

4TH OF JULY, OBON...AND SOON THE PICNIC!

What a blast.. the 4th of July in New York, Washington D.C., Boston, here and there was huge. I really enjoyed watching the many "bang bang", colorful, spectacular fireworks, in the luxury of lying in my bed, no crowd, no smoke, so relaxed with great view!!!

Now there's Obon all over...enjoy the delicious sushis, teriyakis, udons, sno-cones, etc. It is the taste of summer with Bon Odori sandwiched in between eating and playing games...Nishi Hongwanji and Zenshuji is finished now, this weekend will be **Orange County on July 15, 16; Oxnard will be only on Saturday July 15; Venice on July 15, 16; W.L.A. July 22, 23; San Diego on August 5; Gardena on August 5, 6; Las Vegas on August 12...**so there's still Obon you can enjoy! The whole family can still have fun, learn the culture and tradition...join in on the Bon-Odori.

Picnic is next month...very soon, so we have the map included on page 5. There's a huge mall built around there so, **follow the red and white balloons and the blue signs that says "Long Beach Police Academy...okay?"**

We are extending the registration deadline until the end of this month so you still have time to register and send it in with your donation to: **Sid Okazaki**

[REDACTED]
San Gabriel, CA 91776

Attention Golfers

All golfers should be at San Dimas Golf Course by 8:45 a.m. Saturday, Aug.19
Tee time is: **9:30**

Any non-golfers who wish to join the after golf dinner are welcomed!
Participation in the golf tournament is not required...join in the camaraderie.

Contact: **Ty Nakamura at** [REDACTED]

Dinner will be held at: **Sambi Restaurant**
8649 Firestone Blvd.
Downey, CA 90241

Raffle Donation Welcomed

We are accepting donation for the raffle...please bring them to the picnic...there will be someone there to accept and place on the raffle table...thank you very much.

Mail Order T-Shirt Available

Black T-shirt with red dragon on the back is available. This is the T-shirt that has been designed for this year's picnic. We have adult sizes in small, medium, large and X-large...it is \$15.00 plus \$5.00 for postage and handling, and the money raised is for this newsletter, so if any of you would like to have this "Year of the Dragon, Millennium 2000" T-shirt, please send a check for \$20.00. Your order will be filled promptly and sent to you. Please make the check out to "Crystal City Chatter". Thank you.

So...come join us at the picnic, Sunday, August 20th. We'll see you there!!!

Letters To The Editor

Dear Sumi,

Attached is the newsletter we spoke about on the phone. Hope I did not upset you that day...I can understand your feelings and realize how exhausted and frustrated you are.

Thanks again for all your tireless efforts. Love, Susie Masuda Sasagawa

Thank you very much Susie for your alertness in finding "lies" about Crystal City Internment Camp in The American Forum for Global Education newsletter dated June 1998, Issue #147, page 3, under "Justice Department Camps" stating "Internees from the internment camps that the WRA labeled as 'trouble-makers' and who were not US citizens were placed in these camps"

"Santa Fe, NM; Bismarck, ND; Crystal City, TX; Missoula, MT"

Yes, my blood pressure rose, I do get upset and irritated at such "lies"...and I do thank you for sending me a copy of this newsletter. I wrote them back yesterday, correcting them with the real facts...that many of us Niseis, joined our innocent parent (s) in this special camp...that they should research carefully and write what is the truth, that their words are important and powerful for those who read it.

