

May Flowers

Long ago and far away...many, many years ago, remember at the grammar schools, they had Maypole Dance...crepe paper ribbons and the little girls (us) wore crepe paper skirts in yellow and green to match the ribbons...and dancing and weaving those crepe ribbons? Oh how we danced and pranced around the center pole until the ribbons all wove around the pole. My...it was a special day...

Driving around freeways, highways, and by ways...you can see blue lupines here and there, orange California poppies with their brightness...then the yellow mustard covering the hills all over...recalling my father who took my children to empty lots to pick those yellow flowers for "otsukemono"...(pickles). He told them not to pick those that were fully bloomed...to pick those that were just about to blossom...and it took quite a bit to make a jar of the tasty, slightly hot "tsukemono".

I wonder if the California poppies bloomed in Lancaster...that's a sight you'll never forget if you've ever gone when the poppies just covered those hills...there's also a hill that's covered with the blue lupines, right next to the poppies...it is fantabulous!!!

This is when many Buddhist Temples celebrate the Hana Maturis and the Fuji Maturis...some others Sakura Festivals...all flower festivals...and often with delicious ethnic food (food for the soul, or soul food) that they sell at their food stands...mmm...a preview of the Obon Festival to come...it's just wonderful neh...(For some Obon Festival schedule, look on page 10)

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Donation...How Much Should I Give For The Picnic?

We (The CCA Committee) do not like or want to put \$\$ set amount for picnics...yet, we are asked to 'PLEASE, let us know about how much'...so to let you know the cost of the food and drink...is about \$15.00 per person (less for children); then there's cost of prizes for races and games...so, the cost of food, drinks and prizes would be about \$20.00 to \$25.00 per person.

So, we leave it up to you to send in donation for your family (or families if you're paying for your children) covering the cost plus any donation you would like to send to the CCA.

Please send your Registration Form (included in this Chatter) ASAP with your donation

To: Sid Okazaki

San Gabriel, CA 91776

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The President's Corner

Yae Aihara

Ili, Everyone! The days are flying by and soon August will be here. Hope you golfers have all sent in your entries for the 8-19 tournament that Teddy and his group is planning. And that all the rest of you are planning to attend the picnic. The registration forms are included with this Chatter...so let's all wake up, smell the roses and come to the "Last Hurrah!"

Top Ten Reasons Why There Won't Be An Asian President Anytime Soon

10. White House not big enough for in-laws.
9. Engineering, medicine, and law always preferred over politics.
8. Oval Office has bad feng shui.
7. Can't find decent roast duck inside the beltway.
6. Secret service can't handle nagging from mother.
5. Dignitaries generally intimidated by chopsticks at state dinners.
4. No chance for promotion.
3. Lactose intolerance not considered politically correct.
2. Senior aides won't take off shoes before coming in.
1. Air Force One. No frequent flyer miles.

Great Thinkers of Our Times

1. Question: If you could live forever, would you and why?
Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever."
Miss Alabama '94
2. "Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that but not with all those flies and death and stuff."
Mariah Carey
3. "Researchers have discovered that chocolate produces some of the same reactions in the brain as marijuana. The researchers also discovered other similarities between the two but can't remember what they are."
Matt Lauer on NBC's Today Show
4. "I haven't committed a crime. What I did was fail to comply with the law."
(Answering accusations that he failed to pay his taxes.)
David Dinkins
N.Y. City Mayor
5. "Smoking kills. If you're killed, you've lost a very important part of your life."
(During an interview to become spokesperson for a federal anti-smoking campaign)
Brooke Shields
6. "I've never had major knee surgery on any other part of my body."
Winston Bennett
U of KY Basketball forward
7. "Outside of the killings, Washington has one of the lowest crime rates in the country."
Mayor Marion Barry, Washington, D.C.
8. "We're going to turn this team around 360 degrees."
Jason Kidd
(Upon his drafting to the Dallas Mavericks)
9. "I'm not going to have some reporters pawing through our papers. We are the president."
(Hillary Clinton commenting on the release of subpoenaed documents)
10. "China is a big country, inhabited by many Chinese."
Charles De Gaulle
Former French President
11. "That Lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it."
A Congressional Candidate from Texas
12. "It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it."
Former U.S. Vice-president

Thanks to my daughter Nicki Yokota via E-Mail

**Crystal City Association Last Picnic
REGISTRATION FORM**

Please complete ONE form per family or per person. Make additional copies if needed. Please PRINT or TYPE.

