



We Are 11 Years Old!

Well, it has been eleven years since we had our very first CC Reunion in Buena Park in 1988...How well I remember the excitement at the hotel...checking in...looking around at all the many niseis...trying to remember who was who...the careful planning and having room for hospitality...the refreshment, etc...while 'getting to know' each other after 42 years...it was so nice to enjoy that very first reunion.

Up until then, we had our biannual picnics at various parks until we finally found the one in Long Beach...so the CC planning committee, including the Wednesday Gardena golf group, have been getting together often, however, the Reunion was the very first we have had, with many whom we haven't seen since camp days, and thus started my writing after the warm fellowship we had with each other. Since then, there has been a very successful reunion in Monterey and the last in Long Beach.

Crystal City organization is one of close friendship, tight-knit group that has been very supportive. The group of Niseis have all been so 'kanshin' (commendable) for their 'oya koko' and care of our Issei parents...it is so heart warming to know that even after 50 some odd years, each of us talk about former CC friends doing this or that, or being ill, etc.

Our group are often at CC friend's funerals...somehow, that wartime connection is very strong and continues on. The short time we spent in Crystal City has been a lifetime of close friendships. It has been an extended family for me...the friendship during the time in Crystal City has been my closest friendship ever...ties that was made from even Pomona Assembly Center...Heart Mountain Relocation Camp and then to see Missoula Detention Camp in Montana, the famous Ellis Island...gateway from Europe to America became the gateway to Crystal City Internment Camp for some of us who met there.

Crystal City with it's many groups of people...listening to Japanese who spoke and understood nothing but Spanish...our friends from Peru...those quiet ones from Hawaii, mostly children of Buddhist priests...so obedient and serious...then there were us 'yancha bozus' that Yamashita Sensei used to call us...the Americanized niseis, joking, laughing...fun-loving spirited group of youngsters...ahhhh...'waka katta neh'...(oh how young we were).

Today, we are the 'toshi yoris'...(aged ones)...slowed down considerably and forgetful

The President's Corner:

Yae Aihara

We held our first picnic meeting at Goichi-san's Island Grill Restaurant in Los Alamitos on Saturday, September 18th...enjoying great bento lunch, and discussing our picnic program. Our next meeting will be on Saturday, November 13th at Sei Dyo's clubhouse at 1:00 p.m. Next year's picnic plans will be discussed further and I hope, committees formed. I just know many of you will volunteer!!

Received a nice letter from Aya Hosaka Yamakoshi, who is involved with the Morikami Museum in Del Rey Beach, Florida. She will be charing a fundraising fashion show on Nov. 16th, featuring the designs of Honolulu designer Anne Namba. If any of you are interested in going please let me know. Will do my best to help you get there.

Last yearend in the Chatter, Sumi had an article about "What special someday are we saving for". Since reading that article, have been living each day as a special occasion and doing the things that were on "someday" list. Just got back from a 2 week cruise, had a wonderful time. Next weekend I'll be going to my grammar school class reunion in Las Vegas which will probably be our last. Planned it because at the last one, 7 years ago, everyone said let's get together again one of these days. Well, that 'one of these days' is now. I hope

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(President's Corner. Cont'd from first page)

all of you are heeding that advice and living each day as a special occasion because, let's face it, we're all at a vulnerable age when illness and/or death can come in the blink of an eye. So, do your thing! For August, 2000, it's the CC picnic! Love to you all, Yae!

Thank you very much, Yae-chan, for your input...the time for get-togethers is truly getting shorter and shorter...thus, the CC organizers know that the writing is on the wall and that next year may be the last picnic that our group will have...so many of the niseis have been having to deal with illness, death...it's inevitable, but still very sad.

I'm very glad that you're living each day as well as you can...not postponing special occasions for the tomorrow that may never come...like Nike sez, "Just do it!" Don't live with regrets...make each day joyful...give kindness generously...laugh...laughter is contagious and releases so many hormones that are beneficial to us...it is truly the best "medicine" for all illnesses and ailments!

