

GUNG HEY



FAT CHOY

YEAR OF THE DRAGON.

"SHINNEN OMEDETO GOZAIMASU...MATA KOTOSHIMO YOROSHIKU ONEGAI ITASHIMASU"...HAPPY NEW YEAR...MAY WE HAVE A NICE RELATIONSHIP ONCE AGAIN... (Can't really translate some Japanese well). Anyway, it is the New Millennium...hopefully a beginning of better, a cleaner world for all of us. Cleaner air to breathe, cleaner water to drink, cleaner ocean for fresh fish and seafood, and cleaner earth to grow healthy fruits, veges, grains...etc.

"The Year of the Dragon is powerful (magical, according to the Chinese) filled with mystery and surprises. Act without caution, for risk-takers will prosper from their actions."

This year is especially auspicious for Chinese because it's the millennium, or "Quan Xi," the "Year of a Thousand Happinesses." "Having a baby is a great joy, and having a dragon and millennium baby is doubling the joy." The Taiwanese officials expect a nearly 20% increase in the number of births during the dragon year, which begins February 5.

Some astrologers say a baby will have the best luck if it is born in the middle of the dragon year, when gold - one of five elements in earth - dominates.

Well, all I can say is...it's too late for us Niseis...and some Sanseis...oh well, maybe a Dragon grand or great grandchildren? Anyway...am very glad I was born as a "Dragon"...("Dragonlady...wow")

The President's Corner:

Yae Aihara

In case I have missed some of you out there, belated new year greetings. I hope you will enjoy good health this year as well as the fruits of your labor and live, live, live! Life is short!

Our deepest sympathies go out to Tom and Reiko Ikemiya and their family on the very untimely passing of a cherished granddaughter, as well as Naomi Okamoto on the loss of her dear father, our friend and supporter Mr. Masaru Okamoto.

I interviewed Mr. Okamoto about two years ago for the Museum. I know the Museum won't mind if I mention just a few interesting facts about his arrival in the United States.

He was born in Hiroshima in 1906, the son of a prosperous "sakaya" (Sake factory owners). But his father came to the United States while Masaru was an infant and he didn't see him again until Masaru came to the United States to join his father in farming in Guadalupe. Masaru was 14 years old at the time.

While he was growing up in Hiroshima, the family's product "Sake" did not interest him, but he soon learned to "give" some away to an old man in exchange for candy.

(Cont'd on page 2)

(The President's Corner, cont'd)

One interesting fact about his immigration to this country was that his mother hardboiled 14 eggs for him to eat during the long ocean voyage. He packed them carefully and ate 1 a day until he reached our shores.

He went to school with a horse and buggy. Later during good weather he rode a bicycle 2 miles to school. Farming was good to them. He became involved in the wholesale fish business after the war. (The American Fish Co) which provided him with a very comfortable livelihood. The Japanese community will miss him.

Our next meeting will be on March 25, Saturday, 1-3 p.m. at Sei Dyo's clubhouse. Hope to see you all then!

\* \* \* \* \*  
 Thank you Yae-chan...really appreciate your input especially when I rushed you so I could get this out soon... Didn't realize that you were having your cataract operation this morning when I talked to you and that you had written and sent the President's Corner via e-mail..."Domo Domo sumimasen deshita." I hope you're healing fast and the writing didn't cause any complication..

Only a mother's love would boil eggs for her son's voyage...she knew how many days it would take to cross the Pacific so she made just enough 14...and with no refrigeration, the eggs held and didn't spoil. My goodness, that's really something neh...otherwise it'd be like Chinese 100 years old egg...cheesy.

The CCA Shinenkai meeting held on Saturday, the 22nd of January, was great...we all had "bento" from Island Grill, Goichi-san's restaurant, and had sushi, Chinese chicken salad from Rascals donated by some of the CC 'girls'...apple salad made by Kim Takahashi, mocha jello made by Akemi Yasuda (she knows I love it), snack chips with goma from Jackie Imai, cookies and brownies baked by Dottie Hatanaka, there were nuts and other things, "Ohagi" from Yae Aihara (can't remember them all) and pies from Marie Callender so you can say, we not only had good get-together, but great food!!!

