

"Shinnen Akemashite Omedeto Gozaimasu...Kotoshi Mo Mata Yoroshiku Onegai Shimasu (Happy New Year...I would appreciate your support again this year)...Year of the Boar...hopefully it will be a good year for everyone...especially one with good health and memory neh...keep them up...we need all the help we can get now. So, let's all walk, exercise (mildly, of course), laugh heartily, enjoy and be grateful for each day. Stay well each day neh. Another hope...peace on earth...and end to war...

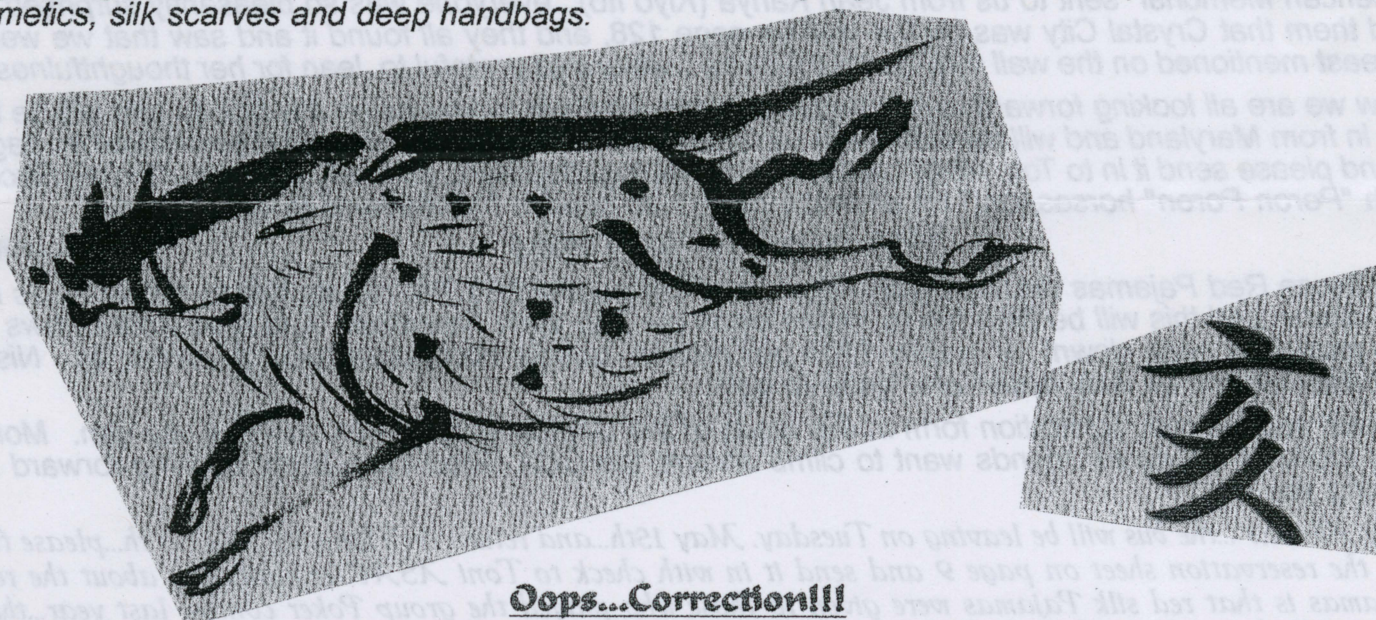
### **2007...Year of the Boar** **Anything But Boring!**

Anyone born in 1923, 1935, 1947, 1959, 1971, 1983, or who will be born in 2007, is a boar. Those born in the Year of the Boar are generally well informed, motivated by common sense, and strong willed. Sen. Hilary Rodham Clinton and Gov. Arnold Schwarzenegger are both boars.

Boar people are artistic, refined, creative, and courageous. 2007 ushers in what astrologers believe will be a "feel good" year -- one of benevolence and abundance, and a good year for business. Although there will be uncertainty, it will be minimal. People may tend to act impetuously. For the most part, such spontaneity will yield positive results, but money matters should be handled with care.