Aya Yamakoshi has been a staunch supporter along with her late husband, Noby, for many museums, Morikami as well as our Japanese American National Museum. She has been a chairperson for many fundraising events. She has also been in contact with the NJAMF in Washington, DC and contacted Shiro Shiraga and the NJAMF Committee to let me know whether Crystal City Internment Camp will or will not be included in the group of ten camps that were under WRA. (More on this on page 3)

I am very grateful for her continued support for the Crystal City Association along with many of the other groups to which she lends a hand.

So, those of you who live in Florida or would like to see this beautiful museum and be part of the fundraising fashion show featuring fashions by Ms. Anne Yuri Namba (her clothing designs are most exquisite!), contact Yae Aihara at:

Montebello, CA 90640.

Many thanks to John Amerson, who wrote passionately on behalf of the Crystal City Internment Camp to be included in the NJAMF monument in Washington, DC. He received a reply from Peter Okada, explaining that the reason that Crystal City was not included was because this camp included Germans, Italians and Japanese from Latin America.

I also thank Kiyo Ito Kariya for her effort to get Crystal City included in the Washington monument.

Joe Ando has also written to NJAMF for our camp...and he continues to work on the Santa Fe Detention Camp marker as the Santa Fe City Council discusses placing it where the camp stood during the war. I know that Bishop Susumu Yoshida went with his son (my son-in-law), David, to look for this camp that most of our fathers were sent to before being sent to Crystal City. They were told that there is now a shopping mall on the grounds where the camp was formerly located. However, Joe Ando tells me that, no, they thought it was so, but that was built at another location.

Thanks to all who took the time and effort to have the Crystal City Internment Camp included in the monument in Washington, DC. We tried...we voiced our request...and I just wrote my third letter, and A LAST EFFORT...ALTHOUGH I STILL HAVE NOT RECEIVED ANY RESPONSE, I AGAIN WROTE LAST WEEK, MY REASONS FOR INCLUSION BEING:

CRYSTAL CITY WAS RUN BY THE JUSTICE DEPARTMENT. THERE WERE OTHER GROUPS IN THIS CAMP: GERMANS, ITALIANS, THE JAPANESE FROM PERU. HOWEVER, JAPANESE AMERICANS...ISSEIS AND NISEIS...WERE ALSO IN THIS CAMP. REGARDLESS OF WRA OR WHO WAS IN CHARGE OF THE CAMP, WE WERE STILL FORCED BEHIND BARBED WIRE AND UNDER THE CONSTANT WATCH OF ARMED SOLDIERS IN GUARD TOWERS.

Last Plea To Be Included on NJAMF

This newsletter is late as I have been busy the past three weeks, writing letters to the NJAMF Committee, requesting that the Crystal City Internment Camp be included on the list of camps on their monument. I have been talking to Jean (Kiyo Ito) Kariya in Bethesda, MD who is on the committee, and sending letters via facsimile to both Kiyo and Cherry Tsutsumida on Washington. I still have not received any responses at all from Cherry, Peter Okada or Shiro Shiraga (whom Aya Yamakoshi requested to write or call me as to our status – whether we were included or not).

Some of you were told that the reasons why we were not included with the ten camps are:

1. Our camp was run by the Justice Department instead of the WRA
2. There were other nationalities in the camp besides Japanese/Japanese Americans (Germans, Italians, Japanese from Peru)

These reasons should have nothing to do with our camp's inclusion. No matter who was running the camp or who else was in our camp, the fact is that we Niseis, Japanese Americans, were forced to stay in this camp against our will.

The following is the last letter I wrote and sent last week:

Dear Committee Members,

I have written several times regarding the National Japanese American Monument that will represent the American citizens of Japanese descent who were incarcerated in the ten relocation camps. I firmly believe that you are mistakenly overlooking the last camp, Crystal City Internment Camp, in which Japanese Americans were also incarcerated.

I have not received a response from you to date, however, I have heard from my friends who have also written, that the explanation for not including Crystal City is twofold:

First, that it was operated by the Justice Department rather than the WRA.

Secondly, that it held people of other nationalities besides Japanese.

The intent of the Justice Department in holding American citizens during the war was the same as the intent of the War Relocation Authority and just as illegal. None of the Japanese American prisoners were ever charged with or found guilty of a treasonous crime. None participated in anti-American acts, either.

