

Crystal City Chatter

Issue 47

May 1999

Michi Remembered

Joy Nozaki Gee

It was a Sunday afternoon. I had worked in the garden for a couple of hours, and after a soothing shower, was rewarding myself lazing in bed watching a video. Then the phone rang, and a gentle voice said, "Is this Joy? This is Kimie Ito, calling from New York."

New York? And Kimie is calling, and not Michi? Kimie continued, "I am calling you to let you know that Michi passed away this morning." This news had been dreaded for months, no, years, until I was convinced Michi was invincible in her steel determination to live and continue her work for nikkei everywhere. So although the news was expected, it was really not expected. But now it has happened.

Michi and I were among the 12,000 evacuees in the Butte Camp (#2 Cam) at the Gila Relocation Center in Arizona. She was one class below me, and I knew of her, for she was outstanding, and she knew of me, but our paths never crossed. Cont'd on page 2)

* * * * *

The President's Corner

Yae Aihara

Hi there! As mentioned in a previous Chatter, I was "iya-iya" (unwillingly) coaxed to be your president for the coming year. We have no activities planned in '99 so we won't have "anything to do until its picnic time" is what I was told. So when that time comes around, I ask everyone's help and cooperation - which of course is the norm in our organization!

As you all know the JANM opened in January and the current exhibit, "Common Ground" is one I hope all of you will go to see. It's a capsule version of the Japanese American experience in America: from the issei immigration, prewar life and communities, the terrible experience of WWII camps, the 442nd, and postwar experiences all documented with a myriad of photographs. Camp pictures start in the Ahmanson Foundation Gallery. Immediately behind the double glass doors is a grid wall covered with pictures. Inside this grid is our national flag which flew over Crystal City Internment Camp. Immediately to the right is an aerial view of Crystal City, see if you can find your house. Behind the next wall is a grid of plexiglas and wood which you actually walk on. Underneath the plexiglas squares are soil from all 10 WRA + Crystal City camps. In the Crystal City square is the Federal High annual opened to the pages showing the graduating class from Satomi Koga to Yoshimi Oshima. Also, when you walk into the museum, our name is directly over the door to the National Resource Center. This exhibit will continue through this year, so be sure to see it.

* * * * *

Join the "Jiminy Cricket Club"

sumi

Joy and I have been communicating via the E-mail...by now, there shouldn't be issues to stand up for or to fight for...the nikkeis have worked hard and long to be where we're at...and where our future sanseis, yonseis, dai-dai (generation) will be...BUT, through Joy's alertness and being the sharp, watchguard that she is, I found out that the National Japanese American Monument Memorial Foundation is building a monument that is very offensive to the Japanese AMERICANS.

Just when I think, we've done a lot...as nikkeis, with the JAN Museum, the many places that many of us have gone to inform and educate the public not only about the evacuation and the incarceration in many camps, and especially the Crystal City Family Internment Camp that even the other niseis were/are not aware of, this NJA Monument that is being built in Washington D. C. will not represent the nikkei-jin who have fought hard to be in a respectable place.

(Cont'd on page 4)

(Michi Remembered, Cont'd from page 1)

What brought us together strangely enough was the Crystal City 50th Anniversary Reunion Album. We had determined that the Album would not be a 60 page reunion souvenir as all camp albums were at that time, but a documentary of Crystal City for we realized that we nisei were dying off at an ever accelerating rate and we must get our stories told. Already, as we looked at the many pictures flowing in to our Album Committee, some of those pictured in the last reunion were no longer with us. We started with asking for family stories when our fathers were taken, then the coverage expanded to include every phase and aspect of our lives at Crystal City. One category was where everybody came from, and after most of our regular Crystal Cityites left, boys from Tule Lake were incarcerated there. And the best source of their story was from two chapters of "Years of Infamy", by Michi Nishiura Weglyn.

I wrote to Michi for permission to excerpt from her book, not sure if she would remember me after more than 50 years. Her reply was immediate and she enthusiastically embraced me as a long lost friend. And so it remained.

