

A Wonderful Dinner at Paul's Kitchen

The group that gathered for dinner at the Paul's Kitchen on Saturday night after the JANM's All Camp Reunion workshop (which our friend and president Yae Aihara will write about) yet, it's always so great to see good ole Crystal City friends...and Helen Erlilandson who's Yae's childhood friend who came from Michigan...and we met at Ellis Island several years ago...somehow it was a warm wonderful time all together. Out-a-towners were: Alice and Ken Matsumoto from San Diego, Laurence and Marie Onitsuka (Sakamaki) from Portola Valley, Cherry Matano and Kay (Uno) Kaneno from Hawaii, and Maru (Okazaki) Hiratzka from Oakland...the locals were Yae Aihara, Stogie and Massie Kanogawa, Ty and Fumi Nakamura, Tomo Mizukami, Ken and Doris (Kawahira) Yamane, Sid and Yukie Okazaki, Sho Kurakane, Seiji and Emi Kami, Charles Mc Collister join in last minute...and it was a wonderful time chit-chatting and enjoying mmm good food...thanks to Carmen Mochizuki for ordering oodles of noodles and other food.

Kay Kaneko and Charles Mc Collister were at Crystal City Saturday and joined in with the Peru-Kai and the first German reunion at Crystal City...Charles brought me newspapers, the National Reunion of Crystal City Booklet, and Spinach Festival Booklet. Carmen sent me her personal feelings about the trip with the CC Booklet, Peru-Kai booklet...thank you Charles and Carmen...very very much!

Many of the CC-ites around L.A. do not like to drive night time...or be out night time so we will have to have luncheons instead of dinner...I believe many cannot eat too much either...

The President's Corner:

Yae Aihara

Dear CC Friends: The all camp summit held recently at the L.A. Bonaventure Hotel and the JANM was very successful. I only wished more CC-ites could have been there to give their camp experiences. For your information, the Rockefeller Foundation of Arkansas has provided a generous grant to document the stories and history of Rohwer and Jerome in cooperation with the Museum. There was a sizeable contingent of Arkansas educators who came to listen and learn. When this program is finished, they want every student in Arkansas to learn about the internment camps that were situated in their state. The museum hopes eventually, to distribute this information to every state in the country. I understand Governor Rockefeller was shocked when he learned about the camps when he was governor.

Unfortunately, there was only so much time, that we had to pick and choose what workshops we wanted to go to. Not knowing the contents of the workshops in advance (I didn't get my registration pack until Saturday and didn't read the contents until well after lunch) I think I could've had one more meaningful workshop instead of the one I had chosen. All the speakers were wonderful, Gary Okihira of Columbia U. in particular. All I can say is, that the sanseis have the situation clearly in control and the documentation of the JA history is in good hands.

The dinner at Paul's Kitchen was delicious and it was so good to see everyone present. I wish more of you could have been there. Til next time, love to you all

First Crystal City Reunion for the Germans  
With the Peru-kai

Cothar Eiserloh

"Just the week before I'd been pledging allegiance to the flag in school, then I got there (Crystal City) and I'm looking up at guard towers and men holding machine guns. For some, it started with a knock on the door, it was an order to report to the train depot on a given date and at a given time. The world was at war and decisions were being made. In the case of individuals with German, Japanese or Italian backgrounds who lived in the Americas, it was believed that in order to insure the safety of others and in the name of the war effort, they should be rounded up and held in camps in the Western part of the United States.

And so, President Franklin Delano Roosevelt issued an executive proclamation ordering the round-ups to begin. The United States built or converted approximately 43 internment camps. Today those camps are closed, but they are not forgotten. The men and women who spent time in these camps are now coming back. To some, if not all, it will indeed be a painful journey. (Cont'd on page 2)

Coming of Attraction!

**Hear Ye, hear ye!...Coming in May of 2003...a chartered bus from Los Angeles to Las Vegas...further information will be in the next Chatter..It is not a reunion or banquet, etc., but should be lots of fun!**

("First Crystal City Reunion for the Germans" Cont'd from page 1)

To come back to a place like Crystal City, Texas where life was spent behind the watchful eye of guards and barbed wire is not what many would consider a cherished memory. But for those who are returning after 60 years, the trip may represent a closure of sorts, or a time to perhaps say goodbye.

No one can undo what took place during World War II, but maybe we can look each other in the eye and at least try to understand what it was like. Maybe those of us who still live in the Middle Rio Grande Region can come to appreciate the unique experiences of other Americans who once called Crystal City, Texas home.