Born under the 12th sign of the Asian zodiac, boars instinctively know how to have fun and seek beauty. They are sensitive when it comes to love and often in long-lasting relationships. Boars don't usually hold grudges but can also be naive, gullible, insecure, and pessimistic.

The Chinese New Year commences Feb. 18, 2007 and signals the arrival of the fire boar. Those born in fire boar years (1947 and 2007) are described as sensual but can be stubborn and irresponsible. They love gourmet edibles, fine wines, music, books, and gadgets...women love perfume, luscious cosmetics, silk scarves and deep handbags.



### **Oops...Correction!!!**

**A big big mistake...date for our Vegas trip is May 15th to 17th...so hope you remember these 3 days...instead of the dates I put in the last issue of the Chatter...anyway, being human, I do make mistakes...sorry...So, send in your application to this fantastic joyful fun bus to "Sin City" to hit the jackpot and win \$\$\$...don't just deposit the penny machines or nickle machines...or big betters \$s, but enjoy the wins...that would be a good thing!!!** But most of all the camaraderie of not only with all the CC "regulars" and those coming for the first time, but the many Norwalk friends of Toni's who help fill the bus and enjoy all the games and snacks with us...what's nice is that our friend Jean Kariya (Kiyo Ito) will be flying in to LAX and stay at the New Gardena Hotel and go to Vegas with us on our special bus. Also, Satoru Ichikawa from Seattle, Washington and his family, Clifford Terufumi Miyamoto and his wife Peggy, from Hawaii will be flying directly to Las Vegas and our friend June Maeda and her daughters from Chicago, Illinois; and hopefully Ken and Alice Matsumoto drive from San Diego to have dinner with us at Main Street Buffet on Wednesday, May 16th at 5:00...so join us and enjoy the fun...our wine master, Dr. Mas Okabe...his fantastic baking queen, Shirli will be on our bus. Oh yes...we will enjoy another Vegas get-together so please join us. Fill the application w/check to Toni Tomita asap. See ya in May!!!

## A Fantastic Shinnen-Kai Luncheon

It's wonderful to see the many Crystal City friends who attended our Shinnen-Kai luncheon last Saturday at the Seafood Empress Restaurant in Gardena...it was attended by: (Oishikatta yo)(mmm good)

Yae Aihara  
Betty Fukunaga  
Kay Grantham  
May Hamada  
Sam & Dottie Hatanaka  
Henry Horii  
Tom & Reiko Ikemiya  
Shig & Jackie Imai  
Seiji, Emi & Kay Kami  
Aki & Mas Kaneko  
Stogie & Massie Kanogawa

Sachi Maehara  
Teddy & Tomo Mizukami  
Carmen Mochizuki  
Ty & Fumi Nakamura  
Sid & Yukie Okazaki  
Hideo Oshima  
Sumi, Derick & Paula Shimatsu  
Min & Kazie Tajii  
Ben, Emi & Joan Takeuchi  
Toni Tomita  
Pauline Tsuge  
Sumiko Yamaguchi

We had a private room and enjoyed fantastic food...just seeing everyone was wonderful in itself...On the number of 1 to 10 being 10 the best ever Shinnen-kai...this measured at 9 1/2...only because...we had cancellations: Kaz & Fusako Ichikawa, Ed & Chiyo Ikemiya, Yone Takeuchi, Ken & Doris Yamane, and Yosh and Akemi Yasuda...but hope they will be able to join us for the Fun Bus to Vegas.

We also had a beautiful book,"Patriotism, Perseverance, Posterity""The Story of the National Japanese American Memorial" sent to us from Jean Kariya (Kiyoko Ito)...everyone was so pleasantly surprised...I told them that Crystal City was on the wall on page 128, and they all found it and saw that we were at least mentioned on the wall with Santa Fe camp...we are all grateful to Jean for her thoughtfulness.

Now we are all looking forward to our Vegas trip and Jean will joining us on the bus as she will be flying in from Maryland and will have fun with us on the bus to Vegas...so, fill out the application on page 9 and please send it in to Toni ASAP...let's have fun all together neh...after all, gotta play "Horse Race" with "Poron Poron" horses, and Hit all those Bingo...so send in the reservation soon please.

