

The National Japanese American Memorial Foundation

The latest on the "Rocks" representing the Japanese Americans at our capital in Washington D.C...Joy Gee is keeping me up-to-date with people who are meeting this weekend to discuss this. They apparently didn't realize what the "Rocks" represented and were quite surprised at the outcry many have been sending them. Many of you have written letters to them, or have signed the form letter that was in the last Chatter and I thank you very much for joining in the "Jiminy Cricket Club". It's just great to have Joy keeping her antenna up and keeping us all in tune...thank you Joy!

I have received several letters with many different opinions, but most of you felt like I did...wanting the monument to representing something that we Nikkeis could be proud of...our many Nisei, Sansei men and women fought during the WW II, Korean War, Vietnam war. All of us who were in camps came out, studied, worked, raised our families as good American Citizens, and want to be represented with something that we could all be very proud of. Hopefully, the final monument will!

However, I'm greatly disappointed that they want the ten (10) WRA Relocation camps represented, but NOT Crystal City Internment Camp...so, again, we're on the outs again...as Toni Tomita said, "Here we go again". We fought so hard to get into the Japanese American National Museum and had to have the late Noby Yamakoshi (Aya Hosaka Yamakoshi's late husband) help "open the door" for us. We were gratefully accepted by the Manzanar Committee, and Sue Embrey include us in their 30th Annual Pilgrimage last April.

"Been there, Done that!"...don't think I'll voice protest or fight again...it's just too hard...and exhausting, frustrating, irritating and I cannot afford raising my blood pressure over this...What a shame...it's really their loss that they don't know about our great camp and all the great leaders, teachers, priests, ministers, martial arts teachers, other great men and women who were arrested...and suffered more than many know...being separated from their families...etc. etc. You know the story...you were there...from Alaska, Hawaii, Peru, Tairiku, Marshall Island...**WE ARE UNIQUE EX-INTERNEES YES...OUR FOLKS WERE THE GREATEST!**

So goes the National Japanese American Memorial Foundation. Disappointing isn't it? Oh well...anyway...that's the latest folks.

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CORRECTION

I listed some of our Southland's Obon schedule and was corrected for the OCBC by Kaz Ichikawa that the Orange County Buddhist Church Obon is on July 17 and 18. I thank you Kaz for catching this error...that's why I'm putting this edition out ASAP...in time for Obon on the corrected dates.

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President's Corner

Yae Aihara

With summer finally here, we are all enjoying outings with the grandkids, vacations, outdoor meals, obon and whatever else one does in the summer, like pruning pine trees! In a little more than a year, our picnic will be upon us. Soon we'll start making plans and I hope all of you are planning on coming, It will be a last "Hurrah" for some of us, so all the more I wish everybody attend.

Since I started volunteering at the Museum, I've met more interesting people with interesting stories to tell. Please, all of you, write down your memoirs.

(Cont'd on page 2)

(President's Corner, Cont'd from page 1)

Whatever you happen to remember about a certain time or place, put it in writing in your computer, or record it on a tape. You owe it to your descendants to know everything about their roots. How often have you wished you had asked your now deceased parents something about their past experiences? So, hop to it.

Take care of your health during the long hot summer.

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Thank you Yae for your input...it's really true that we must all put down, or talk into a cassette tape, how old you were when you went into camp...what was most impressive...what it felt like when your mom/dad were arrested and taken away...what your family did after and what it was like to have to pack and go into assembly camp, relocation camp, Crystal City...etc. etc. So many Sanseis have expressed their regrets that they did not ask or find out how their folks and grandfolks felt.

Today, work on these memoirs ...don't put it off...last year when I was suddenly hospitalized, I realized how precious "time" is...we often put off things because "we will take care of it tomorrow, or when we feel like it"...and those "tomorrows" may not come around...time flies...

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Facing Changes

Changes has always been difficult for me...sometimes, there were no choices...like WW II when our lives changed drastically...having our parent (s) arrested, taken away, not only being separated but in different camps...not knowing what was going to happen...sizing way down to only what you could carry into these camps.