We discussed the picnic, have committees, many of the Sanseis couldn't make it to the meeting but we know that they will be there to support us...Diane and Ken Hayakawa and Julie Okazaki were there.. the Sanseis.

We will have less raffle prizes (it takes too long for all that we had to give out), and we will ACCEPT ANY AND ALL DONATIONS FOR THE RAFFLE Onegai...Thank you!!!

Also, there will be a golf tournament on Saturday, August 19th, (day before the picnic) at the San Dimas Golf Course. Those interested please contact:

Sam Hatanaka  
 Ted Mizukami  
 Yosh Yasuda

There will be more information on this and on the picnic in the next issue...stay tuned.

We are grateful for Toni for her continued support...computer print-out on registration sheet and for sign-in sheet, etc. Thanks Toni...  
 \* \* \* \* \*

Six Sue U.S., Seek Redress for WW II Internment

Jane Yano born in Crystal City, Texas, early 1947 along with five former internees filed lawsuit for the \$20,000 compensation and a formal apology from the U.S. Government. The reason for her ineligibility is because she was born after August 1946, by which time most of the camps closed.

Four of the six are from Latin America and were deported to Japan after the war. The fight for redress is therefore still going on. We hope that Jane Yano and the others will have this resolved soon. It is only right that they receive their redress.

# Council OKs Camp Marker

## Deciding Vote Cast By Mayor Delgado

By MIGUEL NAVROT  
Journal Staff Writer

Santa Fe's contentious, running debate on whether to recognize its World War II past by marking the site of the city's former Japanese internment camp has done much to resurrect the camp's vanishing history.

The memories were recognized Wednesday, by the slimmest of margins, when Santa Fe Mayor Larry Delgado broke a knotted City Council vote and moved in favor of placing a marker in Frank S. Ortiz Park acknowledging the camp.

Those who railed loudest against putting up any marker dedicated to the camp are among the most respected Santa Fe residents — survivors of the Bataan Death March. A few of the subjects of that wartime brutality appeared at the packed meeting to witness the vote.

"By God, if there's anyone here who thinks Larry Delgado is here to dishonor veterans, they're wrong," the mayor said before casting his vote. "We're not dishonoring the veterans in any way."

The city councilors also acted to correct what many veterans considered an oversight and approved creation of a monument to city residents who have fought or died for the United States.

The discussions and debates leading up to Wednesday's vote on the camp marker were, at the least, emotional.

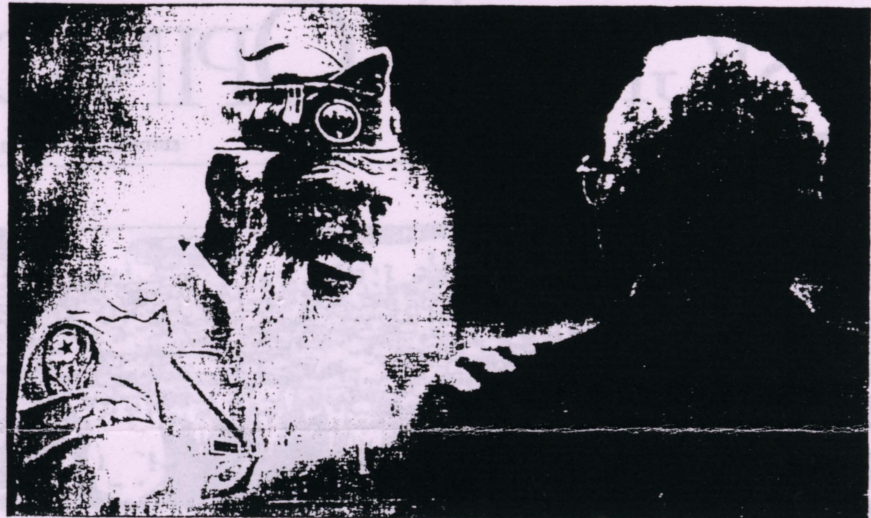
Following the vote, marker opponent Clarence Lithgow stood up from his first-row seat and interrupted the meeting to chastise Delgado.

"You just kicked the Bataan veterans in the teeth in the twilight years of their life," shouted Lithgow, the son-in-law of Bataan survivor Manuel Armijo.

