

"**Shinnen akemashite omedeto gozaimasu...kotoshi mo yoroshiku onegai itashimasu.**" (Happy New Year...let us enjoy our friendship again this year <such a difficult sentence to translate>) Anyway, Hopefully, it will be a **good, healthy "peaceful"** (do we dare to hope? we can pray though) year for everyone.

Meanwhile, Tomo Mizukami, Toni Tomita and I were wondering how many for our luncheon...first we only had 26...then little by little we started to get few more RSVP...so thought we'd need four tables at the Seafood Empress Restaurant...and good thing we did because we filled them all. How "Natsukashii" to see ole friends...unfortunately, there were our ole faithful CCA friends who couldn't make it because of their health, surgery, previous engagements, etc. but it was so nice to see those who were able to make it...Hopefully, the trip to Vegas will be with many "natsukashii" (nostalgic) friends in May. **Remember our Vegas trip May 17 - 19...fill out the application on Page 9 of this issue so you will be on our CCA bus...the cut off date is April 2nd so hurry hurry. Toni is again taking us to enjoy a get-together in Las Vegas w/dinner at Main Street Buffet on Wednesday May 18th. Shig and Jackie Imai, our adopted CCA friend will be again be starting us off on game of chance with Bingo, and the famous Santa Anita horse race with many horses running "Poron, poron..." but I'm afraid that the horses are all getting very old and can't run...Hopefully, we will hopefully have our fantastic host Mas Okabe with his fantastic baking chef and wife, Shirie...**

Those who attended our luncheon were:

Yae Aihara
Keiko Grantham
May Hamada
Mas Kaneko
Cedric Shimo
Teddy and Tomo Mizukami
Akemi and Yosh Yasuda
Kay Kaneko
Betty Fukunaga
Stogie and Massie Kanogawa
Pauline Tsuge
Dorothy Oshima
Hideo Oshima
Isamu and Yasuko Yoshimi
Yuki and Haj Nonoguchi

Miyo Eshita
Sachi Maehara
Carmen Mochizuki
Shig and Jackie Imai
Sid and Yukie Okazaki
Joan Takeuchi
Sumi Shimatsu

Bill Nishimaru
Emi and Seiji Kami
Ty and Fumi Nakamura
Min and Kazie Tajji
Tak and Emi Takeuchi
George Oshimo

It was so nice to meet people that I knew only by their sending me articles or photographs such as Bill Nishimaru who takes many snapshots of Nisei Events...we received pictures of Santa Fe Internment Camp's Dedication Ceremony several years back...he has taken many snapshots of former Tule Lake Relocation Camp; and just lately one in Torrance on the Ceremony of Ted Tanouye Dedication...and I understand from Tomo Mizukami and Jackie Imai that he takes pictures for the Gardena Buddhist Church...so thank you again Bill...I met Cedric Shimo who has been one of my faithful article contributor for the Chatter...who has been in the camp for all of three days to visit his parents..

It was good to see Keiko Haga Grantham whom we haven't seen for many many years (she said she was at our very first CCA reunion in Buena Park in 1988...but it was many years ago so I can't remember who was all there...Kay Uno Kaneko made it from Laguna Niguel where her daughter lives...and our lone Sansei Joan Takeuchi who drove her parents Tak and Emi Takeuchi..Thanks Joan for bringing them..."Yappari Oya Ko ko da neh" (It's being commendable caring for our parents) it's been quite some time since seeing Joan as she used to be active when we had our CC picnics but since we no longer have the picnics, we haven't seen her around...and I kept getting the Oshimas mixed w/Oshimo but eventually knew who was who...with my Senior mind, it takes a bit of time to untangle names.but I got it straight now...so keep coming to our functions Oshima-sans and Oshimo-sans...so I won't forget okay? It's very easy to forget these days...Oh well, I guess it's "normal" for us "toshi-yoris" (seniors).

