

Autumn

It's the last season of the year...already. "Kōyō"...the season when green leaves turn into beautiful red, bronze, orange, yellow...so lovely...many of you have gone back East to see these lovely changes and many have gone to Japan to see the bright colors and oh how Mother Nature color her trees and shrubs so bright and gorgeous before the leaves fall off and winter then comes with its stark nakedness.

I'm always amazed at how our four seasons differ in its color, activities around us, and especially in our weather...the weather is always so different...the many areas with too much rain...not enough rain, hurricanes, typhoons, and tornadoes that wipes out many people's lives...the terrible fire forest fire, wild fires some that burned many homes and personal items...life at its severest...to have to rebuild again...yet, many of us have gone through the forced evacuation wiping out the homes, personal property our Issei parents bought one piece by one piece, laboring hard to purchase them to make a home for us...no credit card, Visa, Mastercard or American Express...cold, hard, cash.

Yet today, many of us Niseis are able to enjoy comfortable lives in homes that all of us worked hard to live in...but as there's Autumn in our season, we Niseis are in the Autumn of our lives...however, we don't turn "colorful" like the autumn leaves...instead many have been making appointments to many doctors, and trying to keep the body we all "wear" as well as possible...able to walk without pain, or cane, taking medications, supplements, and not allowing ourselves to gain weight, cholesterol, or BP. and doing exercise, walk, yoga, tai-chi, or work in the garden...(cheaper to buy fresh vege neh)

I think about the Isseis who never counted all that but lived quite healthy and long...they worked hard didn't really go on cruises much or on any vacations seeing the world...but they somehow enjoyed life...their greatest enjoyment was to see their children were able to graduate from colleges and universities and live comfortably and successfully...that they didn't have to push a lawn mower or work out in the fields...Yet, they were so successful to all come here to this country, not knowing their customs or language and tilling hard soils and turning it into salad bowls.

So I take my "hat" off and bow to all the courageous Isseis who gave us opportunities and for the many men who fought for this country in spite of the evacuation, the arrest of their parents, the men who were in the famed 100th/442nd/MIS...So as we close out this year with Halloween, Thanksgiving and Christmas coming...Thanksgiving is to the many I owe my life to....Kansha, kansha.."kokoro kara kansha shite imasu" (gratitude, gratitude, from my heart, I give my gratitude)

Crystal City Events in 2004

I've been asked if there were any events in 2004 that they could join in...thus far, Toni and I thought that the third Saturday in January...January 17th be our Crystal City "Shinnen Enkai" luncheon at the Paul's Kitchen in Monterey Park. It will be held there for all of you who would like to join us to call or send in confirmation that you would like to come...the cost will be \$20.00 which will cover the lunch, tax and tip included. We had a great turnout this year, and everyone commented that they enjoyed getting together and having a nice lunch, so reserve your place with us...

Toni Tomita... ..or write S. San Gabriel, CA 91770

Sumi Shimatsu " Camarillo, CA 93010

In May, we will have our chartered bus trip to Las Vegas...California Hotel...May 18-20th...Tuesday to Thursday...this is our "partybus" with fun and games going to Las Vegas so make your reservation, and join in the fun!

I realize that many of you don't like to travel much or even go out so "muri ga nai" but this is our rare get together time so try to shake the rust off and come join in on this get together...we hope to see you...This gives you enough time to plan for 2004 events...neh.

Crystal City Ex-Internee

In Wednesday, October 1st Los Angeles Times Obituary section, was a big article on Bert Nakano. I did not know that he was in Crystal City Internment Camp as we left for Japan in December 1945 and many from Tule Lake were sent to Crystal City in 1946. Mr. Nakano was a founding member and principal spokesman for the National Coalition for Redress and Reparations, a leading organization in the movement that won a measure of justice for 60,000 survivors of the World War II camps in 1988, when the federal government formally apologized for the

(Cont'd on page 2)

(Cont'd from front page, Bert Nakano)

internments and offered redress payments totaling \$1.5 billion.

I know the NCCR has been always working for all of us Niseis. Haru Inaba Kuromiya has been with this group...and I am very very grateful for Mr. Nakano and the NCCR for all they they have done for us...so another group to put on the list for "Thanksgiving".