ISSEI ()

LAST NAME

FIRST NAME

SPOUSE - First name

MAIDEN NAME OF SPOUSE if former Crystal City Internee

ADDRESS

CITY

STATE

ZIP

PHONE ()

Although we ask for picnic donation to cover the cost of the food, drinks, and prizes for the races and games, we have been requested to give the cost of the lunch/drinks and estimated amount per person so adequate donation can be made so:

Lunch/drinks \$15.00 per adult \$10.00 per child
Prizes \$5.00 + Total cost: \$ 20. - 25. Per person

PERSONS ATTENDING CRYSTAL CITY ASSOCIATION PICNIC

	ADULT'S NAME	Adult Age		CHILD'S NAME	CIRCLE ONE	AGE
		Circle	One			
1		18-54	55+		Boy Girl	
2		18-54	55+		Boy Girl	
3		18-54	55+		Boy Girl	
4		18-54	55+		Boy Girl	
5		18-54	55+		Boy Girl	
6		18-54	55+		Boy Girl	
7		18-54	55+		Boy Girl	
8		18-54	55+		Boy Girl	
9		18-54	55+		Boy Girl	

RETURN REGISTRATION FORM AND DONATIONS TO:

CRYSTAL CITY ASSOCIATION

Sid Okazaki

San Gabriel, CA 91776

RESPOND BY JUNE 30, 2000

Letter to the Editor:

Hi Sumi,

How are you? Judging by the "Chatters" you sound pretty chipper! You sure do get around - driving so far to visit your sisters. What a nice way though, to spend the day!

My mother (98 years old now) has recovered from her hand (& shoulder) injury of 1 ½ years ago, thanks to Hand Clinic therapy and time. She has been going to "gentle fitness" classes the past year which I think has helped her regain her health (no longer needs to take iron). She is looking forward to the August 20th picnic.

Anyway, just wanted to thank you for continuing to send us the Chatters - we always enjoy the latest goings on. (Please find enclosed a small donation).

We were particularly glad to learn re: Santa Fe City Council's approval of placing the camp marker. Many thanks to Joe Ando for his commitment to this and other causes! My mother's memory is fleeting, but she still recounts how (after relocating to Denver) with friends, we took a long bus ride to see my father in Santa Fe. She was allowed to see him through a fence with guards present. My brother and I (as toddlers) were permitted inside the fenced enclosure and happily greeted by my father and others who were there. My mother also recalls buying a lot of chili peppers in town at someone's request. One of these days, we are planning to visit Lordsburg (our close friend's father died there) and Santa Fe - maybe the marker will be up by then.

In one of the past issues, you mentioned the "food" at Missoula. It reminded me that my father who was not fussy about most foods, could not tolerate anything that even remotely remembered stew (said it reminded him of camp). Just thought I'd mention it in passing.

Well, take care Sumi and thank you for all that you do! We'll look forward to seeing you at the final picnic.

Best regards always,

Alice Akiko Matsumoto (Nishii)

Hi Alice...thank you very much for your donation...I'm so happy to hear that your mom will be joining us at the picnic...I presume Mrs. Otari Kaneko will be there too...since they both enjoy each other's company...to be 98 and still able to come, join in at our "Last Hurrah" picnic, it's just great! I'm glad to hear that her injury to her hand and shoulder is better and that she is going to "gentle fitness" classes. You know how I've always emphasized exercise...

I hope that one day I could visit and see Lordsburg and Santa Fe...where many of our fathers were taken to...the marker should be up by the time I go., and I will make sure to go when the weather isn't too hot...I understand it's pretty hot summertime.