So for those of you who came and enjoyed our Shinnen-kai luncheon...thank you and it was great seeing you...for those who couldn't make it...let's get together next year okay? See you then!!!
A **Big Thank you** to Toni, Tomo ,Jackie Imai and Sid for making this a **big success!!!**"Mata Rainen"

Aloha my dear friend Shiz

Oh how we used to giggle and laugh in Yamashita Sensei's class...how he sent us out of his Japanese class until he said, we could control ourselves and not giggle so much...so Shiz Ochiat and I would go out of the class, walk around and when we felt that we were okay, we'd go back to the classroom, only to start giggling again and get sent out...Crystal City Internment Camp, where we met out in the desert...1943...she from Hilo, Hawaii, and me from C.A. Calif. The war brought us together otherwise I would never have met her...that's what Crystal City did for many of us who still enjoy friendship of 62 years from Hawaii to the many west coast states of the mainland, and to as down south as Peru...this unusual camp that held so many arrested parent (s) and their families...not only us Japanese Americans, or Japanese Peruvians but Germans and few Italians...and this friendship bonded us all together and is still strong as it ever was...so many of us mainlanders had close friendships with those from Honolulu, Hilo, and other cities of Oahu, and Hawaiian Islands...

Many of us knew that the Hawaii men arrested were Buddhist priests and were our Japanese Language School teachers who were very strict and "no nonsense or joking" attitude, so it was very wonderful for many of us students to have Yamashita Sensei as our teacher...he knew and understood Niseis so he did not rule with iron strict rules, in fact, he often joked around and knew many interesting stories to share with his students...so Shiz and I enjoyed being in his Japanese class very very much, even though we were sent out of class often.

At our Federal High School, one year, we had a slumber party with Miss Goldsmith, our English teacher as our chaperone in our school auditorium one night...after having pillow fights and enjoying stories and joking around, most of the girls settled down and slept while Shiz and I talked till 5:00 a.m...knowing that we should get a little shut eye, I fell asleep until I was awakened by girls, including Miss Goldsmith pulling me up by my ankle and dragging me out of bed...needless to say it was shocking to be awakened in this way, and kept asking, "What's wrong? Why are you doing this to me?" and finally found out that "someone" put lipstick on everyone's forehead and that one of my finger was red with the lipstick...so I was considered the "guilty one" for marking everyone's forehead, including Shiz's...later, I confronted her as the only other person who could have done this to them and mark me...she just giggled and never said 'yes or no'...but I knew it was her...it's probably the best prank she played on me, yet I could never get mad or angry at her...we were just real good friends...so when she came down with "Lou Gehrig's Disease", it was devastating for her, her husband Jimmy, and family and friends...and it was really rough for myself to believe...that this healthy gal who swam every morning at 6:00 a.m. 60 laps or more before working as Hilo High School Secretary, then administrator...taking care of so many aspect of running a high school, it was just hard to believe...

She lived with this disease for five long years...and Sachi Sasaki Maehara and I met her and her husband Jimmy and her loving caregiver who helped her tremendously Carol in Las Vegas last June...it was so good to see her then...she looked so well and enjoyed being in Las Vegas. We ate, played and promised to meet again in December...close to Christmas-time...well, she didn't make it but nevertheless, Sachi and I went and met with Jimmy, her caregiver Carol and their granddaughter Krystal and niece Christy in Las Vegas...she was with us in Spirit for Jimmy was having great luck at Poker machines and Sachi and I had better luck than usual...I will miss her greatly but know that she's out of her deteriorated body now, free on the other side...with her family and friends. Aloha dear Shiz...until we meet again...

Shiz's husband Jimmy Kato has a brother in Las Vegas, Richard Kato...whose wife was also in Crystal City Internment Camp...found out her maiden name was Hisa Yamamoto...what a small world neh...

Maya Angelou's Outlook on Growing Older

Maya Angelous (author) was interviewed by Oprah on her 70 plus birthday...Maya a marvel who has led quite an interesting and exciting life. Oprah asked her what she thought of growing older, and, there on television, she said it was "exciting."

Regarding body changes, she said there were many, occurring every day...like her breasts they seem to be in a race to see which will reach her waist, first. The audience laughed so hard, they cried.