The FBI arrested them because they were leaders of their communities and some, like my father, had contributed money towards the Japanese language schools. The Issei and Nisei in Crystal City Camp were from all walks of life, including priests, ministers, presidents of prefecture groups, Japanese language teachers, martial arts instructors, merchants, gardeners, farmers, and businessmen and women.

Many of the Nisei in the camp were transferred there from other detention camps in order to be reunited with their parents. Some were also in the U.S. armed forces and stayed with their families in Crystal City Camp before being sent overseas to fight.

As of July 15, 1944, there were 2,906 Japanese and Japanese American incarcerated there. The population included Issei and Nisei from both the mainland and Hawaii (over 16 years of age). The Japanese from Peru came in later.

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(Letter to NJAMF, cont'd from page 3)

The Isseis were singled out and arrested because of their occupations and were arrested abruptly without warning and sent to detention camps throughout this country, separated from their families. They suffered fear, anxieties, losses, hardships, trauma, hearings and questionings in isolated rooms...and were treated more like prisoners of war than any of the other ten WRA camps.

From my personal experience, I had been incarcerated in Heart Mountain, Wyoming with my mother, before being allowed to join my father in Crystal City, Texas. Although there were some differences in how the camps were structured and the way of living was more family oriented, the overall situation was very much the same: barbed wire, armed guards, and communal life with the Japanese community trying to make the best of a hellish situation.

I am so proud of the indomitable spirit that kept us going, which made us more creative, hopeful and caring of each other. I have worked very hard to maintain a sense of community with my fellow former internees. We even had a pilgrimage back to Crystal City in 1997 in which 50 people traveled from 5 states to pay our respect and to serve as reminders that real people suffered an unconscionable injustice there.

I am therefore requesting that you include Crystal City Camp in the National Japanese American Monument, along with the other ten camps. We have paid our dues and deserve to be remembered and regarded as survivors of a wartime crime. I want our future generations to know that they can feel pride in knowing what strong and loyal citizens we were, and that we worked hard to overcome this experience, for their sakes as well as our own.

Sincerely yours, Sumi Shimatsu

I am very grateful to Kiyoo...she called to tell me yesterday that she did her very best to get us in...she said there's difficulty with the Park Commission's approval as well as others...typical "red tape" in Washington...well, folks, we did our very best...Thank you very much, Kiyoo! All your phone calls, faxes and effort are greatly appreciated!

Joy Gee's Success!

It is so great that Joy Gee was successful in getting the NJAMF committee to change the interpretation of the rocks that were supposed to represent the Islands of Japan. Her tireless, relentless efforts, calling and writing to the many chairmen, Cherry Tsutsumida, worked. She succeeded! It took lots of correspondence and telephone calls, and we are grateful that Joy continues to fight for the right!

Thank you very much, Joy!

The design is of two cranes flying out of barbed wire with peaceful rocks in a pond with cherry blossom trees...with the markers of the camps, inscriptions, haiku, etc.

Groundbreaking was held last Friday, October 22, with representatives from the ten camps. I'm sure many of you saw the articles in the LA Times and other newspapers.

*"To live – is that not enough? Let us then live, let us affirm!
Herein lies Zen in all its purity and in all its nudity, as well!"*

D.T. Suzuki

Life in the 1500s

Most people got married in June because they took their yearly bath in May and were still smelling pretty good by June. However, they were starting to smell so brides carried a bouquet of flowers to hide the B.O.

Baths equaled a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men got their turn, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "**Don't throw the baby out with the bath water.**"

Houses had thatched roofs. Thick straw, piled high, with no wood underneath. It was the only place for animals to get warm, so all the pets...dogs, cats and other small animals, mice, rats, bugs, lived in the roof. When it rained, it became slippery and sometimes the animals would slip and fall of the roof. Hence the saying: "**It's raining cats and dogs.**"

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could really mess up your nice clean bed. So they found if they made beds with big posts and hung a sheet over the top, it addressed that problem. Hence those beautiful big four poster beds with canopies. I wonder if this is where we get the saying "**Good night and don't let the bed bugs bite.**"

The floor was dirt. Only the wealthy had something other than dirt, hence the saying "**dirt poor.**" The wealthy had slate floors which would get slippery in the winter when wet. So they spread thresh on the floor to help keep their footing. As the winter wore on they kept adding more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed at the entry way, hence a "**thresh hold.**"