Calls to "sit down" followed, and Lithgow, in the middle of council chambers, got into a shouting match with another audience member. Deputy Police Chief Beverly Lennen soon intervened, and both men grudgingly went their ways.

The vote would not have gone to the mayor, a supporter of the marker, had Councilor Carol Robertson Lopez not changed her stance. For more than a month she has said the internment marker would resurrect too many hard feelings.

But Wednesday, she stood with sponsors Patti Bushee, Cris Moore and Frank Montañó favoring the project.



EXCHANGING VIEWS: Lt. Col. George Hawthorne, U.S. Army, retired, left, talks with Joe Ando on Wednesday before the Santa Fe City Council meeting, during which a marker for the former Japanese internment camp was approved.

"I was really having a hard time," Robertson Lopez said afterward. "I finally asked myself 'What's the right thing to do?' The right thing is not to deny our history. We should not see history through the eyes of one person. We can't be rewriting history to make a group feel good about themselves."

Councilor Jimmie Martinez, the conduit for community opposition surrounding an internment camp marker, said little following the meeting.

"At least what we could have done is wait for the Bataan veterans to die," Martinez said.

Albuquerque resident Joe Ando, a retired Air Force officer of 30 years and son of a Santa Fe camp internee,

seemed uneasy as he spoke afterward.

"The City Council has passed it. There still seems to be some misunderstandings," said Ando, who has also said he was taken to an internment camp in Crystal City, Texas, when he was young. "We must respect the surviving veterans, and this project must be implemented with a great respect and understanding."

Even some city natives born since the camp's closing 53 years ago just learned recently of its existence and history. The 4,555 detained men were of Japanese descent; some had United States citizenship, others were Japanese-Peruvians brought to Santa Fe as part of a federal government plan for possible hostage exchanges with Japan.

Throughout the rancor leading to Wednesday's vote, internment marker supporters stressed they didn't intend to snub World War II veterans or others who served the country. Many veterans thought otherwise.

Some marker opponents left the meeting fuming, one even vowing in the City Hall parking lot that he'd relieve himself daily on the marker when it was put up.

All the councilors spoke on the matter, and many with their voices cracking. Art Sanchez, the only veteran on the council, suggested the city shouldn't have taken on the project.

"Perhaps in time, the U.S. government can do that," Sanchez said. "I will not support it, as a veteran."

Ando and several other veterans, though, had supported the marker's placement, although one chief concern arose over Santa Fe not having a city monument to war veterans.

Councilors unanimously approved placing a war monument to city residents who have fought or died for the United States.

Even that move, though, might not have been possible had the marker issue not been raised, Sanchez suggested.

"I don't know why, through the years, this city hasn't done anything to honor veterans," Sanchez said. "Because of this marker, we're making up for it now."

("Camp Marker", cont'd from page 3)