California Circus

I'm sure many of you heard about our Recall Election with 137 candidate for the Governor...everything from actors, porn people coming out and now we've got the Terminator...it still is a circus and we do hope that some positive things will come from this. Our great state with so much asset has been going down down down in jobs, so much debts from energy crisis, etc. etc. etc. then now in Southern California, there's strikes at all the markets, such as Ralph (Kroger), Vons (Safeway) and Albertsons' The MTA bus and some rail transportation is also on strike due to the mechanics who are on strike. so those who take these transportation are at loss as to how to get to work, school, etc. To top this there is supposedly strike by the L.A. Sheriff Dept., reporting "blue flu", so some of the court had to close down and postpone the many trials that were scheduled...

Fortunately, we can shop at Japanese markets, Chinese markets, Trader Joes (I love this market), Costco, Sam's Club, some places have Super K-Mart and Wal-Marts but they're all packed with people and in Orange County, the Stater Brothers are open and aren't in the unions so it's convenient...I know that people are striking for their health insurance coverage, etc. etc. and yet, many who are inconvenienced are those who have less, or no health insurance...not being able to travel on the public transportation...I do not cross those picket lines but "chotto hidoi neh" (it's a little rough)

Strike brings out so much hate and ugliness...that Albertson flew out many workers from Texas, Arizona and put them up in hotels...that is so outrageous...

Life will continue...somehow, we all manage to survive inconveniences and difficulties...this is one of them...and just heard that due to many on their cars driving, the price of the gas will again go up. It was just going down a little.. "mah mah...shikataganai no neh....gaman gaman.." as a poem once said: "and this too will one day be over..."

Frogs

A group of frogs were traveling through the woods, and two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they were as good as dead. The two frogs ignored the comments and tried to jump up out of the pit with all of their might. The other frogs kept telling them to stop, that they were as good as dead.

Finally, one of the frogs took heed to what the other frogs were saying and gave up. He fell down and died. The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and just die. He jumped even harder and finally made it out.

When he got out, the other frogs said, "Didn't you hear us?"

The frog explained to them that he was hard of hearing and thought they were cheering him on the whole time. This story teaches two lessons:

1. There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.
2. A destructive word to someone who is down can be what it takes to kill them. Be careful of what you say. Speak life to those who cross your path. It's sometimes hard to understand that an encouraging word can go such a long way.

Alternate Meanings for Various Words:

1. **Coffee** (n). A person who is coughed upon.
2. **Flabbergasted** (adj.) Appalled over how much weight you have gained.
3. **Abdicate** (v). to give up all hope of ever having a flat stomach.
4. **Esplanade** (v). to attempt an explanation while drunk.
5. **Negligent** (adj.) describes a condition in which you absentmindedly answer the door in your nightgown.
6. **Lymph** (v). to walk with a lisp.
7. **Gargoyle** (n.). an olive-flavored mouthwash.
8. **Balderdash** (n.). a rapidly receding hairline.
9. **Oyster** (n), a person who sprinkles his conversation with Yiddish expressions.
10. **Frisbeetarianism** (n). The belief that, when you die, your soul goes up on the roof and gets stuck there.

Judgment without Trial

Japanese American Imprisonment during World War II

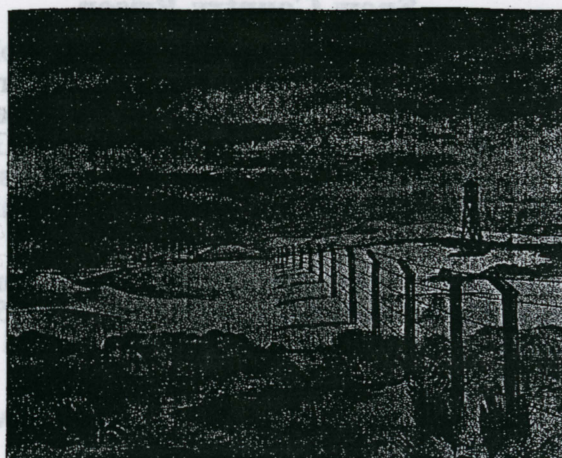
Tetsuden Kashima

Judgment without Trial reveals that long before the 1941 attack on Pearl Harbor, the U.S. government began making plans for the eventual internment and later incarceration of the Japanese American population. Tetsuden Kashima uses newly obtained records to trace this process back to the 1920s, when a nascent imprisonment organization was developed to prepare for a possible war with Japan, and follows it in detail through the war years.

