PAGE 5
JANM Hosts Program to Honor Min Yasui.

PAGE 6
47TH MANZANAR PILGRIMAGE
Hundreds gather at the Owens Valley site for a day of reflection, gratitude and hope for all humans.

PAGE 7
John Kerry’s Historic Visit to Hiroshima Stirs Debate.
**WE NEED TO COME TOGETHER TO SUPPORT THE P.C.**

The future is in your hands! As many of you know, the Pacific Citizen is facing some challenging times.

The Pacific Citizen, one of the few Nikkei newspapers still in print, needs your help! I am asking all JACL members to consider donating or contributing what you can to keep this 87-year-old paper going.

As an organization, we've heard member responses that they want to keep the Pacific Citizen in print. Keeping this award-winning newspaper in print requires your support.

As one of the few newspapers that covers national Nikkei and Asian Pacific Islander (API) events and issues, your contributions are what will help keep the Pacific Citizen sustainable and successful.

In addition to donations, any advice or input on how to expand the readership would be appreciated! The staff, though small, works hard, and they need your help to continue bringing you the news you look forward to.

My hope is that the JACL members and P.C. staff can work together to ensure this newspaper's growth and prosperity. The P.C. is a great platform for chapters and individuals to get the news out about their programs or events, or even their own family stories and legacies to the greater Nikkei community.

In order to stay connected nationally, we need to come together to support the P.C. With many other API and Nikkei newspapers facing hard times, it is even more urgent and important that we come together to solve this problem.

The Pacific Citizen’s goal is to reach $100,000 this year. This goal will help keep the newspaper in print for the next few years. With your help, we can reach this goal and keep the Pacific Citizen available for our members and the many folks who rely on the P.C.

Will you answer this call to action and support the Pacific Citizen?

Sincerely,
Michelle Yamashiro, PSW District Governor

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**MONTEREY SET TO HOST SECOND ANNUAL CULTURAL FESTIVAL**

More than two-dozen international performances will be featured during the second annual Language Capital of the World Cultural Festival on May 14-15 at the Lower Custom House Plaza in downtown Monterey, Calif.

Hundreds of performers of colorful dances and authentic music from a variety of international cultures will be represented to help highlight Monterey’s rich culture, language and international affairs capabilities as well as its Sister City relationships.

 Participating sponsors include Moravia, Arts Council for Monterey County, Fisherman’s Wharf Assn. and the City of Monterey.

Fun for all ages, the festival will also feature food and beverages offered from vendors of different cultures, including Japanese, Korean American BBQ, Indian and Lebanese cuisine. Henna face painting, ethnic crafts exhibits and cultural lessons will also be offered.

The fest will be held on May 14 from 10 a.m. to 5 p.m. with a procession on Alvarado Street in Downtown Monterey at 10 a.m. and on May 15 from 11 a.m. to 5 p.m.

For more information, visit www.Edowfest.com.

Former JACL National President Larry Oda (right) participated in the Cask Ceremony during last year’s festival.

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**PACIFIC CITIZEN**

The P.C.’s mission is to “educate on the past Japanese American experience and preserve, promote and help the current and future AAPI communities.”

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More than ever, your funds will help preserve the legacy of the Pacific Citizen. Donations of $150 or more will be entered in a monthly drawing for a box of “Fugetsu-Do” Japanese manju delivered to the winner’s door.

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COMMENTARY

IS JAACL A GOOD INVESTMENT?

By Rhianna R. Taniguchi

In 2014, Chicago Mayor Rahm Emanuel unveiled a program using Social Impact Bond (SIB) financing to enroll more children in pre-K classes. The program aims to get 2,600 children into half-day preschool classes by the end of 2018.

The SIB would make payments for each pupil who, after pre-K, does not get placed in a special education program ($9,000 per pupil), is deemed ready for kindergarten after pre-K ($2,900) and scores above the national average for third-grade reading ($750). If successful, this program will save the city money on special education while also preparing children for success in kindergarten.

This model of financing for social services is called “Pay for Success” and has captured the attention of taxpayers, governments, investors and nonprofits on a global scale in recent years. “Pay for Success” is mainly associated with Social Impact Bonds — investments focused on creating monetary savings for local governments through preventative or interventional social services. Governments pay investors if the service delivers the intended result. This model is designed to improve outcomes and reduce costs.

