

A Belated "Shinnen Omedeto Gozaimasu"

A belated \*Happy New Year"...and a Happy Year of the Snake...it is considered to be a watershed period, a year of reflection and planning to restore order after the dramatic year of the Dragon. However, do not take the year lightly for it is unlikely to be calm.

A Snake person is said to display a strong, unyielding spirit no matter what difficulty or resistance they may face, relying on first impressions, feelings and sympathies, and can live a life free of old custom, and tradition, or their own will. However, strong self-respect and competitiveness can produce a negative effect in interpersonal relations.

Snake gravitates toward all the finer things in life, loving good books, food, music and theater. Snakes can often be found in occupations such as: philosophy, religion, finance, science and technology, politics, jewelry, fine arts, psychology, and astrology.

Individuals born in the Year of the Snake (1893, 1905, 1917, 1929, 1941, 1953, 1965, 1977, 1989, or 2001) are usually considered to be a natural philosopher, wise, meditative, secretive, passionate, jealous, tight lipped, regardless of others' opinions, potential liars, frugal and lazy. Male snakes are romantic with a sense of humor; female snakes are usually beautiful and successful.

So as we bid adieu to my "Year of the Dragon", I greet the "Year the Snake" I hope we all have good health and stay "genki"...(High spirit, energy)...we must get up and keep ourselves "strong"...don't let your muscles relax or it will collapse and getting them back into working order then will be very, very difficult. Even if you have to say "Yoisho", "Dokkoisho", or whatever, to get up, move around, walk, bicycle, keep those legs working...once the legs go, you really won't have much to stand on...and I don't mean that to be just a 'pun.'. So Please...stay well...it's your life!!!

Crystal City Las Vegas Reunion

We haven't got the details and the total cost yet but can tell you that for those in Southern California...we have chartered Nisei Charter Bus (s) for our Reunion. We will be staying at the California Hotel from September 18 to 20. Banquet will be at the Hotel on Wednesday night September 19th. Toni has arranged for two time slots for "slot Tournaments"...

Ted Mizukami and Yosh Yasuda are making arrangements for golf course...Nisei Charters bus is available to take the golfers to the golf course and bring them back to the hotel for nominal fee. Those interested in the golf tournament, call Yosh at [redacted] or Ted at [redacted].

Those of you who would like to join us from other cities, states, it may help to contact your travel agent to find a "special" to Las Vegas...there may be group rate like from Hawaii to California Hotel, a lower air flight, etc. 25 rooms will be held at the California Hotel for out-of-towner, but must contact the hotel and notify them that you are Crystal City member coming to the Reunion.

More information will be available as soon as we get it. Contact Toni Tomita for the trip or the Nisei Charter.. [redacted] I've already got my name in!!!

"Yae Zakura" Dedication to Sei and Yets Dyo

What a beautiful, sunny, warm day to have this special tree planting ceremony!!! We could not have asked for a more perfect weather...and so many of the CCA friends and Yets' family were there to dedicate the double cherry blossom tree...Sei must be happy that we were all together, such a warm group of around 50...all of us picking up the shovels and tossing the dirt in, that tree should grow big and blossom beautifully...

Kenny Takahashi, Kim's son, brought the tree and with Stogie and Toni picking up a nice large rock to put the plaque in, the tree was set in the hole that was already dug...Yae Aihara and Toni gave a short speech, and then Yets said few words, with her daughter also thanking the group.

The tree stood so majestically, we're all hoping that it will blossom this spring...won't that be great? Yets, call us if and when you see flowers on the tree okay?

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(Yae Zakura" Dedication, Cont'd from Front page)

After the tree planting ceremony, we all went to the Sea Empress Restaurant in Gardena for our "Shinnen En Kai" luncheon...Akemi arranged it so that we had a private room...it was cozy and nice...we start the new Millennium with a very warm joyful fellowship...as Yets' daughter said in her speech, that she noticed how we hugged and greeted each other, that our group really is like a big family...yup, that's Crystal City friends...so when we see you in Vegas, we'll give you big hugs too, so come and let's hug each other okay?