Along with coverage of the well-known incarceration camps, the author discusses the less familiar and very different experiences of people of Japanese descent in the Justice and War Departments' internment camps that held internees from the continental U.S. and from Alaska, Hawaii, and Latin America. Utilizing extracts from diaries, contemporary sources, official communications, and interviews, Kashima brings an array of personalities to life on the pages of his book – those whose unbiased assessments of America's Japanese-ancestry population were discounted or ignored, those whose works and actions were based on misinformed fears and racial animosities, those who tried to remedy the inequities of the system, and, by no means least, the prisoners themselves.

Kashima's interest in this episode began with his own unanswered questions about his father's wartime experiences. From this very personal motivation, he has produced a panoramic and detailed picture – without rhetoric and emotionalism and supported at every step by documented fact – of a government that failed to protect a group of people for whom it had forcibly assumed total responsibility.

Tetsuden Kashima is professor of American ethnic studies at the University of Washington.



**JUDGMENT
WITHOUT TRIAL**
Japanese American Imprisonment
during World War II
TETSUDEN KASHIMA

"The materials contained in this book are extraordinarily valuable. The author, using documents obtained through the Freedom of Information Act, has uncovered a heretofore hidden dimension of the incarceration of Japanese Americans during World War II. His theory of the 'bureaucracy of incarceration' guides the reader through the maze of agencies and personnel who established and maintained thousands of Japanese from 1941 to 1945 and beyond. . . . As a contribution to Asian American studies, ethnic studies, and the sociology of organization, this study is likely to be hailed as a landmark."
– Stanford M. Lyman, Florida Atlantic University

"Tetsuden Kashima has fashioned a work that is accessible, absorbing, measured, and suffused with significance. The culmination of years of painstaking and conscientious research and writing, this estimable book is seminal within an already crowded field of study, not merely for what it covers in the way of new data but rather because it situates the subject of the Japanese American Evacuation [JAE] into an analytical framework that is both larger and more meaningful than that extant. It ushers in a new paradigm for the scholarly study and public understanding of the JAE." – Arthur A. Hansen, California State University, Fullerton, and Japanese American National Museum

This is the book that was mentioned by Mr. Nobusuke's letter on page 5 of this newsletter. Dr. Kashima had called me the day before he was at the Japanese American National Museum last month which I was unable to attend...but he writes that it was "well attended" (about fifty) and all the copies of the books they had on hand sold out. I am hoping to have one to read soon. "Lot of space is devoted to Crystal City and other INS Justice Dept. camps such as Kenedy, Lordsburg, Fort Stanton, Santa Fe, etc., and even Seabrook Farms."

Snow Country Prison

"Snow Country Prison: Interned in North Dakota" represents the first public examination of a dark time in the lives of 3,850 men, all classified as "enemy aliens," all incarcerated in North Dakota's Fort Lincoln during the Second World War. These were not soldiers, not men of war. Rather some were German and Japanese citizens caught in the wrong place at the wrong time. Others were Americans of German and Japanese ancestry whose loyalty was questioned by their own government. And there were Japanese Americans, forced by the fear that their families would be split apart, who renounced their American citizenship, and were subsequently locked up in Fort Lincoln to await deportation to Japan.

Internees were brought to North Dakota by train. Poet Itaru Ina was designated train monitor while being transported from Tule Lake Segregation Center to Fort Lincoln on July 3, 1945. His prisoner list is included in the exhibition. The prisoners boarded the train in Klamath Falls, Oregon and arrived in Bismarck three days later.

Today, Indians take over the Fort. The Healing Power of Transformation at United Tribes Technical College. Time has erased the memory of what this place was and the purposes it served prior to becoming an educational institution and place of hope for American Indians.