Our correspondence was constant, and it was an exhilarating exchange. What passion she had for life and for her causes although her health was frail. She was driven with such purpose. And what great courage, for without it, her pioneering work could not have been accomplished. She wrote with what I called "twang", where the hearts responded to her words. On the phone, the pace of her brilliant mind was supersonic. She was extravagantly generous in words and deeds, so much caring in every act. She was an admired and respected celebrity, but her modesty and humility were unbelievable. Her thoughts were always of others, and her needs or care were secondary or untended. She pushed herself into the edge of danger to the alarm of her friends, but rest? Sleep? No, her work awaits.

I met Michi in person just once. A Day of Remembrance in Los Angeles was to be designated Michi Weglyn Day, and there was to be a special tribute to her. Months before it happened, Michi said there is something in the wind, she suspects something to honor her is afoot. She didn't want it she said, but she sounded secretly pleased. The day arrived, and I was meeting a couple I knew, the wife was one of Michi's best friends, at the hall where Michi was to speak. We were talking inside for a while, when there was a buzz outside. My friend's husband went out to check, and announced Michi had arrived. We went outside where Michi was already surrounded by a horde of admirers, and they were approaching her one by one for a few words.

My friend took me by the arm and said, "I'm taking you to Michi" and I protested that all those people were waiting to talk to her but she dragged me towards Michi. There she was, looking still young, sophisticated, beautiful, dressed elegantly in eggshell dress, stockings, and shoes, with a black cape. One time she laughed and said it was easy for her to select an outfit to wear, as she had only five and they were all 30 or more years old. I thought that was marvelous simplicity. And the outfit she was wearing looked fresh and new. My friend tapped Michi on the shoulder and said, "Michi, this is Joy Gee, Joy Nozaki." Michi turned with a wonderful look in her eyes then realizing who I was dramatically dropped to one knee, took my hand and kissed it. What flair! I should have been the one to do that if I could have carried it off, but she could.

Michi's health, while precarious even as she went to LA, worsened upon her return. She still would not cut down on her many commitments. Then in July, a package arrived, a beautiful jeweled Faberge-like egg that played music from "Cats" when you opened it. She would many times send gifts when she saw something she felt was right for you, or being health conscious, would send gadgets for what ails you. Every card she sent was carefully chosen, and multiply one of me by at least a hundred of her friends, and I thought she put new meaning into friendship. But the music box was something special, so phoned her, and she said, "It is an early Christmas present because I may not be alive then." Since she would not let go of life when there is work to be done, I didn't believe she would die. But she was suffering from stomach pains which turned out to be colon cancer, and in August, she went to the Philippines for an alternative health treatment. I received a letter with a return address in the Philippines, and discovered that rather:

(Cont'd on page 4)

Speech Given at Manzanar

sumi

It is an honor and great privilege to stand here before you to commemorate the 30th Annual Pilgrimage to this historic place. Manzanar has been the model for all ten camps built to incarcerate Japanese and Japanese Americans during WW II. Your dedication and commitment created this historic place, not only for those who were interned here, but has been the camp to represent the rest of the camps.

Manzanar Committee, with Sue Embrey at the helm, has been continually working towards informing and educating the public about our incarceration during WW II, and have been the voice for all of us...and I thank them. Through your examples, other camps began pilgrimages and building historic monuments. We were supposed to come to Manzanar too, however, last minute change had mom and myself go to Pomona Assembly Center, Heart Mountain, Wyoming and then to Crystal City Family Internment Camp to join my father who was arrested with the Japanese language teachers, although he was not a teacher. Later, we learned that it was because he donated \$200. to Dai Ichi Gakuen, a Japanese school.

Today, I represent Crystal City Family Internment Camp. Crystal City is located in Texas, about 150 southwest of San Antonio and known as the capital of spinach with a statue of Popeye standing in its small town. This camp was built to unite those Issei men and women who were abruptly arrested and taken away, separated from their families for years in such places as Missoula, Montana; Bismarck, No Dakota; Santa Fe, New Mexico; Lordsburg, New Mexico; and others. The women were taken to a women's prison in Seagoville, Texas.

Some of these men and women were released to their families, however, most were in different camps throughout the country. These men and women were arrested from Alaska, Hawaii, Peru, and this mainland. We were known as the "Tairiku group"...the group from the big land.