THE ALBUQUERQUE TRIBUNE

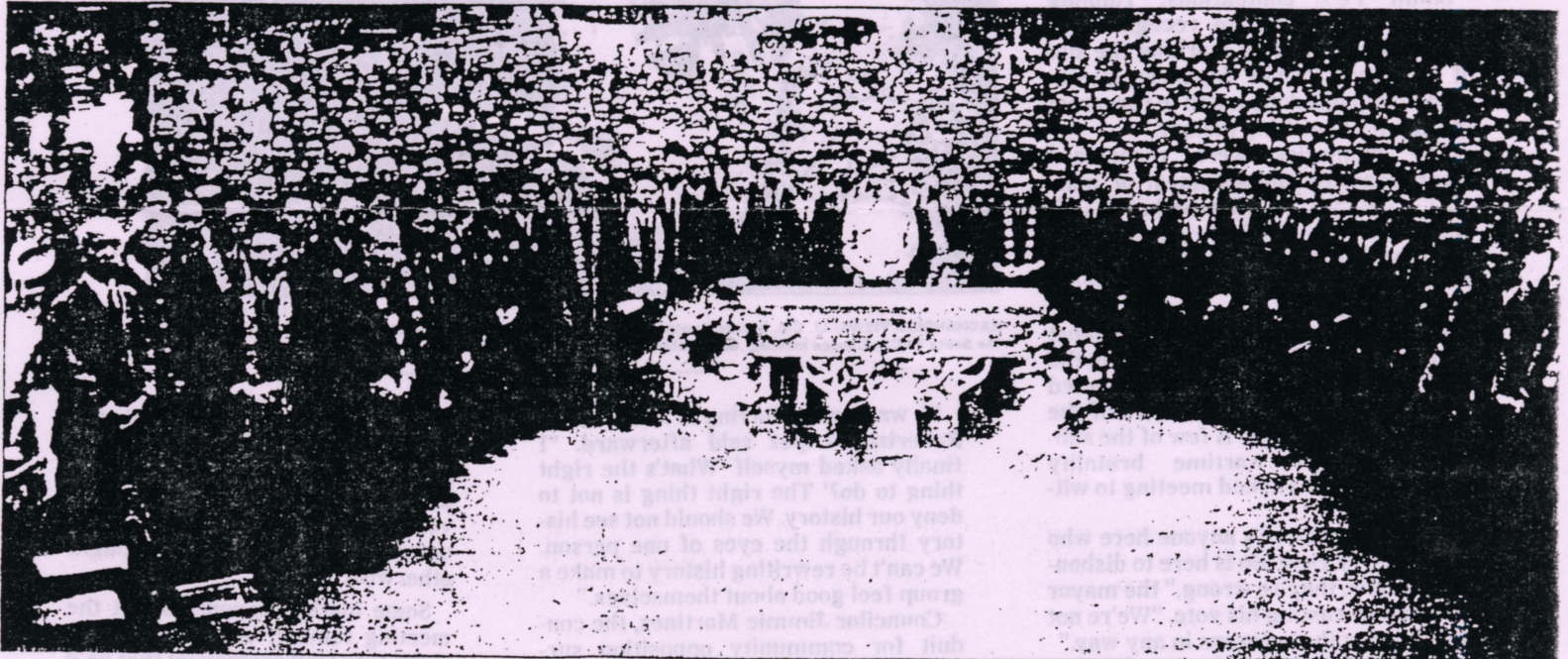
FRIDAY, OCTOBER 15, 1999

# INSIGHT & OPINION

 D3 Classified ads  
 D10 Obituaries, weather

Analysis, commentary and ideas

EDITORS: JACK EHN 823-3616, jehn@abqtrib.com; KATE NELSON 823-3691, knelson@abqtrib.c



U.S. Army Private Ogden M. Nishizaki (center) stands before the casket of his father during a funeral at the Santa Fe Internment Camp in 1943. Other internees at the camp stand behind him. The camp held leaders of Japanese-American communities — clergy, doctors, businessmen — whom the United States regarded as particularly threatening to the nation during World War II.

Thanks to Joe Ando, the article and picture of how the Santa Fe Council OK'd a camp marker. Many of the fathers who were arrested and were separated from their families were in Santa Fe Detention camp, so it is a place where we Crystal City ex-internees have a tie with. I recall my father there, having had many hearings and interrogation but never released. The picture of a funeral above shows so many were Buddhist priests. Crystal City Internment Camp had 43 Buddhist priests. I'm sure that Santa Fe held many more that did not go into Crystal City.

I'm sure that the printing under the picture is small and may not be legible...it is written, "U.S. Army Private Ogden M. Nishizaki (center) stands before the casket of his father during a funeral at the Santa Fe Internment Camp in 1943. Other internees at the camp stand behind him. The camp held leaders of Japanese-American communities - clergy, doctors, businessmen - whom the United States regarded a particularly threatening to the nation during World War II."

Under the picture on page 3, it is written, "Exchanging views: Lt. Col. George Hawthorne, U.S. Army, retired left, talks with Joe Ando on Wednesday before the Santa Fe City Council meeting, during which a marker for the former Japanese Internment Camp was approved."

Again, we are all grateful that Joe Ando worked with the Santa Fe Mayor, and the Councilmen and women and kept me up to date to let y'all know about this historical marker.

"Minasan, Domo Arigato"

"Thank you very much, everyone" for the many generous donation to this Chatter...many of you have sent in \$\$\$ to keep this newsletter circulating, and some of you requested that I do not write your names...that you remain anonymous. I will respect your privacy, and thank you very, very much. The holidays' donation adds up...the other time is when we have our bi-annual picnic.