Through the five-year period it functioned as an internment facility, Fort Lincoln housed over 1,800 Japanese American men and 1,400 German men. Then a period following WW II the fort served as headquarters for the U.S. Army Corps of Engineers. In the late 1960s it gave way to education...and over the past 34 years.

Within the past year enrollment has reached the highest in school history; over ten thousand students have graduated and have made many contributions to tribes and communities all across the country. To top it all off, they now own the place.

So something positive happened to a very negative place that many arrested, separated Issei men have been sent to at the start of WW II.

I thank Bill Nishimura for sending me this very interesting newsletter with interesting photographs of the camp Bill sent many pictures from Santa Fe Marker Dedication last year...and keeps us all in touch with news he writes:

Hi Sumi, I always read your Crystal City Chatter with great interest. Thank you. On October 3, 4, 5, 6 I attended the Haiku exhibit dedication at Fort Lincoln.

Dr. Ina's father, Itaru Ina, was incarcerated at Fort Lincoln as a Hoshi Dan member from Tule Lake who wrote many haiku which led to this event. We saw two German ex-internees and two Nikkeis doing the ribbon-cutting ceremony to dedicate this historical exhibition of haikus and photos depicting the time. The haiku were written with brush and English translations in bold letters. They are eye catching. The Nikkeis involved in the event were Tad Yamakido of Riverside and Hank Naito of Honolulu.

Fort Lincoln was isolated but is now within the Bismarck township. The four huge brick buildings that housed internees are still standing there as landmarks.

We were able to socialize with the Germans as well as the Nikkei, which was a fun thing. Crystal City and Santa Fe internees were also honored and I met many Germans who were sent to Ellis Island to be deported to Germany from Crystal City.

We heard from Fort Lincoln internees and also from the Indians to continue educating the public so these movements will always be in the hearts of everyone.

Take care,

Sincerely,

Bill Nishimura

Haiku by Itaru Ina:

*In the field of white snow
I starve for the love
of my own people*

*Autumn grief
unbearable --
I look at the children's photo*

*The station is hot
here's hatred
in the eyes looking at me*

*On a long day
internees
just keep on walking*

*Having my fingerprints taken --
the new-leaf trees
Come and rustle at the window.*

*In the snowy spring
a vagabond
devastated by the war*

*This thing called repatriation --
fear lives,
in my mind*

*Nothing cures my grief;
I linger
around the poppies*

*The war has ended --
but I'm still in
the snow country prison*

Itaru Ina was born in San Francisco, California on June 10, 1914..went into Tanforan Assembly Center...transferred to Topaz, Utah transferred to Tule Lake Camp then arrested and sent to Bismarck, N.D...later reunited with his family at Crystal City, Texas...after the war, then lived with relatives in Cincinnati, Ohio. They returned home to San Francisco in 1950.

Letters to the Editor

" I regret hearing of the passing of Sho "Boner" Kurakane in your August 2003 newsletter. I never knew him in Crystal City but I remember seeing him play softball against the German team. The Germans had a pitcher by the name of Johnny, a blond hair man. Those were fun and exciting games to watch as a young boy.

I don't remember too much about camp life in Tanforan, Topaz or Crystal City and the Crystal City Chatter helps me to fill the gaps in my memory of my youth. I do remember the large orange orchard in the middle of camp, the large round swimming pool where my father taught me how to swim, the tragedy in the drowning of those young Peruvian girls, and the soccer playing of the Peruvian boys. One of the more painful memories I have of Crystal City was the anxiety that we had that we would be deported to Japan. I don't remember whether or not any one was ever deported but I do remember that some families voluntarily went to Japan after the war. A very trying time for many people.

As in other camps like Manzanar, Tule Lake and Heart Mountain, I wonder whether or not there was overt friction or confrontation between the various factions in Crystal City. I was too young to be very aware of the politics in camp and would like to learn more about this area of camp life. My older brother, Michisuke and I left Crystal City in 1946 on our own to return to San Francisco to reenter the school system. My father, Rev. Yoshiaki Fukuda and my siblings didn't get released until Sept. of 1947. Part of the politics of being considered a community activist.

