

Crystal City Chatter

Issue 99

February 2009

Happy New Year Shinnen Akemashite Omedeto Gozaimasu Gung Hei Fat Choy

Wow, it's the Year of the Ox...A Year that could herald a recovery...The New Year promises to be momentous for Barack Obama, and not just because he officially became the President in January...according to Asian astrological experts, 2009 is the Year of the Ox, and as it happens Obama, born August 4, 1961, is an Ox.

But, there's more. Obama is an "earth Ox," and 2009 is the Year of the Earth Ox, which apparently bodes well for the recovery of the real estate, financial, and job markets.

For Obama, the Ox attributes -- logical, patient, physically strong, hard-working, eloquent, confident-- seem to be ideal for establishing a new administration. Those who will be working under his leadership should beware, however, that Ox-year people are also known to be stubborn and chauvinistic, and don't like to be told what to do.

With Obama entering his peak cycle (of life), predicts astrologer Master Andy Goh, the stock market could recover faster than expected, and the unemployment rate will begin to improve in the latter half of the year. Out of the ashes of the economic meltdown, new global empires could emerge.

However, the New Year may bring problems for Obama himself, says Goh. Events at work, at home and traveling should be managed with caution.

Many major corporations will change leadership, adds Goh, but he isn't saying which CEOs will lose their jobs. That detail, he points out, will be ascertained by examining each CEO's astrological chart.

Joe Biden born Nov. 20, 1942, is a Horse and should get along well with Obama but can be strong-minded and moody at times.

Belief in Chinese astrology is said to date back to 1300 B.C. Buddhism arrived in Japan around the 6th century A.D. and along with it the Kanshi or Eso, the Zodiac calendar, which was adopted in 604 A.D.

In China, the start of the New Year falls on Jan. 26, 2009, but in Japan Oshogatsu ushers in the New Year on Jan. 1.

Congratulations to Roy Muraoka and Cedric Shimo

Yae Aihara e-mailed me that she attended the presentation ceremony at the Japanese consul general's residence on Dec. 9th for Roy Muraoka and Cedric Shimo who were awarded kunsho by the Japanese Government for their contribution to Japan-America relations...that she saw and talked to Lillian (Muraoka) Horiuchi there...So congratulations Roy...I'm sorry your wife isn't here to celebrate with you...and to you Cedric...Banzai!!!

A New Era For America

What a tremendous historic Inauguration Day...the sea of people, viewing this moment..the excitement inspiring celebrations around the world...the Obamas in Kenya joining in on this sparking their jubilation...amazing wasn't it?...a young family living in the White House...in that extremely cold weather ...they stood for hours...The president and his wife must've been exhausted with early morning events ...to standing hours through the parade...then dancing at ten balls...whew, it must have been very very tiring. And the two young daughters also had their own Youth Ball with their favorite stars singing, dancing...entertaining them and many of their friends.

It's also great to know that General Shinseki is recognized and is in his cabinet, heading the veterans affairs...I do hope and pray for the success of President Obama with the huge problems he inherited. When you hear about all the money these rich people have gotten away with...those who were supposed to invest people's money, and spending it on themselves...shame on them...amazing what these men were able to get away with, refurbishing their home, office...hopefully they get "bachi" somehow, neh?

The Inauguration Day, a day after Martin Luther King Day was just fit...no one could have programed the events together like this...it gave lots of hope to many people, all over...around the world...It will be a very very difficult and monumental tasks ahead but I pray that our New President will not only

Letters to the Editor

The following letter came in September and was buried in my "Disorganized File"...sometimes, I put letters to be printed in my "next" Chatter away safely...then cannot find them for the next issue of the Chatter...but they are all equally important.

Dear Sumi: Thank you for keeping me on the receiving list of the Crystal City Chatter. I thoroughly enjoy every issue for all these years.

I truly marvel at the energy and the thought you put into each issue. Many of the "health pearls of wisdom" has kept this ole guy still well and traveling to all parts of the USA for the YMCA primarily but for any volunteer thing.

