

The truth of the matter is, there is evidence that this healing tool has already been working miracles for millennia. Our source, derived from one of the world's oldest scholarly works, is hardly new and obviously has withstood the test of time. We refer you to Proverbs 7:22, which states, "A merry heart doeth good like a medicine; but a broken spirit drieth the bones."

Now there's a great "holistic prescription" if we've ever heard one!

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The Seicho-No-Ie church has Laughter Service every Sunday morning...and the members really laugh hard and long...leaving the service...feeling GREAT!!!

INTENTION DEFICIT DISORDER:

From The Orange County Register...Jan. 3..

Happy New Year. Are you going to keep those resolutions this time around? "More often than not, people give up a habit for a time but --- usually under conditions of increased stress -- revert to it." Widener University psychology professor Robert L. Myers says, "If you are serious about making and keeping your New Year's resolutions, take it one step further and ask yourself why you have the habit...It might help you keep your resolutions and, in the end, feel better about yourself."

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AMPHETAMINE SHOWN TO AID STROKE PATIENTS

The Orange County Register...Jan. 3

Stroke patients given an amphetamine early in their rehabilitation had greater improvement after one year than similar patients who did not receive the stimulant, according to a report in the journal Stroke.

The study involved six women and four men ages 48-72. The patients, partly paralyzed, received either the stimulant, dextroamphetamine, or a placebo 16 to 30 days after their strokes.

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TRAUMATIC EXPERIENCES:

You don't have to be a combat vet to suffer post-traumatic stress disorder. It's more common than generally believed and women are twice as likely to encounter it than men. University of Michigan researchers say.

Ten percent of all women likely will encounter the disorder, compared with 5 percent of men.

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HUMOR IN CLASS PERKS UP STUDENTS

St. Louis Post-Dispatch

Webster University education professor Fred Stopsky often catches himself becoming as he calls it, "a ponderous pontificating professor."

When he uses weary words in dreary lectures and spies students' eyelids drooping, Stopsky switches gears. He flips into New York mode accenting his lectures with "deeses" and "does" and mocks himself by joking about "what great ideas I have."

The students laugh, and Stopsky, perks up too. I find people get very serious these days about everything." He is the author of a textbook, "Humor in the Classroom"... "Humor lets you find a new pattern within an existing pattern. It is both a strategy of having fun

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KAREN RILEY'S DOCTORAL PROJECT: UPDATE
Toni Tomita

Karen called to let us know that her presentation was well-received at the Chicago conference and that it will be published in the "Journal of Midwest History Education" by the Midwest History of Education Society. She is busy working at a hectic pace, currently on chapter 4, to complete her dissertation by the end of December. Plans include presenting the completed project in early January, then off to a conference in Minnesota in the Spring and one in Krakov in the Fall. She is planning to attend our reunion in August.

She was in Crystal City doing research at the school board and found boxes containing report cards, standardized test results, and records with teachers' comments. Anyone interested in obtaining copies of their records grades 1 - 12, should contact Karen in Austin Texas at [redacted] before the end of December. Her permanent address is [redacted], Oviedo, Florida 32765. She will also have request forms for copies at our reunion. We are really fortunate that someone with Karen's enthusiasm, persistence and expertise has decided to study the students in Crystal City. Her dissertation will add another dimension to our knowledge of our collective experience during the war years.

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("Humor"...Cont'd from page 6)

in teaching and a way of getting students to break through the jargon of a subject.

Some professors dons a clown suit and makes three students stand up and tell jokes each day..."it wakes them up, and then we go onto the heavier stuff".

Besides keeping the class lively, humor helps relax students... (End of excerpt).

So these subjects that I picked out may help you "relax"...laughter...humor...they are very important in everyone's daily life!

Recently, Christopher Reeves, known as Superman in the many series he acted in, had life threatening spinal injuries which has paralyzed from neck down...one of the greatest healing energy that he has received is from Robin Williams, who knew him from the time they were just starting out in acting. Robin Williams had on one of those surgical gowns, cap and a mask, then proceeded to act out as a Russian doctor, accent and all... and Christopher Reeves just burst out laughing...their love and friendship continues...