Tetsuden Kashima, Professor at the University of Washington, is due to come out with a book in Aug. 2003 on the internment of these Issei community leaders. This should be of much interest to the readers of the Crystal City Chatter.

Enclosed is my check for helping you to keep on publishing the 'Crystal City Chatter.' Thank you.
Sincerely,
Nobusuke Fukuda

Dear Nobusuke-san,

Thank you for your donation and for your letter expressing your childhood memory of Crystal City...I know many of the little children wonder what it really was like because of the older niseis feel so closely knit and have made lifetime friendship. I can't really speak about the politics in camp except we all respected each other of different race, religion or where many came from. The only difficulty that I recall we niseis had was the fact that we could not have dances or high school prom because of those who felt it was of loose morality to have girls and boys dancing together.

The youth of the camp really enjoyed sports be it softball or basketball and football...I did not know of soccer being played there either. We did have track meet with the Japanese School "Un do kai", having red team and white team...

Swimming in our pool was great place to cool off from the scorching Texas sun but the drowning of the two young Peruvian girls was the biggest tragedy of our camp. Mr. O'Rourke, the head of our camp was trying so hard to help revive them with everyone just praying and wanting them to revive.

Dr. Kashima of Washington University called me about the book he had just had published...(yes, I ordered one), and I discussed with him the papers that my daughter Nicki Yokota had requested to have sent from the Justice Dept. and the INS in Washington D.C. National Archives and Records Administration...and read thru pages and pages...looking for the reason why they arrested my father...I didn't know that my father held an office in our Japanese Language School, but Dr. Kashima said my father was arrested in the "B" Group...the Japanese School teachers and those supporting the schools.

Reading through all the papers, one thing that was noted was that my father "was unfavorable in his attitude", "unfavorable with his answers to questioning", and that he was not to be released but be interned for the duration of the war. This didn't surprise me as I know my father answered with Buddhist "Koan"...when asked if he wanted America to win or Japan to win, he replied to the interrogator, you answer my question first, and clapped his two hands together and asked the guard "Which hand made the noise?"...and that one hand was America and the other Japan and he wanted both to win...well, you know how well that would go...

I knew my father was known for always quoting the Geneva Treaty so his nickname was "Geneva Gensui" and Yamashita sensei noted that he was very very hard headed and so I could understand that he was not able to be released to Heart Mountain. I had two sisters who were living in Sendai when the war started...they were visiting (Cont'd on page 6)

(Cont'd from page 5, Letters to the Editor) *our grandfather and couldn't return to America. Reading the article from Los Angeles Times newspaper about Theresa Watanabe and how she was able to get information about her grandfather from the Archives in Washington D.C., I've been asked how and where to write for these papers. The Freedom of Information Act requires you submit a written and signed request for records to Old Military and Civil Records, National Archives and Records Administration, Washington, D.C. 20408...Request for any and all records held in the National Archives regarding my father/mother, his/her name, age, where he/she was taken to what camp...Include in your search the Dept. of Justice, the FBI, the War Relocation Authority and the Immigration and Naturalization Service. that you will agree to pay any expenses associated with copying and mailing this material...your name and address.*

I was quite surprised that they had record of all letters that I received from friends, and relatives listed by date and place.

Dear Sumi, I always enjoy reading your Crystal City Chatter and look forward to each new issue. The personal experiences of those like Rose Shibayama Nishimura and the story of Teresa Watanabe were very interesting and thought-provoking.

Incidentally, Claude Morita, a nisei who now is with the Naval Criminal Investigative Service in Sasebo, Japan, is attempting to write about the Crystal City experience. He has a website, courtesy of his nephew (an editor with the Honolulu Star Bulletin), which includes the CC family register, written in Romaji. It can be found at: <http://home.hawaii.rr.com/moritas/index.htm>. In the future, Claude plans to put his writings on that home page. Please include Claude on your CC Chatter mailing list.