### The Fun Bus to Vegas

Toni Tomita

Get those Red Pajamas ready all you veterans of our annual Bus Trip to Las Vegas !! Five times is the charm and this will be **fifth** trip to Vegas since our **Big 2001 Reunion**. And what better news is the price has gone down! It is now \$105 per person, double occupancy, plus \$3 driver tip. Nisei Charters tell me all their buses are "good to go"!

Please send in the registration form in this issue of the Chatter (page 9) as soon as you can. More and more of my senior friends want to climb aboard the CCA Good Time Bus!! Looking forward to seeing you all.

"All Aboard"...the bus will be leaving on Tuesday, May 15th...and return on Thursday May 17th...please fill out the reservation sheet on page 9 and send it in with check to Toni ASAP...explanation about the red pajamas is that red silk Pajamas were given to those who played the group Poker contest last year...they were really beautiful bright red. And I didn't play so no red pajama but will be glad to buy a red pajama to join in on the Vegas bus ride).

### Times...Yesteryear to Today

The difference that 30 years can make:

1974: Long Hair  
Acid rock  
Moving to California because it's cool  
Seeds and stems  
Hoping for a BMW  
Going to a new, hip joint  
Rolling Stones  
Disco  
Being called into the principal's office  
Screw the system  
Parents begging you to get your hair cut  
KEG

2004: Longing for hair  
Acid reflux  
Moving to California because it's warm  
Roughage  
Hoping for a BM  
Receiving a new hip joint  
Kidney stones  
Costco  
Calling the principal's office  
Upgrade the system  
Children begging you get heads shaved  
EKG

## Former Tujunga Internees

Paul Tsuneishi

The Little Landers Historical Society of Tujunga, California, will be placing a plaque at the present golf driving range in Tujunga, next to the 118 Freeway. The plaque will have the names of Japanese who were imprisoned there when WW II started. They were housed in barracks (just like the ten camps for the many who were sent to the relocation camps.) and a plaque will be placed at this site. The plaque will name the Japanese who were imprisoned there. If you know of anyone who was there, please phone \_\_\_\_\_ (Lloyd Hitt), of the Little Landers Historical Society. The Rafu Shimpou article has already provided some names.

Thank you for this information...will call Mr. Hitt as my father was in this camp along with probably Rev. Yamashita, and many Japanese school teachers, and people who were arrested in Cil Tokyo, like Matsunozushi owner, Mr. Kawashima...so thank you Paul...I hope many of the readers will also call him if their fathers were in this camp up in Tujunga...it was formerly a CCC camp there.

## Congress Funds Restoration of W.W. II Internment Camps

### President Urged to Sign HR 1492

Japanese American National Heritage Coalition calls for legislation to preserve former internment camp sites. In a letter to President George W. Bush on Tuesday, the Japanese American National Heritage Coalition, a group comprised of mostly JA organizations, appealed to the president to sign HR 1492 into law.

HR 1492 legislation that preserves historical confinement sites where Japanese Americans were detained during World War II, is currently awaiting the president's signature before it can become law.

"This legislation is important to show that America can admit its past mistakes and to provide resources for local community groups, local governments, states and Indian tribes (two of the sites are on Tribal reservations) to use confinement sites as physical venues to educate ourselves and future generations of Americans so that those past mistakes are never repeated," wrote Gerald Yamada, the JANHC's national co-coordinator.

The JANHC also pointed out that preserving the lessons of the past would lessen "the pain and harsh memories for those whose rights were unjustly violated."

HR 1492 was introduced into the U.S. House of Representatives on April 6, 2005 by Rep. William Thomas (R-Bakersfield), along with 114 co-sponsors.

After being passed by the House on November 16, 2005, HR 1492 was passed by the U.S. Senate one year later with amendments. Most recently, it was passed, as amended, by the House on Dec. 5.

Well, few weeks later and the President signs the Camp Bill into Law...HR 1492 provides \$38 million in grants to preserve the internment campsites...the money, which requires a 50 percent match, will be administered by the National Park Service to restore and pay for research at the 10 internment camps, and other sites. (I believe we belong in this group) "This is a great holiday present for the community," said Gerald Yamada, national coordinator... "It's been a long two years but this is just the beginning. After the first of the year, we will meet with the National Park Service to find out what they intend to do in terms of funding."