She is such a simple and honest woman, with so much wisdom in her words, "I've learned that no matter what happens, or how bad it seems to day, life does go on, and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

"I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life. I've learned that making a "living" is not the same thing as making a "life". I've learned that life sometimes gives you a second chance. I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back.

"I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

"I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but will never forget how you made them feel."

16 Things that took me over 50 Years to Learn

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings."
3. There is a very fine line between "hobby" and "mental illness."
4. People who want to share their religious views with you almost never want you to share yours with them.
5. You should never confuse your career with your life.
6. Nobody cares if you can't dance well. Just get up and dance.
7. Never lick a steak knife.
8. The most destructive force in the universe is **gossip**.
9. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
10. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
11. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age 21.
12. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we **ALL** believe that we are above average drivers.
13. A person, who is nice to you, but rude to a waiter, is not a nice person.
14. Your friends love you anyway.
15. Never be afraid to try something new. Remember that a lone amateur built the Ark. A large professionals built the Titanic.
16. Thought for the day: Men are like fine wine...they start out as grapes, and it's up to the women to stomp the crap out of them until they turn into something acceptable to have dinner with.

Final thought for the day: There is more money being spent on breast implants and Viagra than on Alzheimer's research. This means that by 2030, there should be a large elderly population with perky boobs and huge erections and absolutely no recollection of what to do with them.

If a man is addicted to eating Thanksgiving leftovers, can he quit cold turkey?

The smallest deed is greater than the grandest intention.

Housework can't kill you, but why take a chance?

If you obey all the rules, you miss all the fun.

I went on a 45-day diet. It's going great. I've already lost 30 days.

I thank many of you for sending me Christmas Cards with warm messages appreciating the Chatter...it's gratifying to know that so many of you have enjoyed reading it...and although I would like to answer and respond to every one, I'm taking the easy way out by writing to you all...Thank you, thank you, thank you...again, I will try to keep filling the blank pages with interesting, informative, and healthful articles...and occasional "ha ha"s that may tickle you like it does me.

So many of my friends who were never in Crystal City Internment Camp, and some who were never in camp at all, support and donate so generously, "domo domo arigato gozaimasu" They support and love to even read about our unique camp and memories...thanks a million!!!

Letters to the Editor

Dear Sumi, Hope you had a wonderful Christmas holiday with your family. Now, it's "Akemashite O-medeto". I was disappointed to read the CC will no longer be coming to us? Of course, you indicated you always didn't have material to print - right? Well, for the issue you say you'll have in January, could you please print the enclosed article, a "Bio" on Yamashita Kenko Sensei which Joy Gee wrote recently to give to the museum? The Annual dinner on February 5 will honor the teachers who taught in camp who were special to all the students, by being supportive, always encouraging and dedicated to their profession in camp. I asked Joy to write something about Crystal City teachers and especially Yamashita Sensei who seemed to have made an impact on students he taught. The theme of the dinner is "Teaching from the Heart." I don't know how much of what's turned in to the Museum will be printed, but Joy's description of Sensei would really be appreciated by CC x-student readers! I'm a Zenshuji member and got to know him post-war, but he was one of my favorites. Wish I had known him as you, Joy and Yae had in camp! Call me if you have any questions. Mary Karasawa, Whittier

Dear Mary, you're one of my faithful non-Crystal City reader who really enjoys the Chatter..no I did not mean that I was no longer writing and sending out the Chatter. but that I may cut down from four a year to two only because the Chatter fund was getting low, however, from Christmas, donations came in and has fattened the fund so it now isn't necessary to cut it down to two but maybe to three...if there's enough newsworthy items to put together...Mr. Tate and Miss Wildenthal's stories are on page 5, and Yamashita-Sensei's on page 7...all sent in from Joy Nozaki Gee...Thank you very very much Joy...send in some more articles, please.

Dear Sumi, A very belated "Thank You" for all these many enjoyable years of receiving Crystal City Chatter. Brings back such wonderful memories of Crystal City that will last a lifetime!

Enclosed is a check that is long overdue...with deepest appreciation and gratitude, Sincerely
Sachiko (Hirokane) Nishimura W.Sacramento, CA

Thank you for your support and donation to the Chatter...it keeps the Chatter circulating.