### *A Peruvian German Recalls*

"The Odyssey of a Peruvian family caught in a "Triangle of Hate." A February 1990 letter from a grand mother in Peru (a former internee) to her grandson in the U.S.A.

"My dear grandson I want to respond to your thought about our ejection from Peru which only happened under American pressure. After Peru declared war on Germany, the government's goal was to break up trade with Germany, and to deport all German citizens little by little. This started in 1942 and it was our "turn" to be arrested in 1944.

Your grandfather had been arrested in early March 1944. Early in the morning, without notice, he was picked up. My turn, together with your uncle (age 8) and your mother (age 22 months), came in Sept. 1944. Our transport from Port Callao (Oct. 11, 1944) was on a U.S. troopship (USAT Col. Frederick C. Johnson), accordingly the accommodations were of a military nature. The ports of call and other descriptions of this voyage are cited to the next section of this site.

In the bottom deck of the ship where we slept, there were hammocks in three tiers, one on top of the other. Thick pipes crossed the deck of the ship where we slept. Of course, no windows on this level which was below the water level. We ate our meal directly out of the cans while standing at a table made out of long wooden boards which were hung from the ceiling with chains. The bathrooms were quite primitive. Only salt water, and only enough for a small wash.

Luckily, the ship rushed on its journey, we were only at sea for ten days. When we disembarked at New Orleans (I believe) we were put aboard a Mississippi boat taking us up the river. The river trip was beautiful, but I have forgotten where we landed. In the place where we landed there were large halls wherein we were sprayed so as to be free from lice, just in case. After this we met our husbands, boarded a train, and taken to the Crystal City, Texas Family Internment Camp.

Once per week we had control check in the camp. Thursday afternoons were set aside for head counts. Families had to form a line in front of their quarters, the camp commander and his wife would drive by slowly and check off their presence. Life was pleasant in the camp except of course the thought of far reaching uncertainty of our future. There was constant threat and rumors of deportation to Germany. We wanted to return to Peru.

After many hassles with the government officials an apparent decision was made to allow those who resided in Peru for more than 30 years, or who had married Peruvians, or who had children born in Peru, to return to Peru. Your mother was our saving angel -- because your mother was a Peruvian by birth we were allowed to begin a successful new beginning in Peru some time in 1946.

*Amazing neh...didn't know this at all...my goodness, if this were known by the Japanese Peruvians, most of their children were born in Peru...but probably it was an ethnic thing again...*

### *Added health news:*

*Catest medical discovery is that Nattokinase has the enzyme that could break up blood clots, reduce the level of fibrin (the protein that accumulates inside blood vessels and eventually clogs them), and restores healthy circulation to diseased blood vessel. A HSI Medical Advisor Martin Milner, who has done some extensive research on nattokinase with his patients over the past few months reports that a patient with a history of circulatory problems who started having transient ischemic attacks last May. TIA are brief episodes of reduced blood flow to isolated parts of the brain.*

*In this patient they resulted in frequent episodes of extremely cold hands and nose, numb lips, and odd sensations moving from the back to the front of his head...he was getting worse so nattokinase was given and after one week his symptoms had diminished by 50%. Stinky but if it works, it's great stuff...Caution: For those who never ate natto, it is very strong in smell...but over hot rice, it's very tasty. I grew up w/it so.*

Book Review:The Last Fox

A Novel of the 100th/442nd RCT

Robert H. Kono

In the last issue of the Chatter, Issue 67, page 5, I put in the letter received from Mr. Kono under "Jinsei" (Life)...since then, I inquired about the books he had written and received a copy of The Last Fox...a story about the war the 100th and 442nd had fought, suffering tremendous casualties. I've heard the stories in this novel from my husband who was in the 442nd...he was in at the end of the war so did not have to face the horrible battles at Monte Cassino, having more casualties getting to the Texas' Lost Battalion...how his close friend died early in Italy so I had to read this novel based on what these Niseis faced to open many doors of opportunities for the many many Niseis all over this country that we were born in and were put behind barbed wires and guard towers manned by the same uniformed Army that the niseis wore overseas...fighting and dying in spite of their families being incarcerated in our many camps whether it be our Crystal City Internment Camp or the ten relocation camps in many different areas in this country.