The National Park Service already operates facilities at two of the 10 camps: the Manzanar National Historic Site in California and the Minidoka Internment National Monument in Idaho. (Again the misuse of words from Relocation Camp to Internment Camp...XOh well, I guess "Internment" sounds more serious than "Relocation") I find this always the case...they want to make it sound like the 10 WRA run camps which were "relocation camps" into "internment" or "concentration" camps...like they had censorship of all mails, taller more restricted fence...arrested men and women (mostly Buddhist priests, Tenrikyo, Konkokyo, Setcho-no-te, and other religions from Japan) None of the relocation camp men/women were arrested by the FBI and separated from their families. However, that's how people are...I guess it's supposed to add weight or stricter camps than being a relocation camps...)

The law will give grants to nonfederal organizations for historical, research and restoration work at the sites named in the legislation, as well others selected by the Interior secretary.

(We shall see what we shall see...call me a "skeptic"...our unique little camp is often overlooked)

Parents need to fill a child's bucket of self-esteem so high that the rest of the world can't poke enough holes in it to drain it dry.

You are the only person on this earth who can use your ability.

The best way to forget your own problems is to help someone else solve theirs.

Forgiveness is the sweetest revenge.

Do not follow where the path may lead. Go instead where there is no path and leave a trail.

## Letters To The Editor

### "Bits and Pieces"

*Little notes and bits of information from Holiday cards, letters etc. from many readers from many place I thank each and everyone who sent me and the Chatter, greeting cards, notes of appreciation for Chatter, and donation to continue writing this little newsletter, and beautiful family pictures...I thank you and am grateful for it all...*

Dear Sumi, just wanted to wish you the most wonderful Christmas and a Happy, Healthy, Prosperous New Year...(I guess it's the year of the boar!) I'll be thinking about you as you "munch down at the luncheon (hate to miss out and the great food you're promising and conversation...)take care! love Alice and Ken (Matsumoto) San Diego

Dear Sumi, Wishing you a fun and joyful holiday season! Have a great holiday season and hope 2007 will be a healthy one! love, Tom and Reiko Ikemiya, Gardena

Dear Sumi, I am enjoying the periodic issues of the CC Chatter. Your generous offering of valuable time and untiring effort to publish the CCC for the fellow internee and their heirs are commendable and praise worthy. Without its publication the historic distinction of our temporary incarcerate home would fade into obscurity.

It saddens me to read the obituary knowing that it is an eventuality. As a fellow internee and resident I regret I cannot make any worthwhile contribution to the publication. Minato Kawaguchi, Tokyo, Japan.

Also included in the card is a note of "Hope of the Season" The world today is in a dire chaos with loss of human lives due to uncontrolled ravaging diseases, hunger, and wars brought about by hatred and greed. In spite of remarkable advancements made in science and technology on one hand, there has not been any change made since ancient time for the respect of human lives. While significant effort is being made to preserve human lives, far greater urgency is devoted to means for destroying them. Should only a small percentage for the massive cost destined for human destruction be diverted to alleviating sickness and hunger, millions of lives can be saved.

Happy New Year...Aya Yamakoshi and family (on postcard painted "Chrysanthemums" by Aya")

Thanks for the Chatter and all your hard work in putting it out. Do really enjoy reading about the Crystal City people. I do plan to attend the Shinnen Kai luncheon on January 20th. I plan to come with Yone Takeuchi. Did you know she is the niece of my sister-in-law? Small world isn't it? Sadly my sister-in-law passed away suddenly this past fall -- so I did see Yone at the family gathering. Life is a wonder. All the very best for happiness and health in 2007. Sumi Yamaguchi, Los Angeles.

Dear Sumi, I'll be attending our C.C. Shinnenkai so please sign me in. See you there...Take care. Love Sachi, La Mirada.

Dear Sumi, "Nagai koto gobusata shite sumimasen"...Thank you so much for CC Chatter. Have a Happy and healthy New Year. Love, Chieko Kamisato, Marina Del Rey.