Exciting models like “Pay for Success” are making philanthropists ask how their donations are being allocated, if not to organizations that use similar concepts of evidence-based intervention. Every JAACL member is essentially investing in the organization, and we need to ask ourselves, “Are we making a good investment?”

I personally consider my investment in JAACL one of the best I’ve made to date. JAACL has offered me educational opportunities, leadership roles, mentors and, most importantly, amazing people that I continue to learn from and call friends. Although I know many others who can explain the benefits of being a member of JAACL, we need to make changes at an organizational level.

We need to start questioning where our money is going and take action to ensure it’s being used in a manner that’s consistent with our mission. Beyond that, we need to make sure it’s being done in a cost-effective way, producing a ROI that is better than other organizations in the same space.

To sponsors and donors, we’re losing our edge and many would say our purpose. Yes, we are a nonprofit and we value the experiences of members on an individual level, but are there other organizations who are more effective in carrying out our mission?

I can attest to the tremendous value that JAACL has brought to my life, but are we still effective in securing and maintaining the civil rights of Japanese Americans and all others who are victimized by injustice and bigotry? I’m not entirely sure.

Grants have always tried to define the outcomes of programs, requesting lengthy applications and reports. We need to go beyond a survey at the end of a training or event and take the time to define success.

What does success look like, and how can we take the organizational and financial steps to ensure that JAACL fulfills its purpose on a performance-based model? Answering these questions will help us to outline a healthy and sustainable budget while also being impactful.

We as members need to thoroughly read through the proposed budgets and utilize the expertise of the many professional financial counselors available to us.

We also need to communicate clearly how our organization is spending its funds, how it aligns with the mission and how it creates a sustainable future for JAACL. I value art, experience and outcomes that cannot be quantified, but I highly encourage individuals, chapters and districts to consider implementing a performance-based model where it is applicable.

By doing this, we can not only qualify but quantify the immense impact JAACL has on our community. This is the language that sponsors, donors and future members speak, and we can all play a part in helping JAACL speak this language, too.

Rhianna Taniguchi is an account executive at the Denver Post. She was the 2014 JAACL Norman Y. Mineta Fellow.

A YONSEI TRANSPLANTED

QUESTIONS AND FEW ANSWERS IN HOSPITAL SHELLING

By Matthew Ormseth

Was it the biggest story of 2015 that failed to secure a front-page headline? Nestled in the posterior pages of America’s largest newspaper — the territory usually reserved for bland economic and foreign policy updates — was the revelation that a U.S. gunship had bombarded a Doctor’s Without Borders hospital in Afghanistan last October.

Scores were dead, the building was left charred and smoldering, absolutely devastated. The death toll would eventually stand at 42; the Pentagon would admit that no enemy combatants were killed in the operation and that 13 of the dead were members of the hospital’s staff. It would later come to light that the gunship in question fired 211 explosive shells at the hospital over the course of a full 29 minutes before realizing they were, in fact, bombarding not a Taliban command base but a NGO-run hospital.

The U.S. military has conducted its own internal investigation into the incident. The investigation concluded that the shelling of the hospital was “the direct result of avoidable human error, compounded by process and equipment failures,” and the U.S. government has provided financial compensation to victims of the attack — $6,000 to the families of the deceased, and $3,000 to each person left wounded.

These figures are almost ludicrously paltry, but it might’ve been some consolation to the wounded and the families of the dead if those who ordered the airstrike and those who carried it out were held responsible. They weren’t.

The Pentagon has promised to discipline those wasting the gunboat: They’ve been removed from duty, it announced, and they’ve issued letters of reprimand, which often prove career-ending.

But ultimately, it was decided that all those involved in the airstrike would face only “administrative action.” No criminal charges would be filed; those responsible for the annihilation of the hospital would not be subjected to an independent investigation or hauled up before an international war crimes court.

Mistakes happen — in an environment as fraught with adrenaline and dread as war-torn Afghanistan, soldiers and their commanders occasionally get things wrong. But that’s not to say that such mistakes shouldn’t be investigated by an independent authority, especially given that mistakes made by men in gunships tend to have horrific consequences.

There’s no reason why those responsible for the bombardment shouldn’t be investigated by an outside party. The initiation of an investigation does not constitute a conviction; the very reason we have a judicial process is to determine, by the judgment of an unbiased and balanced jury, whether someone is innocent of a crime, or guilty of it.