\* \* \* \* \*

**"SHIKATA GA NAI' EXPLAINED"**

Robert Leong

Excerpts from Rafu Shimpō: *"I first heard the phrase from my, Japan born and raised mother. And just about every Japanese American is familiar with it. but what does it really mean to us? Here is my take on it.*

*"Once upon a long time ago before the coming of the Issei, there was an island country called the 'Land of Wa' (harmony). This was an island of rice planting villages. The survival of the entire village depended on the success or failure of the rice harvest. In order to insure a successful harvest, it took the entire manpower of the whole village to perform the necessary work. So, it was extremely important that each villager knew exactly what his/her job was and had to work together regardless of how they felt about each other, as a large smooth functioning team.*

*"This kind of life style went on unchanged for centuries. The jobs became standardized and ritualized into 'kata' - meaning 'form'. But the early Japanese added another very unique dimension to the concept of 'kata'. They started to place an emphasis on 'how' the 'kata' was performed. If we look at the word 'Shikata' the root 'shi' means, 'the way to do something', but with a very big emphasis on how 'the way' is performed.*

*"How you performed your 'kata' began to take on a reality of its own. Sometimes the 'kata' became more important than substance because the early Japanese began to believe that anything could be accomplished with the right 'kata', so long as if it was practiced long enough and with the right attitude. 'Kata' became the means of expressing your identity in society and this produced the biggest payoff for the Japanese: the sum total of all 'kata', helped to maintain 'harmony' throughout the entire society.*

*"There was a 'kata' for everything. For example, there were 'kata' for eating, 'tabe kata', for reading, 'yomi kata', and for writing, 'kaki kata'. Kata was so ingrained in everyday life that people were judged by either being 'in' 'kata', 'kata ni hamaru'; or 'out' of kata - 'kata ni hamaranai.' To be out of 'kata', was considered to be very socially offensive.*

*"Since there was virtually a 'kata' for every aspect of life, the absence of 'shikata' was a strange concept. But when confronted with a situation that could not be changed or managed by a 'kata', they simply declared, 'shikata ga nai' - meaning, 'there is no way; which produced the benefit of lessening any existential drama or suffering; i.e. one became stoically resigned and moved on with life. But in time, this began to take on a more fatalistic meaning; as in the situation is really hopeless, there is nothing that can be done.*

*"It is also used when, for some reason, you really do not want to expend a great deal of effort on changing or controlling something; for example, when changing something is seen as potentially harmful, or disruptive to the existing 'harmony' of a particular situation. If we think hard enough, many of us can recall examples of these from our own life."*

\* \* \* \* \*

*This is a word I used to dislike when I was young..."Shikataga nai" I felt was not trying, or doing something about 'it'...that we don't use our will God gave us to do something about 'it'...yet today, older and perhaps a bit wiser, "Shikataga nai" takes care of something we can't do much about...it's out of our hands. I find that this word is very handy now..."Toshi ka neh"...I wonder if it's age?)"...mah. shikataga nai neh".*

From the "Horses Mouth"

**"Astounded at Internment 'Facts'**

George Yoshinaga

"A note from reader Beans Sogioka who lives out in Chino. He sent along a clipping from the Inland Valley edition of the *Los Angeles Times* in which there is an article about a talk presented by Marie Shibuya-Snell at a recent Claremont University Club luncheon held last week.

"Her topic was about her experiences while incarcerated at Heart Mountain Relocation Center (where I spent a little while) I was astounded at what she told her audience, most of whom I would guess never heard about the relocation experience of Japanese Americans during World War II, thus formulating their ideas about camp life.

"Among the things she said was that when she first got off the train she sank into dust up to her ankles.

"I got off a train when I got to Heart Mountain and stepped on solid grounds. So, maybe our train stopped one station before or one station after the one she got off at since I didn't even get a speck of dust on my shoes.

"Then she said it was 'not uncommon to find elderly internees dead in the snow when the sun rose because they would go to the toilet at night and become disorientated because all the buildings looked alike and they died alone (between the barracks.)'

"I couldn't believe anyone who spent any time at Heart Mountain could make such a statement. In the first place, when she refers to the 'older internees who were in camp', her reference must be about the Issei. She portrayed them as 'elderly' as if they were feeble and incapable of finding their way around the camp.