Every time I am in the entrance lobby of the JANM Pavillion and look up and see the Campaign Recognition Wall and see the name Crystal City Campaign Team, I'm reminded how hard and proudly the Crystal City internees worked and raised over \$100,000 so that you could be recognized as those who initially built the Japanese American National Museum. Just as importantly, so many campaigner volunteers stayed on as volunteers for all these years. Though I am an ex-Topaz guy, I have a strong psychological affinity to all of the Crystal City internees.

As all of my peers say, "health becomes the number one priority. As I will be hitting 94 later this year, healthy is No. 1 concern for me also.

God bless your family and you specially...

Kindest regards, Fred Y. Hoshiyama

Thank you very very much Fred for your very kind letter...You do so much for the Japanese community and for the JAN Museum...you have amazing energy and yes, our CC group did amazingly well to have our many friends donate to the Museum...the last count we had was over \$200,000. however, I could not get the exact total amount although I tried asking several times.

I guess you reached 94 by now neh...Congratulattions...Hoping you reach the Century mark...keep up reading my "Health Reports" and maybe it'll be of some help in reaching it...Please do take care and thank you again.

Sumi

Dear Sumi-san, Received the CC Chatter in my mail today and, as usual, enjoyed reading it. It was very interesting to read about Camp Livingston in LA because my father was there until we met in CC in May, 1943. He was first taken to the Kilauea military camp in Volcano, Hawaii on Dec. 7, 1941. Next stop was Sand Island in Honolulu and then he mentioned a camp in Oklahoma and Louisiana. I am assuming that he came to CC from Camp Livingston because it said in the letter you printed in the Chatter, that it closed in 1943. I really don't know which came first, Oklahoma or Louisiana but although I may be wrong, he said they were military camps.

One of the things he made in those camps and I heard so did the other fathers, was those folding chairs that everyone carried to the area where they went to hear the news in the early evenings at CC. I remember they used to have sumo there and movies there too, in that same area or am I wrong? I was not allowed to go to the movie very much and even go swimming since my mother always had to have my older brother or sister take me. The only place I went alone was to play with Nancy Kawashima, Ruby Fukunaga, Taeko Ogawa, Tomoko Takeuchi from Mainland and although I did not play with the Taniguchi girls, who were older, my father would take me to have Mr. Taniguchi masssage us when we had colds. He would sort of pinch the top of our shoulders and boy, did that hurt but it seemed to cure the cold. Of course, I played a lot with my Hawaii friends also. Come to think of it, I used to like to be with older girls, like Maru Okazaki (I used to go to her house...she lived near Ishida Sensei who taught calligraphy). Aya whom I met at the high school and watch her draw, the Okaji sisters from Hawaii (they used to sing at all the shibais) and talking about shibais, I still remember Kazuko Shimabara's Japanese buyo and Keigo Takeuchi also.

Oh my, how did I get into writing about those good old days...your Chatter must be the cause.

Again, thank you for the Chatter...it does bond us CCites because you are the core that holds us together. Aloha,

Tomoko Izumi Mohideen

Aloha Tomoko-san... Your father listening to the news in the early evenings at CC must've been with Mr. Hisao Inouye whom I wrote an Obituary about last Chatter...yes we saw the movie there...but I don't recall the sumo since I didn't attend it at all...and I ran around with the older group...which Maru Okazaki was one of the six...there were Yae Aoki, Yae Kanogawa, Maru Okazaki, Toki Tanimoto Chieko Honda and Toshi Kamatani...but I also ran around with many other groups...and are my lifetime (Cont'd on pg. 4)

A Fantabulous Shinnenkai Luncheon

Mmm, I wish I could insert the smell, the taste of all the delicious food we had at the Seafood Empress Restaurant...I thank my daughter-in-law Mei Ling Shimatsu for arranging the menu with the Banquet Manager, Mr. Joseph Cheung...we had nine courses and ended with Mango pudding dessert...I don't think there was any one person who left with hunger...I know my stomach was so full by the sixth course, I didn't know if I could really eat the remaining course that was to come...and I didn't because I knew I hit my limit at six courses...but was able to enjoy the mango pudding...