I appreciate your telephone calls, your notes, and your donation to our own newsletter. I am very careful to put "facts" in this newsletter...of course, it is laced with my opinion but...we do try!
Always, sumi

Anyone who would like to write to this newsletter... Andrew F. Smith, President
The American Forum for Global Education; 120 Wall St. Suite 2600; New York, NY 10005
(Letters, continued on page 4)

"The Zen Coach"...Phil Jackson

I was intrigued with the label, "the Zen Coach"...the now L.A. Laker's Champion's coach Phil Jackson has...where did the "Zen" come from...how did he "find the path, and walk the path?" It always intrigues me when people "find" the "path" and enjoy "walking it". My daughter Nicki had his book, "Sacred Hoops". On Memorial Day...while the barbeque was cookin' outside, I read the book...wow, I was impressed...not only is it the Zen path, but Lakota Sioux, Eastern Religion, attending lectures by Krishnamurti (whom I think is just great), Pir Vilayat Khan, the Sufi at Lama Foundation in New Mexico...a passage in Carlos Castaneda's *The Teachings of Don Juan*, in which Don Juan advises Castaneda: "Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself, and yourself alone the question,...'Does this path have a heart? If it does, the path is good. If it doesn't, it is of no use.'"

Reading William James' *The Varieties of Religious Experience* a book filled with firsthand accounts by Quakers, Shakers, and other Christian mystics. Joel Goldsmith's *Practicing the Presence*, a book that attempts to bridge the gap between East and West...then he turned to Zen. He practices *Zazen*, getting up every morning at 5:30, clearing the mind...as the Buddha put it in the Dhammapada, "Everything is based on mind, is led by mind, is fashioned by mind. If you speak and act with a polluted mind, suffering will follow you, as the wheels of an oxcart follow the footsteps of an ox...If you speak and act with a pure mind, happiness will follow you, as a shadow clings to a form".

Words like "focus", "concentrate" take on different meaning with this spiritualism that this very successful basketball coach use...otherwise, I doubt that the Lakers could have won championship this year...too many big egos...but with his direction taking these athletes to a new level, they have managed to win that coveted "ring".

I highly recommend reading this book. "Awareness is the seed of compassion...compassion is where Zen and Christianity intersect"..."where the rivers meet". Try this spiritual journey.

Letters To The Editor

Dear Sumi,

Enclosed please find a small donation to the CC Chatter, in memory of Mrs. Kushino Fujii. She was my 'Nihon-gakko' teacher every afternoon after our regular school in camp. Mrs. Fujii was a very conscientious and wonderful teacher.

Incidentally, I used to visit the Taniguchi family quite frequently, and probably bothered Mary, Hiroshi and Mikio, as well as (late) Mory and Rosie, and their parents. I was given a folding chair to watch the "big" girls play basketball.

Our condolences to the Fujii family as my memory of Sensei Mrs. Fujii, will always be with me whenever I "try" to read a Japanese book.

With best regards,

Sincerely,

Gladys (Imamra) Kohatsu

Dear Gladys,

Memories...the afternoons spent in Japanese Class, memorizing the 'kanjis', the 'yomikata' (reading), 'kakitori' (tests), 'kanbun' (those Chinese hard characters)...etc. etc...it was more fun to listen to stories...

Everytime I pass the old Somis Produce Stand, I wish you and George still owned and had all your fresh, fresh berries, fruits and veges...miss y'all and hearing about how well your daughters are doing in UCLA...by now, they're probably all graduated.

Thank you very much for your donation... Sincerely,

sumi

(The following letter was sent to Sid, and forwarded to me)

Mr. Okazaki,

Thank you for all your work on arranging the picnic.

I was released from Crystal City as an infant. Accordingly, I have no personal memories of internment camp. However, I do recall some of the difficult times my family encountered during our resettlement years on Bainbridge Island, (Washington).

My parents, Sumie and Fujio have passed on. Attending the picnic will be another aspect of being in touch with my roots.

Best Wishes,

James (Sumihide) Arima

On behalf of the Crystal City Association, I welcome you to our picnic in August...if there's any question that you would like, please don't hesitate to ask at the picnic. We also have a very good album that our friend Joy Nozaki Gee put together for our 1993 Monterey Reunion. It contains information about our very unique family camp that united arrested and separated parent (s) with their families. It was highly restricted, unlike the ten relocation camps that many of the families also were in. This camp run by the Justice Department, run according to the Geneva Treaty was so different, but really was a wonderful warm camp...that's why today, after over 55 years, we still meet, and are very close...

See you August 20th...

