

June Gloom Is Here

So where's that sunshine that zoomed the thermometer last week to 90's and some south land over 100? Memorial weekend was the kickoff for summer with beach and barbeques for many families...but the overcast and fog kept the temperature from zooming up. Driving down to Dana Point where one of my daughters live, it was sunny here in Camarillo, but driving into L.A, down the coast, it became foggy/overcast but warm...actually it was nice, not too hot and very comfortable driving.

Taking off early morning was nice...the freeways were all clear and there was no traffic. It is a rare drive when our southland freeways are open and we can drive at ease...no traffic at all.

Memorial Day is one of paying our tribute to the men who have kept our country free. So many young men...really young boys, fought wars and many gave their lives up for all of us...that we may enjoy living in this wonderful country...

Our own 442nd/100th/MIS men, then those who fought during the Korean War, and the late Vietnam War...we are grateful the Nikkeis inspite of what happened to many of us during WW II...being put behind barbed wire, guarded by guards wearing the same uniform that many of the Niseis wore...I thank them for their perseverance, their loyalty, and love for their fellow men. I thank their families for having to bear the anxieties, fears and loss.

* * * * *

FREE BOOK ON JA RELOCATION SITES

A book containing 450 pages of information and photos on the Japanese American relocation centers is free upon request, it was announced by Hy Shishino, president of the Southeast Japanese Community in Norwalk.

The title of the book is "Confinement and Ethnicity: An Overview of World War II Japanese Relocation Sites."

To receive a copy of the book, send a letter or postcard to:

**Western Archeological and Conservation Center
National Park Service
1415 N. Sixth Avenue
Tucson, AZ 85705**

So Send for your copy today...

How often do you get 'something for nothing', that's worth something? Never!

* * * * *

Summer is Here...So will the Picnic be Here, soon

Hey you laid back people...hurry and send in your registration and 'donation' to Sid Okazaki... San Gabriel, CA 91776...Now...

We wanna have you come and join in on our fantabulous picnic...enjoying the many friends of yesteryear, meeting new ones...feasting, fun and games, laughing along with all of us...the foods great as usual...the games are always challenging...the grandchildren, little toddlers to us ole fogies have a chance to win prizes...even if we don't come in #1, #2, or #3...you'll always get a prize...so let's all get together...

The raffles always has us on pins and needles...looking at the numbers and hoping against hope, to win that special gift..so HURRY, HURRY, HURRY...SEND 'EM IN!

Letters to the Editor

Dear Sumi,

I am writing to request that you take my mother's name off your address list - she does not read (nor speak) English and leaves the newsletters around for one of the "kids" to take home to read. I was on your mailing list a few years back - but have not attended any of your functions recently - only attended the banquet in Long Beach.

My father (the late Rev. Takahashi of Koyasan) passed away in 1984; we had his 17th memorial service this spring. The Kanogawas and Aiharas are members of the Koyasan Buddhist Temple which my father served for over 50 years. He was the person with knowledge and interaction with the Crystal City people. My mother was busy at home with 4 children, the 5th was born in Crystal City on June 21, 1945. He would be proud of all of you for your efforts to keep alive the memories, hardships as well as fun times, of the days in Crystal City.

When I saw my mother yesterday to attend service at Koyasan, she again voiced her concern that you were "wasting" postage and paper for something she was unable to read and possibly no one would read.

We are not attending your final picnic but wish to make a contribution to the picnic in memory of my father, Bishop Seytsu Takahashi. Enclosed, please find a check for the picnic. Sorry, you're going to have to forward it to Mr. Okazaki in San Gabriel.

I feel uneasy about breaking the bond between our family and the Crystal City Association. Therefore, please take my mother's name off the mailing list and replace it with mine for the time being. I do not know whether you have an annual membership fee but enclosed is a second check to go for the "supplies" for the Crystal City Chatter.

Thank you ---

Sincerely yours,

Frances K. Nakamura

Dear Frances,

Thank you very much for your generous donations, both to the CCA and to this Chatter. I know many of the CC Niseis remember your father...he had quite a presence...I know that before the war (of course I'm talking about WW II), my Japanese dance teacher had close affiliation with Koyasan...I can still remember when this beautiful Japanese architecture was built in the late 30's and how we "ooed and ahhed" for it's beauty and lovely garden.