We had about 57 that came...I brought the most as four of my children and two grandchildren and niece and her husband with their one year old son came...as I related that the grandchildren enjoyed the many picnics that the Mizukamis, Yasudas, the Hatanakas, held for many of us Crystal City-ites for many years...Tom Ikemiya taking our group pictures...the many races and games everyone was able to play to win rice, shoyu, and many other prizes...those were the years neh...and needless to say they all worked hard...and many long hours...Sid, our "Daddy Warbucks" treasurer, his wife Yuki who also rolled up her sleeves to help in the kitchen...Goichi-san who cooked all those great food, Ahhh, memories...those were the days we really all got together...today, instead of the picnics, we get together at our Shinnenkai Luncheon on the third Sunday of January, however, next year, it will be on the fourth Sunday, at Sambu, a Japanese restaurant in Downey.

I had the CC friends answer some questions I've written down, just to get some information about our camp...the questions were: Which relocation camp were you in before Crystal City, What memories do you have of C.C...Did you develop or learn while in there...What was it like to relocate after leaving the camp...and further comment...

Most were from Poston...I, and Ill...and of course, most said "meeting lifetime good friends" was the the memories they have...some wrote "hot" for memories...appreciation of home cooked meals and living as a family after being separated from father...uniting with father...some enjoyed softball games, judo, sumo tournament, undo-kai, and Toni enjoyed learning Kabuki dancing, the Hina-Matsuri-girls day, as the Japanese dolls on stage...and dancing with Keigo Takeuchi...I remembered Miss Goldsmith, our English teacher who read us King Arthur, with Texas accent periodically, which I thought was very funny...the Japanese Language school, some wrote, was something they learned "Nihongo"...I wish I learned more, but I am so grateful that I had Yamashita Sensei for our teacher...and how he was "teaching" me how to swim by taking me to the middle of the deep side of the pool and leaving me there, while he watched by the side...and my thrashing back to the side, and telling him that I could have drowned...and he laughed and said, "Then I would have prayed for you."...

Above all...the friendship we all developed for all these many years...with everyone...from Hawaii to Peru...and us "Tairiku" group (Big Continent) as we were known. That's what Shinnenkai is about. We missed several people, Dottie Hatanaka, Teddy Mizukami, Haj and Yuki Nonoguchi...hoping to see you next year...and maybe to our Vegas trip neh...

So, another Shinnenkai Luncheon is over...now we look forward to the Vegas trip in May...this year, from May 19th to the 21st...(Application form is on page 9 of this Chatter) So see you-all there!!!

Those in Attendance

Aihara, Yae	1	Mochizuki, Carmen	1
Fukunaga, Mrs. Chiyo, Atsuko	2	Nakamura, Ty & Fumi	2
Fukunaga, Betty	1	Okazaki, Sid	1
Grantham, (Haga) Keiko & family	6	Oshima, Hideo	1
Hamada, May	1	Sawada, Akio	1
Hatanaka, Sam	1	Shimatsu, Sumi & family	11
Hatanaka, Tilly & Jimmy	2	Tajii, Min & Kazie	2
Horie, Henry	1	Takeuchi, Ben, Emi & Joan	3
Kami, Seiji, Emi & Kay	3	Takeuchi, Yone	1
Kaneko, Aki & Mas	2	Tomita, Toni	1
Kanogawa, Stogie & Massie	2	Tsuge, Pauline & sister	2
Maehara, Sachi	1	Yamane, Ken & Doris	2
Mizukami, Tomo	1	Yasuda, Akemi	1
	Yonekura, Aki & Millie	2	

Shinnenkai photos

Nicki (Shimatsu) Yokota

Happy Year of the Ox to one and all! It was sure good to see everyone who was able to attend the annual Shinnenkai luncheon on Sunday, January 18th at the Sea Empress Seafood Restaurant in Gardena, CA. I took the photographs for all to enjoy, whether you were able to attend or not. If you would like copies, it's easy to pay a small fee, download and print them out. Ask younger, technically savvy family members to help, if you need assistance.

The photos are on the Kodak website at:

<http://www.kodakgallery.com/ShareLanding.action?c=9j9u6f6.jemrg1u&x=0&y=y731ao&localeid=en-US>. You don't need to create an account to see the pictures.