Then having to decide what we can do after the war...some able to return to "home", some having to work...survival...others relocating...and yet, some in foreign country...Japan. So now that many of us have grown up...established homelife wherever, kids all grown and out, and their kids also growing fast...so what now...

Some of us are thinking of "sizing down"...and others have been thinking of "retirement home", yet, many of us want our "independence" and don't want to be in places where there's nothing but "old" people...

I was talking to several people who are seriously "sizing down"...trying to find a place with little work around the home and garden...it's a very difficult time because the home that we have been in is a warm, nurturing, "nest" we created for our family...

56 years ago, our carry on suitcases increased as we moved from camp to camp...then having established home, that 2 suitcase is now housefull...so if you want to "size down" what do you do with all the "stuff" we put into the home? We had hoped that our children would be able to take them to their home...but, they say, "We've got lots of stuff already...and have no room for your stuff"...and garage sale is too good for some of the sentimental "stuffs"...my...

I know that I've been saying that "I really want a Zen house"...very simple...no "stuffs".. BUT then what to do with all the "nice" "stuffs"...

There was a time...

...we had only two suitcases...when I came back from Japan...I footlocker, I suitcase... those were simple days...today, there's more than 2 suitcases, or I footlocker and I suitcase!

**National Singles Convention, '99**

Joy Gee

The National Singles Convention will be held in San Francisco on the Labor Day weekend of September 3, 4, and 5, 1999 at the Radisson Miyako Hotel. Activities include mixer, workshops, dinner/dance, brunch, and raffle. Optional are golf, bowling, fashion show, and casino trip. Registration cost is \$150. if paid by July 14, 1999, and \$180. thereafter. The San Francisco Singles Club is host this year, assisted by the Sacramento, East Bay, and San Jose Singles Clubs. Contact your local Nikkei Singles Club for more information

The Nikkei singles club, found in many major cities throughout the United States, are open to single persons who are widowed, divorced, or never married. Asians of other national origins are often members as well, but the clubs are predominantly Japanese. These singles clubs are social support groups, and offer a wide range of activities. For instance, the Sacramento Nikkei Singles Club meets monthly to hear of upcoming activities followed by a social time with refreshments (members take turns on the refreshment committee for each month), have numerous activities which include monthly dinners at interesting restaurants, arrangements for dances sponsored by different groups, picnics and Christmas parties where different singles clubs in the area invite each other, plays presented locally and joining with other clubs to attend productions in the Bay area, Stockton, etc., trips and tours. (Grand Canyon; Branson, Missouri; Ashland, Oregon for Shakespearean Festival, Disney World, Monterey, etc), walks and hikes, potlucks, attendance at festivals, and fundraising and community work.

There's something for everybody.

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*I know that locally around L.A., Sachi Maehara is very active with her singles club, and Sadako Sogioka and others are always having activities, etc., with their group. I was asked at several singles club to speak on Qi Gung and Tai Chi, to introduce these form of "exercise" that is very beneficial to your health. It is known for developing balance and the inner energy we all need at this "golden age". Thank you Joy for bringing it to the readers' attention.*

*If any of you out there would like to know about those that Sachi or Sadako goes to, contact me by phone [redacted] or write to sumi, [redacted] Camarillo CA 93010. I will find out for you and let you know.*

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**Bon Odori Practice**

*Instructions and practice for the many bon odoris are going on at the many southland Buddhist temples...Oxnard is a small group, but I support it because it's the closest to Camarillo. The practices are held there on Tuesdays and Thursday nights from 7:00 pm. (Make sure you are dressed warm there...Oxnard has the damp, cold, fog roll in nighttimes and can be chilly. Of course, as you begin dancing, you will get warm...but for many children, it is cold. I went to the Thursday night practice and enjoyed myself.*