Our judicial process exists for more than sentencing purposes To suggest that the military is capable of conducting such an unbiased and balanced investigation into its own affairs is ridiculous.

I don’t think anyone is arguing that those manning the gunship purposefully targeted a humanitarian NGO hospital. The shelling was clearly a mistake, a deadly, deadly mistake, but a mistake nonetheless.

It is easy for us as civilians to denounce a military blunder in unequivocal terms when we’ve never experienced the terror of combat, or the bewildering, paralyzing effect fear plays on our decision-making faculties in life-endangering situations.

Yet, the fact that the strike was an absolutely unintentional mistake does not excuse the negligence, the “avoidable human error” cited by the Pentagon’s investigation as a factor in the incident.

An independently conducted investigation would be able to determine exactly what constituted that vague term — “avoidable human error” — and whether those who committed error should face criminal prosecution.

What does “avoidable human error” even mean? How many were involved in the attack, and how many actually subjected to the administrative discipline promised by the Pentagon?

The U.S. military has a long tradition of protecting its own, and it’s no surprise it’s been so averse to such an investigation.

But too many questions remain unanswered, and at such a critical moment as this one, when U.S. credibility in the Middle East among local populations is dangerously close to evaporating altogether, we need to show the rest of the world that our soldiers and our military commanders are not free to err with impunity, and that they will be held accountable for their mistakes — especially when those mistakes are the result of “avoidable human error.”

Matthew Ormseth is currently a student at Cornell University majoring in English. He seeks to give an honest portrayal of life as both a university student and member of the Millennial generation.
JACL National Convention
Plenary Spotlign: ‘WHAT’S AT STAKE IN 2016?’

LAS VEGAS, NEV. — Join JACL for a special plenary “What’s at Stake in 2016?” at the JACL National Convention. The outcome of the 2016 elections will have deep and profound impact for years to come, not just for Japanese Americans and other Asian Americans and Pacific Islanders, but also for the nation as a whole.

“What’s at Stake in 2016?” will feature the following panelists:

- David Mermin, partner at Lake Research Partners: Mermin is a renowned pollster and political strategist for the past 20 years. He heads the Lake Research Partners’ Bay Area office. He advises incumbents and challengers, including Rep. Mike Honda and David Chiu of the California State Assembly, at all levels of the electoral process, as well as a wide range of advocacy organizations, independent expenditures, foundations and labor unions. Mermin and his team at LRP also conduct opinion and message research on issues including immigration, voting rights, health care, workplace issues, financial reform and retirement security.

- Nam Aron, president at Alliance for Justice: Aron, the founder and president of Alliance for Justice, is nationally recognized for her vast expertise in public interest law, the federal judiciary and citizen participation in public policy. She has appeared as an expert in various media outlets such as the New York Times, the Wall Street Journal, the Washington Post, USA Today, the Los Angeles Times, the Nation, Vanity Fair and National Public Radio.

Prior to founding AFI, Aron was a staff attorney for the ACLU’s National Prison Project, where she challenged conditions in state prison systems through lawsuits in federal and state courts. As a trial attorney for the Equal Employment Opportunity Commission, she litigated race and sex discrimination cases against companies and unions in federal and district courts.

- Tim Storey, director of leaders services at the National Conference of State Legislatures: Storey specializes in elections, redistricting and legislative organization and management. He staffed NCCLS’s redistricting and elections committee for more than 20 years and authored numerous articles on redistricting and elections. Every two years, Storey directs NCCLS’s effort, State Vote, to collect and analyze state election results. He has also participated in, and led, studies of legislative operations for more than 30 state legislatures and parliaments around the world. Storey has worked with legislatures at NCCLS for more than 25 years.

The 2016 JACL National Convention will be held July 11-14 in Las Vegas, Nev. For more information, visit https://jacl.org/2016convention/.

APAs in the News/News Bytes

President Barack Obama Declares May as AAPI Heritage Month

WASHINGTON, D.C. — President Barack Obama on April 30 declared May as Asian American and Pacific Islander Heritage Month. In an official proclamation, Obama stated, “Asian Americans and Pacific Islanders (AAPIs) are the fastest-growing racial group in our country, growing over four times as rapidly as the population of the United States. Our Nation’s story would be incomplete without the voices of countless Asian Americans, Native Hawaiians and Pacific Islanders who have called the land we all love home. This month, we honor the irreplaceable roles they have played in our past, and we recommit to ensuring opportunities exist for generations of AAPIs to come.