"Crap! Most of the so-called 'elderly' were a lot younger than the majority of today's Nisei generation. I know I'm about 15 years older than my mother was when we were in camp. I never considered my mother 'elderly' and 'feeble', although she was not in the best of health. I couldn't imagine her getting 'lost' going to and from the toilet in camp.

"The toilet and showers were situated in such a way in each camp that no unit was more than 100 feet from each barrack unit. How can anyone get disoriented and lost 'because all the buildings looked alike?' Each building had 'addresses' on them in form of letters and numbers.

"Besides that, I worked on the camp newspaper and never heard or read any stories about bodies being found in the snow. It's people like Shibuya-Snell telling tales as she did at the luncheon which pissed me off with a distortion of what camp life was like. "Sure, camp life wasn't a ball. There were a lot of inconveniences. However, to paint a distorted view as she did makes me wonder just what her motive might be.

"Well, I guess that's just the way it is going to be as people spin yarns about camp life, ea one suggesting more doom and gloom than the previous one."

*Reading the "Horse's Mouth" in the L.A. Rafu Shimpō is amusing, entertaining and at times enlightening...often times he may get his facts mixed up, but considering he's been writing for over 30 years twice a week, he's gotta fill it in with whatever to amuse the public...but this article really "shocked" me as I was also in Heart Mountain, and those of you who read this, (who were neighbors of mine in the camp, and others like Ike Hachimōji) will say..."Hey, is this the same Heart Mountain Relocation Camp that I was in?"*

*Distortions like this is probably very rare...many Niseis "forgot" or just don't want to remember or talk about the camp...(I really don't know why), but this is like an "Otogi Banashi" ...a fairy tale. I wonder how old she was and if she was so young that she heard stories from others around...and she believed it!*

*One thing for sure, George does not 'pussy foot' around...he speaks his mind, right or wrong...and does stand on his two feet. I guess he worked at the Heart Mountain Sentinel, the camp newspaper that my neighbor Michi Onuma worked at along with Bill Hosokawa and others who used to frequent her place...she and her sister Nao Moriya taught me to play Mah Jong, Poker, Monopoly, Big Business, Black Jack and all the good stuff every night after she put her two children Rumiko and Taiki to sleep...I used to baby sit these two children...now they're adult sanseis...Rumiko is now Mrs. Hiro Miyahara in San Jose...has her brood of kids and grandkids. Time has gone by somewhere, and now they're going into the "Over the Hill Gang" (Sorry Rumiko)...still in contact w/them, w/Eva Tabata in Hollister so Heart Mt. friends are forever too!!!*

### A Special Letter to the Editor

Dear Sumi:

Oct. 24, 2000

Thank you for the card and letter you sent me, and wanting to know more about the talk I made to the Plano city Library on the Internment of WW II. I only had about 10 minutes and they only wanted to know the story about Teresa's family, so I had to talk fast to tell what I wanted them to hear. I told the story about the Japanese Latin Americans and how, why and what happened. So I got all my 2 cents in. There were three other people who was to tell their story too and they showed a film about the relocation of the J.A. and M.I.S. for about 40 minutes. The program only lasted two hours. I never had a chance to answer questions because I talked right up to the last minute they would let me. I was the last one to tell my story because I had more detail than the other three. I really would have enjoyed trying to answer questions if I could have. There were some in the crowd that more or less disputed some of the other three information about what happened. But I said what I wanted about the J.L.A.

I just returned from Japan on Oct. 16th, was gone for two weeks. Went with a group from Los Angeles called "Japanese Evangelical Missionary Society (JEMS)". We went over to celebrate JeMS' 50th Anniversary to sending Missionaries to Japan. We started at Nagasaki, went to Fukuoka, Shimabara, Amakusa, Kumamoto, Hakata, Hiroshima, Kyoto, Nishima, Hakone then on to Tokyo for two days and nights. In the Shimabara-amakusa-Kumramoto area we saw where the "Hidden Christians" were killed and got some of the story from one of our group who still have relatives living in the area and the property is privately owned so the public cannot visit the graveyard where they are buried.