Hi Sumi...hope you're enjoying the holiday season in good health. Holiday?! Wow busy busy busy neh? Please no mention of this in Chatter. (I will not name you). Enclosing a token of our appreciation for the terrific job you continue in keeping the CC group a real Family - Keeping us informed about so many interesting subjects...

I truly hope someone has compiled each and every Chatter from Issue #1...what a wonderful addition it would be in any library. With best wishes...
anonymous reader.

Such a nice letter. I could not leave it out of this Chatter but you will remain nameless, faceless friend.

Dear Sumi, Your contribution on time and talent must be commended. You've made such an impact to all your readers with memories of Crystal City all these years. Who would have ever thought you'd be the leader to keep us so well informed and connected. You must have penny-pinched and sacrificed even if you say it was for love of words! Thank you very much! Let's stay healthy in mind and body.
Another anonymous reader.

I know what you mean...being a tom-boy and not studious like many of my fellow classmate. I would be the last one to be thought as "writer and thought provoking soul". But that was then, being young and frivolous and now more mature and going through some ups and downs in life, one becomes philosophical if not more spiritual and serious (me serious? yup...) Thank you very very much for your love, care and thoughtfulness.

Dear Sumi, Hoping to find you in best of health. Enjoy reading the Chatter. Keep up the fine job. Enclosed is a small amount for the postage and Kinko service. Let me know your e-mail address. If there is something of interest here I will forward.
Minato Kawaguchi Tokyo, Japan

Thanks Minato-san for your letter of compliment...and for the donation to the Chatter...I'm having difficulty presently with my e-mail so until that clears up I will not put my e-mail address known...(Cont'd on page 6)

"Teaching from the Heart"

Joy Gee

Name of educator: Robert C. Tate
Grade level/position: Director of Education
Camp he worked at: Crystal City Internment Camp, Crystal City, Texas

At the outset of the Pacific War, the FBI set about arresting all men and some women who were community leaders in the Japanese American communities. None were guilty of any act against the interest of the United States, and with time, many were released to the relocation centers where their families had been evacuated. However, there were those who were not granted parole, those deemed important and highly regarded, especially professional men, including doctors, ministers and teachers. However, they were afforded an opportunity to go to a family reunion camp located in Crystal City, Texas where their families who were scattered among the ten relocation centers could join them. Most of the adult children of the internees had relocated to the outside communities in the United States, but nearly all of school age children accompanied their mothers from the relocation centers to join their fathers at the Crystal City camp. There the authorities recognized a need to provide education to these children, but the job would be difficult, especially with the wartime shortages of labor and housing.

Into this daunting task stepped Mr. Robert C. Tate, who quit his job as the principal of the Crystal City High School outside of the camp to become the Director of Education for the interned Japanese and Japanese Americans. He recruited qualified teachers from throughout the state of Texas, and also found hard-to-get housing for them. He then got accreditation from the Texas Education Agency for the camp's elementary and high schools so that the education there would not go for naught. He sought and succeeded in providing schooling and school activities that were as similar as possible to those in communities from which the students had come. Mr. Tate even trained a football team. The quality of education and normalcy of school life that Mr. Tate made possible are still recalled by the former students at Crystal City with warmth and gratitude.

Name of educator: Adele Wildenthal
Grade level/position: High School Teacher
Subject taught: Shorthand
Camp she worked at: Crystal City, Texas

Joy Gee

In March 1944, my mother, sister, and I left the Gila Relocation Center to join our father at the Crystal City Family Reunion Camp. The early contingents were fairly established there, and the camp was abuzz with many activities. One was a high school not unlike the one I had left in Arroyo Grande with the evacuation in April 1942. As I had been on the verge of relocating to a college on the East Coast before leaving Gila, I still hoped I would be able to do so. And in preparation for that day, I was pleased that shorthand was being offered at Federal High School in Crystal City Internment Camp. The school year had but three months left, but the teacher, Miss Adele Wildenthal, allowed me to enroll. As she was teaching Shorthand I and Shorthand II, I asked for and she gave me permission to take both classes. I said I could apply what I learn in Shorthand I to Shorthand II as I went along and perhaps by the end of the school year in June, I may be caught up on both with the rest of the classes. After a week or two, she noted I was working hard towards the goal, and volunteered to teach just me, a class of one, on Saturday mornings, on her own time. That was an enormous incentive to justify her faith in me, and all my waking hours were spent in talking, thinking, singing all in shorthand. Miss Wildenthal capped her encouragement of me, saying I belonged in college, and set about securing a scholarship to the University of Texas for me.