It is hard to read through the many battle scenes yet you know it happened so this is really true and we all know that war is hell...killing another human being must be terrible...seeing and being with fellow soldiers being hit, killed, maimed...going through rains of bullets, etc...it would be impossible for me to even try imagining what it's like. The description is so realistic. I'm amazed that Mr. Kono could draw such vivid picture with words.

I feel many Niseis, Sanseis, etc., should read what these brave men did for all of us. The price of our freedom, acceptance of being genuine American Citizens, doors to universities and employment open for the many came from the blood shed by these men...I don't think many of us know the pain and anguish these fellows went through...knowing that these men were used in the most difficult battles, not truly respected, given honors or credit...

War stories, battles are not exactly the type of books I "like" to read, however, watching the movie "Saving Private Ryan"...then reading this book, it made me truly realize what it must have been like for our many Nisei soldiers...now I understand the anguish my husband felt being in the famed 442nd...he was in headquarters I Corp in the Information and Education Department so he did not face bullets or bombs...and it was at the end of the war so he and his brothers were spared. Being his and his brothers' mother, with 3 stars on the flag in a window in Heart Mountain Relocation Camp, how she must have feared losing one or all three of her sons.

Yes, war is hell...but I recommend this reading for all Niseis, Sanseis etc., to feel what these men must have felt like, what they lived through...and we have all benefitted from their sacrifice. I thank you Bob for sending me this book.

Mr. Kono is offering this novel to CC-ites at 20% discount which is \$11.96 which includes the postage prepaid, and will autograph each order that he receives. In the L.A. area, the novel can be purchased at Kinokuniya and Asahiya Book Stores and the Japanese American National Museum gift store -- also online at [www.heritagesource.com](http://www.heritagesource.com) and [Amazon.com](http://Amazon.com) and [Bn.com](http://Bn.com).

Thank you very much Bob for offering this special discount to the Chatter readers. I really would like to have many of the Niseis, Sanseis, Yonseis, etc. read this the gift given to us by these men who fought the war that gave us the doors to many opportunities.

We know Freedom is never free...our freedom came at a huge price!!!

Blood, sweat and tears...

To order your copy from Abe Publishing  
P.O. Box 5226  
Eugene, OR 97405

**Make sure you state that you're Chatter Reader to get your discount and have it autographed by Bob Kono...**

*Again I thank you Bob for capturing the feeling and thoughts of what many of our Nisei soldiers felt as many of their families were behind a barbed wire, guarded camps. Above all to be sent in to fight in toughest battle, losing many of the comrades and not being able to march into the many towns, villages they had freed from the enemy. I could not put the book down until I finished it.*

### Letters to the Editor:

Dear Sumi: I can't fathom how you continue to do what you do. Thank you for the research you do. Thank you for the research you do and the extended follow-up you do with and for the issues of the "CRYSTAL CITY CHATTER". You are truly a God blessed humanitarian with lots of love, kindness and wisdom flowing in your arteries and veins.

For me, as I approach my lucky 88th in a few month, your health food suggestions and health hints become more and more appreciated. They have been excellent.

Almost singlehandedly, you have been the glue, the cement, and the yeast, that has kept the spirit and the life of the wonderful fellowship of the Crystal City folks. I am particularly grateful for the many volunteers such as Yae Aihara and many others, who has continued on a weekly basis to support the Japanese American National Museum for all these many years. Thank you for your esteemed leadership. Please carry on. God Bless You!

Peace and Love,

Fred Y. Hoshiyama

Enclosed a bit towards mailings.

Dear Fred.

*What a build-up...boy. Thank you very very much for your compliment...and OMEDETO for your 88th Betji no tanjobi...(one of the most lucky age to reach)...I know it was your constant optimistic joyful smiling face that always warmed many many people...I am grateful for the wonderful meetings that you came to when we raised the amazing amount of over \$200,000. from our little camp of 2,000...we really never received the final count but I the many CC-ites have given generously for this drive!. We have besides Yae Aihara, Sid Okazaki and his family, Yukie and Julie, and Miyo Eshita as docent for the Museum. We do have many dedicated friends in our Crystal City Association...at a moment's notice, they will come to meetings wherever, whenever...this is the spirit and love of our group. Again thank you Fred for those kind words and for your generous donation to the Chatter.*

Dear Sumi,

The local camp news is that Crystal City has bought all the land that was the internment camp the city officers had no definite news at that time about how they planned to develop the area economically.

I have telephoned Joe Ando several time but received no answer. I suppose he and Millie are traveling or developing other good ideas.