What impressed me profoundly was the invincible spirit that the isseis had. Out of the dry desert land, they created rock gardens, little Japanese gardens, vegetable gardens, bonsais from the desert plants, sage brush, manzanita, etc. Beautiful little lapel pins were carved and painted from crate ends, making "getas" from scrap 2 x 4s; so many imagination and creativity.

That "Gaman and Gambaru" Spirit...perseverance and the strong fighting spirit of these quiet men and women taught me how they not only survived the incarceration, but after the war, they worked hard to rebuild their lives, their home, business, farms, working long hours, seven days a week, doing any and all mental labors while encouraging their sons and daughters to finish college and universities.

Today, we not only inherited this spirit, but have been able to pass it on to our children and grandchildren. I thank the Manzanar Committee for their continued leadership, their great ideas for camp banners, planning this special 30th Anniversary Pilgrimage with all the programs, to remember the stressful ordeal of yesteryear.

(Michi Remembered, Cont'd from page 2)

than immediate surgery at Sloan Kettering, she had gone to the Philippines to a hospital which evidently was well known throughout the world. She got there the same time a planeload arrived from France. In a way, we Gila people were like family to her as she said she took pictures of all of us with her to the Philippines.

Upon her return from the Philippines, she sounded vibrant. She exulted that she was 90 pounds whereas before she was about 82; she used to even jump on the scale to see if she could get a higher reading, she was so underweight. But all of her friends including myself were dubious of the techniques used, whether a cure was effected or it was a short lived euphoria. It turned out to be the latter, and on the morning of April 26, 1999, Michi was gone. Kimie said her night nurse had brought her breakfast earlier, and Michi had said, "It is too early. Come back later." Later was an hour and a half later, and the night nurse thought Michi was sleeping peacefully.

One time, Michi had said, "Sometimes I wish I could just go to sleep and never wake up again." This time she didn't. Kimie said Michi did not suffer.

Now when the mailman comes, there will never again be a letter with Michi's return address. The phone can ring, but Michi's rather sultry voice will never speak to me.

The final curtain has come down on a life totally and selflessly dedicated to the nikkei cause.

Farewell, Michi, we thank a great lady who has done so much for us.

* * * * *
(Join the "Jiminy Cricket Club", cont'd from page 1)

The description of the design for the monument is six rocks which represents Japan, a Japanese Crane (tsuru) enmeshed in barbed wire...this memorial is to honor the nikkei as Americans, not as Japanese. (For further information, please read page 9 by Joy Gee)

I told Joy that we should form a Jiminy Cricket Club as we must be conscious and the conscience of our hard fought nikkei status. We are in contact of people with clout, JACL, VFW, 442nd and 100th Battalion organizations...and are spreading the words to have a monument with dignity and respect for the Americans of Japanese Ancestry.

A form letter is enclosed...if you feel you would like to stand up and be counted, please sign your name and send it to the enclosed person and address on page 9.

We are grateful to Joy for being alert, and keeping her eyes and ears open for injustice...we can not allow injustice or apathy to take over...Jiminy may be small but united, we can be heard!

* * * * *

Obon Schedule, Summer 1999

KOYASAN	June 26, 27	ORANGE COUNTY	July 24, 25
SENSHIN	July 3	SAN FERNANDO	July 24, 25
LA BETSUIN	July 10, 11	W.L.A.	July 24, 25
ZENSHUJI	July 10, 11	GARDENA	July 31, Aug. 1
VENICE	July, 17, 18	SAN DIEGO	July 31
OXNARD	July 17	LAS VEGAS	Aug. 14, 15

Manzanar Pilgrimage
My Personal Experience

sumi

It was a very gold morning...the skies were overcast and I was to be at the Japanese Cultural Center in Lil Tokyo by 6:45 am to get on the bus with 46 others who were making this special 30th Anniversary of Manzanar Pilgrimage. Meeting Yukie and Julie Okazaki, Sid's wife and daughter, and Tomo Mizukami...we were the representatives of our camp, although Haru Kurosawa was also going with us, she was with the NCR group...but remember, she is from Crystal City...so we made the over 4 hours ride to the Inyo-Kern County desert.