Some are CC friends, others who were not in CC still enjoy reading this and have sent in generous donations so, I am very grateful to y'all and will continue to put this Chatter together.

I thank the Chatter workers who help fold, staple, label and stamp the 530 newsletter sent out throughout this country and few to Canada and one to Peru. The Chatter staff, Dottie Hatanaka, Sachi Maehara, Tomo Mizukami, Yuki Nonoguchi, and Akemi Yasuda work together while we socialize, eat, and work.. Without their help, I must do it by myself...and THAT is really a lot of work..been there done dat'..no 'san kyu' (thank you). Jackie Imai, honorary CC, helps us too.Thanks.

\* \* \* \* \*

From the "Horse's Mouth"

George Yoshinaga

"For a lot of Nisei, the year 2000 may mean that they will reach a milestone. Their 80th birthday. Cheer up you 80-year-old Nisei. Saw a piece written by Frank Laubach which was entitled "Life Begins at 80."

It goes something like this: 'I have good news for you. The first 80 years are the hardest. The second 80 are a succession of birthday parties.

'Once you reach 80, everyone wants to carry your baggage and help you up the steps. If you forget your name or anyone else's name, or an appointment, or your own telephone number, or promise to be in three places at the same time, or can't remember how many grandchildren you have, you need only to explain that you are 80.

'Being 80 is a lot better than being 70. At 70 people are mad at you for everything. At 80, you have a perfect excuse no matter what you do. If you act like an ass, it's your second childhood. Everybody is looking for symptoms of softening of the brain.

'Being 70 is no fun at all. At that age, they expect you to retire to a house in Florida and complain about your arthritis and you ask everybody to stop mumbling because you can't understand them.

'If you survive until you are 80, everybody is surprised that you are still living. They treat you with respect just for having lived so long. Actually, they seem surprised that you can walk and talk sensibly.

'So, please folks, try to make it to 80. It's the best time of life. People forgive you for every thing. Life does begin at 80.'

\* \* \* \* \*

Power Beads"

The bracelets were inspired by Buddhist beads (Ojuzu) that symbolize human failings. The beads represents the 108 faults of man, including anger, greed and ignorance, also known as the "three poisons". It was an idea from "Kundun" movie, and were instilled with the thought that certain crystals and stones have healing powers. Rose quartz is said to attract love; turquoise, health; amethyst, intelligence; and tiger's eye, creativity; mother-of-pearl, money; wooden beads, good luck.

"Ojuzu" translates to "a number of beads", "Nunju" are contemplation beads, worn on left hand, which symbolizes man's unenlightenment, while the right enlightened Buddha.

Holiday Greetings  
And Letters To The Editor

What wonderful warm "Hello" from many of you with good wishes and hopes of Happy New Year...the New Millennium...from Thanksgiving time to Christmas-New Years time...I thank you very much...all of you from every corner of the country and out of the country...your notes and letters expressing your enjoyment reading this newsletter is very heart-warming. It really gives me the drive to not only keep it up, but read everything out there that may be of interest, uplifting, educating, helpful healthful hints, and any and all of the newspaper clippings you send.

It has given me opportunities to meet many of you, to read more (baggy, bleary eyes), and listen to many of the TV, radio shows that may have "Pearls of Wisdom"...the latest medical find, and things that can be beneficial to you.

As it is now known, the more you use your 'gray matter', the brain, it will help the brain cell: growing...not deteriorate or lose functions of memories, etc...so hopefully, the thinking will help me from "couch potato brain". Like the ole adage..."Use it or lose it".

So, many many thanks to each and everyone of you for all the beautiful cards, pictures of your family, holiday letters catching me up on your family in 1999...I have decorated my home with all of them and my granddaughter, Kristen mentioned how I had so many cards and how they dressed up my living room with that Holiday Spirit!

\* \* \* \* \*

Nov. 28, '99

Dear Sumi, How good to know that you are doing so well after "your shock of last year when you discovered you had hypertension. Rereading your Dec.'98 Chatter for its gems of wisdom and humor, I must say your active and strong personality shines through those pages. Thank you for sharing.