They cooked in the kitchen in a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They mostly ate vegetables and didn't get much meat. They would eat the stew for dinner leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes the stew had food in it that had been in there for a month. Hence the rhyme; "**Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.**"

Sometimes they could obtain pork, and would feel really special when that happened. When company came over, they would bring out some bacon and hang it to show it off. It was a sign of wealth and that a man "**could really bring home the bacon.**" They would cut off a little to share with guests and they would all sit around and "**chew the fat.**"

Those with money had plates made of pewter. Food with a high acid content caused some of the lead to leach into the food. This happened most often with tomatoes, so they stopped eating tomatoes for 400 years.

Most people didn't have pewter plates, but had trenchers, pieces of wood with the middle scooped out like a bowl. Trenchers were never washed and a lot of times worms got into the wood. After eating off wormy trenchers, they would get "**trench mouth.**"

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the "**upper crust.**"

Lead cups were used to drink ale or whiskey. The combination would sometimes knock them out for a couple of days. Someone walking along the road would take them for dead and prepare them for a burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up.. Hence the custom of holding a "**wake.**"

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England is old and small, and they started running out of places to bury people. So, they would dig up coffins and would take their bones to a house and reuse the grave. In reopening these coffins, one out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they thought they would tie a string on their wrists and lead it through the coffin and up in the graveyard all night to listen for the bell. Hence on the "graveyard shift," they would know if someone was "saved by the bell" or if he was a "dead ringer."

Did You Know...?

That...Rubber bands last longer when refrigerated...

Peanuts are one of the ingredients of dynamite...

The national anthem of Greece has 158 verses (no one in Greece has memorized all 158 verses)...

The average secretary's left hand does 56% of typing

A shark is the only fish that can blink with both eyes...

There are more chickens than people in the world...

Two-thirds of the world's eggplants are grown in New Jersey...

The longest one-syllable word in the English language is "screeched"...

On a Canadian two dollar bill, the flag flying over the Parliament Building is an American Flag...

All of the clocks in the movie Pulp Fiction are stuck on 4:20...

No word in the English language rhymes with the words month, orange, silver or purple...

"Dreamt" is the only English word that ends in the letters "mt"...

All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill...

Almonds are members of the peach family...

Winston Churchill was born in a ladies' room during a dance...

Maine is the only state whose name is just one syllable...

There are only four words in the English language which end in "dous":

tremendous, horrendous, stupendous, and hazardous...

There are 336 dimples on a regulation golf ball (attn: all you golfers)...

A cat has 32 muscles in each ear...

An ostrich's eye is bigger than its brain...

Tigers have striped skin, not just striped fur...

In most advertisements, including newspapers, the time displayed on a watch is 10:10...

Al Capone's business card said he was a used furniture dealer...

The only real person to be a pez head was Betsy Ross...

When the University of Nebraska Cornhuskers play football at home, the stadium becomes the state's third largest city...

A dragonfly has a lifespan of 24 hours...

A goldfish has a memory span of three seconds...

A dime has 118 ridges around the edge...

It is impossible to sneeze with your eyes open...

The giant squid has the largest eyes in the world...

In England, the Speaker of the House is not allowed to speak...

Mr. Rogers is an ordained minister...

Alternative Medicine: Patient, heal thyself!

Dr. Andrew Weil

Take positive control of your daily life...it is the ultimate key to good health.

To reduce susceptibility to illness, experiment with each of the following life changes:

1. Throw out all oils other than olive oil and all artificial sweeteners containing saccharin or aspartame and all products containing artificial coloring.
2. Buy some flowers for your home.
3. Eat whole grains.
4. Try green tea as a substitute for coffee or black tea.
5. Try a one day "news fast." Do not read, watch, or listen to the news for one day.
6. Take vitamin C, 250 mg twice daily; vitamin E 400 iu daily, if under 40...800 if over 40; Selenium 200-300 micrograms daily; Mixed carotene 25,000 iu daily.
7. Never drink any water that tastes of chlorine. Never use but tap water for drinking or cooking (hopefully with a filter)
8. Buy or grow organically produced fruits and vegetables. Be wary of pesticide laden strawberries, bell peppers (green, yellow and red), spinach, cherries, peaches, Mexican cantaloupes, celery, apples, apricots, green beans, Chilean grapes and cucumbers.
9. Make a list of friends who make you feel more alive and happy. Send time with one of them this week.
10. Eat at least 2 meals of fish and 2 of soy protein weekly.
11. Eat more garlic.
12. Observe a moment of gratitude for your food before your meals in any way that you find comfortable.
13. For 5 minutes daily, sit quietly and observe your breath.
14. Volunteer for a few hours at a hospital or charitable organization.
15. Reach out and connect with someone from whom you are estranged.
16. Walk for exercise, building up to 45 minutes, 5 days a week.