Domo arigato, and

Sincerely,

Frank Nagashima

Thank you very much Frank for your note, for your support and donation, and for another reader for the Chatter. I'm flattered that many of you do enjoy reading what I put together although it's getting harder and harder since the CCA isn't as active as it used to be but as I have written in the front page, many of us niseis are in the Autumn of our lives and have slowed down greatly...no more picnics nor banquets...but we still do get together as to Vegas in Nisei Charter Bus and the first of the year luncheon "Shinnen Enkai" that many of us enjoy. The niseis no longer have that youthful gait in their walk...the postures are also telltail of how we feel...slumped but we still enjoy talking and laughing and that hasn't slowed down so "mada mada genki ga arimasu"...(we still have lots of energy).

So we'll be visiting your city next May...join us for lunch at the Main Street Buffet...we'll eat together on Wednesday noontime, May 19th...we will be there 18th to the 20th at the California Hotel...so come visit us...See you there Frank.

You all know what it's like to "clean house" and then trying to find something that you recall was in that little space...I just cleaned my desks and computer areas...and I have two desk area and so what I thought I organized well is well, "What happened to that article? Where did the letter I wanted to put in the next Chatter go?" so it's been a morning of search and find but "dame datta...couldn't find the letter received from Bob Kono who wrote another book of short stories "The River of Time"...which I have read and will do a book review on page 7: He wrote another letter for the readers of this newsletter:

"For those who receive the Crystal City Chatter, "The River of Time" is offered at 20% off which is \$11.16 per copy, postage and handling prepaid. The books will be delivered anywhere from 4 to 10 days depending on where you live.

I look forward to reading your review in the CC Chatter. Warm regards, "

Bob Kono

I'm sorry to have lost the first letter...it will probably turn up after I put out this Chatter. That never fails...and the desks are still being organized and cleaned...too many junks.

Address for the book is: Bob Kono
Abe Publishing
P.O. Box 5226
Eugene, OR 97405
San 254-007X

This will be a wonderful book especially for the Sanseis, Yonseis, Goseis and dai dai. It describes the many feelings we all had going into the different camps and how it had affected the many many Niseis who had to make that great decision of loyalty oath. The "yes yes" group and those who volunteered and/or drafted young fellows into 442nd and MIS group...It was a heart-wrenching time for many niseis and their folks/family.

A book review:

The River of Time

Bob Kono

Last year, I wrote another book review by Bob, "Beyond the Call of Duty", depicting the heroism of the famed 100th/442nd Regimental Combat Team, a WWII segregated Nisei unit, the most decorated in U.S. military history. It is a book that I had recommended you to have for your grandchildren as it is one of the best book that tells all the most "impossible" battle they had won, at extremely highest cost...so many casualties to save the Texas Lost Battalion, etc. etc. Many of you saw the movie "Go For Broke" but that cannot show the most heartbreaking stories of what these young men had to go through...impossible terrain, in horrible battleground.

I recall my husband describing so much of their battles, some of the most difficult areas, situations, so bravely won at extremely high price...this book is a must for many younger generation read to appreciate how they opened the doors of opportunity for all of us. Mr. Kono included a chapter in this book of short stories as "The River of Time" is a collection of short stories that describes what occurred to us Niseis being uprooted and sent into assembly centers and relocation camps all over this country...it really describes the feelings that the young Niseis 18 and over had to make in their "Loyalty Oath"... "Yes yes" for loyalty to USA in spite of being imprisoned by the government and many who were so angry or those many Kibei who wrote in "no no" the big division it caused in Heart Mountain.

My husband who was telling many of his friends to be loyal and write in "yes yes" was threatened in Heart Mountain so he said he had to leave the camp to make sure he wasn't beaten up...he worked at sugar beet farm and occasionally "snuck into the camp" to visit his family. There were many Niseis who had written in "no no" were sent to Camp Livingston Detention Center in Louisiana; some to Tule Lake Segregation Center.

I am grateful to Mr. Kono for capturing the essence of the Japanese American experience so that the many younger generations may understand what it was to go through life after Pearl Harbor in the many camps.