I have enjoyed talking to Tomoko Toni about her new grandson. I'm sure that Kaz is equally thankful about the baby.

Recently I received a note from Kathryn Ase. She had returned from Brazil.

Best regards,

*Le Cunz*

Dear Mrs. Cunz.

*Thank you very much for keeping us up with news about our former campsite. I do hope that the city officers of Crystal City will be able to develop it into something nice...perhaps a park or something that will be a nice place for the people of this city we were in...although at that time, we didn't know it as a city as it was a camp with barbed wire and watch tower and so it didn't seem like part of the city at all.*

*Congratulations on your being a youthful 85. I know you're busy with your family too. At this time as I write this, Crystal City is preparing for their Spinach Festival and the group of Peruvian-Japanese will be there to have their pilgrimage from New Orleans to San Antonio and then the bus ride to Crystal City. You will be busy, but it probably will be enjoyable.*

*Take care, stay well and thank you for your continued support and contribution to this Chatter.*

Dear Sumi,

We are into the favorite season of Autumn for me! How are you? I see that you are busy with the articles for the CC Chatter which is really a monumental task! I appreciate your dedication in this time consuming efforts.

Yukie, Sid reminded me of the up-coming All Camp Reunion/CC dinner so I'm sending you a check for the CC dinner. Although I may not see too many of my Gila Arizona friends amount the thousands of people, I look forward to seeing my CC friends. (Cont'd on page 6)

### Values of Japanese Americans

At a ceremony to honor Medal of Honor winners William K. Nakamura and James Okubo in Seattle on March 25, 2001, An **Eric Saul, U.S. army historian**...an excerpt of his speech included questions as to why Niseis volunteered for the Army when considered second-class citizens, or from concentration camps in America...some of the reasons given were:

There were words like "giri" and "on", which your parents taught you, "duty" and "honor" and "responsibility"...a pay back for debt you felt you owed to your country.

"Oyakoko"...love for family...loving and respecting your parents who couldn't become citizens, yet proving your loyalty at any cost.

"Kodomo no tame ni"..."for the sake of the children"...many didn't have children at the time, but knew you didn't want your children to have to suffer as you did. You wanted your children to be able to be doctors, lawyers and professionals. You made democracy work because of your wartime record, your children can now be what they want in a country that you wanted for them.

"Enryo"..."humility" There's an old Japanese proverb that says if you do something really good and you let your action speak, not words...

"Gaman"...internal fortitude...keep your troubles to yourself. Don't complain...stoicism.

"Shikata ga nai" Sometimes things can't be helped. But other times, you have to do what's necessary.

"Haji" Don't bring shame on your family...your name...

"Shinbo shite seiko suru"..."strength and success will grow out of adversity. Going through tough time can strengthen you and will bring the success in the end.

You Nisei fought for this country, your country...it has taken fifty six years to get to this point, but you made democracy stand for what it really means.

In the 1980's you fought for redress. One of the reasons that redress passed so overwhelmingly in Congress was the overwhelming record of the 100th/442nd and the MIS. So on the battlefields of France, Italy and Germany, "Go for Broke" stood for the welfare of all of the people, all of the time. You never lost faith in your country, and we are here today to celebrate that faith. The result of that faith is that your children can be anything that they want: professionals, doctors, and lawyers. The price that you paid for democracy was the highest combat casualty rate of any regiment that served in the United States Army.

In one battle alone, the battle for the Rescue of the Lost Battalion in October 1944, which you fought in, two thousand of you went in to rescue two hundred Texas soldier who couldn't be rescued by their own division. You sent and suffered almost a thousand casualties in that one battle alone, of almost five days of constant fighting. In K Company, you started off with 186 riflemen. By the time you reached the Lost Battalion, there were only eight men standing. I Company did worse. They started off with 185 men. By the time they reached the Lost Battalion, there were only four men still standing in the company.

Never had so many owed so much to so few. We owe a great debt of honor to you Niseis for what you did for the country and for democracy. It is a debt that can never be repaid.

You did make the Constitution stand for all of the people, all of the time. History works. You made it work for me, for your children, and for this country.

You Niseis came home, and became what you wanted. Eventually, many of you entered the professions and could go where you wanted and do what you wanted to do. You went about your lives, but you made sure that your parents could become citizens. They could own land for the first time. Your greatest success was that your children could be what they wanted to be, without the discrimination that you suffered.