On the last Sunday in Tokyo we went to a Japanese Church Service and met and talked with some of the members and pastor. They gave us a reception and lunch (Japanese meal) after church service. The church name is, "Nippon Christian Church of Akasaka." It was a good service, the pastor preached on Phil. 4/11-13 in both Japanese and English. It was a good group to travel with, saw lots of Japan and had lots of fun. I really missed Teresa and wish she could have been along with me to enjoy the trip. Sumi I'm still living one day at a time and trying to keep busy. My church keep asking me when am I coming back to church. I have been away so much this year on trips. I got to see Teresa's brothers and family for a good visit.

Before I forget the Plano City Library name is, "Maribelle M. Davis Library of Plano". 7501 Independence Parkway, Plano, TX 75025 and the lady's name that asked me to come is Cathy Zeigle... is interested in learning as much as she can about the Japanese Internment WW II.

The other thing I try to tell everybody about is ALS. What kind of a disease it is and how it effects the patients, care-givers and family. Everytime the phone rings and a salesman, etc. calls, I always interrupt them and ask, "Do you know what ALS is?" Then I begin telling them the story of my wife and how it has affected my life. Usually they will listen and thank me and never mention what they called for.

The ALS Association in California has a public awareness program to inform the public an I take the opportunity to tell all I can. These two goals is my life now and both involved Teresa so I'm still working for her telling her life story. Maybe someday I will get around reading the other 40 plus books I have on the Internment. Teresa may not be present in body, but her spirit is always there when I talk to people about her. Teresa's last name was MAEOKA. By the way, her first name (Teresa) is Spanish, her middle name (Teruko) is Japanese, and her last name (Amerson) is American so she has 3 country's names.

One of the other things I'm involved with is our church. On the 3rd and 4th Tuesday of each month we visit two nursing homes and have about one hour of singing and devotiion for the nursing home residents who cannot get out to church. They always enjoy it so much and I think we all get a blessing for making them happy. I will continue helping the Campaign for Justice people to try to get the Illegal Alien Status changed or removed from the JLA records and get Congress to pass a bill for compensation.

Love,

John Amerson

Coppell, Texas

(Cont'd on page 6)

## Reflections

Yamashita Sensei said in one of his sermon "Jinsei wa Xu de aru" ..(Life is Sorrow)..and I later asked him, how terrible that life is one of sorrow..it's so depressing to think that we human came to earth and must live in sorrow?..Sensei then said, "Demo Sumiko, (but Sumiko, though there are sorrow on earth, there are many moments of happiness and joy...for instance, when the war broke out, many of us were arrested and separated from our families, and had great sorrow. Many suffered extreme anxiety, fear and those left and went to other camps had to go through their own sufferings."

Yet Sensei continued, "in those time of "sorrow" there were moments of happiness and joy, that there was a place to reunite the family.. It was at Crystal City Internment Camp, in the desert of Texas, and not only did we have the family whole once again, but that in this camp we met many friends..and today we continue to enjoy that lifetime friendship, all because of a war that for a while tore the family apart."

He was so right...of course, without having had that time when we were torn apart from our parent (s), and had the family separated, one didn't appreciate family unity...our concern and worries for our parents created Niseis who are so "Oya koko" (Caring for parents) and having lived in this unique camp, our contact and association with those from Hawaii, Peru, and knowing our German friends...(didn't know any Italians)...

Going to Japanese Language School part-time or full-time for those who graduated from high school, we Niseis have learned more than the language, Japanese customs, calligraphy, etiquette, and many young boys, sumo, judo, and kendo. We learned from the very best...these teachers were not only Buddhist priests, Shinto priests, Tenrikyo ministers, Setcho-no-ite ministers, Konko-kyo priests, etc. but expert in everything from calligraphy, haiku poem, sumie, to all the marshal arts. You learn to understand the word "Respect". We were taught never to put anything but books and tablets on the desk or table, for they teach our mind... so never to sit on a desk or table...that was a "no no".