Attention Sansei, Yonsei and Gosei: you are a little more comfortable with technology, so if you can help your folks, it would be terrific. We've put the Chatter online and are willing to include information and/or news items, (even simple things like our generation getting together...just "because") if you're interested, send any feedback to ccchatter@gmail.com. The Chatter newsletter can be found at <http://ccchatter.googlepages.com/>. Write and let us know what you think.

"Letters to the Editor" cont'd from page 2)

friends...you also mentioned Kazuko Shimahara who taught me "Tsumagoe Dochu" and we danced together at one of the talent shows...And Aya Hosaka is still doing great art work in Chicago...we were in art class together with Sachi Sasaki learning from a Japanese from Peru. artist...Mr. Tortu...and of course Aya was very very good...and Sachi and I learned the charcoal technique that Mr. Tortu did. It was fun and every now and then I dab on T-shirts or sweatshirts and paint this and that...it's fun and enjoyable.

So, I guess we knew some several friends in Crystal City neh...I just know that I really met wonderful lifetime friends there. Take care and stay well... Sumi

Hi! I just received a card from Hiromi (Asano) Jones from Lafayette, Indiana. She always remembers to send us a greeting about this time. She is retired and her husband, Don, will be retiring this month, also.

All the wonderful friends who keep in touch prompted me to drop you a line. Last week when I went to Marukai, it was a wonderful surprise to meet Yuri-chan (Lillian Sakai Kimura) and Nami-chan (Alice Namiko Asami Niiya) and her husband. Of course, we talked in the middle of the parking lot for cars tooting their horns around us! Though we had a great time talking, we agreed that we need to get together one day and continue.

Despite laughing and talking, there were some sad news...Yuri-chan's mother passed away earlier this year and so did Mrs. Nada. Nancy Kazuko Nada Nagai's mother. Mrs. Sakai was a Shojodan adult leader. Nancy herself passed away several weeks ago of Hodgkin's. Her "Shiju kunichi" service was held last weekend, I believe. One of the Staff members at JCCH (Japanese Cultural Center of Hawaii) knows Mary Kojima Hiraki's daughter. We tried to have Mary contact me but, I haven't heard from her, as yet.

May the Year of the Ox bring more Happiness, the best of Health and much Laughter to you and your family!

"Rainen mo ai kowarazu yoroshiku onegai itashimasu!" HAPPY NEW YEAR! Ella Ohta Tomita
It's a wonder that they didn't give tickets for having people talking in a parking lot, obstructing drivers to park and shop...ha ha. I'm glad you'all had great togetherness...sorry to hear of sad news but life continues neh...so stay well and enjoy good health with James... and thanks for all the newsy news... Sumi

HAPPY NEW YEAR SUMI !!!

I hope you welcomed the new year with a bright, healthy outlook...wasn't that inauguration something?! The other day I was at a Japanese grocery store in Berkeley and recognized a former CC-ite. She hasn't changed in looks but she was Sumi (Imamura) Ishida. Sister of Hisa Koike. She lives in San Leandro (near Castro Vallley). We had a nice short visit in the crowded store. Sorry, I thought she was in San Leandro but is in San Lorenzo. She was quiet sort and I knew her because she was our pianist for the Christian Church in camp.

Next month, for the day of remembrance, our church puts on a display of all the camp sites with artifacts, newspapers, pictures, CC Reunion booklet and a small wooden bureau that my uncle Osuga (your CC neighbor) made in CC. Along with copy of Jordan's father's diary. Love, Maru Hiratzka

Shinnenkai Snapshot on gmail

My daughter Nicki Yokota took many pictures of our luncheon...and is on our gmail...the username is [redacted] the password is [redacted]...the email address is ccchatter@gmail.com. The website that members can visit is: <http://www.kodakgallery.com/ShareLanding.action?c=9;9u6f6jemrglu&localeid=enUS> (frankly speaking, it's all Greek to me...however, good luck)

O-hashhi

O-hashhi reached Japan some 1,800 years ago. In the beginning only Gods and the emperor could eat with o-hashhi. The rest of the populace -- mere mortals -- ate with their hands. Perhaps because of this o-hashhi retained their hallowed reputation and came with all sorts of subtexts that later morphed into a list of dos and don'ts.