*It's amazing that a "Hakujin" (Caucasian) got the essence of what the Niseis were taught and ingrained in them from childhood...I know that we CC-ites grew up with this too as all the Japanese school teachers who were mostly Buddhist priests, made sure we learned and practiced the traits that's mentioned above. We just celebrated the Veteran's Day, now Thanksgiving...and we owe so much to these young Niseis who gave their lives for us. Reading Bob Kono's book "The Cast Fox" describes the "Go For Broke" Spirit and their extreme "Gaman" to overcome impossible obstacles. we Niseis owe everything to those who fought in spite of prejudice.*

*"Kansha. kansha. kansha. kokoro kara kansha shite imasu (Gratitude. from my heart)*

Recently we celebrated my brother Terumi and Yoko's 50th wedding anniversary in Lafayette at their son Ted's home. It was family and relatives mainly but 12 friends came from Japan. It was a wonderful affair.

Take care.

Love,

Maru Hiratzka

*Dear Maru... Will see you in couple of weeks at Paul's Kitchen, and have that mmm good Cantonese Chinese Food. It'll be wonderful to see you and those attending the dinner. It's always so special to get together and exchange news... How nice that Tet-chan and his wife had special wedding anniversary and to have friends fly over from Japan to join in is really nice... and Lafayette is right next to Moraga so not far for Terumi to drive to his son's home... kinda longer drive for Sid and Yuykie but hey, it's closer than Japan now. Congratulations to him and his wife. How very special. See you soon Maru.* sumi

Dear Sumi, How are you? I sincerely hope that your health is fully recovered by now. Thank you so much for every issue of CC Chatter. So interesting and enjoyable as always. We are ever so grateful and appreciate your valuable and hard work. Please, I want to ask you for a favor. I would appreciate if you can add another Crystal City-ite to your Chatter mailing list. He is Mr. Mitsuaki Oyama, Kawasaki-shi, Japan (215-0005) He is Japan's Peru-Kai coordinator and went to Japan from camp on December 1945. I'm sure he'll enjoy greatly the Chatter as all of us. Thank you.

We (my sister and I from Peru) are looking forward to visiting the ole Crystal City camp along with Peru-Kai people of Japan and mainland as you and the group made that memorable trip 5 years ago. We are thrilled just to think about it.

Enclosed is a small donation to defray with some postages. Please do take the best care. "Dozo ogenki de ne" (Please stay well).

With much love,

Yuriko Tanaka

*Thank you very much Yuriko-san... will be sending Chatter to Mr. Oyama... you must be enjoying the pilgrimage trip to Crystal City... it is really memorable trip. I know you'll be enjoying it with all the others who will be warm and wonderful!!! I will be writing about as I get personal experience from Carmen and am grateful to have received the Reunion Booklet from both Carmen Mochizuki and Charles McCollister. Thank you for your continued support and donation to the Chatter and will take care of this aging body... Love, sumi*

Dear Sumi: I hope this isn't too late. I lost it among my papers on the tables. I really enjoy the Chatter and try to read it cover to cover when it comes but sometimes I have to do it in pieces and lose it for awhile. I read the names and remember the people like Vi and her family. I used to enjoy the little comical scenes her father used to set up in front of their place. Yes, as youngsters we looked for fun things to do and in our memories we select to remember.

These times and memories suppress the sad, strained, and negative memories. There were lots of fun things to remember. Chasing a road runner bird into a corner of the fence so we could catch it for my father to stuff. (Mr. Uno did taxidermy as hobby in camp) One Thanksgiving we had a roadrunner and a chicken that Mr. Hasegawa (not sure of the name), a man who lost his wife on the trip from Peru to New Orleans, prepared this chicken the "Peruvian" way... it was very spicy. He also taught us how to make coffee syrup, then beat milk and pour the coffee in. He lived in a "Victory" hut but in the Q section.

Sinks with trough were put up between the barracks for the Victory Hut units. Since our water line was connected we could cause air to make noise in the pipe over the through. This became a way to signal Mr. Hasegawa to come to dinner. I think he was able to return to Peru as he had left his business in the hands of his two adopted Peruvian sons. He gave my mother his wife's beautiful fur jacket. I gave it to my cousin in Lindsey, CA after my sister Hana passed away.

Well, I have gone on too long. I'm running out of room to write -- this was to be "only a note" I started to write and the memories come flooding in. Take care and I wish you were coming to C.C. This will be the first reunions for the Germans.