*There's supposed to be 18 dances this year (it may differ at other temples)...there were ones I didn't know at all...like the "Fresno Bon Odori"...where the farmer is hoeing, picking grapes, etc., and one that was created last year by Rev. Mas Kodani of Senshin Buddhist Church with another choreographer...(sorry, don't know her name), the "Gardener's Bon Odori", where you have the raking (gara gara, shu shu), starting the mower, "bon bon"...tying the cuttings and the rubbish...driving a Chevy...getting paid here, there, etc..."chan chan to"...*

*There's the fisherman..."Abarembo"...etc., but the good ole "Tanko Bushi", "Tokyo Ondo are still around...so join in, have fun, just ENJOY, and let your soul soar!*

Letters to the Editor:

Hi Sumi,

How are you? thanks for all your hard work.

In the latest *CC Chatter* you included some Southland **Obon schedules**. the dates for **Orange County Buddhist Church ( OCBC) in Anaheim are incorrect**. **The correct dates are July 17 and 18**. Would appreciate it if you can publish a correction as we'd hate to disappoint any interested CC friends who came on the wrong weekend.

Thanks very much

Regards,

Kaz Ichikawa, Member OCBC

*Thank you very much Kaz for the correction. Am getting this Chatter out ASAP, before your Obon Festival at OCBC to **make sure** that Chatter readers will have the right dates for the Obon. I appreciate it very much.*

*I request other churches, temples to send activities such as bazaars, Obons, etc., time and date so those living in the areas could attend and support your group. Thank you.*

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Dear Ms Shimatsu:

Thank you for sending me the Crystal City 50th Reunion Album. When Muts Miyakawa was telling me about the hospital staff picture, I thought I was in the picture but it was before I was interned there. I did work at the hospital as an office clerk.

Sincerely,

Takashi Tsujita

*Hi Takashi, I guess you came in perhaps after the Hawaii group left and those going to Japan had left too...I know that many came from Tule Lake in 1946 and many did not leave CC until 1947. I had no idea that Crystal City was still open in 1947...it must have been the last camp to close.*

*I do hope that you enjoy reading the CC Album. Joy Gee really put everything into it...I think she included the "kitchen sink".*

**This CC Album is still available. Call or write to the Chatter, [redacted] Camarillo, CA 93010...\$35.00 including the postage and handling.**

**You can also purchase it at the Japanese American National Museum Gift store in Lil Tokyo. (The old Museum gift store)...\$35.00 plus tax.**

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Dear Sumi,

Enclosed is a check for two (2) Crystal City Reunion books and also money to apply for the "CC Chatter" postage fund.

It's always so good to hear your voice over the phone -- you have such a positive outlook. Thank you for being there for us and sending such caring thoughts. We are blessed to have you in our lives.

Thank you in advance for mailing the books.



Susie Sasagawa  
(Cont'd on page 6)

### Summer Fun

There are many places around you that you can enjoy for a day, weekend...short trips. I'm more aware of California...having lived here more years than anywhere else...if you're in So. Cal. area, watch Channel 4, NBC, Sunday morning at 9:00 a.m... "Travel Cafe"...Chuck Henry goes to many places, tasting delicious food here and there...this morning, he's covering around San Diego...there's a place outskirts of San Diego...a small town **Julian**, with it's famous hand made apple pie...they make over 3500, the old fashion way...

The **Seaworld** will soon be exhibiting 40 seabass...in La Jolla, they caught 71 seabass several weeks ago, and were sending 40 to Seaworld after the fish were in a tank to take the stress out from the group, however, soon they noticed that the fishes were spawning in the tank with hundreds of eggs, even after going through the stress of being caught, so now they have these eggs to try farming seabass, and soon after, they will be sending over half of the seabass to Seaworld...fish farming is really big business and a way for more people to be able to enjoy fish without overfishing in the oceans.

Take a short boatripe to **Catalina Island** on the Express ship from Long Beach and you can view wild buffalo, take an underwater tour and take a bus tour through the protected wilderness of Catalina's interior on the Skyline Drive Tour. The food at Armstrong's is supposed to be highly-recommended seafood restaurant on the water.