To Sumi, With all good wishes for a warm and wonderful Christmas, and a very Happy New Year. Let's all stay healthy too. Love, George and Masako Okabe, Sacramento

Dear Sumi and family, Happy Holidays and Best Wishes for the New Year...Have a very merry Christmas. I enjoy the Crystal City Chatter...didn't go to camp, actually didn't know anything about it so I'm so thankful to know about it now. Thank you for your hard, dedicated work. Love, Yukimi Kobayashi, Camarillo

Holiday greetings 2006, Dear Sumi, Once again it is time to wish you and yours our very best wishes for a prosperous and happy New Year!! 2006 was a very eventful year. Aside from the many times we had to say goodbye to so many friends, it was filled with many visits with good friends and family and traveling. We are grateful for our good health - the most important thing in the world-plus our wonderful children and 11 grandchildren whose ages range from 27 years - the oldest twin boys and 7 years - the youngest set of twin girls.

'Louie' is busy 'taking care' of the garden - raking leaves and generally keeping it cleaned up - plus his regular visits to the Indian casinos. I am still involved with my exercise classes, and volunteering at the Japanese American National Museum every Wednesday. Our daily schedule is pretty much spelled out. We hope you have a very happy and very special holiday season...and our very best wishes for a healthy and happy 2007! Love Yae and Louie Aihara, Montebello

Happy Holidays Sumi and your whole family, much happiness in the New Year -- Stay healthy Love, Ted and Tomo...p.s. Thank you so much for your hard work during the year taking care of the Chatter. You keep the CC group together. T and T, Harbor City

To Sumi: Everyday is a blessing! Mary and Yone Shimomura, Chicago Keep up your good work, really admire you..My mind skips at best now and then! (Cont'd on page 6)

### **A Wonderful Message by George Carlin**

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degree but less sense, more knowledge, but less judgement, more experts, yet more problems, more medicine, but less wellness. We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things. We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less. These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, morality, one-night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill.

It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

Remember, spend some time with your loved ones, because they are not going to be around forever. Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side. Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent. Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you. Remember to hold hands and cherish the moment for someday that person will not be there again. Give time to love, give time to speak, and give time to share the precious thoughts in your mind. AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

*Amazing isn't it that George Carlin - iconoclastic and mouthy comedian of the 70's and 80's - could write something so very eloquent.*

### **A Cracked-Up Omelet Recipe**

When you have some friends over, it's fun to make an omelet indiffucially...It's not any one person to cook for the whole family or friends...

Write their name on a quart-size Ziploc freezer bag w/permanent marker pen.

Crack two eggs (large or extra large) into the bag (not more than 2 eggs)

Shake to combine them

Put out a variety of ingredients such as: cheddar cheese, ham, spam, bacon, green onions, spinach, tomatoes, red or green bell pepper, mushrooms, olives, etc.

Each guests adds prepared ingredients of choice into their bag and shake.

Make sure to get the air out of the bag and zip it up.

Place the eggs into rolling, boiling water for exactly 13 minutes. You can usually cook 6 to 8 omelets in a large pot.

For more, make another pot of boiling water.

Open the bags and the omelets will roll out easily.

Serve with toast and/or hash browns with a cup of hot coffee.

Everyone gets involved in the process and it will be a great conversation piece.

Imagine having these ready the night before and putting the bags in boiling water in the morning.

And in 15 minutes, you have a nice omelet for a quick breakfast.

I'm sure this would be fun with your grandchildren and friends...Enjoy!!!

*There are two types of people - those who come into a room and say, "Well, here I am." and those who come in and say, "Ah, there you are."*

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

(Letters to the Editor. "Bits and Pieces". cont'd from page 4)

Holiday Greetings...this is to wish you and your family a happy and prosperous New Year. Reiko Yamashita, Gardena

To Sumi, Happy Holidays, Hajime and Yuki Nonoguchi, WLA

Dear Sumi, Merry Merry Merry!...We wish you a wonderful holiday season. We really appreciate all the work you do for the CC Association to keep every one in touch. Keep on the good work and please stay healthy. Happy Holidays. George and Chiyo Masumoto, San Diego

Dear Sumi, To wish you an Old-Fashioned Merry Christmas and a Happy New Year and to let you know that I plan to attend the Shinnen Kai luncheon on January 20th in Gardena. May you have a wonderful Christmas and a joyous New Year! Sincerely, Kay Grantham, Manhattan Beach

Dear Sumi, Have a wonderful holidays and all the best in the coming year. Felicia.