“May Administration is committed to supporting and investing in AAPI communities,” Obama continued. “During Asian American and Pacific Islander Heritage Month, let us celebrate the many contributions our AAPI brothers and sisters have made to the American mosaic, and let us renew our commitment to creating more opportunities for AAPI youth as they grow up and embrace the hard work of active citizenship, adding their unique voices and experiences to our Nation’s narrative.”

Obama also called upon all Americans to visit www.whitehouse.gov/AAPI to learn more about the U.S.’s efforts on behalf of all AAPIs.

Two-Time Olympic Champion Weightlifter Tommy Kono Passes Away

HONOLULU — Tommy Kono, who took up weightlifting in an internment camp for Japanese Americans and went on to win two Olympic gold medals for the U.S., has died at the age of 85.

Kono died April 24 in Honolulu, the U.S. Olympic Committee announced. His cause of death was attributed to cirrhosis of the liver.

Born Tamio Kono in Sacramento, Calif., in 1930, Kono was interned with his family at Tule Lake, where he picked up his first dumbbell. He would become one of the sport’s greatest champions, winning golds in Helsinki in 1952 and Melbourne in 1956. He also won a silver medal at the 1960 games in Rome and six straight world championships in the 1950s. At various times, he held 20 world records according to the International Weightlifting Federation. In the same period, he won the title Mr. Universe three times.

Kono later became coach of Olympic weightlifting teams for three different countries, including the U.S. team that competed in Montreal in 1976.

French historian Pierre Moulin Unexpectedly Dies in Honolulu

HONOLULU — Pierre Moulin, a French historian author who dedicated his life to telling the story of the Japanese American soldiers of World War II, died unexpectedly in Honolulu on April 11 at the age of 67.

Moulin was born on Nov. 1, 1948, in Bruyères-en-Vosges, France, and following the liberation of his hometown in 1944 by the 100th Infantry Battalion 442nd Regimental Combat Team, dedicated his life to honoring those soldiers.

Hawaiian was Moulin’s adopted home, and he served as a volunteer at the U.S. Army Museum of Hawaii, in addition to writing several books about the 100th Battalion and the 442nd RCT.

He was made an honorary citizen of many U.S. cities, including Fresno, San Antonio and Honolulu, as well as an honorary member of such organizations as the Go For Broke National Assn., National Japanese American Historical Society and the Military Intelligence Service Association of Northern California.

Little Tokyo Mainstay S.K. Uyeda Will Close Shop This Month

LOS ANGELES — S.K. Uyeda department store, which opened in Little Tokyo in 1945, is closing its doors for good May 15 after serving the community for 71 years.

The store, which opened following the end of World War II, operated as a department store selling clothing, hardware, home goods, toys and other Japanese items. But as other stores also began to offer competition through the years, the store became a specialty store selling Japanese futons, kimonos and personal accessories.

Satoru “Sats” Uyeda took over the family business following the death of his father in 1992. After the passing of his mother last year, it became inevitable that through the passing of time, it was time to close the business and sell the building.

But even though his store will be gone, Uyeda is still hopeful that the Japanese community will remain connected to Little Tokyo through its love of sports, community and programs and festivals that highlight the history of the Japanese culture.

— P.C. Staff and Associated Press

Portland JACL Participates in ‘INSPIRING ACTION and IGNITING JUSTICE’ Symposium

PORTLAND, ORE. — “Inspiring Action and Igniting Justice,” a symposium to honor the life and legacy of Minoru Yasui, the only Oregonian to have been awarded the Presidential Medal of Freedom, was held on April 23 at the World Trade Center.

Karen Narasaki, who was appointed by President Barack Obama to the U.S. Commission on Civil Rights in 2014 was the event’s keynote speaker.

The symposium featured expert panelists at three different workshops: “Cross-Cultural Activism: Education – Roots to Results” and “Law and Social Change” and was opened by Peggy Nagae, the lead attorney for Min Yasui’s Coram Nobis case.

Attendees were also treated to a speech by Sen. Ron Wyden (D-Ore.).