Very sincerely yours,

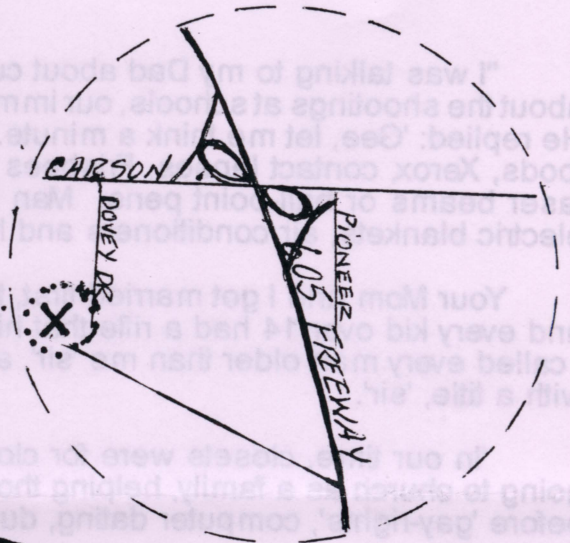
sumi

We hope that many more of you will join us even if you don't 'remember' much about the camp. In fact, we have many who were never in camp not only joining us but have been working hard with picnic planning, the meetings, and cleaning in our picnic kitchen...many profess "not to be Crystal Cityites, but married to one", or a couple who were never in camp at all...thank goodness they feel like one of us, and work very, very hard. Actually, we Crystal City Association have adopted them...so now they are one of us. Come...don't 'enryo' (hesitate)...Let's have fun altogether...I'll be there!!!

N

Coming on Freeway 605 from North:
 Exit right on Carson St.
 Turn left on 2nd signal
 Follow blue sign:
Long Beach Police Academy

Coming on Freeway 605 from South:
 Exit right on Carson St.
 Turn left on Carson St.
 Turn left on 2nd signal
 Follow blue sign:
Long Beach Police Academy



210 FREEWAY

110 FREEWAY

W

E

605 FREEWAY

57 FREEWAY

91 FREEWAY

CARSON ST.

405 FREEWAY

S

Remember When

"I was talking to my Dad about current events the other night. I asked him what he thought about the shootings at schools, our immoral President, the computer age and just things in general. He replied: 'Gee, let me think a minute...I was born before television, penicillin, polio shots, frozen foods, Xerox, contact lenses, Frisbees and the Pill. There weren't things like radar, credit cards, laser beams or ball-point pens. Man had not invented pantyhose, dishwashers, clothes dryers, electric blankets, air conditioners and he hadn't walked on the moon.

Your Mom and I got married first, then lived together. Every family had a father and a mother, and every kid over 14 had a rifle that his dad taught him how to use and respect. Until I was 25, I called every man older than me 'sir', and after I turned 25, I still called policemen and every man with a title, 'sir'.

'In our time, closets were for clothes, not for 'coming out of. Sunday's were set aside for going to church as a family, helping those in need, and just visiting with your neighbors. We were before 'gay-rights', computer dating, dual careers, day-care centers, and group therapy.'

'Our lives were governed by the Ten Commandments, good judgment and common sense. We were taught to know the difference between right and wrong, and to stand up and take responsibility for your actions. Serving your country was a privilege, living here was a bigger privilege. We thought fast food was what you ate during Lent. Having a meaningful relationship meant getting along with your cousins.

'Draft dodgers' were people who closed their front doors when the evening breeze started. And 'time sharing' meant time the family spent together in the evenings and weekends; not condominiums. We never heard of FM radio, tape decks, CD's, electric typewriters, artificial hearts, word processors, yogurt or guys wearing ear rings.

"We listened to the 'big bands', Jack Benny, and the President's speeches on the radio. I don't even remember any kid blowing his brains out listening to Tommy Dorsey. If you saw anything with 'Made in Japan' on it, it was junk. The term 'making out' referred to how you did on your school exam.