The redwood trees are always beautiful to walk, hike through...**Sequoia, King's Canyon Muir Woods, Humboldt Redwood Forest, etc...**to smell the pine, redwood, cedar trees, woody and refreshing...ferns growing abundantly under the forest...there are also abundance of shimmering, quaking aspen trees...they are so beautiful...especially in fall.

Many of you live up north where you have the wine countries...and many quaint little restaurants...**Napa, Sonoma, Mendocino...**there's short railway system with restaurants inside. It seems like the ole rail system with it's starched white linen...table setting...and waiters all serving you...another time, another place...can't say much for the dusty, old cars we rode in to go to the many far camps around the country...that was another lifetime ago.

Then there's wonderful seafood...especially the oysters, (if you like them) in **Seattle**. It was great to visit the Pike's Fish Market, and all the many other little stores in that marketplace, the scenery is great...so much greenery...of course with all the rain they get, nothing looks like Southern California with all the brown hills, shrubs, etc...short drive out and you visit where they made "Twin Peaks"...TV show, in and around the Squalamine Falls...there are so many places in and around Seattle...going across on the ferry boats to San Juan Island, Bainbridge Island, and of course, Victoria Island and going through the famous Butchart Garden...there 's Butterfly Garden down from Butchart...and going into the little city, there are many places to see.

Around **Sacramento**, the gold countries...many little towns, with charming restaurants, and stores...the capital city...I'm sure if we ask Joy, she could make a long list of places to see and enjoy.

Of course, there's so much in **San Francisco**...the Fishermen's Wharf, Pier 39, Japan Town, Chinatown, Nob Hill, Top of the Mark, the theaters on Geary Street, the Golden Gate Bridge, the Lombard Street...the list could go on and on...

All the aquariums...in your local area...the **Monterey Aquarium, Long Beach Aquarium** and I'm sure you could tell me one close to where you live...Monterey has also, the pier, the Cannery Row with many shops and restaurants...it's always so nice and beautiful there with the famous 17 miles drive, Pebble Beach (people from Japan thinks this is the greatest place).

And if you're lucky enough to be in **Hawaii**, I don't think I could do enough credit to the beauty and the taste, hospitality of the people there...**enjoy a wonderful summertime y'all.**

(Letters to the Editor: cont'd from page 4)

(Answer to Susie Sasagawa)

Thank you very much Susie for your kind words...your order...and donation to the Chatter. I keep thinking that one day, there won't be any funds in the Chatter to print and send out, then I can "quit"...a good excuse, right? But it hasn't happened yet because of the donations that many send...maybe one of these days...

It was good talking to you too...you're always so upbeat too...and has lots of good energy. It would be so great if we could get together...maybe you could come to our picnic next August. Only thing, I'm usually so busy that all I can do is say a fast "Hi" and can't spend time with all my friends...picnic time is busy time for many of us here...but it's so nice to see so many CC friends...

Thanks for getting others interested in our CC Album...so many out there stiii don't know about our unique camp. The only camp with Germans, Italians, Japanese, Japanese Americans from Alaska, Hawaii, Tairiku, and Peru, and a couple POWs from the Marshall Islands...leaders of all Japanese communities, teachers, priests, ministers, martial art teachers, many others. What a shame that these elite group of people are not well known, or known at all. Their hardships, sufferings from separations from families and the unknown fate of their lives...at least the JANM has recognized us, and so has the Manzanar Pilgrimage Committee headed by Sue Embrey.

Anyway, it's same-o, same-o, always having to fight for recognition, for some cause or another. Thank you again Susie...

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Dear Sumi,

I am sending you a faxed flyer Brian (Aya's son who plays the koto) sent me of his next concert on Noby's birthday in Osaka which I plan to go to. Then we plan to "Omairi" to Ohtani Mausoleum in Kyoto, Japan.

I never did write to you to thank you for the generous one page write-up in the CC Chatter of Brian from the Japanese American National Museum Ad Journal.