Mayotbashi (wandering chopsticks) is to allow one's chopsticks to hover over the food. This isn't just an indication of finickiness and indecision. It's an insult to the cook.

Nigribashi (chopsticks in the fist) is a sign of aggression and hostility toward one's fellow diners.

Saguribashi (poking chopsticks) is to use the chopsticks to ferret out the choicest morsels in your bowl and is considered the height of a gross act.

Ukebashi (to ask for seconds while still holding the chopsticks) is inadvisable unless you're one of the lead in "The Seven Samurai".

Sashibashi (piercing chopsticks) is a sign of barbarism.

Namtdabashi (weeping chopsticks) is an act often sighted at Izakaya pub parties. You know how people put their chopsticks together to scrape food off the plate? A big no-no. Even simple o-hashhi acts that have practically become second nature are often impermissible.

Xomebashi (to push food into one's mouth with the ends of the chopsticks) is something we all do, especially things like potatoes and *takoyaki* (octopus balls), but which can be very unpopular with our elders.

Yosebashi (to pull plates of food closer with one's chopsticks) and *sashibashi* (to point to other people with one's chopsticks).

The absolute taboos, drummed into us from childhood, have religious connotations. *Tatebashi* (to stick chopsticks upright in a bowl of rice) done only when putting the bowl on the Buddhist home altar for the dead. These meals for the spirit are called "*makurameshi*" (pillow food) and will spell an early end for anyone who dare at them. and *hashiwatashi* (to pass or receive items from someone else's chopsticks) is an act permitted only inside crematoriums, where bones of loved ones are passed from a family member to the other using o-hashhi.

It is said that the Japanese are the only Asian people to value chopsticks so highly that they have designated, personal sets at home.

Japanese New Year's Traditions

Ossechi...is traditional Japanese New Years food.....tradition dates back to the Heian era (794-1185) For the first three days of the new years, it was taboo to use a hearth to cook and heat food...therefore, at the end of the year, women prepared special foods that would last a few days as they did not cook for the first few days of the New Year. *Ossechi* is usually served in special tiered boxes called *Jubako* which represent "layering happiness." A variety of delicious and colorful foods are neatly displayed in boxes, which begins to resemble jewelry boxes...there are meaning for each item.

kuromame (black beans) to work hard and diligently

kazunoko (herring roe) fertility

kamaboko (fish cake)(Usually red and white) rising sun

konbu (seaweed) joy

kurikintoki (mashed chestnut & sweet potato) prosperity

gobo (burdock root) its length signifies long life and its strong scent represents perseverance.

In Japan, January 1st is a very auspicious day best started by viewing the first sunrise (*hatsu hinode*)

There must be something from the mountain, the land, and something from the ocean.

The Anti-Flu Diet

Sometimes a flu shot works, and sometimes it doesn't. To increase your odds of staying well this winter, eat more apples, blueberries, broccoli, spinach, lettuce, and onions. They all contain *quercetin*, a powerful antioxidant shown to reduce the risk of flu in mice.

Research has also linked high consumption of quercetin with catching fewer colds, says University of South Carolina researcher J. Mark Davis, PhD. His virus-avoiding strategy (besides steering clear of those who are sick and being vigilant about hand washing) includes loading up on quercetin-rich foods.

Best of all, he says, are red onions, which have quadruple the quercetin of most other produce. Eat them raw or cooked, though cooking foods with quercetin may make the antioxidant more easily absorbed.

Spice It Up!

Adding spice to your life may reduce heart disease and diabetes, says a University of Georgia study. Seasonings are concentrated sources of disease-fighting phenols. Allspice, cinnamon, cloves, marjoram, mint, oregano, rosemary, sage, tarragon, thyme, and turmeric are all good bets. To get the greatest benefit:

Toss the dusty tins: Spices lose antioxidant potency with age. Discard them after two years.