RELICS FROM CAMP - An Artist's Installation by Kristine Yuki Aono and Members of the Japanese American Community...A special exhibition organized by the Japanese American National Museum with major support from the National Endowment for the Arts...Kristine Aono, a sansei artist based in the Washington, D.C. area, created RELICS to invoke the legacy of the internment camps through an artistic exploration of memory and to acknowledge the power of artifacts to tell personal and community history.

RELICS FROM CAMP will be held in the Legacy Center gallery from January through April of 1996.

The main component of the artist's project is a platform made up of fifteen 3' X 3' X 5" wooded boxes, connected in a glass-covered grid. Inside each box will be soil collected by Kristine Aono from pilgrimages she made to each of the ten War Relocation Authority camps. Resting on top of the soil are the "relics" of the internment, artifacts that represent the lives, the activities and the spirit of those who experienced the camps.

Viewers can walk over the platform...in the process, they will see the artifacts half-buried in the barren dirt. Also in the darkened room will be two slide projectors, one showing WRA photographs and the other featuring contemporary photographs of the camps that the artist took on her journeys.

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Upon receiving this above information from Toni, and being asked how we could obtain soil from CC, I called upon Mr. Miguel A. Delgado, Acting City Manager of the City of Crystal City for his HELP! As usual, Mr. Delgado was quick to respond and sent the amount of soil requested to Kristine Aono from the site where the monument is erected.

We are very grateful to Mr. Delgado for his continued support and assistance...he has also extended warm invitation to the CC's famous Spinnach Festival in November and extends assistance and hospitality for this great event...several people have already signed up...I for one will be attending this festival!

So...LET'S GO...SIGN UP FOR THIS PILGRIMAGE TO CRYSTAL CITY, TEXAS...More information will be available soon...tune in to the Chatter!

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("Humor"...Cont'd from left column)

Christopher Reeves was able to return to his home for Christmas...breathing out of respirator for fifteen minutes...now, he is able to breathe one hour without the aid of the respirator...and his recovery continues with tremendous love & laughs.

Letters to the Editor:

9-23-95

Dear Sumi,

I have started to write this letter since your issue came out in March of this year and finally got around to it. I would like you to fill in the missing parts since I was young and did not pay too much attention to what was happening.

I was nine years old at the time this happened and I want to write what I remembered and please add or correct me.

My mother, brother and I left Hunt, Idaho in Sept. of 1943, to meet my father, who was in Santa Fe (New Mexico) to meet us and we would go to Japan together. I do not remember how many of us left for Hunt, Idaho.

I remember the long train ride and arriving at the pier in Newark, NJ on a hot day in September of '43. We waited all day separated from our group with some others that we did not know from other camps. Toward evening, we were ordered to board a boat (a tug?)(No, a Coast Guard boat, with searchlights and guns pointed at our back when we were getting off the boats and into Ellis Island building)...for some unknown destination. It was a frightening experience because we did not know if they were going to dump us in the ocean.

We arrived at our destination and escorted into the building which we found out later that it was the immigration facility at Ellis Island. That night I do not remember where we ate or what we ate. We were escorted to a large room with iron cots. Also, we did not see our father. My mother was really worried but there were other families in the same situation.

When morning arrived, I remember looking out the window with bars and seeing the Statue of Liberty in the New York harbor. It was a beautiful sight. The guards told us to go to the dining hall for breakfast. We saw our father and remember my brother (2 Years old) calling him "Ojisan" since he really did not know him. We had not seen him since Dec. 11, 1941.

One thing that I can remember was the smell of food cooking and it had a particular odor. It was not a bad odor but it was different from what we were used to.

I do not remember how long we stayed on Ellis Island (4 days and 3 nights?). When we were leaving, I remember getting on to a ferry in the a.m. that took us to New York and on a bus to the train station, (Grand Central?) and being escorted by two guards through the station and to the

train platform and the people watching us. We did not have any change of clothes because everything went on the ship.