Aloha,

Kay (Uno) Kaneko

*Wow, you do have unique and wonderful memories. The roadrunner must have been a tough bird to eat... I did go to the exhibit your father had of his hobby in taxidermy... I remember because he wanted my pets when I left for Japan... but after seeing all the stuffed animals, I couldn't help but just cry and cry and finally my mother told me that I didn't have to give all my pets to him... so I was greatly relieved that they were not going to be killed to be stuffed. Yes memories do flood in... when you open the doors to those yesteryear neh. See you at Paul's Kitchen after your venture to Crystal City...*

*The Road Back...60 Years Later1**Carmen Mochizuki*

"As the airplane approached New Orleans, my thoughts went back to the time long ago, when I made the journey here with my parents. I thought of the other people that made a similar journey who would later become my friends. We became friends that helped each other through times of suffering and hardship. Most of them are gone now. I felt a sadness that brought tears to my eyes. Although almost 60 years have past, the memories of this past still affect me.

The journey this time was for a different purpose....getting together with survivors of this past, was a time of healing and camaraderie. We enjoyed the time we had in New Orleans. It is a wonderful city and a lively atmosphere in which to catch up with old friends. Our journey by train to San Antonio, Texas was very special, traveling by train is a terrific way to see the country and it gave us a relaxing time to commiserate.

We reached San Antonio early in the morning and made our way to Crystal City for the First National Reunion of Crystal City. I was full of emotion at the prospect of going to Crystal City. Thoughts of my childhood, family and friends raced through my mind. The ceremony was a time of reflection for me. After the ceremony, we participated in the Spinach Festival Parade. This was a moment I will never forget. The people of Crystal City lifted my heart...people of all ages and nationalities cheered and waved to us with such enthusiasm. Their positive energy touched me so much that I was too busy wiping tears from my eyes to be able to wave back.

In the evening, we had a memorial service for our friends Aiko Oyakawa and Sachiko Watanabe who drowned in the swimming pool. I have many fond memories of swimming and splashing around in the pool with my friends. I remember the day that our friends died. My heart still feels the pain of that day I prayed for them.

The reunion banquet closed the evening. The Peruvian dance entertainment and delicious food were enjoyed by everyone, the atmosphere of fun, smiles and laughter were the best way I could think of to wrap up such an emotional day. I went to sleep that night thinking about all we had done and slept peacefully.

The Sayonara Brunch was a time for good byes. We embraced each other and said our farewells knowing we had made another journey together, this time for healing and closure.

I thank the organizers of the 10th Peru-Kai Reunion, retracing our journey of 60 years ago was a very touching and wonderful experience, from the tears of sadness to the tears of Joy. The experience will be treasured by me and live in my heart forever".

*Thank you very much Carmen for your heartfelt experience you felt with this spectacular get-together. That not only did you retrace your journey to Crystal City but one with the German group that were there too. The trip was of course pleasant under today's circumstances but how difficult it must have been for the many Isseis who were there with their little children in a foreign country with unknown future.*

*You not only overcame coming from Peru to a foreign country, but many of you learned English and learned to live in this country. I know you, along with many Peruvian-Japanese repatriated to Japan after the WWII and went back to a bleak war-torn country, Okinawa, and studied Japanese there so you can not only speak Japanese but can read and write Japanese well...Kanshin Kanshin (Commendable, commendable)*

*The Peru-Kai is a very close-knit group, and last year when you were supposed to have the reunion in Kona, Hawaii, the 9-11 happened and the 200 that were registered to have your get-together couldn't get there so there were only about 30...however, the Tairiku CCA group had our reunion in Vegas and some of the Peru-Kai group joined us there. So your reunion this year was even more memorable as last year was impossible.*

*I'm very grateful to you for your "kokoro kara no kimochi" (heartfelt feelings)...you were so young 60 years and I'm sure your mother protected you from knowing the difficulties and hardship that she and other mothers had to go through to join your father in Crystal City. The transportation must've been more slow and the trains then were so old and dusty...and Texas is so huge, it takes days to go through it to get to Crystal City Internment Camp neh.*

*What a great job to put this all together for not only the friendship and reunion, but the healing to occur. I'm so glad to hear that there were memorial services for the two little Peruvian children who drowned. I do remember the tragedy and how Mr. O'Rourke was also trying to resuscitate them...it was a terrible tragedy I recall Sumio "Speedy" Higashida was telling me that morning that his father said to watch for possible drowning...so Speedy being a lifeguard was out all day watching carefully for any disaster. Thank you again Carmen for being our personal reporter...with personal experience.*

### Inner Strength

If you can start the day without caffeine or pep pills,  
 If you can be cheerful, ignoring aches and pains,  
 If you can resist complaining and boring people with your troubles,  
 If you can eat the same food every day and be grateful for it,  
 If you can understand when loved ones are too busy to give you time,  
 If you can overlook when people take things out on you when, through no fault of yours  
 something goes wrong,  
 If you can take criticism and blame without resentment,  
 If you can face the world without lies and deceit,  
 If you can conquer tension without medical help,  
 If you can relax without liquor,  
 If you can sleep without the aid of drugs,  
 Then.....you are probably a dog!!!