'Pizza's, Mc Donald's, and instant coffee were unheard of. We had 5 and 10 cents stores where you could actually buy things for 5 and 10 cents. Ice cream cones, phone calls, rides on a street car, and a Pepsi were all a nickel. And if you didn't want to 'splurge', you could spend your nickel on enough stamps to mail a letter and two postcards.

'You could buy a new Chevy Coup for \$600, but who could afford one. Too bad, because gas was 11 cents a gallon. In my day, 'grass' was mowed, 'coke' was a cold drink, 'pot' was something your mother cooked in, and 'rock music' was your grandmother's lullaby. 'Aids' were helpers in the Principal's office, a 'chip' meant a piece of wood, 'hardware' was found in a hardware store and software wasn't even a word.'

"We were not before the difference between the sexes was discovered, but we were surely before the sex change, 'Billy' has two mommy's and pornography in a family home and at newstands. And we were the last generation that was so dumb as to think you needed a husband to have a baby.

'No wonder people today call us old and confused, and there is such a generation gap...and I'm only 63!!!'

Thank you Nicki for this precious article e-mailed...So true, so true...added to this, we Niseis were brought up to say "oji-san, oba-san"...always bowing, never doing or saying anything to "shame the name", never return dish, etc. "empty", never go to people's house "empty-handed", "ita daki masu" before meal, "gochiso sama" after you finished eating. etc. etc. Life was...

Healthy Do's

1. Breathe deeply (from abdomen..."hara kara",
"Dan Tien" (In Qi Gung, Tai Chi) is 2 inches below navel)
2. Eat and drink "right"...avoid fried, fatty food, big meals, especially suppertime.
Eat salad w/each meal, fish is great, lean meat
Drink lots of water
Make lunch the bigger meal than supper
3. Take basic vitamins:
1-200 mg of vitamin C w/bioflavanoid and rutin
25,000 A, natural beta carotene
1200 iu E, d-alpha tocopheryl
2-300 selenian
B Complex
Folic Acid, (lacking in those who suffered stroke, heart attack)
4. Exercise Swim, walk
Tone muscles w/light weights (3-5 pounds)
Tai-chi, Qi-gong, Yoga...best
Keep your legs strong
5. Nurture Spiritual health ("Spiritual" does not mean being religious, see *)
6. Seek Meaningful relationship...a good friend is great support
Talk positive...keep up optimism...avoid "downers" = depression
7. Assemble a "medical team"
Have team of family doctor, dentist, optometrist, etc.
Massage, acupuncture, chiropractors are very helpful
Get physical exam, dental exam and cleanings regularly
8. "Kick" yourself out of depression...focus on "sunny" side of life
Look at flowers...smell their fragrance

Don't

1. Succumb to stress
2. Fall for fad diets
3. Try to "improve" your health by "radical" "extreme" methods
4. See doctor too often for every little thing...wait unless severe symptom
5. Take too much medication...list each medicine and have your doctor check it
6. Exercise too much...workouts become grim and unpleasant = detrimental
7. Too much protein (Atkins Diet) = very hard on your liver and kidney.

* Spiritual does not necessarily mean religious although it is used with religion..here it is for the spirit...the soul...like enjoying beautiful scenery, flowers, as in looking at cherry blossoms spring-time in Japan, how people take time out to picnic as they enjoy the fragile beautiful short-living Sakura...it is what affects our soul...to feed the soul...keeps us "alive". That moment when dawn breaks...the fog lifts...the many patterns of clouds...that meadowlark singing...or that mist that hovers over the lake...be it Mammoth, June or any lake...ahhhhh...that's spiritual!

Today's Medical Miracles

Wow, this year 2000, The Millinnum, opened up such medical, technological, biological advances...it's just mind blowing...and so great! On page 9 of this newsletter is about Virtual Healing, and how doctors navigate complex realm of the sinus passages to probe and cut and surgically remove tumors in the brain...the many endoscopic surgery, even on fetuses...the many electronic artificial limbs to aid the amputees...