As I have written to Mr. Kono, I found Crystal City experience to be wonderful and many of the CCA friends have good feelings as it reunited the separated family together and instead of lining up at mess hall for our meals, we had those kerosene stoves and little black ovens that baked wonderful cakes, muffins, cookies...the home cooking and the young boys who delivered ice and milk every morning...so we were able to enjoy more of a homelife atmosphere that we lost in communal living in Pomona Assembly Center and Heart Mountain Relocation Center...and I know my father really enjoyed eating mom's cooking once again...so did I.

There may have been those who were as angry and bitter about being in camp but there may have been many and I just wasn't aware of it. I do know that many of the Peruvian Japanese were upset and angry that they were rounded up, uprooted and brought over to this country as hostages for exchange with American POWs.

All in all I feel that this is a book that many of the Niseis should get for their grandchildren for their understanding about the Nisei's plight because of the war, it is also for the Niseis too. I have ordered and received books for my grandchildren for part of their Christmas gift. I know they will read it and it will help them to understand how it affected our lives, so I thank Bob Kono very much for putting together this book of short stories, that affected many many Niseis.

As he had written to me, some of the stories and "expressions are graphic and the language, 'rough' but most are for general reading that the youngsters would enjoy and learn from"

Bob Kono also has a website: <http://www.ja-writings.com>.

Remember to mention that you are with Crystal City Chatter to get your 20% discount. Thank you Bob!

Reminder for those who have heart attack when alone!

I have written this before but feel that a reminder is a good thing:

If you have heart fibrillation, or irregular heartbeat...Cough repeatedly, breathe deep and cough vigorously. a breath and a cough must be repeated about every two seconds without let up until help arrives. At times a drink of ice cold water can break the irregular heartbeat. 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 victims can get to a hospital for further help.

Place your hands on top of heart area and meditate while breathing deeply and send in "Chi energy".

* * * * *

Give a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time
The happiest of people don't necessarily have the best of everything:

they just make the most of everything that comes their way.

Unusual Household Hints

Drinking two glasses of Gatorade can relieve headache pain almost immediately -without the unpleasant side effects caused by traditional pain relievers.

Did you know that Colgate toothpaste makes an excellent salve for burns?

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1/2 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Sore Throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 Tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly-even though the product was never been advertised for this use.

Eliminate puffiness under your eyes...All you need is a dab of preparation H. carefully rubbed into the skin, avoiding the eyes. The hemorrhoid ointment acts as a vasoconstrictor, relieving the swelling instantly.

Honey remedy for skin blemishes...Cover the blemish with a dab of honey and place a band-aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus...Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection..To prevent the screws in eyeglasses from loosening, apply a small drop of clear nail polish to the threads of the screw before tightening them.

Coca-Cola cure for rust...Forget those expensive rust removers. Just saturate an abrasive sponge with Coca Cola and scrub the rust stain. The phosphoric acid in the coke is what gets the job done.

Cleaning liquid that doubles as bug killer...If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover...Just pour a drop of Elmer's Glue-all over the splinter. let dry, and peel the glue off the skin. The splinter sticks to the dried glue.

Hunt's tomato paste boil cure...Cover the boil with Hunt's tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters...To disinfect a broken blister, dab on a few drops of Listerine...a powerful antiseptic.

Heinz vinegar to heal bruises...Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Kill fleas instantly. Dawn dishwashing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Goodbye fleas.

Rainy day cure for dog odor...Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet....instantly making your dog smell springtime fresh.

Quaker Oats for fast pain relief..It's not for breakfast only any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

Healthful Hints

In the Chatter '65, dated April of 2002, I had printed an article on "Nattokinase...Enzyme dissolves Thrombosis that could dissolve and even prevent blood clots in the human body. Well, several of our CCA friends who read it are having a tablespoon on toast every morning...really...now I enjoy natto too but on hot "gohan". I don't think of it on toast but I'm told that it's good so that's that. Some make their own natto too...kanshin neh.