### What's True...What isn't...

It's almost like "To be or not to be" questions as everyday the new "discovery" in the world of health changes...there was a time it was said that drinking coffee and all that caffeine was bad for you...now they find that caffeine helps with memory cells so those who drank lots of coffee in the years past is supposed to have better memory today...and I drank lots of coffee way back when and find that my memory cell isn't listening to this new discovery...

Chocolate was not supposed to be good for you either but they now say dark chocolate is good for you and above all just this last week, some scientists discovered that chocolate dilates blood vessel so it's good for heart patients...Really...so the best thing is...everything in moderation...going overboard on anything is not advisable. Even lots of supplements...be careful and utilize only what's good like lots of fruits and vegetables...

### Cold Season is here!

At the very first sign of sore throat, take Echinacea...it helps a great deal...and at the onset of sore throat or runny nose...the nose drop **Zicam** can really help. and you do know that once you catch a cold...drink hot chicken soup...it's supposed to be very very helpful...besides, it does taste good. Stay warm, wearing hat seems to help stay warm as 80% of body heat leaves from your head...of course it feels good to have nice warm scarf too...so stay warm, stay well...and "O daiji ni"...(take care)

### Eating Less for Longevity

A strict regimen that slashes calories has been shown to give animals healthier and longer lives. The radical approach is being tested on human. Now scientists want to know if the same severely restricted diet that has produced dramatic results in laboratory experiments in animals will work in humans. In September, the National Institute on Aging began scientific trials involving about 200 people at three locations in Louisiana, Massachusetts and Missouri. The volunteers are eating low-calorie diets to see if a significant reduction in calorie consumption will improve their health and enhance the likelihood of a longer life span.

The spartan diet may help with the risk of heart attacks, strokes, diabetes and arthritis. Finding a diet that delivers maximum nutrition while sharply reducing calories -- and that people will stick with -- is a key goal of the research project.

*At this time of the year, with Thanksgiving, Christmas and New Year celebration...this is very hard to practice all the delicious food piled on the table...and though we older Niseis don't exercise enough to use the calories in work, gardening, etc. etc., our appetite doesn't change, does it...I recall my mother in her 80's saying that "Toshi o tottemo taberuno ga ichiban no tanoshimi"...(Although she was growing older, eating was her greatest enjoyment)...(so she loved going to Japanese markets, picking up this and that...even though it's salty and the doctor says "not too much salt" because of high blood pressure, she always said, "sashimi ya sushi wa shoyu nakattara oshikuna!"...(Sashimi and sushi isn't tasty without soy sauce)...So eat less = longer life...oh well!!!*

### Health Hints

#### **Cough! Cough! Cough!**

I know I've printed this in previous newsletter but feel that it's a good reminder...**when you are alone and are suffering a heart attack...**when you are alone and without help, and start to feel faint...**you have only 10 seconds left before losing consciousness...**since many people are alone when they suffer a heart attack, **cough repeatedly and very vigorously. A deep breath should be taken before each cough and the cough must be deep and prolonged as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives or until the heart is begins beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.**

Another reminder: **The power of mushrooms...**I've written about the **Shiitake juice** for cancer patients before...well, in the latest scientific report, "Other mushrooms may also prove powerful in the fight against cancer. Pure extraacts of exotic mushrooms such as shiitake, enoki, maitake and oyster have shown promise in research conducted in China, Japan and South Korea.

Studies have indicated they may be able to shrink tumors, stimulate the immune system to fight disease and reduce side effects from radiation and chemotherapy.

Shiitake juice recipe: Boil **10 shiitake** in **two quarts of water** down to one quart...cool and drink 4 oz daily.

There's another mushroom "**Reishi**" which comes in drops or in tablets that is considered very good. You can find these at Japanese or Chinese herb stores.