Busy planning Anne Namba Fashion Show luncheon for the benefit of Morikami Museum for November 16, 1999, of which I am cochairman. For this event we are developing new friends across the nation for Morikami. Supporters are 97% Caucasian. Will send more information soon.

Love,

Aya Yamakoshi

Thank you very much Aya for the flyers for Brian's performance and Morikami Museum in Florida How wonderful...to be performed on your husband Noby's birthday in Osaka...your heart must be full and so joyful! Then to beautiful, beautiful Kyoto...for Omairi...that sounds so great!

It must be very rewarding to be able to support and help the Morikami Museum. Anne Namba's fashion is well known and really beautiful! It will be a great draw for many people. Fundraising is always so essential and important to museums, and we CCA know how we've had meetings after meetings to help with JANM's fundraising...how we raised \$\$\$ megabucks, inspite of our not wanting to "ask" for donations...going way over the original goal of \$100,000., now over \$182,000. (last counted April 1998)...it was meetings, letters, meetings, letters...and finally, we have wonderful peace...no more letters or anything...it's nice and peaceful. Take care and have a nice trip.

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**New 1999 Crystal City Address Book available now:** Send \$10.00 which includes postage and handling to Crystal City Chatter, Camarillo CA 93010. Proceed goes toward Chatter expense. Thank you.

Dear Sumi,

CC Reunion in Peru

Yuriko Tanaka

GOBUSATA SHITE IMASU. How have you been? Thank you very much for the last May issue of C.C.Chatter as always enjoyed and appreciated by all of us.

As you know, this year we are celebrating the Centennial of the Japanese Immigration to Peru and the central dates to celebrate this milestone accomplishment took place last May 26th to 30th.

We are proud to acknowledge that all the Peruvian Nikkeis, specially the committee, cooperated heartfully to make this celebration a great success and well organized event. I'm sure it shall be remembered as long as we live.

The main date took place on Sunday 30th at our Nikkei Studium "La Union" with 15,000 assistants, many from abroad and we were honored by the presence of the Princess SAYAKO who came specially for the celebration and by President FUJIMORI. The speech given by the Princess was heartwarming, she is so kind and delicate. It was really a memorable and exciting event, the parade and all the programs prepared were fantastic, but the emotion got its peak when the Princess and President Fujimori followed by Japanese Peruvian ambassadors, ministers and the committee group walked all the way around the field track, this was not programmed. The Princess was saluting very kindly specially to KOOREISHAS who had a special place at the tribune, shaking hands, giving some words to them and never losing her gentle smile. Everybody was moved to see her so close and I could't contain my tears flowing.

For us, the Peru-Kai people, those days were truly meaningful, 11 members from Japan and 21 from U.S.A. came to join us for the celebration and for our 8th Peru-Kai Reunion, most of them returning to Peru after 56 years!. We set one day aside, Saturday 29th to get together with a lunch at Ah-Gusto Restaurant whose owner is an ex internee. It was really a wonderful and enjoyable reunion. We were happy to meet each other again, some of them since camp. In this occasion the gathering was relaxing, no ENRYO and everybody enjoyed the delicious Peruvian food, Peruvian music, danced folklore music and even danced BON ODORI "TANKO BUSHI" with Peruvian rhythm led by an 80 year old ex internee lady from Japan, it was real fun. And of course we chored our SHOJODAN song "YUKARI NO HANA" followed by a beautiful song written by Eloy Maoki who put the words on the music of "SHINA NO YORU" which as you remember was a very popular song in camp. (I've printed at the end). During a passage of the reunion, Naomi Quiñones, one of the JPOHP's staff who came along with Grace Shimizu and who's grandfather was an ex internee, performed a very emotive dramatized speech "DOKO NI ITTANO?" in Spanish and English. It was the story of the hard days during the war time when parents, grandparents etc. were forced to leave Peru and taken to U.S.A.'s concentration camps.

Some of the attendees stayed until evening enjoying the KARAOKE. Both Centennial and Peru-Kai events were great and memorable, that's why I wanted to share my comments with you, hope you enjoy them.