The all-day event was organized by the Oregon Nikkei Endowment and the Min Yasui Tribute Committee, with Portland JACL acting as sustaining sponsor.

— Setsy and Chip Larouche,
Portland JACL
Family Friends Gather To Remember Min Yasui

By George Toshio Johnston, Contributor

Were Minoru Yasui alive today, he'd be 100 years old — and probably quite impressed by the collection of family, friends and admirers who convened on April 30 at the Japanese American National Museum in Little Tokyo to pay tribute to the civil rights icon.

The event, titled “Civil Rights Today: A Tribute to Min Yasui,” combined the warmth of a family reunion with the serious undertones of the challenges Yasui and thousands of Japanese Americans faced in the aftermath of Dec. 7, 1941, and challenges today confronting Americans of Middle Eastern and South Asian heritage, as well as American followers of Islam in the aftermath of Sept. 11, 2001.

The all-star lineup of panelists included Holly Yasui, the youngest daughter of True and Min Yasui and co-founder of the Min Yasui Tribute Project; Norman Mineta, former Secretary of Transportation; attorney Peggy Nagae, who served as the lead attorney in the revived Yasui v. United States case; Ronald Wakabayashi, western regional director for the Department of Justice Community Relations Service and former national director of the Japanese American Citizens League; and author, filmmaker and scholar Irum Sheikh.

The panel was moderated by Kumamoto and the former JACL national director related his recent experiences as serving in the Department of Justice’s Community Relations Service and how that related to his experiences interacting with Yasui.

“I’m reflectful to Min Yasui,” Mineta said.

At the end of the panel discussion, an audience member asked: What would you say to your constituents, both individually and as a group?

Nagae said: “Google Minoru Yasui.”

The event welcomed (front row, from left) Norman Mineta, Peggy Nagae, Holly Yasui, Karen Korematsu, Dale Minami, (middle row, from left) Julie Yan Yasui, Elif Cik Yasui, Robin Yasui, Leyla Yasui, Naomi Yasui, Julian Yasui, (back row, from left) Caleb Haas, Lucas Haas, Tim Yasui, Todd Yasui and Tyra Fujikura.

Panel participants at the JANM event paid tribute to the late Min Yasui (pictured at right).

Wakabayashi proposed that the legacy of Yasui be recognized as a day to remember his efforts. He did, however, miss the culmination of the criminal cases and sought to have them overturned.

Yasui, however, died Nov. 12, 1986, and his coram nobis case also came to an end — but not before he succeeded in having his conviction for violating the curfew vacated.

To Mineta, Minoru Yasui was his “North Star,” the person whose words and deeds inspired him to move on from incarceration at Idaho’s Minidoka War Relocation Center, Yasui would move on with his life — marrying, moving to Denver, Colo., and becoming a father to three daughters.

Decades later, Yasui, Korematsu and Hirabayashi and a small army of attorneys that included Nagae, Karen Kai, Kathryn Bannai, Dale Minami and Don Tamaki would revisit the cases and seek to have them overturned.

Yasui’s death, recognition of his efforts, achievements and legacy have grown.

In his remarks, Mineta related his recollections of the Sept. 11, 2001 terror attacks that involved the hijacking of four commercial airlines. At the time, Mineta was serving in the administration of President George W. Bush. He recalled learning via TV of the initial jetliner crashing into one of the Twin Towers in New York City, then eventually being summoned to the White House Situation Room, then getting moved to the FEOC or Presidential Emergency Operations Center beneath the White House.

Mineta related how the rhetoric immediately following the attacks included calls for rounding up Arab Americans and Muslims in the U.S. and President Bush’s response: “We don’t want to have happen today what happened to Norm in 1942.’ You could have happened to Norm in 1942.’ You could have happened to Norm in 1942.’ You could have happened to Norm in 1942.’ You could have happened to Norm in 1942.’ You could have happened to Norm in 1942.’ You could have happened to Norm in 1942.’ You could have happened to Norm in 1942.”

Mineta said. “Little did we realize then as young attorneys we would still know each other decades later and we would continue to work for all these decades... again and again to try to repudiate those Supreme Court cases.

“Little did we realize then as young attorneys we would still know each other decades later and we would continue to work for all these decades... again and again to try to repudiate those Supreme Court cases.