Dear sumi, Thank you for all the hard work in putting out the CC Chatter. "Gokuro sama desu" Merry Christmas and a healthy, happy 2007 to you and your family. Sincerely, Bob and Cassie Tsubota, Laguna Hills.

Hi Sumi, How are you? Enjoying your CC Chatter as always. Grace Ichikawa sent us this book "Looking like the Enemy" by Mary Matsuda Gruenewald. Now, I've read the episodes of the internees from the states of California, Washington and Hawaii, including Peru. "And Justice for All" by John Tateishi. "Years of Infamy" by Michi Weglyn. "Hawaii End of the Rainbow" by Kazuo Miyamoto, "Adios to Tears" by Mr. Higashide.

We in Hawaii were luckier compared to people from the mainland and Peru. See you in Las Vegas! Take care. Happy Holidays! Aloha Cliff and Peggy Miyamoto., Honolulu, Hawaii

Dear Sumi, Hope everything is OK with you and your family. Here's a short note on our last 12th Peru Kai Reunion as you know was held on Oct. 6 - 8 at Honolulu, Hawaii. The Reunion which was named "Celebrating Our Common Bond" was great, another memorable event. There were 104 participants: 23 from Japan, my sister and I from Peru, 33 from California and of Hawaii 20 plus 26 members of their families. We were pleased to see Kay Uno Kaneko again since our Perukai Reunion at Crystal City four years ago. Everything was perfect, surely the Hawaii Perukai people did fantastic job. We enjoyed greatly the gathering, the lovely sights, the weather and the hotel we were in. On our way back to Peru we stayed a few days in Los Angeles and could accomplish my wish which was to visit J.A.N.Museum. We were excited to see the panel with the only big picture of Crystal City Camp and the rebuilt barrack brought from another camp.

We were surprised and impressed when the lady who assisted us kindly made us a copy of the list with my parents and our names on it. (All the names of the internees are filed and stored in words written near the barrack by people with thoughts and experiences of the camp, they brought sad memories and tears to us. That night, I was able to talk to you by phone. I'm sorry we couldn't meet but I was very happy to talk with you as good old friends, I really wish I have had more time. Please do take care and please continue delighting and informing us through Chatter that you publish with so much care and effort. With love and appreciation, Yuriko Tanaka, Lima, Peru

Dear Sumi, Am enclosing a donation to the Chatter in memory of Ruby, whom I just found out had passed away. I was so sorry to hear about her passing (Betty informed me) and am sorry I won't see her at our next reunion. I hope all is well with you and your family.

Take care and will see you in May, With deepest sorrow at this time, June Maeda. Chicago

Sumi, I have really enjoyed the CC Chatter this past year. Please accept this to help defray costs and please continue to write as long as you can. I'm one of those who don't remember much about camp because of my age, and although I do not recognize the names of people, I'm amazed that you all continue to correspond and recall the camp days. Please take care and keep in touch. Tatsuo Ron Tanimoto (Toki's younger brother) Yorba Linda

Dear Sumi, Akemashite omedeto gozaimasu. We just want to express our sincere appreciation for your hard work and for sending us the wonderful "CC Chatter". We enjoy receiving your article about health and find them very educational. My best to you for good health and much happiness. Thank you again. Sincerely, Atsumi Ozawa Chicago

Dear Sumi: Thank you for the nice article in the CC Chatter about my sister, Miyo. It was good to see you at the funeral and burial. It's a long drive for you to come down to attend the funeral and burial (Cont'd on page 8)

## *Being Oyakō-ko*

How do you define "Oya-kō-ko"? All I know is that Niseis and many of the Sanseis are "Oya-kō-ko" It's not only taking care of parents but being there for them and caring for them at all time...Most of the Asians have been brought up with the deep sense of duty and it is wonderful to see that it's still being carried on with many of the Sanseis and probably Yonseis...maybe Goseis too...I don't know but am so glad to see that it's in our "bloodstream". It's so nice to see it continuing...the thoughtfulness and care that's loving and kind...there's lots of love between parents and children world over, but it's different when children really take care of their parents especially as the parents grown older. I know the CC friends were brought up more Japanese...they learned more Japanese Language because of all the many Buddhist priests and Japanese School teachers from Hawaii as well as this country, which we called "Tairiku"...and the many youngsters from Peru were brought up by these teachers too and learned to be "Oya-kō-ko"...