Please take care and MURI SHINAIDE KUDASAI NEH.

Love always,

*Yuriko*

(CC Reunion in Peru, cont'd from page 7)

(Answer to Yuriko Tanaka)

Dear Yuriko-san...thank you very much for your letter...another very successful reunion for the Peru friends of Crystal City...how wonderful...to have such dignitaries as Princess Sayoko and President Fujimori recognize you ex-internees, subjected to extreme sufferings from your parent's arrest, separation and being brought to this country as exchange hostages is very good. Your Peru group are commendable for always having great reunions from far countries as well as in and around Lima. Bravo!

Singing the "Shojodan" (Girl Scout song) is almost like an anthem for Crystal City as a whole because of the words, "Koko Tekisasu no sabaku nimo, yukari no hana no kaori ari"...etc), "Here in Texas desert, we have the fragrance of the yucca flowers"...well, I never smelt or knew that yucca flower were fragrant, let alone have scent...must check it out one of these day...but you know how tall the yucca flowers are, so I don't know how I can get up there to smell unless the fragrance is so strong, you can smell it from afar...yup, this song can represent Crystal City Internment Camp song...maybe we could choreograph a bon odori from it...how about that? It sounds interesting huh Yae (Aihara), Kazie (Shimahara Kanegawa)? Might be interesting.

Of course, Tanko Bushi is one of the well known ondos...it's danced all over, even when we went to Crystal City on our pilgrimage in '97...had the Crystal City friends dancing it too! It's one that many people enjoy...and is so easy...The coal miner's dance! I always pull in lots of spectator at Obon (non-Asians too) to join in...and they do!

The Peru Shimpo with its many pictures looked very interesting but I must get some Spanish reading, interpreting person to read me what it says...Maybe Chieko Kamisato or Carmen Mochizuki can help me one of these days.

Again, congratulations on another, very successful reunion...and thank you for sharing it with all of us. Genki de neh...

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### Did You Know?

**Tonic Water** (as in Gin and tonic...no gin though) can help prevent leg cramps. There's little amount of quinine in it. I drink tonic water...working in gardens, doing Tai Chi, Qi Gung and any exercise, it usually keeps muscles from cramps and spasms. Straight quinine is usually too strong...some, it causes ringing of the ears, itching, rash, nausea, visual disturbances, but amount in tonic water is small that there is usually no bad effect.

**Grapefruit** can increase blood levels of many medicines, including estrogen...there is growing evidence that elevated levels of estrogen may increase a woman's risk of breast cancer. High estrogen levels can cause symptoms such as nausea, breast tenderness and fluid retention.

Alcohol and large doses of vitamin C (more than 1,000 mg) may also increase circulating estrogen.

**MSG** causes arthritis on some...taking arthritis medication caused severe reaction to few eliminating any MSG decreased the pain dramatically but not completely gone...

**Tomatoes** can cause rash or raise bumps in some people's mouth.

**Sitting, watching TV** can develop diabetes in older people...get out and exercise!

### Wise Words on Aging

"Aging"...not a word we like to hear is it...yet, that's supposed to be the "normal" life that we are all supposed to be living..."Old age is like flying through a storm. Once you're aboard, there is nothing you can do about it". It is supposed to be the ultimate passage, the last hurrah, the final chapter, and - don't kid yourself - you always knew it was coming. but that doesn't make it any easier, nor does it make you prepared.

Whether you are ready or not...or are already "old" or worried about loved ones who are it's good to grab a "map" or two to help weather the inevitable storm. Some are taking multiple vitamins, herbs and other supplements to "slow" the aging process...fortunately, many are into exercising...keeping what's working going..."lubricating" the machines...most of you know that I've been writing about Yoga exercises...which not only tones you up, stretches and keeps the muscles in good condition, but the breathing (Hatha Yoga) can really keep you in good health.