Facts about Green Tea

An enzyme called Epigallocatechin Gallate or EGCg controls cell growth. TNOX, tumor associated NOX allows uninterrupted growth of cancerous cells. EGCg inhibits tNOX activity...10 times more powerful and inhibits growth, therefore it is a good candidate for both Cancer preventative and treatment.

Thank goodness I enjoy drinking GOOD green tea without pronouncing that long word!

More About Tea

Studies suggest tea is a powerful disease blocker. Coffee lovers, take heed. For the sake of your health, you might consider switching at least some of those daily cups of java for tea. Not herbal tea but "real" tea - green tea, black tea, Chinese tea, fruit-flavored tea, with or without caffeine, lemon, milk or sugar.

As long as the leaves come from the plant *Camellia sinensis*, tea will contain potent antioxidant chemicals that have been linked to protection against major diseases like cancer and heart disease. The popularity of tea in Japan and China may partly explain why heart disease rates are so much lower in the Far East than in Western countries.

There are three types of real tea: green, black and oolong. Green tea, which is the least processed of all the teas, made by quickly steaming or heating the leaves of *Camellia sinensis*. Black tea, by far the most popular in Western countries and India, is prepared by exposing tea leaves to air. According to Dr. Gary Beecher, food chemist with the U.S. Department of Agriculture, black tea contains as much of the protective chemicals as green tea.

Oolong is between the two more processed than green tea but less so than black tea. Most herbal teas do not possess the antioxidant properties of real tea. Contrary to common belief, green tea has as much caffeine as black tea, though all teas have less caffeine than drip-brewed coffee.

Instant teas and prepared iced teas, which can be purchased with or without caffeine, may be too highly processed to contain much of the protective chemicals. Throughout the 1990s, researchers, exploring the health effects of tea have gradually accumulated highly suggestive, though not definitive, evidence for tea's ability to prevent or ameliorate several common serious diseases.

Most of the presumed health effects are related to polyphenols, chemicals that act as antioxidants, preventing cell damage caused by highly reactive molecules called free radicals. The bulk of evidence for tea's health benefits come from studies in animals that were treated with amounts of tea polyphenols equivalent to what might be consumed by a regular tea drinker.

With regard to cancer, several dozen animal studies, indicate that the polyphenols and related compounds in tea are protective, especially against cancers of the oral cavity and digestive tract. Studies in people have yielded inconsistent results, in part because in some studies other factors may have entered into the picture to distort the findings, like the heat of the tea and the use of tobacco or alcohol.

Some studies in Western countries have indicated that tea drinkers may be less likely to develop heart disease and stroke. However, much more research is needed. Still, the evidence to date is sufficiently suggestive to prompt the National Cancer Institute to conduct studies of the capacity of the biologically active chemicals in green and black tea to curb the development of cancer in people at high risk for developing cancers of the colon, lung, esophagus and skin.

And Japanese researchers have suggested that the ability of green tea and its chemicals to inhibit a substance called tumor necrosis factor, alpha may make it useful in treating a wide range of health problems that include Crohn's disease, multiple sclerosis, malaria and sepsis as well as rheumatoid arthritis.

Jane Brody, "Health & Fitness" Orange County Register

Take tea and see...
Ahhhhh Oishii neh?

12 Health Facts You Should Know

Mayo Clinic Health Letter

True or False?**1. Ulcers are contagious.**

Somewhat true! The discovery that bacteria are involved in most peptic ulcers and can be treated and cured with antibiotics has been one of the most impressive recent advances in medicine. However, "catching" an ulcer is pretty unlikely

2. You'll catch a cold if you go outside with wet hair.

False. Getting a chill won't cause a cold since colds are caused by viruses.