My husband and I enjoyed our trip to Iwakuni (Yamaguchi ken), Matsuyama (Shikoku) and Tokyo with sister Nami Kudo Okamoto and Tom, her hubby. He suffers from bone cancer but he too enjoyed the food, sakura, the people, etc. That he no longer takes painkillers...everyone was amazed at how much better he looked after the trip. Isn't it wonderful?!!

Aloha, Elsa H. Kudo

Dear Elsa, Thank you very much for your letter, your donation and "Omimai"...As you have expressed to get some roses or "kiku"...I do love "live flowering plant" so got a beautiful yellow begonia. I enjoyed your 'expression of love' very much for many days...

I'm so glad that your brother-in-law is doing well and not having the extreme pain so he need not take the painkiller...and that your trip to Japan was great! I love going to Japan too. It's one place that I love going to...must be "home"-like...so clean, beautiful, picturesque, and the food is "soul food"...so soul satisfying. Take care...hope you had wonderful time with your children during holidays on the mainland.

Always, sumi

Dec. 6, '99

Dear Sumi, Was in L.A. at the end of Oct. for a few days - for a grade school reunion (stay with Yae). The school reunion was in Las Vegas (first time there for me). We had such fun! One of our classmates passed away just a month later - it's a 'wake-up call' for us to plan another reunion before another 10 years go by. Tenttively, we're thinking about spring 2001.

Sumi, we have enjoyed receiving the CCC, such a lot of fun articles about almost anything My husband can't wait for me to finish reading it so that he can take his turn! Thanks for keeping us on your list and keep the articles coming.

Merry Xmas and a very Happy New Year. My husband and I are going to Maui for the holidays - get away from the cold and snow, even for just a little while.

Helen Erlandson

Dear Helen, To know that you, a non-CCite look forward to the newsletter, and to top it off, that your husband is also enjoying it, really is rewarding...the hours don't seem so long now.

(Cont'd on page 9)

The Fascination Of Toilet In Japan.

L.A Times

Japan has an enduring fascination with the toilet, replete with cutting-edge intelligent-toilet research, toilet Web sites, symposiums, antique toilet museums, solid 24-karat-gold johns and official 'Toilet Days'. Nowhere else on Earth do so many people spend so much money on such expensive thrones.

Japan's enthusiasm is largely lost on foreigners. In sharp contrast to their receptiveness to Japanese cameras, autos and Walkmans that have taken the world by storm, few Americans or Europeans seem to covet Japan's super bowls - some of which can cost \$4,000.

Now major Japanese manufacturers hope to change that by creating something with more universal appeal. Their latest project: a toilet that doubles as a doctor's office. At Matsushita's research center in Tokyo, scientists explain how they are working on embedding technology in the porcelain that will catch a urine sample, shoot it full of lasers and in short order test it for glucose, kidney disease and eventually even cancer.

Future smart toilets will compile and compare medical results day by day, allowing doctors to spot important changes.

Toto Ltd., Japan's undisputed king of toilets set the industry standard with its high-tech Washlet, which got worldwide publicity with the slogan, "Even your bottom wants to stay clean." The Washlet is considered the Lexus of toiletry with enough lights, hoses, buttons, remote controls and temperature and water-pressure adjustments, and is found in about 30% of all Japanese homes.

What's behind Japan's keen interest in toiletry? Shinto religion's traditional emphasis on physical and spiritual cleanliness; Japanese hate of impurities; and perhaps the toilet may be one of the few places people in crowded Japan can go for a few minutes of quiet. Whatever the reason, it all spells big bucks.

Toto's most complicated model for the elderly is the EWCS120K, which includes armrests and something resembling an ejection seat for people unable to stand without help. A quick glance at its most elaborate configuration leaves the impression there's a small aircraft in your bathroom.

There are toilet exhibits and museums. In Tokoname, near Nagoya, the "Kiln Plaza" museum displays porcelain toilets dating back 150 years. A toilet museum with more popular appeal, meanwhile, is the World Toilet Exhibit in Nakatado-gun, on the island of Shikoku. Unicharm, a sanitary-napkin company, contributed \$535,000 in 1994 to craft a solid gold toilet and gold bathroom slippers (the ultra-clean Japanese use different footwear for the john), an exhibit that has wowed the crowds from the start.