Tai Chi and Qi Gong is another way of staying well...keeping the body functioning in the optimum...I doubt that I need to go into it again since I've written so much about it...but it's good to know that the medical profession is now putting their "stamp of approval"...and in these ancient India, and China "teachers" have been able to live with these exercise, meditation and philosophy, staying not only well, but staying quite young.

A lot of older people don't even like the word "old" because being old in this culture in this time of history is to be a member of a disenfranchised social class. In this country, it is very difficult to accept not only aging but death...as though it was a nasty, inevitable situation.

In the Eastern countries...it is not only accepted, but that death is "graduation" from the school of life...that actually one cries when born...and supposedly learns in this lifetime, then graduates...then it would not, could not be terrible...but beautiful. Two writers recently have written about aging: Mary Pipher, a Nebraska therapist who wrote the saveour-girls classic "Reviving Ophelia" and Alix Kates Shulman, who wrote "Memoirs of an Ex-Prom Queen".

These two writers see dying as a kind of gift. "As they approach the end, many old people tend to put their lives in perspective. They are frequently more honest, kinder and wiser than before, and they often have important things to say...forgiveness seem to be important, for any thing...

Words can be good step towards acceptance of this period in our lives...instead of old people, or elderly, it would be nice to honor them with the word, "elder".

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### Brain Attack

Stroke is a cardiovascular disease that affects the arteries of the central nervous system. Burst or clogged vessels cut oxygen to the brain = nerve cells die, and the areas controlled by the damaged region react...

#### Warning Signs:

Sudden severe headaches  
Unexplained dizziness  
Sudden dimness or loss of vision  
Sudden difficulty speaking  
Sudden weakness or numbness

#### Time is important;

TPA...first drug to reduce the effects of a stroke is effective only when given within three (3) hours of the stroke's onset.

Today, there's so much knowledge in treating stroke...blood thinning...neuroprotective drugs to shield the brain from damage...drug called tissue plasminogen activator...to pulverize blood clots...but getting immediate, FAST HELP IS OF THE GREATEST IMPORTANCE.

**FAITH: People who hold religion important  
heal faster**

Research has shown that those who have faith heals faster, and speed recovery . The patients who turned to religion to help them cope with their illness recuperated faster. It is not just the elderly who seem to find comfort in faith.

It has been known for many years now that attitude...belief...has a lot to do with a patient's recovery. Today, you hear words as "focusing", "centering", "visualizing", "surrounding your self with 'healing light'"...and it's not just words, but actually can create the healing force for you. It can also be "sent" to those you want to be "healed"...This is "absent healing" or in Japanese, "Enkaku". People who learn "real" Reiki, know this to occur. In China and their Chi energy therapy, one can heal one in this manner.

Today, even in our modern hospitals and medical practices, there are nurses who are trained to "give energy"...especially after major surgery, there are 2 or more nurses at the recovery room to facilitate healing.

It matters not what religion you choose to practice or believe in...also having a circle of prayer friends, family members, work very well. I have circles of prayer partners...and when I hear of someone who's undergoing surgery, or fighting some illness, I call the several circles of family, of friends, of some church group, and have them pray for that patient. It works!

**Thymus Thumping**

Thymus is located upper chest...below the collar bones...and when you're tired or feel like you're coming down with something...thump your thymus...take your finger tips or lightly take your hand and thump your thymus for 3-5 minutes...you will feel better, energized and it will create antibodies to fight infection in your body. (Thymus is upper chest area, under the neck). At times if there's sore spot under the collar bones on both side...rub it circularly for few minutes...it will also help with developing immune system and assist in the lymphatic system.

Do you suppose this is why Tarzan thumps his chest and does his Tarzan cry? Maybe.

*Always be able to look back and say "At least I didn't lead no humdrum life."*

*"Forest Gump"*

*The secret is within your self*

*Hui-Neng*

*sumi shimatsu  
Crystal City Chatter  
Camarillo CA 93010*



TAD & SATOMI ISHIDA  
[Redacted]  
SAN FRANCISCO CA 94116