3. Wearing two hearing aids is better than one.

True! If you have moderate to severe hearing loss in each ear, and you're often around noise, then two may be better than one.

4. Aspirin protects against cancer.

Possibly true! Recent studies suggest that the long-term use of plain aspirin can reduce the risk of colon cancer.

5. Wearing a copper bracelet will reduce arthritis pain.

False! ??? The most noticeable effect will be discolored skin, not pain relief. (However, I found some people have had relief from pain and helped their arthritis)

6. Drinking regular coffee will definitely increase your risk of a heart attack.

False! The link between coffee and heart health isn't conclusive. In fact, a 1996 study of 121,000 female nurses found that coffee consumption did not increase heart attack risk.

7. Reading in low light is bad for your vision.

False! Reading in low light won't affect your vision, but vision problems can make it difficult to read in low light. (That's not what my optometrist told me...poor light = poor vision...but who knows?)

8. Avoid insect stings by wearing light-colored, well-fitting clothing outdoors.

True! Dark-colored clothes attract insects and loose-fitting clothes allow access to your skin.

9. Tea prevents cancer.

Possibly! Polyphenols in black and green tea may prevent cancer development or its spread.

10. For best results, moisturizers should be applied to clean, dry skin.

Not true! Moisturizers work best with clean **damp** skin.

11. Chewing gum is bad for your teeth.

Not really! If it's sugarless, it can actually help fight tooth decay.

12. Heart attack victims should avoid sex.

Not really! Once you are able to perform moderate physical activity your doctor will likely OK most physical activities, including brisk walk, scrubbing the floor or climbing a flight of stairs.

* * * * *

Great minds discuss ideas;
Average minds discuss events;
Small minds discuss people

Eleanor Roosevelt

It Has Been A Wonder-Full Eleven Years!

So much has been accomplished in the eleven years...It's hard to remember everything that has been accomplished by the CCA but there has been many...one of the biggest was having the JAN Museum include us with the ten WRA camps...and as many times it had been said, we were the eleventh camp...I still maintain that we are the first. Our parent (s) were the very first to be arrested and taken to different detention camps...and later the families were able to join them at Crystal City, Texas. It was the first time that our parents were able to "anshin" (feel relief) and be united with their families since the war started.

The ten WRA camp had families that evacuated all together. None were arrested, taken away to jails, detention camps and separated for years from their families. These parent (s) faced fear, anxieties, separation, many hearings, forced labor outside the camps under hot summer sun, and the unknown of when, if they would ever see their families again.

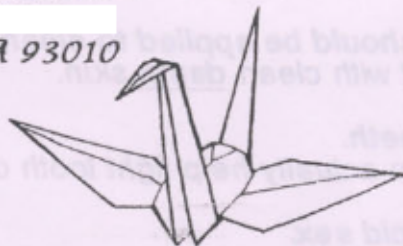
We had exhibit at L.A. Convention Center with our booth full of informative pictures, the panel discussions, informing and educating the public that our unique camp was not one for only the "bad people"...that we never had any "no no boys" nor "draft resisters" as Tule Lake and Heart Mountain had...no anti-Americans or Isseis who were arrested because they were treasonous... Instead, they were the "cream of the crop"...preachers, teachers, calligraphers, artists and poets. There were men and women from all walks of life...

You have supported the JAN Museum with large contribution...and raised almost \$200,000 and so many of us felt that we couldn't raise even \$50,000. We are the 'little camp that could!!!'. I couldn't be more proud of us...united, we have stood up and supported our CC Peruvian friends, and through all these eleven years, you have supported this newsletter, the CC Chatter. I am very grateful to all of you.

These Issei men and women, being the caliber of leaders and teachers that they were, taught us not only "Nihongo" (Japanese), but were our "Otehon" (example)...we, Crystal City ex-internees are not only survivors, but are Niseis with **Spirit... "Kanshin, Kanshin, Kanshin"** (praiseworthy, commendable, impressive). **I am proud and grateful for being sent to this unique camp. I have made lifelong friends there...thank y'all.**

* * * * *
Every day is a good day. *Zen saying*

sumi shimatsu
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