So recently I saw "Tetsu Jin" "Iron Chef" cooking program with Japan's Tetsu-Jin Morimoto against Bobby Flay of New York in New York...cooking within one hour, several dishes and having four judges pick the winner...and after one hour, Bobby Flay jumped up on the cutting board (with his shoes on), that he used for cooking, and put both his hand up as winner...however, I immediately was angry, as was Morimoto-san for Bobby's disrespect for jumping up on a cutting board...and Iron Chef Morimoto showed immediate reaction of this show of disrespect for the tools he uses for his work... that one should never stand on the cutting board .

I then wondered, how many would have felt that way living in this country, not having been taught respect properly...or is this one of not just respect but of common sense? It's probably from a different point of view...and I know I appreciate many subtle teachings that I learned from many "senseis" in my lifetime...not all Japanese either, nevertheless, "senseis".

So, Life may be of sorrow...but it is one of many learnings...and creating those little moments of happiness and joy...make each day and each moment so special, for yourself and for those around you...don't wait until special holiday (s), or on weekend (s)...make each day count...bring love and joy into everyone you meet...joke with the checkstand clerk...cheer up some older person in line with you, call up someone who may be lonely...make it a Good Day!!!

*"Kurushimi mo, Kanashimi mo, Tanoshimi mo...minna Jinsei no michi da"* me  
[Suffering, Sorrow or Happiness are all Life's journey]

*"Raku ni wa 'ku'ga aru"* Yamashita Sensei  
[There is "ku" (suffering) in the word "Raku" (comfort, pleasure)]

This was remembered by Tak Takeuchi and Yae Aihara as they were talking about what they had learned in Yamashita Sensei's class...Kim Takahashi was also in his class and were sitting with us. Tak has amazing memories...he can remember so much...listening to him was enjoyable as they were talking about Crystal City friends, what life was like after camp...discussing interesting people who were in camp...gotta get some stories for the Chatter...

A Special Letter to the Editor, Cont'd from page 4)

Thank you very much John for your letter...you're doing great! It is so hard to fill that "empty" feeling inside you...I know...no matter how long, nothing really removes it at all, though it dulls with years, it's there. Yet you have filled your life with so much...supporting the JLAs, the ALS group, and going to Japan with the JEMS...what a wonderful experience...

Many, many years ago, my husband and I were in the JEMS...working with them, learning the Bible in Japanese from ex-Crystal City Japanese school teacher, Mrs. Onodera...most were the Nisei ministers that were in Los Angeles. I'm sure that some of those who went to Japan with you were also in the original JEMS. I remember in late 40's and early 50's, we sent some sheeps over to Japan...and though the Japanese people were grateful, they really did not like lamb to eat so it was quite a delimma...I don't know what happened if second shipments were ever made after the first...I wonder if they eat lamb today.

I'm very glad that you were able to enlighten those who went to the Plano Library. So many people out there never knew that the Japanese, Japanese Americans and the Japanese Latin Americans were put into camps...whether it be assembly centers, relocation camps, detention camps, internment camps...they all were restricted, had barbed wire, and soldiers guarding us. Some of the Niseis never realized that a real internment camp had their mails censored, sometimes you couldn't tell what was written because it was cut out like swiss cheese...it's really something when all my comic books sent to me by my friend Michi Onuma in Denver, CO, were all confiscated because a "secret message" may be in it...I always wondered who enjoyed my comic books...that's why those who call the ten relocation camps, internment, is so ridiculous.

I've been reading the Rafu Shimpō, subscription given to me by the CCA (thank you Sid for the subscription) and the column "Horse's Mouth" by George Yoshinaga always states that the "relocation" camps were never "concentration" camps, nor "internment" camps. Hurray!!! That's one thing George and I agree upon.

Anyway John, keep up the good works...and take it one day at a time. There are good days and bad ones...and make the most of it. Memories are wonderful...I'm glad you were able to see, visit, enjoy Japan and many of the historic places. Take care. Love, *sumi*

Dear Sumi,

Thank you for the work you put into the CC Chatter we've received over the years. We enjoy the newsy news, your wonderful sense of humor, and the health tips you offer in each issue.