#### **Be careful of Trans Fats used in snacks:**

Frito-Lay becomes the latest firm to eliminate 'partially hydrogenated' vegetable oils. We've been hearing about many of our "fast food" places like Mc Donalds' changing their oil for french fries today...it is due to the hydrogenated oils that are bad for our health". The trans fats studies have associated with higher blood levels of LDL, or 'bad cholesterol'. The Frito-Lay announced that Doritos, Tostitos and Cheetos are going 'trans-fat free' in early 2003 besides their Lays Ruffles and potato chips and Fritos corn chips.

**Omega-3 fatty acids from fish is good for arthritis and heart disease...**however, lately the medical information on the TV said that fish has so much mercury that it can be hazardous to your health. (and I do love my sashimi) Tuna was included in the mercury-laden fish group)

**Aspirin as an Ally of Memory...**a study finds that anti-inflammatory drugs may prevent or delay Alzheimer's Disease if taken regularly long before any symptoms arise. The study was based on an analysis of 5,092 elderly residents of Cache County, Utah from 1995 to 1996 and a follow-up three years later. The seniors with the longest history of taking the medications at least such drugs as Ibu-profen, Naprozan, Diclofenac, Nebumetone, Sulindac and Oxsproxin for at least two years had just 45% of the rate of developing Alzheimer's as non-users.

#### **Today's antibacterial soaps, disinfectants are causing more havoc:**

It is affecting our immune system today and the germs are becoming increasingly stronger and by insulating ourselves so well and interfering with early exposures that should set the body's immunity to work, the germs, microbes, and fungus can create illness and allergies today. The bright balance to cleanliness and bacterial exposure being harmful and beneficial is unknown according to Dr. Marshall Plaut of National Institute of Allergy and Infection Diseases.

So using "old fashion" soaps is probably better in washing hands than the many antibacterial type that's popular in today's liquid soaps.

**Diet Ads are Hard to Swallow...**Be careful of claims that say some products can help them lose weight without exercising or changing eating habits. However, **be very careful!** they are misleading, deceptive and false diet product ads cited by the Federal Trade Commission recently in a report written in conjunction with the Partnership for Healthy Weight Management, a coalition of business, science, government, health-care and public interest groups. Eating less, eating less rich food, fried food, and eating lots of vegetables and fruits can be more healthful and safe. Staying healthy is more important!

**Agin' Grace...**Having a good attitude about getting old could help you live longer by 7 1/2 years.

*The Senility Prayer*

God grant me the senility to forget the people I never liked  
the good fortune to run into the ones I do, and the eyesight to tell the difference...

*Now that I am older, here's what I discovered:*

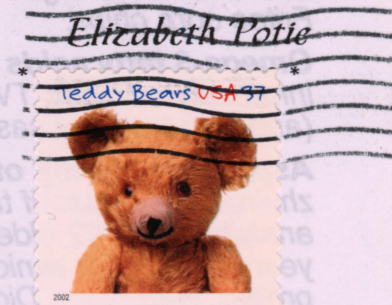
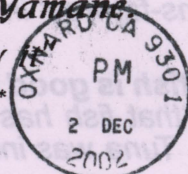
1. I started out with nothing and I still have most of it.
2. My wild oats have turned into prunes and All Bran
3. I finally got my head together, now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. All reports are in...life is now officially unfair.
6. If all is not lost, where is it?
7. It is easier to get older than it is to get wiser.
8. Some days you're the dog; some days you're the hydrant.
9. I wish the buck stopped here, I sure could use a few.
10. It's hard to make a comeback when you haven't been anywhere.
11. Only time the world beats a path to the door is when you're in the bathroom.
12. If God wanted me to touch my toes, He would have put them on my knees.
13. When I'm finally holding all the cards, why does everyone decide to play chess?
14. It's not hard to meet expenses. they're everywhere.
15. The only difference between a rut and a grave is the depth.
16. These days I spend a lot of time thinking about the hereafter...  
I go somewhere to get something and then wonder what I'm here after.

**Obituary:** *Our deepest and heartfelt condolences to: Nicole Higashi, Mits and Toyokisa Higashi for the loss of her mother, and their sister, Mabel Higashi.*

*Pauline Tsuge, and the Yamane families for the loss their brother Frank Yamane.*

*"It isn't life that weighs us down - it's the way we carry it"*

*sumi shimatsu*  
**Crystal City Chatter**  
[Redacted]  
**Camarillo, CA 93010**



**TAD & SATOMI ISHIDA**  
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