I did not attend the University of Texas for the war ended before the start of the fall semester. Instead, I accompanied my parents to Japan in December 1945. But my knowledge of shorthand was useful as I got plum assignments as a stenographer in my first clerical pool (including conferences, and even a court martial where both the officer and offender talked in unadulterated Southern drawl so it was difficult making plain English out of that), then left it behind as administrative assistant, then to the University of California at Berkeley where I had the advantage over my classmates for both my BS and MBA as I took class notes in shorthand. Even today, (is it really 60 years later), I can still write shorthand as taught to me so well by Miss Adele Wildenthal. That is a distinct advantage, for her shorthand is far more legible than my cursive handwriting.

I learned from Joe Ando that Miss Wildenthal moved just outside the camp vicinity into the town of Crystal City after the war, and lived to an old age until a few years ago. (Cont'd on page 7)

(Letters to the Editor, Cont'd from page 4)

it's been a big headache trying to get it taken care of...the problems are still there so when it clears up and I no longer have problems with the e-mail, will let you know...thank you very much, though, for your thoughtfulness

Dear Sumi, Greetings from WA state where its citizens still don't know who our real governor is! Personally, I'd prefer the Democratic candidate. Last April I ran into Kazzie (Takahashi) Katayama at a craft fair. She said sister, Nobue, were at one of the tables with their craft items. We had a nice chat She hasn't changed a bit!

I'm enclosing a small amount for the CC Chatter; as with other readers, I do appreciate your tireless effort in keeping us connected. With all good wishes for you and your family this Christmas and the coming New Year. Sincerely,
Marion (Gosho) Fukuma Seattle, WA

Dear Marion. Well, we have an actor as our California governor..."Make my day" ...anyway, I vote but not enthralled with election...too much BS and propositions that you don't know if yes means yes, or what...I thought I knew my English but those propositions are written with double talk or yes means no kind of stuff. Seattle will be so beautiful springtime...I remember how the tulips and daffodils grew in Skagit County, the lovely sakura along Queen Annes...w/many camellias and azaleas blooming all over...glad you met fellow CC friend...always so "Natsukashi" neh...thank you for your donation...

Dear Sumi, At long last I am writing (way overdue) to say as everyone else is saying "thanks for the always and much awaited Chatter". Always look forward to receiving it. Have my daughters old computer/word processor so now I can type instead of write. My fingers just works so long and then my arthritis kicks in.

Can't wait for this year to pass since it was a bad one. First, Ray then mom then Katherine's husband in September along with my other brother-in-law - plus having an ovarian cancer scare which turned out "benign" and everything okay now.

Glad to hear you are traveling all over the place - I only know one place/Vegas. Will be going to New York in December to visit my oldest son and family - finally - (some shame when I can't do that and can go blow "okane" in Vegas.) Speaking of Vegas, my two daughters took me in November - no, didn't come home with winnings or anything like that - WHAT IS THAT? Anyway, started out with quarters, then nickels and yes penny slots. Can't believe we lost as much as we did playing pennies. But, we had a ball - never laughed so much.