Enclosing a small check to help defray the cost of postage, papers, etc. Wishing you a happy holiday season and a wonderful New Year. Sincerely, *Ayano Kondo*

Thank you very much Anano for your support, your kind words and donation...really appreciate it...it has also given me opportunity to search, research, read, and find something that I think will be interesting, enlightening, yes, funny, and ways to stay healthy...we all need it neh...I do hope your holidays were warm, memorable, enjoyable...and the New Year be even greater!

Always, *sumi*

An Excerpt from Joy Gee's nice letter:

"Been taking pills that give me 29 different enzymes, including the essentials you recommended. The past three weeks have been almost back to normal, and resumed some of my activities. I'm even going to be a part of the entertainment for our singles Christmas party, singing a duet, and playing...a **WASHBOARD1**" Love, *Joy*

Joy, your parents named you correctly...you really give a lot of Joy to everyone...wow, would I love to hear the duet with you playing the washboard...oh how we used those washboards in camp neh...with Fels Naptha soap to make sure the whites stayed white...no "tattle tale gray". I think it's great that you're "almost back to normal"...Watch out world, Joy's back!!!

(Cont'd on page 8)

## Sanseis... "Hanazakari" Time

Presently, the Sanseis are enjoying the "flower blossom time"...that is, they are living at a time when their families are growing or are grown up children...going to colleges, universities, and some married...and things are pretty "settled". Many young families are still having to bus their youngsters to soccer, baseballs, basketballs, and other sports...some are into martial arts competitions here and there, and I know of some young families with children into ice skating competitions. So the families are on the go...it's the active time of a family...

The Yonseis are all adept in computer, doing most of their homeworks, research, writing papers...and we thought having electric typewriters were so great...Many of you remember when I started this newsletter with my ole faithful Selectric III...and thought that it was adequate and "Old Dog doesn't want to learn new trick" by going into a computer.

Oh how I've given my children hard time...one whom I probably frustrated and irritated because I never really used the Word Processor that the "gang" bought for me...how thoughtless and hard headed I was (past tense?) Yet they "forgave" me and "allowed" me to continue on with my Selectric III...giving me lots of time and space...

Now, not only are the Sanseis and Yonseis (ad infinitum, like gosei and on) so knowledgeable about computers, the ins and outs of it...website, sending not only E-mails but sending me snapshots via E-mails...wow, it's so neat!

Recently, one of my daughter Nicki Yokota and her husband Clay and son Christopher went to New York for vacation at Thanksgiving...Clay took his laptop and so I received daily chatter about their visit to the Big Apple, sometimes several times, the shows they saw, how cold it was, the ferryboat ride to see Statue of Liberty to Ellis Island where 97 of us Isseis and Niseis stayed in for 4 days, 3 nights...it was so much fun to read "Adventureland in New York"...with DVD camera snapshots sent...my father would have been amazed to see how far camera has come...and what it can do today...he first started with those exploding powder flash...at the turn of 20th Century.

Have you seen advertisement for Casio wristwatch size camera that can take 100 pictures'...I saw it in the ad for Macy's and Robinson-May's for \$199. I can go back to "When I was a little girl, I received a Kodak box camera"...and was so happy to be able to take pictures of my friends and they were just black and white pictures...but it was wonderful!

It's a busy life for our children...they're still active with families, friends, many are working, and yet they make time to keep tabs on us folks...checking and making sure that we're okay...they live in a very "fast" lifestyle...their world seems to spin around so much faster than ours ever did. It's a wonder that they could keep up with this pace. "Erai"...(great)...

They're world today is with DVDs, Sony Playstation 2, as well as I, Nintendos, Gameboys, Segas, etc. etc...and went through the Pokemon and Beany Baby craze...oh my, what next? I really don't want to know...

Yet, inspite of all the busy lifestyle, and the "this and that" most of them practice Japanese culture...they put up the "mochi no osonae" (New Year's "stacked" rice cakes), they remember "Girls Day" and "Boys Day"...many are active with Obon Festivals, they support the many different festivals from Fuji-Matsuri, Hana-Matsuri, Sakura-Festivals, and many other festivals in their communities. To see the youngsters in sports group with Japanese logos, raising funds in many ways, so many are into "Taiko" groups...judo, karate, aikido, etc. I commend the parents, the Sanseis for showing them the way...that our heritage and culture continue.