Tell your mom that we won't have those delicious barbeque in San Antonio where Mrs. Kaneko and your mom were just talking about how great the BBQ sauce was...but we will have Goichi-san's "gochiso" (feast)...tasty varieties...we'll look forward to seeing you in August. sumi

("Letters..." cont'd on page 6)

CRYSTAL CITY ASSOCIATION

Picnic Schedule

August 20, 2000

11:00 a.m.	Registration
11:30 - 1:00 p.m.	Buffet Lunch 11:30 - 12:30 p.m. Yokotake Band 12:30 - 1:00 p.m. Taped Music Buffet lunch window will close at 1:00 p.m.
1:00 - 2:00 p.m.	Children's Races/Games Adults to age 64 - Games
2:00 - 2:30 p.m.	Snacks
2:30 - 3:30 p.m.	Age 65 and up - Games
3:30 - 4:00 p.m.	Raffle Drawing for the Big Prize *
4:00 p.m.	Tanko Bushi Ondo - Everyone Clean-up - Everyone

*During picnic, hourly drawings - posting ticket numbers on a board.

(Letter to the Editor, Cont'd)

Dear Sumi,

Greatly appreciate the work you do on the Chatter. (In kanji and hiragana Japanese) "Kansha shite orimasu. Arigato" (I am grateful. Thank you) Enclosed is a token contribution toward defraying expenses.

Joined a local group, which include George and Chiyo (Hayakawa) Masumoto, on a Tauck Tour of south Texas last October. We passed some 40 miles east of Crystal City during the bus ride north on Highway 35 from Laredo toward the LBJ Ranch area. I hadn't realized how flat country around there is. Spent two nights in San Antonio.

Am now looking forward to the picnic...

Sab Uyeji

Thank you Sab for your donation and your including observation of Texas... I remembered even when we went to our pilgrimage in '97, all of us commented on the no hill, no mountain, flat, flat land from San Antonio to Crystal City. I imagine some parts of Texas must have some hills, or mountain but not the Texas we saw. Amazing isn't it? We're so used to hills, mountains, in California that seeing flat land is foreign to our eyes. Boring too neh...

Including Japanese lettering...the "kanjis and hiragana" intrigued me and I thank you for sending me information on the software...I guess learning "Nihongo" in Crystal City keeps my interest up in wanting to learn the language...especially the "kanji"...forgot so much since camp. Oh well, I guess it's true that if "you don't use it, you lose it".

See you at the picnic...and again, thank you.

Sumi

Dear Sumi,

Hi there! I really appreciate and enjoy the CC Chatter that all you hard workers send out to us. It's great to find out what people are doing and thinking and all the health tips that you write about.

Enclosed is a small check to help out with the expenses. Since most people contribute to the Chatter the first part of the year, I'm sending it to you later. I'm looking forward to the CC picnic.

Gratefully,

Chiyo Masumoto (Hayakawa)

Hi Chiyo,

Thank you very much for your donation to the Chatter and for such a nice comment about it. It does take lots of my "gray matter" (brain) to first think, put together in proper pages, to "cut and paste" and placing the article facing or back of pages...etc. etc., there's lots of little things that many don't know how I put the newsletter together...but it's been rewarding and I have enjoyed the challenge of putting together something that may be of interest, something that may be helpful...health hints, etc.

*Sab Uyeji mentioned how you and your husband were on a trip together last October driving through south Texas...Laredo, and by LBJ's ranch...and the flat, flat land...again thanks. Sumi
(Cont'd on page 8)*

50th Annual Nisei - VFW Reunion

On March 17th to the 19th, the Gardena Nisei VFW held the 50th annual Nisei VFW Reunion at the Torrance Marriott Hotel. I was a guest of Kim Hayakawa Takahashi whose husband was a member of this organization, but due to his demise last year, she graciously asked me to be her guest. It was a big well organized weekend. I was impressed with how well the Gardena group put this reunion together, from the time people arrived, registration, picking up attractive little gift bags full of very nice gifts (and all these gift bags were made by the Gardena VFW women). and every VFW group had hospitality room with food, drinks, and gifts.

There were VFW posts from Monterey, Orange County, San Fernando, San Diego, Hanford, Fresno, Sacramento, East Los Angeles, Los Angeles, San Francisco, and San Jose, besides the host, Gardena. These were men who fought for our country during the time most of us were put inside barbed wire, guarded camps. How young and scared many must have been, facing the unknown...not knowing whether they would live or die.