It's so exciting to read Popular Science, Popular Mechanics and Scientific American on all of these discoveries...

In the latest Popular Mechanics, July 2000, has the Technology Watch articles; July 2000 issue of the Popular Science, Medicine and Health...cutting tumors out with laser fitted to scalpel, accurately cut, burn or nuke out the tumors...fitted to a miniature vacuum pup, or aspirator, on a scalpel that sucks up tissue from the incision...article on Inventions That Saves Lives; a section in Medicine, (As what took place with my friend's daughter who had tiny tumor on her pituitary gland, see page 9, "Virtual Healing") What's Next, The Doctor Is in the House; Virtual Healing; Incredible Doctors; Remote Heart Surgery, etc...great issue...then the Scientific American July 2000, Biology, Aging...Age Breakers... how sugar-protein bonding which stiffens our tissue can be prevent the hardening by adding sulfites...this seems to keep the tissues of diabetic skin to have elastic skins boosting their cardiovascular function and improve other age-related disorders...like perhaps reversing the aging process of muscles, arteries, and other tissue...this is still in experimental stage.

The same Scientific American issue, Medicine section is on tissue repair...Scar No More.... that pork intestines, converted into sheet can induce wound repair with minimal scarring...that they also come in powder and gel forms. These tissue from pigs cultured in the lab are used as temporary patch...it creates a scaffold for the healing to take place. Below that article is From Vitamin E to Z-Plasty...where the plastic surgeons are trying scarless healing with bioscaffolds...silicone gel sheets, mineral oils and vitamin E may improve new scars. (vitamin E really helps from scarring).

Yesterday, on the news, UCLA scientist were very close to Aids vaccine...what a breakthru! I keep praying, hoping for "cures"...of Lou Gehrig's Disease, Multiple Sclerosis, Diabetes, Parkinsons Alzheimers, and many others that have been "incurable", or no known treatment presently.

Maybe one day soon...we will...so, hang in there, all ye with difficult diseases...keep up with your faith and hope...**Extra, extra! as I was writing this, news that Human Genome is discovered.** The discovery of deciphering the human genetic code...it's the code each one of us are made of... we all have unique DNA code in our make up and though I don't know all about DNA or genome I know that it is the blue print of our "make up". We could have tailor made prescription for our illness, it can forecast your chances of coming down with different conditions, and some scientists still hold out hope for gene therapy directly adding healthy genes to the sick person...**Wow!**

Knowing the genome will change the way drug trials are done and kick off a whole new era of individualized medicine. There's more things to work on but the 'new door' has been discovered. We are on the threshold of medical miracles!!!

Other Interesting Readings

Westway July/August; put out by Automobile Club of So. Calif..."*Memoirs of a City*"; a story about "Genuine Japan in Asakusa"...(one of my favorite city...didn't know the Sensoji Temple was built to honor Kannon sama (Kwan Yin)..Godess of compassion and warrior spirit

Time magazine, June 26, "*The Joy of Cooking*", the cookoff between the "Tetsujin Iron Chef" cook-off between Japan's Morimoto and Bobby Flay of New York. There was an interesting T.V. program two weeks ago showing their one hour cooking contest.

The Prophet by Kahil Gibran, a philosophical book. (Any of you read the Harry Potter books?)

Virtual Healing

In the high-tech world of telemedicine, the power of the Internet brings far-flung doctors together to treat Life-threatening diseases. It's amazing how you can click into Internet to find out what's wrong with you when you go to your doctor and cannot find out "what's wrong". A good friend of mine has a daughter, now 20, who was putting on weight, and looking like she was taking some cortisone...that "moon face look"...and she went to her own physician who put her on a diet...and finding that she was still putting on weight, changed her diet again, then again, not losing weight, the doctor started to scold her for not trying hard and this young lady became depressed because she noticed that she couldn't think clear, that she had "slowed down" so much, tired etc. and so she decided to take it upon herself to find out what was wrong with her.