I was planning to wear my Pea-coat that I had from CC but last minute I felt that my down jacket would be warmer...but I did take a red knitted hat that I always wore in the camps that I was in...that is, Pomona Assembly Center, Heart Mountain, Wyoming...but very little in Crystal City...Tomo made the "Musubi Bento" and I took hot tea and snacks (You all know how we pack food to pass around...)

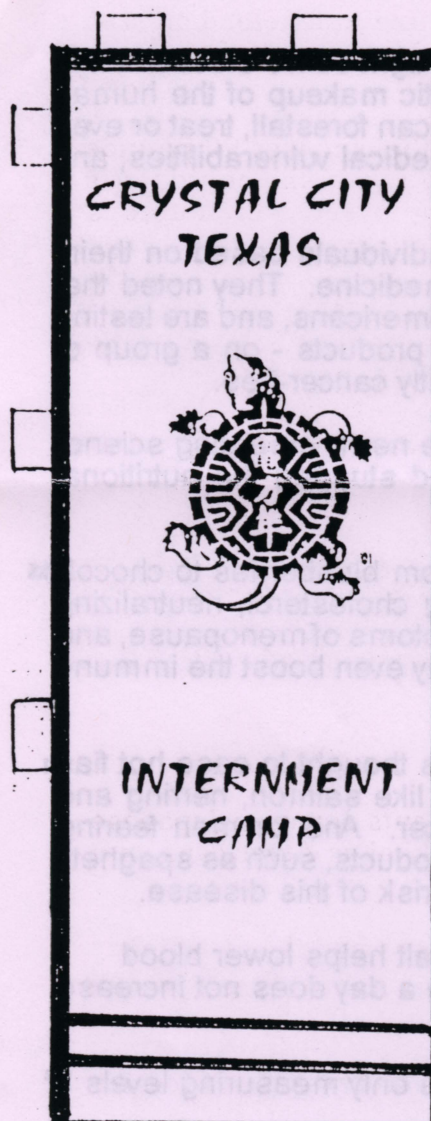
There were about 700 people, many from the LA School District that George Kirtiyama took in 9 buses. The program opened with Sue Embrey welcoming everyone. Alan Nishio was the keynote speaker. He was born in Manzanar and spoke of being victims of racism, and that people must stand up and make sure that their rights are not violated.

After all the speeches, those of us who carried the banners of our camps (12 banners, 10 WRA camps, Crystal City and the 442/100/MIS) walked and stood along the Manzanar Monument. As I stood with the wind whipping the banner around, the Tenrikyo minister came to help me hold the banner until it was tied to the iron post. He said he had to help me hold this banner up because he was born in Crystal City. I was surprised and asked him his name, and he said he was Kunishige Ito, that his father was so happy he finally had a son after three sisters. What a small world...another CC-ite.

Prayers through Konko Church, Tenrikyo, St. Mary's Episcopal Church, WCA United Methodist Church, Rissho Koseikai, Senshin Buddhist Temple, Koyasan Buddhist Temple, Cong Beach Buddhist Temple, Zenshuji Buddhist Temple were given and those of us who were banner holders did the "Oshōko" and represented our camp.

A new ondo the "Manzanar Bushi" was choreographed for this occasion, however, teaching all of us with the cold weather canceled the new ondo, but we danced the "Tanko Bushi" to the new song. With our Crystal City Happi, over our jackets, Yukie, Julie, Tomo and I kicked up our heels and although it started to sprinkle...we finished with "One Plus One" ondo. That really kicked it up another notch! The four hours bus ride was quiet...many were either resting or took a lil nap before returning to Lil Tokyo.

Preparation for these events are time consuming and I am very grateful to my daughter-in-law Cing Shimatsu, for shopping for the material for the banner, and sewing it, creating the design for the banner with the help of Dion Shimatsu-Ong, faxing back and forth, talking on the phone and drawing up several designs, having Tomo, Sach, Toni, and several others vote to see which one would be great...the top and left dark color is red, the turtle is purple with the "Hanko stamp" under the turtle, red, the lettering and band is black. Curtis Oda silk screened. Without the support of these people...especially Tomo who is ALWAYS there for everyone, we would not be able to represent our camp...and it is not easy...am getting older..."era! yo".