Store properly: Keep seasonings in a cool, dark place (not on an open rack over the stove or exposed to sunlight) And close lids tightly.

Focus on frequency: You need regular doses more than you get from eating sage once a year in turkey stuffing.

Juicy News

A glass of pure juice is a convenient way to get a serving of fresh fruit, not to mention disease-fighting polyphenols and protection from LDL oxidation -- the trigger for the development of "bad" cholesterol.

Best sources: A study shows that some of the new "gourmet" juices -- made from pomegranates, blueberries, black cherries, Concord grapes, or acai berries from South American palm trees -- have up to 20 percent more antioxidants than orange, apple, and cranberry, the old standby.

Where to find them: These more exotic juices are often stocked in a store's health food or fresh produce section. Pick those labeled *100 percent juice*, since they'll have no added sugar or syrups, says David Heber, MD, director of the UCLA Center for Human Nutrition.

How to serve them: While these juices tend to be more expensive, they're intensely flavored, so a little will go a long way. Dr. Heber likes the tangy flavor of undiluted pomegranate juice ("It's like a good, full bodied red wine"), but it's easy to tone down a pure juice's strong taste by blending it into a smoothie, mocktail, or spritzer.

The Lifesaving Vitamin

Low vitamin D levels have been associated with osteoporosis, diabetes, hypertension, and cancer. And it gets worse. According to new research, adults who don't get enough of the "sunshine vitamin" are 26 percent more likely to die early. A 12-year study of 13,000 men and women didn't finger any one cause of death "because vitamin D's impact on health is so widespread," says researcher Michal Mclamed, MD, an assistant professor of medicine at Albert Einstein College of Medicine in the Bronx. Besides drinking fortified milk, she suggests that you:

Get a little sun. just 10 to 15 minutes of midday sunshine (11 am, to 3 pm) (several days a week may do the trick (apply sunscreen after those few minutes).

Take supplements: Winter rays in northern climates 9 above a line approximately between the northern border of California and Boston) may be too weak to provide benefits. Supplements can help. A review of 18 studies showed that those who took vitamin D supplements lived longer than those who took a placebo. For adults 800 IU daily is considered safe. The American Academy of Pediatrics recently doubled the amount it recommends for infants, children, and adolescents, to 400 IU. Look for products labeled D3 for greatest potency and adsorption.

Experience is a wonderful thing. It enables you to recognize a mistake every time you repeat it.

About America's Concentration Camps

Most of us, who lived in the camps have different views about the camps. The older Japanese Americans remember the losses of jobs, properties and money and the loss of our civil liberties, remembering with bitterness our camp days. Some, especially those who were 16 and younger when they were sent to camps, remember **only** the many lifelong friends they made in the camps and the wonderful times and freedom we had in camp **after** those who signed "**No, No**" to the loyalty oath were sent to Tule Lake Segregation Camp. Many remember **only** the days after the gates were opened and the Army guards removed and we had the freedom to go beyond the barbed wire fences....although it was called "relocation camps" where Japanese Americans were confined during World War II, many called it "concentration camps"...because of guard towers and barbed wire fences.

Barbed wire fences of Heart Mountain were only 4-5 feet high with high-powered search lights. (Where they could go in the unpopulated wilderness of Wyoming, especially in the freezing cold of winter, unlike most other camps with 14-foot or higher barbed wire fences?)

Only Poston and Gila camps located in the middle of a huge desert had no barbed wire fences and only one guard tower. Heart Mountain internees often worked outside the barbed wire fences, so they had 127 Army guards on duty (most guards of the camps) to watch over them. First, they worked to complete the Heart Mountain Canal (a Civilian Conservation Corps Shoshone Canal Project that had not been completed) to bring water (to drink) from the Shoshone River and to irrigate the 1,000 acre farm.

When the canal was completed, they worked on the farm to produce the most crops and meat (chicken, hogs and cattle) of any camp to their own consumption (so they ate better than other camps) -- at less cost to the government. (This may be the reason they had the most amenities of all camps -- for it is likely the project director received accolades from the government for having the lowest food costs of all camps, so he rewarded the internees with amenities.)