We did many "odoris" at the temple for recital, (Yamato Hall was closed at this time) went to Whites Point near San Pedro for the yearly "Kyogi nagashi" but not having a river to float the names of deceased on wooden plaques, a bonfire was built and to burn the plaques. We did our "odori" there too...so probably your father was the priest at Koyasan at that time.

I doubt that there is ever "breaking the bond" with Crystal City friends...once a CC person, always a CC member. We have been able to reach many who were never in camps, or heard of Crystal City Internment Camp...and are readers of this Chatter...and somehow, we have been able to include them into our "circle of Crystal City friends".

The many men and the 30 women who were arrested and sent to so many camps all over this country...from Missoula, Montana, down to Seagoville Women's Prison in Texas...from Bismarck, North Dakota to Santa Fe, or Lordsburg, New Mexico...I was talking to a Nancy Yamada in Washington D.C. who called to inquire whether I was going to go to the dedication of the National Japanese American Memorial in December of this year, I felt that Crystal City Internment Camp not being on the list of the ten relocation camps, I did not feel like going to Washington D.C...we are not included...well, she said Crystal City and Santa Fe are going to be listed under Justice Dept. camps...then what of the other detention camps. I declined. We Crystal City people were behind barbed wires and under guarded towers too. There were many other detention camps beside Crystal City and Santa Fe...but somehow "they" pick and choose whomever...The 442/100/MIS feel the Memorial does not represent what they fought for either.

Thank you again Frances...

sumi

(Cont'd on page 4)

**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.

LAST NAME _____ FIRST NAME _____ ISSEI () _____

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 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 Circle One | | CHILD'S NAME | CIRCLE ONE | AGE |
|--------------|----------------------|-----|--------------|-------------|-----|
| | 18-54 | 55+ | | | |
| 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

Letters to the Editor: (Copy of Brochure of Japanese American Gallery on page 5 & 6)

Excerpt from letter from Alice Matsumoto: "We took my mother (Mrs. Nishii, 98) to this museum in Imperial Valley, one and a half hours drive from here (San Diego) - was well worth the drive. There used to be two Buddhist Churches (one in El Centro and the other in Brawley). A lot of Japanese farmers who lost everything due to WW II. Many never went back because of intense anti-Japanese sentiment.

My former high school friend's nephew, Tim Asama opened this gallery. It's very well done
Alice Nishii Matsumoto

*Thank you very much Alice for your continued support, informing and educating all of us on your many trips with your mom...she amazes me with her ability to enjoy life to its fullest, going on long drives to visit this unique **Pioneers Museum Japanese American Gallery**. The readers will be able to drive and visit this museum, housing the history of the hard working Isseis and Niseis in hot Imperial Valley.*

My friend Sachi Sasaki Maehara is from there and said she's visited the Museum couple of times and I know there are several CC friends who also came from there. I understand that they have reunions to get together.

We lived in Lil Tokyo before the war, and many farmers came to our home to have tea and enjoy time to relax on their day off, (Saturdays). We received many wonderful melons and fresh produce from our many farmer friends...I'm glad a Museum to preserve the history of Japanese farmers was built for the future...see you and your mom in August, at our picnic. sumi

Dear Sumi:

We've been enjoying each edition of the Chatter, which you have 'religiously' written, edited, and mailed each month. The May Issue included a few notes about "Camp Food", and it reminded me of some notes my Dad had written in his Diary.....

He was picked up in L.A. Olympic Hotel, early morning of 12-08-41, when the door was kicked in by 3 LAPD 'representatives'. He was taken to the Lincoln Heights City Jail..... His entry on this date read: "Oatmeal with prunes for breakfast Monday, and evening meals all beans, cleaned up everytime."

On Tuesday, 12-09-41, he entered, "Noon chili beans proved to be too much for most of us and many left at least 1/3 of it."

Then, on Wednesday, he had provided this little 'Ditty': "Beans for breakfast, Beans for lunch, Beans for supper. There'll be Beans tomorrow, but Beans make you healthy."

At least he hadn't lost his sense of humor, yet...at that point. So, if you feel 'moved by the above', and wish to include it in your Chatter as a filler, please do so.