The hospitality rooms from each post served so many wonderful food...we went to some but could not go to all of them...so I missed out on the San Francisco's Golden Gate Post who served mounds of crabs...we (Kim, Jackie Imai and I) were busy getting the banquet room ready with beautiful centerpiece for the banquet tables. It was lovely Oriental ceramic pot with lovely flowers/plants, with 'floating' dragon (year of the dragon), held up by 5 red and white balloons...naturally the design was by Jackie Imai and Kim. Jackie makes those lovely Japanese coin "tsuru" "kame" pictures, or leis made from dollar (and higher denomination) bills, etc. etc. At our '96 Reunion at Long Beach, she and Kim made those Japanese vase out of magazine pages, around a coke can...remember?

There was luau the first night, "Ochazuke luncheon" on Saturday with all the "otsuke-monos and all kinds of trimmings, etc. etc...the banquet that night, and Sunday breakfast, a memorial services for the departed comrades, a farewell luncheon...all in all, a very memorable reunion! Well done Gardena Post 1961! Thank you Kim and Jackie. It was very memorable time.

Spam...A Pop Culture Icon

Many of you have had Spam "Musubi"...many years back when Shiz sent me a Spam Musubi press, I didn't know what it was nor how to make it, let alone eat this Hawaii favorite. Yet today, you can get it at Japanese market at the "take out" counters, at California Hotel in Vegas, and everywhere in Hawaii...Spam...I recall my husband could not stand to look at it, let alone eat it. During WW II, "it filled the stomachs that armies marched on". Love it, loathe it, or laugh at it, Spam has wormed its way into popular 20th century culture.

Many European countries consider it a treat. It is the mushy, pink concoction of pork and ham that has been slithering onto dinner tables around the world for 62 years. It had humble birth in Austin, Minn, in 1936 and it enjoyed its finest hour during WWII when it became THE meal for the GIs, and welcome sustenance for food-rationed British and Soviet citizens.

The name Spam was chosen at a naming party thrown by Jay Hormel that makes Spam, in 1936 and comes from ingredients of Spam - Shoulder of pork and ham.

(Letter to the Editor, Cont'd)

Dear Sumi,

It has been already over a month since my mother-in-law, Mrs. Kushino Fujii, expired on February 1 at home. She had a long life (95 years) and passed away peacefully.

We miss her but happy she did not suffer. In her memory, enclosed is a small donation to CC Chatter for the many, many fine and interesting articles and information given to all of us over the years.

Please know how much we appreciate all of your efforts - so interesting!

Thank you Sumi.

Gratefully, Tets & Rose Fujii

Dear Tets and Rosie,

I am so very sorry of your great loss...mothers are always so special "Yo nagaiki shitawa neh" (what long life she had)...it is good to know that she did not suffer, and both of you are to be commended greatly for caring for both of your mothers who enjoyed long life.

Thank you very much for your donation to the Chatter and for your nice comment on this newsletter...I appreciate it very much..."Itsumo atama o hinette kakimasu"...(I always wring my brain to write...)

Please take care...our thoughts and prayers are with you.

Always, sumi

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Pollen Is In The Air...Yike!

The rain was so welcome and feels so good, bringing not only the water we need, but cleaning the air...negative ion, full of energy...BUT it also means pollen in the air, creating those awful uncontrolled seasonal allergies. Itchy, watery eyes, runny nose, sneezing, and nasal congestion...sinus problems, etc. etc.

The term "seasonal allergies" is used to describe problems related to pollens and molds. The filters in the heaters, in air filters, etc., must be changed (or washed on those that could be taken out and cleaned by washing periodically). Avoiding pollens or molds is almost impossible. So, limit the amount of time you spend outdoors when pollen counts are high. Pollen counts tend to be highest in the morning and is a problem when it is windy and the humidity is high.

Keep windows and doors closed in your home, and also in your car when traveling. Turn on the air conditioner in the car to minimize the pollens from outside air. Bathe and wash your hair before bedtime to remove the pollen that sticks to your hair and skin. Bathing and washing your hair will prevent the pollen from being transferred to your bedding, where it can be inhaled and trigger allergic reaction. And I can't tell you "don't breath"...that won't work at all.