Always look for your remedies or suggestions for ailments. Thanks for those ideas, etc. Never heard of Airborne but will have to get some and keep handy. Was taking vitamin E but since I heard it wasn't good for your health or whatever, I stopped. I do take "cold-eeze" drops at the sign of a scratchy throat or runny nose and it really helps to ward off a cold that I probably would have ended up getting. Sumi, take care and will do the same. Can't wait to see everyone in May. Have started procedures for that trip. Also, enclosing a small donation for whatever. June Maeda Chicago, IL

Dear June. I'm so sorry you had more sad situations after losing your husband, then your mother...I take it that Katherine is your sister and so you lost two brother-in-laws too...and to have Ovarian Cancer scare...I'm very glad to hear that it was a scare and not a reality...what shocking news to have to go through...Enough is enough...let the New Year bring good things, even good slot winnings when we meet in Vegas in May...it's surprising how penny machines really adds up...thinking it's only a penny, actually you do keep trying...although just the other day I heard that in California's Indian Casino (I don't know which one) someone hit a progressive penny machines to the tune of over 2 million dollars so I guess sometimes someone does hit a big one...the progressive machines, I hear, are combined Indian Casinos so it's not just that one casino that puts out the big bucks...whatever, it must be nice to hit that only after putting in 150 pennies...that's only one dollar and a half...

I'm glad that you're visiting your son in New York...he's probably saying, "If I knew mom loves going to Vegas I would have moved there instead of NY"...nah, Vegas does however have lots of people moving there. I understand it's the fastest growing city in USA...lots of Hawaii people moved there too...Hawaii real estate is very very big bucks and California is also beginning to become big bucks to live in too. Thank you always for your support and donation to the Chatter...keeps me employed...See ya in Vegas!!!

Your "Chatter" has kept each CCites appreciative for your reaching out with news and helpful tidbits. The time consuming task of writing up and mailing is an act of love. Thank you! Sorry I missed CC Las Vegas last year...I was ready to go to the Rose Bowl!! (she's a Big Cal rooter) Whatta let down... friends are ailing and passing away...we must all take care and enjoy each day...Keep well.

Maru Hiratzka Oakland

I was also disappointed Cal Bears didn't make it to Rose Bowl...as you know Dion and Paula are Cal grads

(Cont'd from page 5, "Teaching from the Heart")

How I wish I had known where she was, for I would have made a special trip to see her and let her know how much her belief in me had meant to my life.

Rev. Kenko Yamashita

Joy Gee

Grade level or position: High school teacher Subject taught: Reading and writing Japanese
Camp: Crystal City, Texas

In the Crystal City Internment Camp, schooling was available to the residents in varied forms: American, Japanese, German, and adult education by subject matter. Crystal City had a large population of educators, with Buddhist priests comprising the bulk of the teaching staff. Rev. Yamashita was a Zen priest, and was our Japanese home room teacher to teach us the reading and writing of the Japanese language. Most of the students were just a year or two out of high school, and thought they knew something about Japan and things Japanese, but none knew we were now in for an adventure in Japanese culture, ethics, morals, literature, and everyday living under Yamashita-sensei. We thought he was older, but now that we are in our senior years, we realize with astonishment he was in his early 30's at the time yet had such perfect control over a bit of a rambunctious class. We called him "Yamashita-Kine," among ourselves, meaning a special specie which he positively was. Yamashita-sensei had marvelous rapport with young people, and there wasn't a true path he didn't take us to explore. We learned haiku, read modern Japanese novels (including an unforgettable hot number by Kikuchi-kan), gave talks to the class, wrote essays for competition in the camp magazine, had bull-hen sessions with the girls making refreshments one time, the boys (including him) the next time (but it escalated each week so that when it reached banquet level, spearheaded by sensei, the girls conceded the one upmanship to the boys, and we went back to tea and home made arare.) We adored him and respected him.

If one can sum up the influence Yamashita-sensei had on the young people of Crystal City, it is the pride in having the Yamato blood in one's vein and total belief that the melting pot of the U.S. is better for it. Yamashita sensei embodied what he represented, a living role model in the finest sense.

Yamashita-sensei became a well known Zenshuji bishop in Los Angeles, beloved by all. He passed away a few years ago, but will live in all his glory in our memories.

Yamashita-Sensei was also my teacher...in Crystal City Internment Camp where we had both American school during the day and one hour of Japanese Language School after. Joy, and my friends Yae Aoki Suyenobu, Yae Kanogawa Aihara, Maru Okazaki Hiratzka had Sensei every day, and enjoy him, they did. Tak Takeuchi was also him his class, but he was one of the quiet ones. (Not to say the others were noisy.)