Today, in Japan, many of the young people leave their parents and home while still young, and live in big cities...Tokyo, Osaka, Kobe, etc., and are not home caring for their parents or grandparents...they don't even speak the standard Japanese, "Hyojungo" well...those who want to learn the "Meiji" period Japanese are told to come to America and listen to the Niseis in Los Angeles, San Francisco and other major cities because they were taught the "Meiji Jidai" Japanese, and that they're more polite and thoughtful to their elders...amazing isn't it? Kudo to our strict "senseis" (teachers) who instilled us day in and day out in hot hot Texas. We learned good!!!

I'm sure most of the Sanseis learned being "Oya-ko-ko" just by being around us Niseis and Isseis...I can honestly say I've witnessed Miyo's daughter Pauline and son-in-law Ron and caring for their mom to the end...and having son come back out here to take care of her estate...and recently saw Tak Takeuchi's two daughters Joyce and Joan planning and putting on a great Golden Anniversary at a hotel in Bel Air...and the grandson in the "Zen-daiko"...the Taiko group from Zenshujii...and I also hear Maru's daughter's in Zen-daiko up in the Bay area...isn't it wonderful to see the young Sanseis and Yonseis drumming those "Taiko"...here, there and everywhere now...it also stimulated the young people in Japan to take up "Taiko" again...it was at one time a dying art.

So, we the Niseis and now Sanseis are able to pass on our proper Japanese language, custom and culture and that those in Japan must learn from us (?)...anyway. I know one of the young exchange student from Japan was asked about the "zōri" that so many Americans are wearing and she didn't know what I was talking about...I showed her what it was at the store in Little Tokyo and she laughed at me and said that they call that "Flip flop"...and did not know it was once called "Zōri". Amazing neh

## Some Helpful 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 they apply it as a massage oil, for instant relief for aching muscles.

Sore Throat? Just mix 1/4 cup of vinegar with 1/4 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.

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

Heinz vinegar to heal bruises...soak a cotton ball in white vinegar and apply to bruise for 1 hour.

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

service and I and the rest of the family really appreciate the effort. I think to myself that it must be really hard on you to report on the passing of your dear friends from the Camp Days. When all those fond memories come flowing back, it must be hard to be so strong. And it must also be getting harder and harder on your body and mind to make the many trips to the funerals and burials with the passing of time. All the Crystallites depend on you for the news of their loved ones and friends from camp days, so please take care of yourself. I for one will understand if you cannot continue being the caregiver for the community. You have done enough to bring us together and to celebrate our heritage, history, and love for one another.

Take care and have a Happy Holiday Season.

Sincerely, Kenji Takeuchi

Irvine

Dear Sumi, Thank you for sending me the Crystal City Chatter for so many years, as editor and friend. There are always many friends and people I've heard of that are included in the interesting letters and information written to you, and your responses. I keep in touch with about 10 dear friends. We sent to elementary school together, also dear Maru O. Hiratzka who was our great Sunday School teacher.