We'll see you down there at Reunion time. Hope all is well, and you're no longer being 'bloodied (nose)'. We see the temp has been starting its climb down there. (I remember the HEAT down there from the days, my Dad had a Packing House, in Ventura.) Take Care.....

Sincerely yours,

Jordan Hiratzka (husband of Maru Okazaki)

Hi Jordan...Really appreciate your input...didn't realize our parents arrested suffered not only the separation from their families but mono-diet...the cook, I guess was either limited or was going to "punish" the 'enemy aliens' by subjecting them to "Beans, beans, the musical fruit...the more you eat, the more you toot"...I wonder if the men suffered from gas attack..."kawai so ni neh"...(How miserable) I heard that there were 8 arrestees in each jail cells, and one chamber pot...no privacy and terrible odor...the Isseis never "monku-ed" (complained) (Cont'd on pg. 8)

Pioneers Museum
JAPANESE AMERICAN GALLERY

Our Mission

The mission of the Japanese American Gallery is to collect, preserve, and tell the story of the Japanese American experience in the Imperial Valley.



A dedication to the Issei and Nisei.

The Gallery will strive to commemorate the way of life, including the struggles, contributions, and accomplishments, of Japanese Americans in the Imperial Valley.



Educate the general public of the significance of Japanese American contributions in the Imperial Valley.

Education is a fundamental goal of the Gallery. Through our exhibit, the Gallery will teach the general public how Japanese American history was an integral part of Imperial Valley development.



A lesson preserved for the Sansei and future generations.

In addition the Gallery will be a place for current and future generations of Japanese Americans to learn about their heritage and put into perspective their unique place in society.



We share the deep concern that our story be told with honesty and integrity.

The Committee To Make I.V. Japanese History Live

Help support the Japanese American Gallery...
 by volunteering your time...
 donating artifacts and photographs...
 or making a tax-deductible contribution to help fund our ongoing projects.



Imperial County Historical Society
 Pioneers Park Museum
 373 East Aten Road
 Imperial, California 92251

For information call (619)352-1165



**THE COMMITTEE TO MAKE
 I.V. JAPANESE HISTORY LIVE**

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| George Kakiuchi | Mary Sanbonmatsu | Yosh Uyechi |
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| Jaime Kobayashi | Elsie Shimamoto | |
| Yoshiko Kodama | Irene Shimamoto | |



**JAPANESE
 AMERICAN
 GALLERY**

Pioneers Park
 Museum

帝國平原

JAPANESE AMERICAN GALLERY

The exhibit focuses on the Issei, or first generation immigrants. Because of depressed economic conditions in Japan, they came to the Imperial Valley in search of the American promise, and called it Teikoku Heigen.



Our story begins in 1904 when the first permanent immigrants from Japan arrived in the Imperial Valley. The story tells about their contributions, particularly in agriculture and the alien land laws which hampered them, but did not extinguish their dreams. Their culture is revealed, as well as how they established businesses and a sense of community. They organized Christian and Buddhist churches, clubs and organizations, language schools and youth activities for their children, the Nisei.



Then war came. The grave injustice of the evacuation and internment of all persons of Japanese ancestry from the West Coast during World War II is presented. The Imperial Valley's Japanese population was incarcerated at the Poston Relocation Center near Parker, Arizona. Also presented is the role that Imperial Valley Nisei servicemen played in Europe and in the Pacific Theater. Several were killed in action and many received decorations for heroism.

Finally, the exhibit covers the return to the Imperial Valley, the resettlement, and the success of the redress/reparations movement. And it concludes with the Issei, who at last were permitted to become naturalized citizens, the result of the Walter-McCarran Act of 1952.



The Pioneers Park Museum Japanese American Gallery is the result of the hard work and unlimited support of many dedicated individuals, families, companies and organizations. It has been over two years in planning, with much help from such organizations as the Japanese American National Museum in Los Angeles and the National Japanese American Historical Society in San Francisco, among others. We hope that our goal of telling the remarkable



story of the Japanese American experience in the Imperial Valley has been accomplished.