She plugged into the Internet, searched out signs and symptoms that fitted her condition and found out last year that she must have a growth on her pituitary gland...she sent to UCLA medical and took her findings with her...the neurosurgeon sent her to an endocrinologist and he said she did all the work in diagnosing her own condition...so my friend then had to contact his HMO to get the coverage for surgery...this took more time than it took this young lady to find out what her problem was...however, they finally okeyed it and early this year, they surgically removed the growth.

I asked how big of a hole they cut into her head...and her father said, they didn't..that they went through the nostril with a very small instrument w/light and camera and the sharp "knife"...and found the tiny, tiny growth on the pituitary gland, cut it and brought it out...I was really amazed! This young lady is back at college since, slimmed down, can think clearly, has her energy back...and feels great! She was her own doctor...Bravo!

So, *IF* you feel that you're not getting the right diagnosis, result, etc...try plugging in to your computer and search the Internet...the latest Popular Science Magazine, dated July 2000 has article on Virtual Healing...I was fortunate to know a person successful in searching her own "illness" and getting great result.

Also in this article, there's picture of "Pets to Watch over Me". .named "Tama" and "Kuma" being built by Matsushita Electric...robotic pets designed to keep tabs on elderly people. When cradled, the robot's sensors record a person's vital signs, which a doctor or family member can access remotely...(they're cute so I think I'll have my children get me one to cuddle...maybe it'll be ready by next Mother's Day...at least it does something other than sit around like all of my Beanie Babies...bears...although I love my little bears)

Medicine on the Net...there's lot out there but for...

General Health and Medicine

www.mayohealth.org

www.intelihealth.com

Research on Prescription Drugs

www.rxlist.com

drkoop.com

Cancer Information

www.asco.org

www.oncolink.upenn.edu

Nutrition and Fitness

www.pueblo.gsa.gov

www.shapeup.org

Thank You...for Chatter Donation

So many of you have been generously contributing to the Chatter and I really appreciate it very much! Some of you who are non-Crystal Cityites...some from Heart Mountain, whom I've known for only few months.....and those whom I met in New York when the JANM opened their camp exhibit on Ellis Island...some never have been in camp...others who are non-Japanese Americans, ...etc. etc...sent so much \$\$\$ supporting the Chatter...**thank you, thank you, THANK YOU!**

I also appreciate your letters telling me how you've learned so much about camp life...or health...etc...so many do not know about Crystal City Internment Camp. The fact that there are those (even the Japanese Americans) who does not know why Issei men and women were arrested...they were told that somehow these were people who were anti-American, pro-Japanese, "bad" people, "trouble makers", "no no boys", "draft resisters", etc...and they actually believe this!

The irony of those arrested is that in Lil Tokyo (where I was born and raised), there were those who felt "humiliated" for not being arrested. They felt that they were not good enough to be arrested. It was a "disgrace" not to be "chosen" and "arrested". It was really outrageous to think that being arrested was like getting a merit badge...one of honor. It was really "funny"...in one hand they were relieved, not to be arrested, however, they would have felt honored to be arrested.

I guess this is where you can use the famous Shakespeare sentence "To be or not to be" Ironic isn't it? It was totally opposite of being "trouble maker" or "bad" people...Priests, ministers, teachers, leaders of communities, merchants, farmers, etc. "trouble maker"? I think not.

Our Friend Karen Riley's Book To Be Published

Just received a phone call from Karen that her book about the "Schools Behind Barbed Wire" that was researched and written for her dissertation is going to be published in fall of this year...she sends her warm regards to all of you whom she met when interviewing you for the book. I will let you know in this Chatter when it is published...so stay tuned.

* * * * *
OBITUARY: Our deepest and heartfelt condolences to: Ami Morita Yamagishi and her family for the loss of her husband, Richard Mamo Yamagishi.

"He who has health has hope, and he who has hope has everything".

Arabian proverb

sumi shimatsu
Crystal City Chatter
[redacted]
Camarillo, CA 93010



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

Picnic time is here...Come join in the feast and fun...See ya there!