The pilgrimage you lead us to C.C. was a beautiful experience. Thank you again...God bless you and your family,

love, Haruko Ishiyama

Denver

An interesting note with enclosure from Chonda aka Chieko Honda...a copy of a menu from the SS Matsonia for breakfast, back on Wednesday, December 10, 1945...can you imagine? I didn't even know that we got menus...it sure looked like we had great food however, I know what we were served and ate is totally different from the printed menu...she also sent a script of a play...*"The Biography of Ky"*...written and produced by the Goldees...but it must've been before I went into Crystal City because I know I didn't see this play...what I saw was Japanese play that Yae Aoki was in...that Chonda was in...that Toki Tanimoto was in...and at that entertainment, Toshi Kamatani sang and I did some Japanese *"Odori"*...and that play wasn't in that entertainment...and Mrs. Furuzawa, the *"Gunkan Mama"* got enough food material to make sushi, broiled sea bass, Chow mein, chicken teriyaki, tempura and so much other *"gochiso"* to thank us for putting out the entertainment for the many *"kawaiiso na"* men who were not able to see their wives, children, etc. etc...Mrs. Furuzawa was really great in putting on dramatic tears...believe me, I knew her from Lil Tokyo in Los Angeles before the war so I knew her method of getting people to do anything...she was really good.

And to many of you who sent Christmas, Holiday, New Years greeting cards, and donations, with warm messages, **Thank you, Thank you, Thank you very much...really appreciate your thoughts.**

### Peppermint..A Waker-upper

The scent of peppermint is like a drill sergeant, telling your brain to *"Wake up and focus!"* New research shows that you pay better attention to dull-but-must-do jobs when this scent is around. So the next time you're mentally sluggish, grab a candy cane, chew a stick of peppermint gum, or inhale the scent of mint-infused oil, and then listen to your brain say, *"Can do!"*

Science has confirmed it. When there's a hint of mint wafting through the room, workers perform better on jobs that demand accuracy. In a study, participants made fewer typing mistakes and alphabetized things faster when under the influence of peppermint's aroma compared to tasks performed in a scent-free zone.

Well I still have a peppermint stick from Christmas so I should chew on it while working on this Chatter neh It'll probably help all of us Niseis who are aging and perhaps it may even help us with our fading memories. Will have to try it. Thank goodness I have those big peppermint sticks...it should last me a long time!!!

### Defeat High Blood Pressure

High blood pressure affects one in four of all Americans today. More potassium in your diet might help lower blood pressure without using prescription drugs. Try this **Banana Shake** to reduce high blood pressure.

- 2 bananas sliced
- 2 c fat-free milk
- 2 c nonfat vanilla yogurt
- 1/2 c pineapple juice
- 1 Tbsp honey

Process all ingredients in blender until smooth...serve immediately

Makes 4 servings.

## Crystal City Association Bus Trip to Las Vegas May 15 – 17, 2007



**Confirmation Will Be Sent to the Person Below:**

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

Charter bus includes room and meals

2 nights double occupancy (\$105 per person)

My roommate is \_\_\_\_\_

	× <b>\$108.00</b> =	\$
# person(s)	Includes \$3 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"/> Temple City San Gabriel Japanese Community Center 5019 Encinita Ave. No Parking Fee 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
---	---	---

Cancellation policy requires two weeks notification.

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

Toni Tomita  
[REDACTED]  
 Rosemead, CA 91770  
 Phone [REDACTED]

- I plan to eat with CCA group on Wednesday, May 16, at 5:30 pm – Main Street Buffet
- I am interested in the slot tournament on Wednesday, May 16, at 7:00 pm – Main Street

**RESERVATION CUT-OFF - APRIL 1, 2007**

### Words of Wisdom

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?"

Answers called out ranged from 20 g to 500 g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance.

"In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on.

When we're refreshed, we can carry on with the burden.

So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow.

Here are some great ways of dealing with the burdens of life:

*Accept that some days you're the pigeon, and some days you're the statue.*

*Always keep your words soft and sweet, just in case you have to eat them.*

*Never put both feet in your mouth at the same time, because then you won't have a leg to stand on*

*Nobody cares if you can't dance well. Just get up and dance.*

*Since it's the early worm that gets eaten by the bird, sleep late.*

*Birthdays are good for you. The more you have, the longer you live!*

**Obituary: Our deepest and heartfelt condolences to: Ruby Sakurai's children for the loss of their mother; Chiyo Fukunaga for the loss of her daughter and to Betty and Atsuko for the loss of their sister, Ruby Sakurai.**

S.  
Crys

Camarillo, CA 93010



TAD & SATOMI ISHIDA  
SAN FRANCISCO, CA 94116

RESERVATION CUT-OFF - APRIL 1, 2007