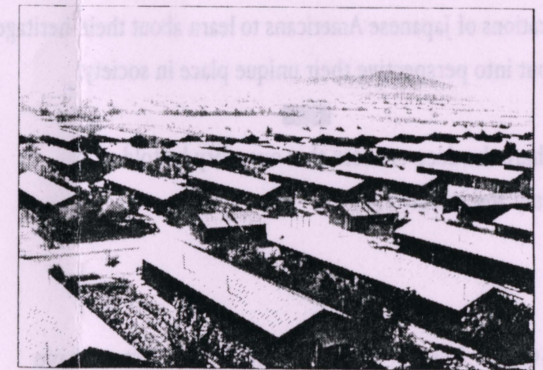
On behalf of The Committee To Make I.V. Japanese History Live, I want to convey my deepest appreciation to all of our generous contributors. I also wish to thank the Imperial County Historical Society Building and Fundraising Committee for making the unique concept of a diverse ethnic exhibition become a reality.



The Japanese American Gallery is dedicated to the Imperial Valley Issei Pioneers. They made sacrifices and persevered yesterday so that we may enjoy a better life today. They will not be forgotten.

Tim Asamen, Chairman

The Committee To Make I.V. Japanese History Live



What's In A Name?

Several years ago, I was going through a bit of struggle...wanting to use my maiden name to "honor" my father's name, for there were no son in the family to continue the lineage of the Utsushigawas, (no other Utsushigawa here in U.S., and only one in Japan,) yet wanting to "honor" my husband by using Shimatsu...I do have the Utsushigawa legally in my name, but felt bad not using my husband/s surname...it doesn't seem like a "big thing", however, it was a very serious choice that I was trying to make...

One day, I discussed this with Sensei (Bishop Yamashita, you know), and told him how I didn't know what to do...that it was something that I was having a difficult time with for some time. Sensei laughed at me and said, "Nanda Sumiko, sonna koto de shimpai shite iru no ka? Baka da neh..."(My goodness Sumiko, you're worried about something like that...you're foolish)...he explained to me that it really doesn't matter about continuing the name for my father or for my husband. In fact, the Imperial family does not have surnames...they only have first name so names are not that important.

I was greatly relieved...it was like such a weight lifted off of me, the pressure was gone, and so I don't struggle over using Utsushigawa, which I do love because it means "reflecting river and my first name Sumiko means "pure" so like Indian names, it sounds so nice to know that it means "pure reflecting river". I am so grateful to my father for naming me such a lovely name although in schools I disliked the long name that caused so much mispronunciations and misspellings...Shimatsu wasn't/isn't easy for many "hakujiins" either...but...names are not important. This is how Sensei taught me...little but important little things in life.

Take Time to Smell the Roses

Today, there's *Aromatherapy*, so popular with many...the idea that aroma from candles, air fresheners, bath oils, bubble baths, etc, are used to soothe the nerves...like lavender, it calms and soothes you...and today's busy, hectic, stressful world, many are using aromatherapy in many forms to create the calming world that many need.

I love the scents of lovely candles as I have an alter to pray, to remember, to send energy to...along with some of the nice (not so strong) flower scented "osenko" (incense).

The other day, Paula, one of my daughters bought 3 bunches of peonies (botan) at the Costco...wow, I told her one was enough because I didn't want her to spend so much money on cut flowers that lasts for only about a week...but she was adamant that not only did we both love Botan, but that we hadn't been able to find and purchase them for few years, so "extravagantly" she bought all three bunches, a white, white with red in the center and a lavender-pink...oh how they smelled so fragrantly...then we went to Trader Joes, and she found another bunch of lovely smelling Freesia...and picked those up...

I thought it was so extravagant...but we brought them home, and she put the 3 Botan in one vase, and had it on our dining table...and the Freesia on the other table...

What fragrance!!! The whole room filled with the sweet smell of Botan...the flowers opened up into a huge bouquet...and day and night, we enjoyed the aroma...the Freesia didn't last as long as the Botan, but it was sweet too...

Is sit then extragavant to enjoy the fragrance for few days...enjoying the beauty of the flower as well...? Don't our souls enjoy this "luxury" and also is kept "alive" with it? "Kokoro no sentaku" (Cleaning our souls)...it must be considered then, a form of "soul food"...to love, to appreciate and enjoy God's loveliness in beauty as well as fragrance. Aromatherapy, Yes! It is good for the soul.