New Rx: Food That Can Heal

Medical science is on the verge of prescribing 'designer diets' to fight some diseases. It is hoped by the scientists to meld increasing knowledge about the genetic makeup of the human body with the promising use of food as medicine to customize diets that can forestall, treat or even prevent disease. They will be able to identify individuals with specific medical vulnerabilities, and give them "prescriptions" to eat.

In this generation they will be able to deliver 'designer diets' to individuals based on their own personal risk profiles. This is opening up a whole new area of medicine. They noted that Japanese women tend to have a lower incidence of breast cancer than Americans, and are testing their traditional diet - heavy in the omega-3 fats found in fish, and soy products - on a group of American breast cancer patients who have been treated and are currently cancer-free.

It is but one of a growing number of experiments underway in the newly emerging science of "nutraceuticals," a field of medical research that has moved beyond studying the nutritional benefits of foods to examining their precise therapeutic effects.

Components in many foods under study - a group that ranges from blueberries to chocolates and from alcohol to garlic - already have shown evidence of lowering cholesterol, neutralizing cancer-causing substances, reducing blood pressure, soothing the symptoms of menopause, and preventing the growth of new blood vessels that feed tumors. Some may even boost the immune system.

They are advising menopausal women to drink soy milk, which is thought to ease hot flash and other symptoms. They are suggesting fish high in omega-3 oils, like salmon, herring and mackerel, to patients at risk of cardiovascular disease or breast cancer. And for men fearing prostate cancer, they are advising consumption of more tomato-based products, such as spaghetti sauce - because tomatoes are high in lycopene, thought to reduce the risk of this disease.

Researchers no longer subscribe to the theory that eliminating salt helps lower blood pressure, for example, and a recent study suggested that eating an egg a day does not increase the risk of coronary heart disease or stroke among healthy people.

While the work is still in its earliest stages - at this point, they are only measuring levels of the substances in the body, such as in blood - "its hugely promising."

It's Good For You

Scientists believe that certain foods have health benefits for specific diseases. Among those being studied:

<u>Common food</u>	<u>Key Component</u>	<u>Believed to Lower Risk of:</u>
Kale	lutein	age-related blindness
Tomatoes	lycopene	prostate & cervical cancer
Sweet potatoes	beta carotene	lung cancer
Apples, onions, red wine, tea	sulforaphane	cancer
Fish oils	omega-3 fatty acids	breast disease
Green tea	epigallocatechin-3-gallate	cancer
Soy, tofu, soy milk	soy	breast cancer heart disease

10 Foods You Should Never Eat!

- | | |
|---|---|
| 1. Quaker 100% Natural Oats & Honey Granola | 3t sugar coats 1/2 c oats |
| 2. Gwaltney Great Dogs Chicken Franks | 10-11 grams of fat + sodium |
| 3. Entenmann's Rich Frosted Donut | 10 grams saturated fat |
| 4. Nissin Cup Noodles with Shrimp | Fried in palm oil + sodium |
| 5. Frito-Lay's WOW! Potato Chips | Fried in oestra, indigestible fat subs. |
| 6. Oscar Mayer Lunchables | 4 t of fat + sodium |
| 7. Haagen-Dazs Ice Cream | Twice the fat |
| 8. Campbell's red-an-white-label soups | + sodium |
| 9. Rice-A-Roni Chicken & Vegetables | + sodium |
| 10. Contadinas Alfredo Sauce | + fat |

10 Super Foods You Should Eat!

- | | |
|--|---|
| 1. Sweet Potatoes - Carotenoids, vitamin C, Potassium, Fiber | 6. Cantaloupe - vitamin A and C |
| 2. Whole-grain Bread - dozens of vitamin, mineral, fiber | 7. Spinach & Kale - vitamin C, carotenoid, calcium, iron, fiber |
| 3. Broccoli - vitamin C, carotenoids | 8. Oranges - vitamin C, Folic acid, fiber |
| 4. Watermelon - Vitamin C, carotenoids | 9. Oatmeal - Plain, old fashioned, no sugar or fat added |
| 5. Beans - Low in fat, rich protein, iron, Folic acid, fiber | 10. Fat Free or 1% Fat Milk - Calcium, vitamins, protein |

Magnets

There are magnets today...back brace, insole for shoes, wrist brace, etc. There are also magnetic jewelry out that's really attractive. There are white pearls, black pearls, earrings, bracelets, etc...do they work? I always try things out to see if it's heresay or could it be true? I'm usually so healthy that actually didn't feel too much difference, however, felt lots of energy, some sore areas seemed not to be so sore...my sister wears hers and she feels it's beneficial. There are some who really had painful joints, and putting the magnetic brace on these aches and pains helped them and they did not have the pain/ache anymore.