Sensei was not the strict Japanese school teacher that many had...he seemed to understand us "rambunctious" Niseis more than the other Buddhist priests from Hawaii did, and allowed us to be ourselves. Shiz Ochiai and I were in our young "giggling stage" and were sent out because we could not stop giggling or laughing but Sensei was very patient with us telling the class that there's this stage in girls' life that they will giggle even when a needle drops...so he put up with us.

I got to know sensei more when I visited the Zenshuji temple in Cos Angeles periodically, as usual, he greeted me with "Ahh, you ka"...(oh, it's you) telling the other priests there that I was one of his "terrible" student in Texas...and enjoyed discussing "life" with him and enjoyed listening to him...I was able to understand many things that he was able to teach me...and took me under his wing.

Visiting him every week at his home in Altadena, and rubbing his back and body...as I learned to massage in Japan, listening, discussing, enjoying his company so much, I was privileged to be close to him, even when he was very ill and had all the priests sitting and surrounding his bed, reciting buddhist prayers...and tho' he's been in deep sleep-coma, when I held his hand, he opened his eyes and said, "Ah, you ka" (Oh it's you), with a big grin and then closed his eyes again...several hours later, he passed away...

When he took me to Japan, to show me where he grew up in Gifu, I met many of his students he taught after the war...they had as much love for him as we do here...I miss him very much...but am grateful that I got to know him and learned so much from him...the Zenshuji in Cos Angeles isn't like it used to be when he was there...what a difference one person makes...he spoke to representatives of many nations at United Nations, and was the leader of Buddhist priests of North America. I am so grateful that I met Sensei.

I understand that the Museum is only interested in the teachers that came in from outside of the camps and did not consider our Yamashita Sensei as being qualified to be amongst the "Teachers Who made difference in their students lives"...but I find that Sensei is the most qualified to be a teacher who made great difference in his students lives."

Health Page

Curry Spice May Reverse Alzheimer's

Bright yellow curry spice not only may treat Alzheimer's disease, but also lower your risk of ever getting it. The same pigment that makes this spice yellow may help prevent Alzheimer's by breaking up the "plaques" that mark the brains of Alzheimer's disease patients.

Scientists from the University of California Los Angeles and the Greater Los Angeles Veterans Affairs Healthcare System found that the magic ingredient is curcumin, a component of the yellow curry spice turmeric, that appears to reduce deposits of beta-amyloid proteins in the brains of elderly lab mice that ate curcumin as part of their diets, reports Reuters. Studies have found that in India, where curry spice is a dietary staple, the rate of Alzheimer's disease among elderly adults is very low.

It gets more interesting. One of the hallmark signs of Alzheimer's disease is the accumulation of beta amyloid proteins in the brain. When the UCLA scientists added low doses of curcumin in human beta-amyloid proteins in a test tube, the curcumin prevented the proteins from aggregating and actually blocked the formation of the amyloid fibers that make up Alzheimer's plaques. Co-study author Dr. Gregory M. Cole said that findings suggest that curcumin could be capable of both treating Alzheimer's and lowering a person's risk of developing the disease.

Curcumin is also high in antioxidants, a compound in certain foods that is known to help combat fatal illnesses, including Alzheimer's, cancer, and heart disease.

Highest in Protective Fiber

Bran Cereals

Whole wheat spaghetti

Bulgur

Rapberries

Dried plums

Beans and lentils

Artichokes

Cooked spinach

Mixed vegetables

Green peas

Top 10 heart attack fighters

The Clot-Busting Miracle That Unclogs Arteries, Reverses Heart Disease

In 1980, a young doctor named Hiroyuki Sumi made discovery that the most powerful clot-buster was cheese-like fermented food called "natto"...it contained a very potent enzyme called "Nattokinase" that had the ability to not only prevent clots from forming, but also dissolve clots that had already formed. Natto dissolves clots fast, within minutes...the amount of time it took to dissolve a blood clot in male and female volunteers dropped by 48% after consuming natto...even more remarkable is the fact that natto keeps the blood clear for four to eight hours, compared to just four to 20 minutes for the drug. (Pills made from natto is effective only for 8-9 hours, Real natto lasts several days...smells but worth it.