Japan is a 'Johnny-come-lately' when it comes to toilets...the Western toilet became more popular after World War II. Japan then relied on a tried-and-true tactic to catch up. It borrowed toilet technology from France, Switzerland and the United States. "Japanese are keen about taking foreign ideas and fully developing them. It's a basic Japanese trait." said Aomori University's professor Furata.

\* \* \*

*Well, I know you who have visited Japan know that they still have the old "squat down", un-comfortable toilets...and it is very difficult to get up from such positions...you just hope that your legs don't go to sleep and get numb and tingly. The last time several years back, I recall my cousin's toilet seat was warmed electrically...it sure was nice winter time, up north in Sendai. In fact it was so warm, I told my cousin, I didn't want to get off.*

*And many of you who's been to Uruga, many moons ago...remember those toilets? It was good that it was wintertime, otherwise it would have been disaster hygenically...so dark nighttime and cold...toilet paper? Even in Sendai, cut up newspapers...memories are sometimes best to remain memories, neh?*

### Potential Interactions of Supplements, Drugs

Experts on herbs warn against combining the following supplements:

- Evening primrose oil:** **Use:** To lower blood cholesterol  
**Caution:** May lower thresholds for seizure, so should not be combined with anticonvulsants or some medications, such as Thorazine, prescribed for schizophrenia.
- Feverfew:** **Use:** To prevent migraines  
**Caution:** Because of theoretical bleeding risks, should not be taken with nonsteroidal anti-inflammatory drugs such as Advil, Motrin, and Aleve, anti-clotting drugs such as Coumadin, or blood-thinners such as aspirin, Plavix and Ticlid.
- Garlic:** **Use:** For cardiovascular benefits such as lowering cholesterol and blood pressure.  
**Caution:** Slows clotting by keeping blood platelets from clumping, so should not be taken with anti-clotting drugs such as Coumadin or blood-thinners such as aspirin, Plavix and Ticlid.
- Ginger:** **Use:** To prevent motion sickness and nausea, particularly for patients who are postoperative or receiving chemotherapy. Sometimes used to improve digestion.  
**Caution:** Because it keeps blood platelets from sticking together, ginger should not be taken with anti-clotting drugs such as Coumadin or blood-thinners such as aspirin, Plavix and Ticlid.
- Ginkgo:** **Use:** For memory enhancement as well as a painful condition stemming from poor circulation in the legs.  
**Caution:** Because it interferes with blood platelets' clot-forming ability use under supervision if taking anti-clotting drugs such as Coumadin or blood-thinners such as aspirin, Plavix and Ticlid. For related reasons, many experts recommend that ginkgo not be combined with nonsteroidal anti-inflammatory drugs such as, Advil, Motrin and Aleve. The American Herbal Products Association cautions that ginkgo may interact with antidepressants called MAO inhibitors that include Eldepryl, Nardil and Parnate.
- Kava Kava:** **Use:** To promote relaxation and sleep and to reduce anxiety.  
**Caution:** Should not be combined with anti-anxiety drugs such as Xanax, Librium, Valium, Dalmane, Paxipam, Ativan and Restoril. In one case, the combination of kava kava and Xanax landed a man in the hospital in a "coma-like condition." Also shouldn't be combined with alcohol.
- Licorice:** **Use:** To treat colds, coughs and respiratory infections; sometimes to treat ulcers because it inhibits secretion of stomach acid.  
**Caution:** Licorice depletes the body of potassium and should not be combined with the heart drug Lanoxin because of the potential that potassium loss could disrupt the heart's rhythm. The warning is even stronger if the patient also is taking a diurectic such as Lasix or hydrochlorothiazide that can deplete the body of potassium. Some preparations of licorice are modified to protect potassium levels.
- Ma huang:** **Use:** To treat colds and nasal congestion; contains ephedrine, a powerful stimulant.  
**Caution:** This Chinese herb should not be taken with a class of antidepressants called MAO inhibitors, such as Marplan, Nardil and Parnate, because the combination could dangerously elevate blood pressure. Also should not be taken with some heart medications such as Lanoxin because of risk of irregular heart rhythms or fast heartbeat.

