

## Generation MIX National Awareness Tour

Raising awareness of the growing number of mixed race youth and families, the Generation MIX National Awareness Tour will kick off this spring! Traveling over 8,000 miles, stopping at sixteen college campuses across the US, working with multiracial and multicultural organizations, and all in a 26 foot RV, a team of five participants will jumpstart a national dialogue about how multiracial youth are changing the face of America.

The tour goals are to increase awareness of the mixed race community, increase awareness of the growing body of resources to help people understand the mixed race experience, and to initiate a national dialogue about mixed race people and families. With activities and workshops, the tour will include a children and families station, community expression station, health station, and much more. Learn more by visiting the comprehensive project website at [www.generationmix.org](http://www.generationmix.org).

### Special Workshop

The New Medicare Plan - How will it affect you?

Are you confused by the proposed changes to Medicare? Concerned with the rising cost of prescription drugs and Long Term Care? This brief, no-cost workshop provides information about issues that affect your health care environment and discusses ways to preserve your financial well-being, ending with a question and answer session. Hosted on Friday, April 22 from 1 - 2:30 PM at the Seattle JACL Office, 316 Maynard Avenue S. To reserve your space, contact Kazzie Katayama at (206) 722-2266.

### Gambling on Long-Term Care

Study shows many not prepared for likely need.

by Kurt Kwon, State Farm® Agent

A 48-year-old father of two is left with permanent injuries after an auto accident. A 66-year-old recent retiree suffers a serious stroke. An otherwise healthy 75-year-old grandfather falls and breaks his hip. These people have one thing in common. Quite unexpectedly they're each likely to need some form of long-term care, through nursing care at home, in a nursing home or at an assisted living facility.

The odds are good that many Americans will find themselves in a similar situation, as estimates by the Health Insurance Association of America indicate that over 70 percent of people over age 65 will need some form of long-term care.

See "Care" on page 3

## Rainbow Bookfest

The Seattle JACL Civil Rights Committee is cosponsoring the plenary session of the 3rd Annual Rainbow Bookfest on Saturday, April 30, 2005 at the International District/Chinatown Community Center located at 719 - 8th Avenue South. The event will take place from 9:30 AM until 6 PM.

This year's plenary session is entitled *Promoting Social Justice Through Writing*. This unique event highlights literary contributions by authors from all communities of color and provides a venue for writers to interact and share their perspectives and cultural heritage with readers.

This year's keynote speaker is Gwynne Forster, an award-winning author of over twenty works of fiction. As keynote, she will be discussing her work *Reading to Be Free*. Her latest published book is *If You Walked in My Shoes*. Gwynne Forster will be joined by Faith Adiele, Mary Rose Wong and Jeannette Rodriguez, forming the panel for this session.

The Rainbow Bookfest invites community organizations to participate in the festival. Please visit [www.rainbowbookfest.com](http://www.rainbowbookfest.com) or contact Director Carmen Palomera at [carmen.pal@comcast.net](mailto:carmen.pal@comcast.net) for more information.

## Asian Pacific American Heritage Month Celebration

### May 1

May is Asian Pacific American (APA) Heritage Month, and in recognition, the Seattle Chapter JACL is co-sponsoring a celebration of culture and arts on Sunday, May 1 at the Seattle Center House, 305 Harrison Street, from 11:30 AM to 4:30 PM.

Community booths, crafts and resources will be featured at this free, family-oriented event along with entertainment such as jazz saxophonist Fred Ho, Blue Scholars, Filipino Youth Activities (FYA) Drill Team, Seattle Chinese Drill Team, Tsunami Taiko, Rainier Beach South Pacific Islanders, and more. The Seattle Center House can be reached at (206) 684-7200.

### May 2

The month long celebration continues with a free jazz workshop offered to the public by Fred Ho, one of today's leading Asian American artistic talents. The workshop will be held on Monday, May 2 from 7 to 9 PM at the Jefferson Community Center located at 3801 Beacon Avenue South, Seattle. The Jefferson Community Center can be reached at (206) 684-7481.

Newsletter Available On-line: [www.jaclseattle.org](http://www.jaclseattle.org)

## President's Message

by Joy Shigaki, President

### Congratulations to Kay Abe - Jefferson Award Winner

In March, Kay Abe received the Jefferson Award that recognizes individuals who have made Washington -- and the world -- a better place. Ms. Abe was one of five individuals selected throughout the state. She has been a tremendous servant for Seattle's homeless for the past 14 years through The Lord's Table Ministry. One of the winners will represent the state at a national awards ceremony in Washington, DC during June.