On the train, we found out the air conditioning was broken and it was very hot and humid. Mr. O'Rourke was from Buffalo, NY was in the car in his private compartment. He was the camp commandant and went to visit his family. It seemed like a life time from the time we left New York to Texas. I do not remember how many days it took. I remember the flooding along the Mississippi River and the corn growing along the track. Mr. O'Rourke bought the kids ice cream on a stop because it was so hot and felt sorry for us kids. At one stop, we got some corn but it was feed corn. I remember washing out clothes because we had no change. Being hot, we would open the windows and the smoke from the engine would come into the car so we had to keep them closed. Going to the dining car, we would walk thru the other cars and it would be so cool because they had air conditioning. They also fed us prisoners separately while the guards looked on.

I made several friends on this trip. Reo Kanogawa from Seattle, and the Matsudo brothers from Los Angeles, Hitoshi and Wataru. Reo and Hitoshi I heard passed away. I think Stogie and Yae Kanogawa was on the train too. I met Yae Thru a friend in Las Vegas but did not talk much about camp.

I do not remember where we got off the train before arriving at Crystal City. I remember feeling like a refugee when arriving there. They gave us food and clothes then assigned us a place to stay. We were assigned to "Q" block and later moving to "T" block.

Sumi, I think you probably remember more than me. Please let me know the parts I am missing in my recollection.

By the way, did your father have a long beard during this trip? Thank you for putting up with my rambling letter and keep up the good work on the CC Chatter.

Cordially, Yoji J. Matsushima

Dear Yoji,

Your memory is fantastic...you may have been only 9 years old but you remember much of the detail that I forgot...we did not have supper after going into Ellis Island...in fact, as you mentioned, we waited out on the pier at N.J. all day...not knowing why they didn't board us on the S.S. Gripsholm...later, found out 97 of us were excess baggage...no room for us on the ship (Thank Goodness)...but many people's luggage and trunks went on board...never to be recovered.

We were promised a nice hotel like "Waldorf Astoria" but got Ellis Island with its ceiling

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(Letters to Editor, Cont'd from page 8)

plaster all crumbling down, cracks along the walls, cot bed with old mattresses... everyone looked at each other, quite depressed to be in such dismal, delapidated surrounding, not knowing where our fathers were...not knowing what was now going to happen to us...and some people just had nothing since all baggages were on board the ship...

Next morning, we all were in a huge room...everyone looking for fathers...the men looking for their wives/children...all wondering what each other looked like after year and a half of separation...my father had beard so I was looking for a man with full beard...but in order for us to be able to recognize him, he shaved his beard...so the man you remember seeing with a beard was Mr. Aoki...he had his beard...

The breakfast was corn flakes with no sugar...canned milk (yuk), coffee if you drank coffee...powdered scrambled eggs and some dry old toasts...that's all.

There were some young POW Japanese soldiers/pilots behind another fenced in area that were captured...looking at all of us with "natsukashii"...(Looking with longing or fondness) "sabishii" (lonely) look. I talked to few...they would not give their names because they were humiliated to have been captured...they wanted to commit suicide for Japan...and they did not want any of their family to know that they were POW. It was so "kawaiiō"...war is so cruel!!! (Kawaiiō...pathetic, pitiful)

I forgot about the air conditioning being out...I don't believe I got an ice cream bar from O'Rourke...but the train ride to Texas from NY was 6 days and 5 nights...very, very long...just crossing Texas took over a day and a night.

We stopped in Crystal City...saw Popeye statue...and truck took us into the camp.

There were five families...Kanogawas... Stogie, Yae and Reo with their folks; the Aokis...folks and Yae; Matsudo's folks and Wataru and Hitoshi; your family Matsushima with both you and your brother, and folks, and my folks Utsushigawa and myself...the rest of the group went to Tule Lake Camp.

Yes, it was a unique experience...the food in Ellis Island was worse than any of the assembly camp or relocation camp...the building was falling apart and in very bad condition...although to immigrants from other countries probably thought Ellis Island was wonderful because it meant America. for us American Citizens...our rights were taken away...we were "prisoners" of the US.