Its buildings were better built than the others (except Gila) to protect them from the cold (often 28 degrees below zero) for it was located in the coldest region of all camps. The high school had a large auditorium/gymnasium that housed 700 for basketball games and 1,100 for stage productions. (Topaz High School only had a gymnasium with no stands.)

Heart Mountain had two movie theaters with weekly showings for 10 cents per adult and 5 cents per child. It had more amenities than the other camps. No wonder it was called the most patriotic camp with over 900 men and women from Heart Mountain serving in the U.S. Army. (They also did not have turmoil caused by shootings and killings by the army guards as Manzanar, Topaz and Tule Lake.)

It must be remembered, it was only after the "No, No's" left the camps, who no longer lived in a concentration camp, for all camps with the exception of Tule Lake, truly became Relocation Centers, to relocate us to live anywhere in American society, except the West Coast, until December 17, 1944. It is important to remember life is what you make of it! We should never forget our civil liberties taken away from us. Many of us were forced to live in horse stables not fit for human habitation. But we will also never forget the good times and the many lifelong friends we made in the concentration camps. In addition, many of us developed our occupational skills in camp by running large cities. Utah's fifth largest city; Wyoming's third largest city.

Written by Mr. Kojiro Kawaguchi of Woodbridge, California.

Somehow, I cannot agree with Mr. Kawaguchi..."Concentration" is a very harsh word for our ten Relocation camps...yes, it had barbed wire fences and guards on towers, but that hardly makes it a "concentration camp"...being worked harshly...w/o pay, living in very harsh places, w/o schools, sports, activities, etc. etc. would truly make it a more harsh living...but we were given all these things with enough food, warmth and laundry as well as bathing facilities...none of our mails were censored like in Crystal City...and even Crystal City had good atmosphere and amenities...I guess it's all in an individual's outlook.

Living in a horse stables is harsh...the smell alone was terrible...eating in a mess hall isn't the most pleasant thing, and as I recall, in Heart Mountain, when I was there, the main meat in the winter was "mutton"...and it was very thick, greasy, "smelly" meat...but winter-time, that was the meat of choice up there...and let's face it...the Japanese/Japanese Americans who were cooks, did not cook mutton "at home" so they did the best they could by making it a "stew-like" meal with potatoes, carrots, onions tossed in...and we called it "Gottan"...I know mom and I ate just "gohan" with some "shiomomi" young dandelions...and that was good...messhalls who had good chefs and cooks were very lucky...many "cooked", by gosh and by golly and it was "otshikunai"...(didn't taste good)...that's why Crystal City was the best!!!

Super Healing

Julie K. Silver, M.D.

Each of us possesses a surprising capacity to bounce back from illness and injury, under the right conditions... Your body will work hard on its own to help you recover -- even if you do little to help the process along. Thousands of chemical and biological reactions occur throughout the day and night to help you to heal.

When you're injured, white blood cells called neutrophils rush to the site, to ward off infection. Other blood cells called monocytes transform themselves into scavengers (macrophages), to engulf and devour dead tissue and help to control inflammation. If you break a bone, bone cells called osteoblasts kick into action to knit the rough edges back together. And cell damage caused by illness -- or by harsh therapies, in the case of cancer, hepatitis, and other diseases -- get mended by the same hordes of microscopic miracle workers. There are so many cells assisting us in healing that we could never count them all.

But even though these processes are involuntary and automatic, there are things smart patients can do to speed and strengthen their recovery. The best healing occurs when you are able to optimize your immune system to avoid infections; encourage the healing of skin, bones, muscles, nerves, and tendons, and build strength and endurance.

In my practice, I have developed an eight-part strategy to put patients on the path to optimal healing. And at the heart of this strategy are three fundamentals: how you eat, how you sleep, and how you move.

I call inadequate nutrition, lousy sleep patterns, and physical deconditioning the Triple Threat to optimal healing. These three factors affect almost everyone who has had a serious injury or illness -- including chronic-pain conditions such as arthritis or fibromyalgia -- and they work synergistically to interfere with your body's natural healing processes, creating an environment for mediocre healing at best and unnecessary disability at worst.