This reminded me of the farmer I met in Heart Mountain mess hall who was having breakfast...and I was so surprised to see him buttering his toast and then putting "shoyu" (soy sauce) on top of it...I was so shocked that I asked him "Oji-san, toasto no ue ni shoyu tsukete taberuno?" (Sir, are you putting soy sauce on your toast?) and he answered, "Un, kore ga tottemo oishii no dayo"...(This is really tasty and good). This brought back memories my sister had of couple of friends whose father had a farm. They came into the city of Los Angeles where we lived and made sandwich to eat while shopping at Broadway and May Co...their sandwich was made with "Yokan sliced and put between two white bread"...my sister said she was so shocked...but the girls said it tasted like "anpan"...(Japanese sweet buns with sweetened bean paste in it)...so to each their own. If it tastes good and is good for you...natto on toast is great! I'll still have mine on hot rice.

Great Smoothie

I wasn't much for smoothies but this one I learned from my daughter Nicki Yokota works for high BP and cholesterol:

Low fat milk (I use soy milk, dairy allergic)
half inch slice of tofu and or yogurt.

Heaping Tablespoon of Flax Seed Meal
Blue berries, fresh or frozen; or other berries, fruits

You can add some fruit juice, I use Welch's Grape or Blueberry juice or other juices you like.

I've been enjoying this every morning and my cholesterol and BP has been going down...so am very grateful...

Line Dancing Is Healthy for Body and Mind Cancer Reserch Newsletter

For good health and lower cancer risk, we need moderate exercise for at least one hour every day. Line dancing is popular among people of all ages and involve lines of people who do set patterns of steps to a variety of rhythms. No special dancing skills are needed. To reduce your cancer risk, AICR advises 60 minutes total per day of moderate activity, with 60 minutes of vigorous activity one day per week.. Line dancing can be moderate for beginners and progress to more vigorous steps. Check with your doctor before starting a new physical activity or increasing the pace of an existing one.

So go hoof it up...and enjoy socializing and getting in your daily exercise....

There's many different kind of dancing for senior citizens available. Tap dancing to ball room dancing and it is very nice to enjoy it while getting physical movements that becomes exercises...so dance, dance, dance!!!

Special People

People come into your life for a reason, a season, or a lifetime. When you figure out which it is, you know exactly what to do. When someone is in your life for a reason it is usually to meet a need you have expressed outwardly or inwardly. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend, and they are. They are there for the reason you need them to be. Then, without any wrong doing on your part or an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they act up or out and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered and it is now time to move on.

When people come into your life for a season, it is because your turn has come to share, grow, or learn. They may bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it! It is real! But...only for a season.

Lifetime relationships teach you lifetime lessons: those things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person/people (anyway), and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant.

Thank you for being a part of my life...This CC Chatter has broaden and enriched my life with many friends. The circle of friends has become larger circle each year...and Crystal City was one of the most rewarding time in my life. And although it was wartime with so much anger, hatred, bitterness and feeling of frustration due to our being an American Citizen and yet herded into fenced in guarded camps, I'm still grateful that I'm an American living in this country. Freedom has never been free.

Eight Gifts You Can Give at No Cost

1. **The Gift of Listening...**
But you must really listen. No interrupting, no daydreaming, no planning your response...just listen.
2. **The Gift of Affection...**
Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.
3. **The Gift of Laughter...**
Clip cartoons, Share articles and funny stories. Your gift will say, "I love to laugh with you."
4. **The Gift of a Written Note...**
It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.
5. **The Gift of a Compliment...**
A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.
6. **The Gift of a Favor...**
Every day, go out of your way to do something kind.
7. **The Gift of Solitude...**
There are times when we want nothing better, than to be left alone. Be sensitive to those times and give gift of solitude to others.
8. **The Gift of a Cheerful Disposition...**
The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, "Hello" or "Thank you".

* * * * *

Obituary: *Our deepest and heartfelt condolences to: The Ochiai Family, Tak Ochiai, Sumie Nii, Shiz Kato and Arthur Ochiai for the loss of their brother and father, Tooru Ochiai.*

The Okazaki Family, John Okazaki and others for the loss of Mary Okazaki.

A smile is contagious: be a carrier.

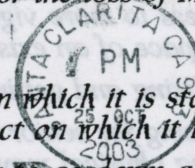
Hate is like acid.

it can damage the vessel in which it is stored as well as destroy the object on which it is poured.

It is easier to go down a hill than up. but the view is from the top.

*sumi shimatsu
Crystal City Chatter*

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