“Adjudging to an incident that Mineta referred to in the aftermath of 9/11 — the Sept. 15, 2001, hate crime murder of Balbir Singh Sodhi, a Sikh-American in Mesa, Ariz. — Wakabayashi noted how he attended memorial services in the years immediately after and how people who knew his background with the JACL would ask if they, too, might be put into concentration camps.

“I’d answer them like, ‘That’s not going to happen again. I’m just really sure that’s not going to happen again. There is going to be backlash, and we’ll need to deal with that. I wouldn’t give them that same answer today,” Wakabayashi said. “It’s chilling to me and disappointing to me.”

In a reflection of Wakabayashi’s comments, Sheikh noted how some politicians today have called for travel bans on all Muslims, and enhanced surveillance on Muslim neighborhoods ... “are reminiscent on how politicians scapegoated and targeted Japanese Americans in World War II.”

Sheikh also noted the differences between then and now. “I believe that the Civil Rights Movement of the 1960s, the Civil Liberties Act of 1988 and the Japanese American community’s support for Muslims stopped the government from taking the horrific and extreme steps it took during World War II by placing every person of Japanese heritage on the West Coast in internment camps.”

Sheikh nevertheless asserted that the civil rights struggles facing different communities in the U.S. are far from over.

At the end of the panel discussion, an audience member asked: What would you say to this [younger] generation about finding ways, both large and small, to have an impact, both individually and as a group?

Nagae said: “Google Minoru Yasui.”
The 47th Manzanar Pilgrimage: Never Forget the Children

Hundreds gather at the National Historic Site for a day of reflection, gratitude and hope for all humans.

By Charles James, Contributor

The weather on Saturday at the 47th Annual Manzanar Pilgrimage was cold, overcast and windy, but the enthusiasm that has characterized the event was not cooled or dampened. The need to remind others of the injustice committed more than 70 years ago animates those that remember how easily freedom can be snatched under the weight of fear, racism and war hysteria.

A question posed by several speakers at this year’s pilgrimage was: Are we, in today’s political environment, witnessing a resurgence of the very things that led to creating the War Relocation Centers? Have the American people forgotten how easily mass hysteria and unfounded fears can quickly devalue a people’s dignity, take away their constitutional and human rights and threaten or take away their freedom?

“Kodomo No Tame Ni, For the Sake of the Children” was this year’s pilgrimage theme, and it sought to bring attention to the effects of racism, fear and prejudice.

Among the children were 101 American-born children without parents. The children ranged in age from newborns to 18-year-olds. Where they lived, as one speaker said, was “euphemistically called the ‘Children’s Village.’” The orphanage at Manzanar was also the only one to be found in all of the 10 War Relocation Centers throughout the country.

In a March 11, 1997, Los Angeles Times article titled “Childhood Lost: The Orphans of Manzanar,” staff writer Renee Tawa wrote that “even without the hindsight of history, Manzanar’s top official denounced the government’s treatment of the orphans in his final 1946 report on the camp.”

“Kodomo Nisuta No, For the Sake of the Children” was this year’s pilgrimage theme, and it sought to bring attention to the effects of racism, fear and prejudice.

The Manzanar National Historic Site exists today and allows the remembrance of the orphans was recognized by the Manzanar Committee in its presentation of the 2016 Sue Kimutoni Embrey Legacy Award to former Inyo County Supervisor Bob Gracey, 87, who was elected in late 1992 to the Inyo County Board of Supervisors, representing the Fourth District, within which the Manzanar NHS is located.

The supervisor played a key role in getting the hazardous materials removed from the former Manzanar High School Auditorium in which the current museum is located. The building had been used for decades by Inyo County as a maintenance facility.

Embrey also spoke to the renewed significance of what happened at Manzanar and expressed concern about “the (political) climate taking a dangerous turn as voices are daily being heard that we should like to speak against.” He emphasized that “we need to speak to this atrocity to those in power.”

“Prejudice against war hysteria and a failure of political leadership were the driving forces behind the internment,” Embrey continued. “We know there was no military necessity to place anyone behind barbed wire . . . in 1942 many knew this, but few stood up to say this is wrong.”

Embrey cautioned that many of the same arguments used to incarcerate Japanese Americans in 1942 are being voiced by current presidential candidates, mayors and other political leaders, including even a general.

“We must add our voices against those who would take away the Constitutional rights of others on the basis of their race, language, religion or because they look different,” said Embrey. “That is what happened to us in 1942. We must remember so America does not forget.”