### Chapter Focus and Outcomes for 2005

Early this year, Vicki Asakura facilitated an outstanding board retreat to help us focus on our work for the year. We discussed the outcomes we would like to see in 2005, all centered on our organization's mission. We also briefed board members on the rich history of our chapter, reflected on what JAACL will look like in 2010, and developed initial work plans for our committees.

Our mission reads: "Seattle JAACL is a civil rights organization dedicated to empowering our local community through high-quality programs and strategic partnerships focused on activism, education, and youth leadership development...we strive to be the leading Asian American advocacy group for civil and human rights while promoting and preserving the values and cultural heritage of Japanese Americans."

For 2005, there are six main areas we will focus, each headed by a JAACL committee. Within each area, we have identified key outcomes we would like to achieve:

#### Civil Rights/Political Awareness

- Assess of internalized oppression in the API community
- Develop legislative action plan on state, county, city levels and determine impacts on programs, community of color, and low income communities
- Set political agenda for how JAACL stands on issues

- Host candidate forums in key city and county races
- Organize day long coalition building workshop across communities of color
- Work in coalitions with civil rights, community based organizations and develop meaningful relationships

#### Education

- Increase understanding of the Japanese American community and history through workshops, and events
- Increase understanding and awareness of our legacy and host external workshop for teachers
- Support and preserve the Washington State Civil Liberties Education Fund
- Support and promote the Minidoka Pilgrimage in June

#### PR/Marketing

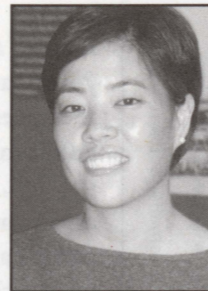
- Establish PR/Marketing Committee
- Develop and implement a PR/Marketing plan to promote our programs and work with local print, TV, and radio as well as website development

#### Membership

- Host quarterly membership events including family-friendly social programs
- Distribute a survey to members as part of our strategic planning process
- Double our membership!

#### Fundraising

- Establish a fundraising committee
- Develop aggressive fundraising plan for the year including foundation and corporate support, installation banquet, and developing a fundraising appeal



See "President" on page 3

## Announcements

### Thank you generous donors

#### Individual Member

Lori Aoki

#### In Honor of Bill Tashima

Miyoko Kaneta

#### \$100-\$150 Level

Ray Ishii

#### \$50-\$99 Level

Bradley Yamauchi

#### Up to \$49 Level

Sam Mitsui

May Namba

Lori Aoki

Polly Shigaki

#### Correction for previous issue:

Takashi Hori donated at the \$50-\$99 Level

### Events Calendar 2005

**Apr. 18** – Civil Rights Committee Meeting; JAACL Office, 316 Maynard Ave. S., room 111, 6 PM.

**Apr. 22** – Workshop: The New Medicare Plan - How will it affect you?; JAACL Office, 316 Maynard Ave. S., room 111, 1 - 2:30 PM; Contact: Kazzie Katayama, (206) 722-2266.

**Apr. 22-24** – Seattle Cherry Blossom & Japanese Cultural Festival; Seattle Center House, FREE; Contact: (206) 723-2003.

**Apr. 30** – Rainbow Bookfest with keynote Gwynne Forster; International District/ Chinatown Community Center, 719 - 8th Ave. S., 9:30 AM - 6 PM; Contact: Carmen Palomera, carmen.pal@comcast.net, www.rainbowbookfest.com.

**May 1** – Asian Pacific American Heritage Month Celebration; Seattle Center House, 11:30 - 4:30 PM.

**Jun. 24-26** – Minidoka Pilgrimage; Contact: Gloria Shigeno, (425) 649-0100, gloriashigeno@hotmail.com.

## President, continued from page 2

- Develop meaningful partnerships with key funders and customers
- A balanced budget at the end of 2005

#### Strategic Plan

- Establish a committee
- Develop the Chapter's 2005 plan in consultation with the Pacific Northwest District to determine the needs and direction for our organization. It will be a meaningful blueprint for our work in the future.

#### Special Thanks

Many thanks go to Elaine Akagi for organizing the Muckleshoot Casino outing in February with our sister chapters: Lake Washington, Olympia, Puyallup, and White River. It was a fun time had by all!