So us Niseis may be at the fading or falling flower-time, but it's good to see that our children are upholding many of our customs, integrity, honesty, and our "Spirit"...all the things that our Issei parents brought over and instilled in us...we Niseis are very proud of you and are grateful for your commitment... Gambare Gambare!!

(Letters to the Editor, Cont'd from page 6)

An Excerpt from Maru Hiratzka's nice holiday letter:

"At the end of August we attended the final CRYSTAL CITY REUNION (an all day picnic event) down South, where about 300 people gathered. Next year, an 'informal event' will be held, in Las Vegas. The finality of this type of event, of course, is "Age related"... "That was a great picnic! Thanks for the hard work of the committee. Looking forward to Las Vegas."

Maru (Okazaki) & Jordan Hiratzka

Thank you Maru and Jordan for the nice holiday letter...we had, believe it or not, the biggest picnic attendance ever...over 400...it was really wonderful...so many came from afar...usually the local Southern California group with smattering of Northern Californians attend, but we had out of staters...and we are very grateful for everyone's great support...it was very exhausting for many but well worth it...See ya in September...

Love, *sumi*

Dear Sumi,

Stu and I hope you are well this holiday season and have regained your energy and vigor! We just wanted to let you know that we've finalized the transaction of donating my father's (Rev. Nitten Ishida) 5 large pieces of calligraphy to the Japanese American National Museum over the summer of 2000. The works of calligraphy, "Sakura" (Cherry Blossom), "The Wonderful Lotus", "Michi" (A Path), "Hana" (Flower), and "Zuiun" (Auspicious Clouds). now have a permanent home there. We hope you'll have a chance to see them sometime!

All our very best wishes to you always,

Renko (Ishida) and Stuart Dempster

Thank you very much Renko and Stu for your generous, priceless works of art that your father had done...I've seen pictures of many of his works when I was up in Washington many years ago and met you there...and am so glad that you met Yae Aihara who introduced you to the Museum's Curator...I've been telling many of the Museum docents that this work is so special as our Yamashita Sensei (the late Bishop Kenko Yamashita) who also was great calligrapher, told me that Ishida Nitten sama was the very best calligrapher in this country.

So, the JANM is very very fortunate to have these "Takara" (treasures)...and it is a proper place to put up these large pieces...not many place could show the works as well, and be seen by the many visitors from all over the world. It also is a "Takara" from someone who was in our Crystal City Internment Camp...who was also arrested and separated from his family and taken to the many detention camps, and finally to our camp...so thank you on behalf of Crystal City Association...we have several of our CCA members working there as docents so I'm sure they will be able to let the public know who your father was...and how he taught calligraphy in camp. "Domo domo arigato gozaimasu"...I'm glad some of his works found a home. I also hope the readers and many CC friends will go to the Museum to see the display (s).

love, *sumi*

Dear Sumi,

How 've you been? Hope every members of your family are fine and healthy. I want to thank you for each one of the Chatter issues and also express my gratitude and admiration for your great efforts and dedication to it. Please do take care. Hopefully some day I can meet you and say thank you in person.

With much love, Yuriko Tanaka, Peru

Dear Yuriko-san,

Thank you for all your kindness...I am fine now after having the flu-cold that many have suffered through this holiday season...it's a long one and very treacherous, but am finally getting back on my feet (legs were like Jello) Take care, have happy, healthy New Year...love, *sumi*

Note from Christmas card from Mary (Oshimo) Shimomura:

"Your stamina & depth of knowledge & continuing wit the CC Chatter is for beyond the call of duty & to do all that by yourself, amazing! All the "Ginko-biloba" & magnets don't do justice for me. "Genki-de" neh, "tanomi masu".(Request you stay energetic), Yone & Mary...