Invest in a good air filter for a room you "live" in most of the time. Exercise indoors when pollen counts are high. Do it in the afternoon when pollen counts tend to be lower. Be careful of antihistamines...some make you sleepy, heavy head, etc. Consult your doctor. Stay well neh. For further information contact Asthma and Allergy Foundation of America (800) 7-ASTHMA

Caution...Don't Overdue, Exercise or Gardening or Whatever

I know I know...it's sunshine, fresh air, and so warm and wonderful...you want to get out and garden, or exercise or other activities...BUT PLEASE BE CAREFUL...the winter months had us all inactive...scrunched up and all our muscles must be stretched, slowly...activate it with care. As soon as the weather warms up, people want to start their motor and think they can do the same amount of exercise they used to...well, you can't. You must have preseason conditioning!

It takes at least two weeks to get in minimal shape to activate your body...for sports, exercise, gardening, etc. The less fit you are, the more likely you are to be injured...and none of us need that. Unfit people who want to stay free of injuries should take it easy the first few weeks of a new activity. STRETCHING IS IMPORTANT! Conditioning is serious workout. At our age None of us can afford injury...start out slowly and work your way up to 20 minutes.

Avoid these exercises to avoid pain!

1. Unless you're an owl, don't tip your neck to the rear.
2. Unless you're a baseball catcher, don't do deep knee bends.
3. Unless you're gymnast, don't do arching back bends.
4. Even if you're a hurdler, don't do the hurdler stretch...these exercise can over time, Wear away cartilage in joints and lead to tiny traumas that eventually will lead to chronic Or even arthritis.
5. Don't hyperplex (overstretch) a joint or ligament.
6. Avoid back hyperextension exercises
7. Avoid exercises that twist or compress joints.

Stretch These Tight Muscles

1. Chest muscles and front of shoulders for posture
2. Hamstrings (back of thighs) and front of hip joint to prevent backache, swayback, and pulled Muscles.
3. Inside of thigh to prevent back, leg or foot strain
4. Calf muscles to help avoid soreness and Achilles tendon injuries.
5. Lower back to help avoid soreness and back injuries.

Do not stretch if you are injured or sore. Soreness means that muscle or tendon fibers have microtrauma, or tiny tears in them. If you feel pain upon stretching STOP IMMEDIATELY!

Do not bounce while stretching. Again, bouncing can cause microtrauma, or tiny tears.

Gardening is fun...many Niseis still grow their vegetables...just take it easy...enjoy...don't overdue...whether it be flowers or vegetables, it's rewarding if you take it easy and have fun. It's not going to grow any faster or bigger just because you wear yourself out...rest in between hoeing, weeding, watering...

Walking is great exercise too...you can enjoy other people's garden...without working at it at all. If you can join in on any Tai Chi, Qi Gong, Yoga group...GREAT...so is Line Dancing. JUST DO IT!

Obon Schedule (So. Cal)

Thanks Kaz Ichikawa for the Obon schedule for the Orange County Buddhist Temple, and Tomo for the rest. Here's a list of So. California Obon Festival this summer:

Also, Stogie and Massie Kanogawa informs me that Koyasan has their "Aoba Matsuri" on June 18th afternoon where they will have food bazaar (Father's Day). The Koyasan has Obon Service Only on July 9th at 1:30 p.m.

The following dates and Obon Festival/Dance for the temples listed below:

Nishi Hongwanji Temple	July 8 and 9
Zenshuji	" July 8 and 9
Orange County	" July 15 and 16
Oxnard	" July 15
Venice	" July 15 and 16
W.L.A.	" July 22 and 23
Gardena	" Aug. 5 and 6
San Diego	" Aug. 5

And most important...THE CRYSTAL CITY PICNIC Aug. 20 **YES!**

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OBITUARY: Our deepest and heartfelt condolences to Dr. Tets and Rosie Fujii and family for The loss of his mother Mrs. Kushino Fujii, at 95 years.

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"Wisdom is knowing what to do next:

Virtue is doing it."

David Starr Jordan

"One kind word can warm three winter months."

Japanese proverb

sumi shimatsu

Crystal City Chatter

Camazillo, CA 93010



TAD & SATOMI ISHIDA
SAN FRANCISCO, CA 94116