If there's further questions that you would like please write...but your memory is in tact. We did stay on Ellis Island 4 days and 3 nights. The searchlight on mama and me as a gun was aimed at our backs...as we got off the boat and walked into the Ellis Island building was the eeriest I have ever felt...knowing that that gun was on our back...every step of the way...and it was a long walk from the boat to the building...THAT really bothered me!

Thank you for your letter Yoji...and for your continued support of C.C.A. and our newsletter.

Sincerely,

Fellow Ellis Islander

9-14-95

Dear Sumi -

All the time (O Lu Tai Mu) Go kuro-sama... (Thanks for your labor, toiling, even suffering, which I find at times fit the meaning...I do suffer until I get the newsletter out...it's like labor pain...until the baby is out, you suffer)

Please find enclosed a page of S.F. Nichibei Times Japanese Newspaper dated Aug. 29, 1995... mentions the Tofus were made by a Rev. Nishi. I know my mother used to put on our table. I just took it for granted and never occurred who, how, when the tofus were made.

I thought it was a very interesting article of Crystal City written by someone named Araki of Fresno.

Thank you for the always enjoyable Crystal City Newsletter.

(Kubi Nagaku) and writing for the next issue. (With Long neck)...

Yours truly;

Kanji Nishijima

Dear Kanji,

Thank you for the article...will have Sensei (Yamashita, that is) translate it for me...I'm not that good in reading Japanese...I know you learned a lot and utilize it, just like Maru Hiratzka ...(Okazaki)...Sensei tells me that Maru is writing to him in Japanese...and is real good! Well, Maru, you must have had a great Japanese language teacher, along with Kanji. I told Sensei, my teacher must have been lousy, I don't remember my Japanese at all (of course Yamashita Sensei, being my former Japanese language teacher laughs and tells me that's because I was a lousy student. That, I will admit...that's why Shiz Ochiai Kato and I did everything possible to get out of class. Right Shiz?)

After sensei translates it for me, it will be in the next Issue of the Chatter. Thanks again, and please don't wait with your neck out too much, being a Chiropractor, I'm concerned that you'll put your neck out and will require cervical adjustment...CRACK!!!

Always...

sumi

(Cont'd page 10)

(Letters to the Editor, Cont'd from page 9)

Oct '95

Dear Sumi,

Thank you for the last September edition of the CC Chatter. We enjoyed all the articles and as always they allowed us to enjoy and learn so many good things.

Your health notes and lovely poems and phrases are really instructive and lend us to meditate too.

I was surprised to see my messy letter entirely printed in the newsletter. Hopefully you and your readers have enjoyed my information on our PERU-KAI REUNION and to those who've attended may be remained as a memorandum of the unforgettable event.

With my warmest regards and love,

(answer on next column)

Yuriko Tanaka

* * * * *

There are few other letters to answer on this column but ran out of space...and am on deadline to get this out (1996 already) NOW...sorry...

Dear Yuriko,

At times, I print the whole letter...it gives it more authenticity, and also because I become very lazy and it's my way of getting it done... without typing the whole thing...so forgive me if you felt "shocked" that I would do that to you...it gives it real flavor to this newsletter...thank you for your continued support.

Love, sumi

I also received a phone call from Wheaton, IL... from Herman Moehrback that he had visited C.C. and was escorted around the camp area by the hospitable C.C. police dept. and that they gave my name as a contact for further C.C. friends... he was very happy to hear there were few other German internees that we knew...and there was an album and newsletter so I introduced him to Otto Strassberger, his sister Elfriede Bebb, and sent an album and now newsletter...glad to have you aboard!!!

Humor is just another defense against the universe

Mel Brooks

Being defeated is often a temporary condition. Giving up is what makes it permanent.

Marilyn vos Savant

To love and be loved is to feel the sun from both sides.

David Viscott, M.D.

Lord, how the day passes! It's like a life -- so quickly when we don't watch it, and so slowly if we do.

John Steinbeck

How rare and wonderful is that flash of a moment when we realize we have discovered a FRIEND!!

William Rotsler

Prayer is less about changing the world than it is about changing ourselves.

David J. Wolpe

sumi shimatsu-utsushigawa

* * * * *

CRYSTAL CITY CHATTER

Camarillo CA 93010



TAD & SATOMI ISHIDA

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