So enjoy the flowers you grow...cut some and bring them in...or buy some nice cut flowers it is not extravagant...it is for your soul...thanks Paula...

("Letters to the Editor", Cont'd from pg. 4)

...very few even "talked" about their hearings and interrogation...the 'abuse' they received from the guards and those who questioned them. We learned through few books that our Isseis wrote that they were abused physically as well as mentally. I do recall an Issei man (name will be withheld) that came to one of our earlier CC picnic and cried over and over at my "goza" area, how he was kicked, hit, and was sobbing as he said, ""I was just a farmer...what did they want? What could I have done to be arrested and taken away to Santa Fe and Lordsburg, New Mexico? I did nothing but they kept hitting and kicking me...please don't forget us...please don't forget what happened to us"...he kept repeating and crying (all in Japanese). I could still see him on our 'goza' pleading and weeping...my son Derick was there and we were helpless (then) to alleviate his pain, the memory was embedded deeply...and rightly so.

I'm fortunate to have had this Chatter to continue to "tell the story (ies)" and never forget the plight of our Issei parent (s) who were so traumatically arrested and removed from their family, their home, robbing them of their love they created here in America.

I had no idea that some faced beans, beans and more beans...my memory of food the very first day of being in a camp was in Pomona Assembly Center (built on parking lot of where the L.A. County Fair is held yearly)...we were the first group...our menu was, pickled beets (I never had beets pickled), bologna, and cheese...mom was 'shocked' that this was considered dinner. So...aren't we so fortunate to not have to line up for meals, have the messhall food, etc? Yet in Uruga, Japan, I wished for even those terrible food...Uruga had just unspeakable "food"!(?)

Anyway, am looking forward to you and Maru's presence at our picnic in August...Thanks again.
sumi

Thanks to so many of you who have sent in donations to the Chatter...your continued monetary support keeps this newsletter circulating...your notes of appreciation, I thank you for...many of you non-CC ex-internees writing to tell me that you enjoy all the tid-bits, the health hints etc., and that you've learned about those who were arrested and incarcerated...thank you very much. One of the biggest compliment is that as soon as the Chatter comes, copies are made and sent to friends and relatives; that they all enjoy it..and others have written that their husbands are reading and enjoying it too...that sometimes, the husband is reading it before you...well...that tops it all.

Gratefully always,

sumi

After writing about the **Pioneers Museum Japanese American Gallery** in Imperial Valley, I just received the *Rafu Shimpō*, and in "Horse's Mouth" column by George Yoshinaga, he mentions about the **Orange County Nikkei Heritage Museum** located in the Fullerton Arboretum at Cal State University, Fullerton. It will pay tribute to the Japanese Americans for their contribution to the agricultural industry. It is slated to be the home of historical and cultural records for the Japanese American community in Orange County.

So, here and there, the beads of "ase", (perspiration) of the Isseis, who had to remove tons of rocks, till the hard 'desert' land, and turn the dry, hard, brown land into lush, green, farm land, making "salad bowls" from Salinas, San Joaquin Valley, Kern County, Imperial Valley, Orange County, San Diego, Sacramento, Ventura, and so many, many counties, not only up and down the west coast, but Utah, Arizona, etc. etc...the list is endless...the long hours, the long drive into L.A. and other produce distributors...and in those days, the 'grapevine' was treacherous and long...all the roads...highways (no freeways then) were very long from the city.

I'm very glad that museums are built to show how the pioneers Isseis paved the way...quietly and opened the doors for us Niseis...

My father was the first Japanese photographer in L.A., having worked with L.A. Times and L.A. Examiner newspaper having his photos of vaudeville actors and actresses performing at the Belasco Theatre. He drove his old car to farms from San Diego, Chula Vista up to Kern County, to Imperial Valley taking those panoramic pictures of these Japanese farms so they could send the pictures home to Japan, proudly showing the great success they were living in America.

Does Moon Influence Your Life?

For thousands of years, men have believed that the moon governs aspects of life on earth. It has been thought that the moon's phases have an effect on plants, animals, and even humans. While some long-cherished notions have been disproved by modern scientific research, other beliefs persist to this day. What do the facts show?