Stop and Smell the Hibiscus

After centuries of traditional use around the world, hibiscus tea has been officially "**proven**" in clinical method of lowering high blood pressure. For 15 days, 54 patients with high blood pressure were given either regular tea or hibiscus tea. After just 12 days, the subjects taking the hibiscus tea had an average 11.7 percent drop in systolic blood pressure and a 10.7 percent drop in diastolic blood pressure from the initial readings.

Simple Test to Detect Stroke

Symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness can spell disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking 3 simple questions:

1. Ask the individual to smile.
2. Ask him/her to raise both arms.
3. Ask the person to speak a simple sentence.

If he/she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

Why Don't all First Aid Kits Include This Life Saver?

Every first aid kit should contain an emergency clotting agent to stop blood loss. Most don't, yet in the event of an accident, blood loss is one of the major causes of death. **Tumeric**, the potato-based product contains tiny beads that expand like a sponge when wet to cover the wound and stop bleeding...the results were nothing short of amazing. A company that makes the spray recently developed a smaller user-friendly tube for people to use at home or while traveling.

Crystal City Association

Bus Trip to Las Vegas

May 17 - 19, 2005



Confirmation Will Be Sent to the Person Below:

Name:
Address:
City/State/Zip:
Phone:

Charter bus includes room and meals

2 nights double occupancy (\$90 per person)

My roommate is _____

	× \$92.00 =	\$
# person(s)	Includes \$2 driver tip	Total

Special Needs: Handicap Room Near Elevator Other _____

We will try to get non-smoking floors.

Departure Sites (check one):

<input type="checkbox"/> Los Angeles Zenshuji Temple 123 Hewitt Street \$5.00 Parking Pay Bus Driver 7:00 am - Departure	<input type="checkbox"/> Gardena Gardena Hotel 1641 W. Redondo Beach Blvd. \$15.00 Parking Pay Hotel 7:30 am - Departure	<input type="checkbox"/> Orange County Hampton Inn 7828 Orangethorpe Blvd. \$15.00 Parking (No Security) Pay at Front Desk 8:00 am - Departure
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Cancellation policy requires one month notification.

Return this form and a check payable to **Crystal City Association** to:

Toni Tomita

 Rosemead, CA 91770
 Phone _____

- I plan to eat with CCA group on Wednesday, May 18, at 5:30 pm - Main Street Buffet
- I am interested in the slot tournament on Wednesday, May 18, at 7:00 pm - Main Street

RESERVATION CUT-OFF - APRIL 2, 2005

Seven Wonders of the World

A group of students were asked to list what they thought were the present "Seven Wonders of the World." Though there were some disagreements, the following received the most votes:

1. Egypt's Great Pyramids
2. Taj Mahal
3. Grand Canyon
4. Panama Canal
5. Empire State Building
6. St. Peter's Basilica
7. China's Great Wall

While gathering the votes, the teacher noted that one student had not finished her paper yet. So she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many."

The teacher said, "Well, tell us what you have, and maybe we can help." The girl hesitated, then read +**"I think the 'Seven Wonders of the World' are:**

1. To see
2. To hear
3. To touch
4. To taste
5. To feel
6. To laugh
7. To love

The room was so quiet you could have heard a pin drop. *The things we overlook as simple and ordinary and that we take for granted are truly wonderful.*

A gentle reminder - that the most precious things in life cannot be built by hand or bought by man.

Obituary: Our deepest and heartfelt sympathy to: *Jimmy Kato for the loss of his wife and Kelvin for the loss of his mother; Sumie Nii for the loss of her sister, the grand daughters, and the loving extended family of Shiz Ochiai Kato.*

sumi shimatsu
Crystal City Chatter
Camarillo, CA 93010



TAD & SATOMI ISHIDA
SAN FRANCISCO, CA 94116