#### Do you have ideas or like to get involved?

We are always open to your ideas and thoughts on future programs and events. Similarly, we are always looking to bring more people into our work through our standing committees, special projects, and events. We are particularly looking for individuals with PR/Marketing experience as well as those with a fundraising background.

#### Intern needed

We are also looking for a high school or college intern who is willing to work with the board on special projects and help staff our office. More details to come in the next newsletter, but feel free to email me if you are interested at jshigaki@wingluke.org or by phone at (206) 622-4098 to find out more.

#### Memberships for March

##### Individual

J. Kiiko Fisk

Frank T. Hori

Yo Kaneko

Fran Kato

Charlene Lee

Toru Matsuoka

Debbie Nagasawa

Kenneth J. Nakatsu

Kathy Sugiyama

Mariko Tanagi

Wendy Tokuda

Lawrence Tsunoda

Ida Zodrow

##### Couples/Family

Jon & Bobbe Bridge

Howard & Sumiko Minato

Dennis & Susan Okamoto

##### Senior Booster

Jene Hori Deguchi

## Care, continued from page 1

With government data placing the average cost of nursing home care at \$56,000 a year, failing to plan can be a costly gamble. Nine in ten of the adults surveyed have health insurance and three out of four own a life insurance policy. Why don't people plan better? Half of all adults over the age of 45 believe they won't need long-term care until they're older and don't want to think about it now. Others take the long-term care gamble because they mistakenly believe they're already covered or that the government will pay for it.

Americans need to protect themselves and their financial assets by making sure they insulate themselves from the high costs of long-term care. Long-term care insurance is one of the most important components of a family's financial plan. That's why I urge people to visit a financial services professional to talk about long-term care insurance. It can help protect assets, preserve long-term care choices and help control independence.

## Fun at the Muckleshoot in Review

Sixteen members of the Pacific Northwest District Puget Sound chapters met at the Muckleshoot Casino for an afternoon of fun and games during the last weekend in February. A fabulous, all-you-can-eat buffet brunch at the Pisces Restaurant started the day. It was a time of socializing with members and friends from around the Puget Sound area. Then came time for the serious stuff...the tables and machines.

Although no one came home with bags of money, all can say they had a good time. The Pacific Northwest District Puget Sound chapters, which include Lake Washington, Olympia, Puyallup, White River and Seattle, have gotten together at a casino several times in the past couple of years and it's been an excellent means to meet members of other chapters.

Our next casino trip will take place over the Labor Day weekend, so keep your calendars open for this fun event. For more information, contact Elaine Akagi, (206) 772-7192 or ReikoA@comcast.net.

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**Mission Statement:** The Seattle Chapter JACL is a non-profit, grassroots civil rights organization dedicated to empowering our local community through high-quality programs and strategic partnerships focusing on activism, education, and youth leadership development. As a chapter of the Japanese American Citizens League, we strive to be a leading Asian American advocacy group for civil and human rights while promoting and preserving the values and cultural heritage of Japanese Americans.

**Chapter Board Meeting:** Our primary means of carrying out our mission is a monthly meeting, held at 6 PM on the third Wednesday of each month, except August, at the chapter office, 316 Maynard Ave. S, Seattle. Those wishing to make presentations or be added to the meeting agenda should contact President Joy Shigaki prior to the meeting.

**Seattle Chapter Newsletter:** Published a week after the third Wednesday of each month by the Seattle Chapter Japanese American Citizens League. Address: PO Box 18558, Seattle, Washington, 98118. Phone: (206) 622-4098

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**Contributors:** Bylined articles represent the views of the writer and do not necessarily reflect the views of Seattle Chapter JACL or the National JACL. The entire contents are copyrighted by Seattle Chapter JACL Newsletter. No part of this publication may be printed without prior consent.

**Article and Event Submission:** Board members should submit materials to the editor (ryanminato@hotmail.com) by the Friday after the monthly board meeting. Calendar items emphasize chapter or community events not likely to be covered by community newspapers or by other newsletters.

Seattle Chapter JACL website: [www.jaclseattle.org](http://www.jaclseattle.org)  
E-mail address: [email@jaclseattle.org](mailto:email@jaclseattle.org)

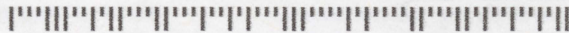
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P.O. Box 18558  
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