Thanks Mary, Ginko-biloba is over-rated, but magnets work...wear magnets in hat! love, *sumi*

## Be Very Careful of New Prescription (s)

### Signs of Adverse Drug Reaction:

Skin rash  
Bruising easily or bleeding  
Severe nausea or vomiting  
Diarrhea or constipation  
Confusion, headaches, dizziness  
lightheadedness.  
Breathing difficulties  
Insomnia, tremors, or anxiety  
Listlessness or depression  
Heart racing or pounding

### Preventing Complications:

All drugs can cause complications. Even aspirin can irritate the stomach lining and trigger bleeding in gastrointestinal track. To lessen the likelihood of such problems, follow these steps:  
When your doctor prescribes a new medication, make sure you know

the name of the drug  
what it does  
the correct spelling of the drug  
and any side effects.

- \* Be sure to ask doctor or pharmacist:  
how often to take the medication  
whether to take it w/food or water  
whether you should avoid alcohol  
(sumi's opinion, no alcohol w/meds)
- \* Tell doctor about other medications taking, including over-the-counter drugs and dietary supplements, vitamins, herbs, to avoid drug interactions.  
(sumi's opinion, drugs, herbs, vitamins should not be taken all together)
- \* **Don't skip or double up** on doses.
- \* Be wary of drugs that have been on the market for less than a year.
- \* If your doctor prescribes a new medication for ongoing condition, ask the reason for the change.

### Limiting Your Risks:

People who take a number of medications have an increased risk of averse drug interactions or complications including those with chronic illnesses and the elderly, especially those with memory lapses, who may be too confused to use drug correctly.

***If you experience any of the symptoms above or any change you feel, call your DR. immediately...don't wait.*** Some friends had colon exam and after experienced nausea, dizziness, and vomiting...not realizing that it was what they took prior to the exam, one person was rushed to the hospital and stayed there several days find out the cause..nothing was found after thorough check-ups...another person had colon exam too, and came home and had to vomit often...be careful...some examinations require taking something that causes side effect.  
***Above all. do not take someone else's medication thinking that it may help you!!! NO NO!!!***

### Drugs that cause the Most Complications:

Antibiotics...can cause nausea, diarrhea rashes. In extreme cases, people can experience a severe allergic reaction, anaphylactic shock, which can be fatal if not treated immediately.

Heart Medications as Lanoxin, which is used to treat congestive heart failure, can cause irregular, erratic heartbeats, or even relax heart muscles so much. that it can causes cardiac arrest.

Blood thinners as Coumadin, designed to prevent blood clots, but they can thin blood so much that they can trigger as intra-cranial bleeding or strokes.

NSAIDs or nonsteroidal anti-inflammatory drugs, as Advil or Motrin are designed to reduce swelling and pain pain but they also cause gastric hemorrhages.

Chemotherapies can cause hair losses and nausea, and can suppress the immune system and do irreversible damage to the heart.

Beta blockers which lower blood pressure, can exacerbate asthmatic conditions.

About 75% to 80% of adverse drug reactions are dose-related. Either the patient is getting too high a dose, which could cause a toxic reaction, or too little rendering it ineffective. Standard doses, may be too much for women, children or the elderly.

Importance of Punctuation

(Thanks to Nicki)

An English professor wrote the words,  
"A woman without her man is nothing"  
on the blackboard and directed the students to punctuate it correctly.

The men wrote: "A woman, without her man, is nothing."

The women wrote: "A woman: without her, man is nothing."  
(Mrs. Lunz will appreciate this)

Some Thoughts on Exercise:

(Thanks to Dion)

The advantage of exercising every day is that you die healthier.

If you are going to try cross-country skiing, start with a small country.

I like long walks, especially when they are taken by people who annoy me.

**Try:** Getting down on the floor once a day and stretching your body mindfully, if only for three or four minutes, staying in touch with your breathing and with what your body is telling you. Remind yourself that this is your body today. Check to see if you are in touch with it....(good time to meditate, contemplate and count your blessings)  
(also, now try to get up....that's when you'll say "dokkoisho and yoisho" but your body may not 'hear and obey')

\* \* \* \* \*  
**Obituary:** Our deepest and heartfelt condolences to: Mrs. Yoshiye Hyodo and her family for the loss of her husband Frank Hyodo.

Carmen Mochizuki and her family for the loss of her husband Mike Mochizuki

"What lies behind us and what lies before us  
Are tiny matters compared to what lies within us"  
Oliver Wendell Holmes

sumi shimatsu  
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"Gung Hei Fat Choy"