So the answer for healing seems simple: eat better, sleep better, and exercise. But these goals don't seem so simple when you're weakened, depressed, and isolated by the million worries on your mind.

Step one: Don't neglect nutrition

We often read about how to eat to avoid disease. But once you get sick, there are also foods that will help you get better. For example, skin and bones need vitamin A to repair themselves. Vitamin C is crucial to the formation of collagen, the main protein of our connective tissue. Bromelain, a mixture of enzymes found in fresh pineapple, reduce swelling, bruising, and pain, and improves healing time following trauma or surgery. And adequate protein is absolutely essential for optimal healing.

When people are healthy, they often get away with bad dietary habits. Skipping breakfast and using coffee as a pick-me-up might have worked fine for you in the past, but if you are ill or injured, these timesavers will actually cost you time, because your recovery won't go as quickly as it might otherwise.

Step Two: Make Sleep a priority

During an illness you may need more rest than your usual hours of sleep....because some of your body's healing processes require sleep...hormone melatonin is produced during sleep. This hormone is believed to boost your immune system and to help repair corrupted DNA. It may even play a role in preventing some forms of cancer. But if you're tossing and turning at night, your melatonin levels can be diminished.

Step Three: Get Yourself Moving

Physical activity has a positive effect on what is called hemostasis: how the chemicals in the blood interrelate and work together. Exercise also improves the healing of muscles, bones, tendons, and ligaments...exercise helps us heal better...it also helps us to heal faster.

Putting Your Mind To It

The body's healing process isn't entirely physical. Along with eating right, sleeping well, and exercising, the five mental and emotional tactics comprise an eight-point plan for maximizing your powers of recuperation.

Reduce Your Pain

Though pain may be a normal part of many conditions, it can interfere with healing by interfering with sleep or causing needless, recovery-delaying stress...If you are in pain, don't be a hero; talk to your doctor and get some relief.

Consider Mind-Body Therapies

Meditation, guided imagery, and progressive muscle relaxation are all risk-free treatments that can reduce stress hormones and strengthen the immune system. (Cont'd on page 10)

Crystal City Association Bus Trip to Las Vegas May 19 – 21, 2009



Confirmation Will Be Sent to the Person Below:

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

Charter bus includes room and meals

2 nights double occupancy (\$135 per person)

My roommate is _____

	× \$138.00 =	\$
# 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 Fee (Pay Hotel) 7:30 am – Departure
--	--

Cancellation policy requires two weeks 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 20, at 5:30 pm – Main Street Buffet
- I am interested in the slot tournament on Wednesday, May 20, at 7:00 pm – Main Street

RESERVATION CUT-OFF - APRIL 1, 2009

("Super Healing" cont'd from page 8)

Monitor Your Mood

How you feel emotionally will have an effect on how you physically heal, so it's important not to give depression or anxiety the upper hand.

Surround Yourself With Love

People who care about you can help your physical healing with their support. If you find yourself alone, seek out shoulders to lean on, whether of friends, relatives, colleagues, or a formal support group.

Tap Into Your Spirituality

Daily prayer or reflection can help you heal...even if you don't believe in divine intervention, the process of quieting your mind and connecting to something greater than yourself can enhance relaxation and the sense of control, which in turn, directly affects blood pressure and other physiologic processes in the body.

Nutrition

Here's the truth about all those conflicting medical studies:

1. The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than the British or Americans.
3. The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.
4. The Italians drink excessive amounts of red wine and suffer fewer heart attacks than the British or Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans.

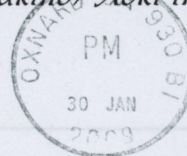
Conclusion: Eat and drink what you like. Speaking English is apparently what kills you.

Obituary: Our deepest and heartfelt sympathy to: Helen Ikemiyu Cook's family and Thomas and Edward Ikemiyu for the loss of their mother and sister, Helen. Hiroko (Makino) Maenaga, for the loss of her sister Michiko (Makino) Aoki in Santa Maria.

sumi shimatsu

Crystal City Chatter

Camarillo, CA. 93010



TAD & SATOMI ISHIDA

SAN FRANCISCO, CA 94116