There's no scientific proof that it does work, however, those who have been wearing them seems to feel that it has been helpful. The jewelry's are really nice and looks like regular jewelry so you'd never know that they were magnetic. I was introduced to this through our honorary CC-ite, Jackie Imai, and she told me where I could purchase them. If any of you would like to know, contact:

Patsy Okamoto

Gardena CA 90247

Patsy also carries magnetic back brace besides various magnetic jewelry. The back brace can work as "Hara Maki", (abdominal band for the intestinal, or stomach area) by turning the magnets around...in today's busy world, the energy that magnets can give, and perhaps help with the body wellness...you have nothing to lose from trying it...

Letters to the Editor:

Just to let you know that the book "My Six Years of Internment: An Issei's Struggle for Justice" is now available at the Japanese American National Museum book store in Los Angeles.

It is the story of Rev. Yoshiaki Fukuda of the San Francisco Konko Church from the days prior to the beginning of WWII, his arrest by the FBI on Dec. 7th, 1941 and his internment in camps Missoula, Montana; Lordsburg, New Mexico; and Crystal City, Texas. This book is about the issei men who were classified as "dangerous enemy aliens" by the FBI, their experiences as internees and the trials and tribulations of their existence. It also goes into life in Crystal City when families were reunited, the threat of deportation and how the Japanese Peruvians were unjustly incarcerated and treated.

Sincerely,
Nobusuke Fukuda

Thank you for your letter. I've read the book and it helped me to understand what my father and other men had gone through. My father would never tell me anything about his time in Santa Fe, New Mexico or Lordsburg, New Mexico. He felt that it was not necessary for me to know. I am glad that I learned so much from his book. sumi

I want to thank you for sending me the Crystal City Chatter. My family was originally from Seattle, WA. My mother and I joined my father in Crystal City in 1943 after spending a year in Minidoka. My father had been interned previously in Santa Fe. I went through the 6th grade in Crystal City, yet I remember very little of my experience there - just snapshots, like attending school, playing baseball, participating in judo and sumo. Much to my chagrin, I cannot remember any names of kids I went to school and played with.

One of the very few people I do remember is my 6th grade teacher, Mrs. Lunz, who was a very caring and wonderful person. In one of the past issues of the Crystal City Chatter, there was mention of a Mrs. Lunz who apparently still lives in Crystal City and I wondered if by some chance it could be the same woman who taught at the grammar school. Do you happen to know? I am sure she would not remember me, but I certainly remember her as a very special person and would like to tell her so.

Again, thanks for your dedication to keeping the Crystal City memory alive. I hope you continued success. With Fond regards,
Joe Yasutake

Hi Joe...I sent Mrs. Cunz content of your letter...I'm sure that she is pleased to know that you remembered her...she has very fond memories of Crystal City too...she is in contact with Toni Tomita (Takeuchi) and writes to me so I'm up-to-date with her. Yes, she is a very caring person and hasn't changed...here's a part of her latest letter to me:

"I very much appreciate your "Chatter" and read every word. I owe you and your daughter "thanks" for the "Great truth..." and "definitions of health problems". I have had my daughter make copies for relatives and my bridge club members. I am the oldest member, but the others are not very much younger, meaning they could also relate to the humor. Please thank your daughter."

Sincerely,
Lee Lunz

Thank you Mrs. Cunz for enjoying the Chatter...it is good to know that you read "every word"...and probably find lots of grammatical errors but thank goodness. I won't know and see the red pencil correction. Putting together Chatter is always a challenge...I am very grateful to my sister and brother-in-law, Bob & Kitty Suzuki, and my kids for this computer.

The National Japanese American Memorial Foundation

It is the 11th hour in the race to raise the \$8.6 million for the National Japanese American Memorial Foundation.