(Cont'd on page 9)

(Cont'd from page 8, "Supplements")

**St. John's Wort**

**Use:** To treat mild to moderate depression.

**Caution:** Should not be used with any prescription antidepressant; combining it with serotonin-boosting antidepressants such as Prozac, Paxil, and Zoloft could cause serotonin syndrome. Combining with other drugs like the antibiotic tetracycline can increase sensitivity to the sun.

**Valerian**

**Use:** As a mild sedative, to ease anxiety and help with mild insomnia.

**Caution:** Should not be taken with sedatives or drugs that depress the central nervous system.

**Ginkgo**

**Use:** For memory enhancement as well as a painful condition stemming from poor circulation in the leg.

**Stinging nettles**

**Use:** As an anti-inflammatory and antiallergy agent.

Supplements can be toxic, especially mixed with prescription drugs...interaction may be dangerous...Please be careful. Supplements are not meant to be used as cure...they are intended as supplement to your diet for overall wellness.

(Cont'd from page 6, "Letters")

*I'm very flattered. I'm glad you and your group, including Yae Aihara are not putting off getting together. Life is very unpredictable, precious, fragile and friendship is priceless...time doesn't stand still so keep enjoying each day...*

Love, sumi

*P.S. I just had a wonderful get-together with friends that I took "Odori" (Dance) lessons from. Haven't seen one of the girls since before the war...a few years back...Mary Karasawa, whom Joy Gee had re-introduced me to back when we had the 88th birthday party for Bishop Yamashita, who's parents were Sensei's Zenshuji members from way back...got us all together. Two sisters, Mieko Koyama Toshima, and Mitsie Koyama Yanari (husband Ralph), Betty Takako Totsubo Sugiuchi, Mary and myself (Mary's hubby Babe was there, as usual smiling and so nice)...It was just wonderful to see each other...chat...eat fantastic lunch...and just be all together looking at old pictures of us dancing, so young, so innocent, so sweet looking...Anyway, we hope to get together again. Time may have marched on, but friendship is still warm and nice. We don't count the "shiragas" (white hair) or the "shiwass"....just the happy face we all had on.*

## Let's Bon Dancercise!



It was bound to happen...I knew one of these days, there would be Bon Odori Dancercise and I am very glad that there's someone out there to lead it...Masako Rodriguez who has been dancing since 5, holds classes in San Fernando Valley Center at 2nd and 4th Friday evening from 7-10 p.m. On 4th Friday, everyone is encouraged to wear happi or yukatas. Tanko Bushi, One Plus One, the Samba, Macarena and others performed during the summer Obon festival is performed. Donation is just few \$\$\$s. Try it, you'll love it...really!!!

Age Barometer Test

Remember...

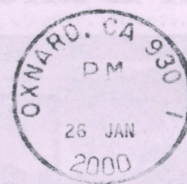
1. Blackjack chewing gum
2. Wax Coke-shaped bottles w/colored sugar water
3. Candy cigarettes.
4. Soda pop machines that dispensed bottles
5. Coffee shoppes with tableside jukeboxes
6. Home milk delivery in glass bottles w/cardboard bottle tops
7. Party lines
8. Newsreels before the movie
9. P.F. Flyers
10. Butch wax
11. Telephone numbers with a word prefix (SUnset 9-4667)
12. Peashooters
13. Howdy Doody
14. 45 RPM records
15. S & H Green Stamps
16. Hi-Fi's
17. Metal ice trays w/levers
18. Mimeograph paper
19. Blue flashbulbs
20. Beanie and Cecil
21. Roller skate keys
22. Cork popguns
23. Drive-Ins
24. Studebakers
25. Wash tub wringers

If you remembered 0-5 = You're still young  
 6-10 = You are getting older  
 11-15 = Don't tell your age  
 16-25 = You're older than Dirt

**OBITUARY:** Our deepest and heartfelt condolences to: **The Okamoto Family** for the loss of their father **Masaru Okamoto** at 93 years old.

"There are two ways to live your life... One is as though **nothing** is a miracle,  
 The other is as though **everything** is a miracle."  
 Albert Einstein

sumi shimatsu  
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TAD & SATOMI ISHIDA  
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