Some people are convinced that there is a connection between the phases of the moon and the growth of plants. Thus, they use calendars and almanacs in deciding when to plant flowers, spread manure, bottle wine, or make preserves. This is done in the belief that if certain tasks are performed during the wrong phase of the moon, the quality of the product will be compromised. One source offers this advice to gardeners: "Vegetables to be eaten fresh should generally be picked during the waxing moon, while vegetables to be preserved should be picked during the waning moon." Is there a scientific basis for this practice?

Some studies seem to link the growth of plants with lunar rhythms. However, many scientists are not convinced. They point out that lunar rhythms are complex, they are not completely regular, and their effects are not marked, so it is difficult to replicate the experiments upon which the studies are based.

Certain lunar effects have been verified, however. For example, it has been shown that the activity, feeding, reproduction, and biological rhythms of many living organisms are connected with the tides, which, in turn, are directly influenced by the gravitational force of the moon.

Some claim that if the moon influences the tides, it must affect humans as well, since much of the human body is water. And what of the supposed relationship between the phases of the moon and mental disorders, the time of one's birth, and even the menstrual cycle, the length of which is approximately the same as the lunar month?

Studies have been undertaken in the fields of psychiatry, psychology and gynecology to get to the truth of the matter. The results have been inconclusive. Some researchers claim to have found slight rhythms, but others state flatly that there is no link at all. They argue that if lunar cycles had a marked influence on human births, the connection would have been clearly demonstrated long ago. What is more, none of the theories proposed to explain the supposed lunar effect on man have convinced scientists in general.*

Although science has demonstrated that the moon has some effect on the various forms of life on earth, the extent is not easily determined. Our physical universe is complex, and at least for now, many of the marvelous mechanisms that regulate it remain unknown.

* *Some of these theories involve moonlight, gravity, geomagnetic forces and electromagnetism*

The goddess Selene worshiped by ancient Greeks and Romans as the personification of moon.

Spices Fight Bacteria

The world's worst food poisoning outbreak occurred in Britain in 1996 killing 18 people. The culprit was *E.coli* O157 bacteria in contaminated meat. Recently, researchers found that adding cinnamon to unpasteurized apple juice killed 99.5 percent of the bacteria within 3 days. On another occasion, the scientists added spices to raw beef and to sausage and found that cinnamon, cloves, and garlic were the most effective in killing *E.coli* O157.

Researchers think that these spices could be effective in fighting other bacteria, including salmonella and campylobacter.

As a note: Many hot - humid countries eat very hot chilis, peppers, condiments....probably as anti-parasites; Wasabi w/raw sashimi in Japan..no refrigeration available ages ago

What You Should Know:

| <u>Supplement:</u> | <u>Suggested Uses</u> | <u>Possible Risks</u> |
|--------------------|---|---|
| Chaparral | To treat arthritis, pain & colds | Has been associated with liver disease |
| Comfrey Root | To treat cuts, bruises & ulcers | Can cause liver disease; proven to cause liver cancer in animals |
| Ephedrine | Stimulant, decongestant; to boost athletic performance, promote weight loss, treat asthma | Hypertension; hypertensive stroke in people w/hypertension |
| Ginkgo Biloba | Said to improve memory & enhance brain power | Potential for hemorrhaging in combination w/anticoagulants such as aspirin |
| Kava Kava | An antidepressant; relieves stress; facilitates sleep | Potential for skin & sight problems if overused. |
| Sassafras Root | A mild stimulant once used as a syphilis remedy | Proven to cause liver disease in small animals; banned in supplements, but still used in tea. |
| Yohimbe | Touted as "natural Viagra" | Can cause high blood pressure |

OBITUARY: Our deepest and heartfelt condolences to: Toshi Kamatani Nakagawa and her family for the loss of her husband, Rev. James Nakagawa.

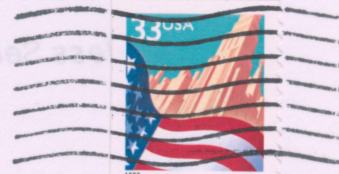
*If you walk, just walk
If you sit, just sit
But don't wobble*

Every day is a good day.

Yunmen

Zen Saying

sumi shimatsu
Crystal City Chatter
[Redacted]
Camazillo, CA 93010



TAD & SATOMI ISHIDA
[Redacted]
SAN FRANCISCO, CA 94116

Come to the CC Picnic!