The California campaign was kicked off in Los Angeles less than two months ago, and many Nikkei organization are putting their shoulders towards this goal. It is a Japanese American memorial, telling our story in the nation's capital. We Nikkei, particularly those who were incarcerated in camps during WW II, are particularly proud that we have worked and fought for our place in the American sun.

But a hitherto unpublicized danger lurks in the design of the Washington memorial. It threatens what we Nikkei have built up, what our nisei war heroes have won for us. The time to act has to be now, and we ask all our Crystal City Association members to make immediate action.

Please read the attached letter addressed. If you agree that it is crucial that this threat must be avoided, please sign the letter and mail as soon as possible.

Thank you.

Joy Nozaki Gee

The Form Letter

Mr. Melvin Chiogioji, Chairman
Mr. Norman Mineta, Deputy Board Chairman
Mr. George Aratani, Senior Board Advisor
National Japanese American Memorial Foundation
1920 N Street, NW Suite 660
Washington DC, 20036

Dear Board Members:

We have just become aware that the National Japanese American Memorial monument in Washington DC would include six rocks in a pool, with each rock representing an island of Japan.

We are proud of our Japanese heritage, but we have spent nearly all our lives to be fully accepted as Americans. This lifelong struggle, the culmination of the efforts primarily of the Issei and Nisei, with our Nisei fighting men as our strongest chapter, was to prove we were Americans and our faces and skin color only attested to the diversity of the American melting pot. Therefore it is an affront to the Nikkei to have Japan represented as our homeland, for the U.S. is our home, our country.

But how do you think the general American public would react to Japan being glorified in our nation's capital? Those who lost their loved ones in this Pacific War? Families and friends of American POWs of the Japanese army? Patriots who believe loyal Americans are those who place America first rather than salute the land of the ancestors?

the hard fought progress the Nikkei has made could be severely damaged by the representation of the rocks as Japan. Prevention of this public relations calamity is simple and at minimal cost: rearrange the rocks to make it and tranquil rock garden landscape. There would be no alignment of the rocks that mimic the geography of Japan, nor would the number equal the number of islands of Japan. There would be no inscription that would allude to the island origin of the Nikkei.

The hour is late. Please act now. We must avert what will become a monstrous public relations disaster.

Sincerely,

Something to Think About...or Chuckle About

"I haven't failed. I have tried 10,000 ways that don't work." Thomas Edison

"In three words, I can sum up everything I've learned about life: It goes on" Robert Frost

Blessed are those who hunger and thirst, for they are sticking to their diet.

You're getting old when you get the same sensation from a rocking chair
you once got from a roller coaster.

Perhaps you know why women over fifty don't have babies:
they would put them down somewhere and forget where they left them.

One of the life's mysteries is how a two pound box of candy can make a woman gain five pounds.

It's frustrating when you know all the answers, but nobody bothers to ask you.

Brain cells come and brain cells go, but fat cells live forever.

These are few gems sent E-mail from my daughter Nicki Yokota...Thanks!!!

Please think about the National Japanese American Memorial Foundation and if you feel as strongly about having a monument that does not depict the nikkeis as loyal American citizens, sign the letter on page 9 (behind this page) and send it to the chairman Mr. Chiogioji at the address printed...we must voice and stand together on important nikkei issues! Please stand with Joy and me...

When in LA, visit the "Common Ground" exhibit at the JAN Museum...Nicki (one of my daughters) took her husband's father and mother and brother's family from Honolulu last week and they all were impressed...they did not realize that JANM had history and exhibits about the early isseis who immigrated to Hawaii...and the coffee and Bento exhibits. The aerial picture of our camp in Crystal City is great...trying to locate landmarks is quite challenging.

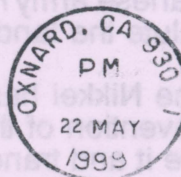
People who keep stiff upper lips find that it's damn hard to smile Judith Guest

Opportunities are like sunrises. If you wait too long, you miss them. William Ward

Know the One
Love the All

Tao-shan

sumi shimatsu
Crystal City Chatter
Camarillo CA 93010



TAD & SATOMI ISHIDA
SAN FRANCISCO CA 94116