The final speaker, Maytha Alhassen, a Southern California native and University of Southern California Provost PhD. Fellow in American Studies and Ethnicity, spoke forcefully on behalf of America’s Muslim and Arab communities.

Alhassen said that after 9/11, the Japanese American community in Los Angeles and the Manzanar Committee supported Muslims and Arabs, saying “Never forget in reference to what happened to Japanese Americans during World War II.

She noted since 9/11, Muslims and Arab communities have been facing “Fear-driven questions about their identity and loyalty.” She went on to say that the 9/11 attacks created “Xenophobia, racism, prejudice and collective fear toward Muslims and Arabs,” and spoke of 5,000 people who were placed in “preventive detention” and another 170,000 Muslim men that had to complete “special registration.”

Alhassen also cautioned that after 9/11, Congress passed the Patriot Act, which she called “an assault on all our freedoms.” She also called out presidential candidate Donald Trump for his “anti-Muslim rhetoric,” saying that he even went so far as to say that the incarceration of Japanese Americans during World War II was justified. In another example, Alhassen shared, “There was a mayor in Virginia who cited the relocation camps as having set a precedent that could be used for Syrian refugees.”

Alhassen’s final comment, ending the presentation part of the program, was for everyone “to embrace collective love over fear.”
U.S.-JAPAN ALLIANCE EXAMINED AFTER G7 MEETING

Sec. John Kerry makes a historic visit to Hiroshima over nuclear disarmament.

By Tiffany Ujiiye, Assistant Editor

The Aug. 6, 1945, attack was the first time an atomic bomb was ever used on civilians, changing warfare. The second and only other time was three days later in Nagasaki. Shortly after, Japan surrendered, bringing the hostilities of World War II to a close.

More than 70 years later, an organization comprised of foreign ministers met for a historic visit to Hiroshima, Japan, on April 11. Group of Seven (G7) made efforts to rid the world of nuclear weapons in the first city destroyed by an atomic bomb. The meeting resulted after recent provocations by North Korea's repeated testing and worsening security concerns in Syria and Ukraine.

Japan Foreign Minister Fumio Kushiida was applauded for the G7 meeting and bringing U.S. Secretary of State John Kerry to Hiroshima.

Kerry, the highest-ranking U.S. administration official to visit the site, raised speculations on whether President Barack Obama would visit both or one of the sites later this month. President Obama is expected to attend the Ise-Shima Summit in Japan's Mie Prefecture.

On April 5, 2009, Obama gave a speech in Prague on nonproliferation, calling for a world without nuclear weapons. Since that speech, many Japanese peace activists, officials in Hiroshima and Nagasaki as well as environmentalists have pushed him to become the first sitting U.S. president to visit the cities.

But many wonder if a visit is a good idea.

Amidst the Wikileaks release in 2011, a portion of a secret cable made in September 2009 by U.S. Ambassador to Japan John Roos recommended that Obama not visit Hiroshima. The cable was sent to Secretary of State Hillary Clinton and touched on Roos' conversation with then-Vice Foreign Minister Mitoji Yabunaka.

It read, “VFM Yabunaka pointed out that the Japanese public will have high expectations towards President Obama's visit to Japan in November, as the president enjoys a historic level of popularity among the Japanese people. Anti-nuclear groups, in particular, will speculate whether the president would visit Hiroshima in light of his April 5 Prague speech on nonproliferation.” Yabunaka underscored, however, that both governments must temper the public's expectations on such issues, as the idea of President Obama visiting Hiroshima to apologize for the atomic bombing during World War II is a “non-starter.” While a simple visit to Hiroshima without fanfare is sufficiently symbolic to convey the right message, it is premature to include such program in the November visit.”

Just a month later, Obama in November 2009 gave a speech in Tokyo that touched on nonproliferation but was shy of an apology.

"Indeed, Japan serves as an example to the world that true peace and power can be achieved by taking this path. For decades, Japan has enjoyed the benefits of peaceful nuclear energy, while rejecting nuclear arms development — by any measure, this has increased Japan's security and enhanced its position,” Obama said.

Many since have debated on what a visit would suggest and what an apology to Japan would do.

Mindy Kotler, an expert on “comfort women” issues, told Japan Times that an Obama visit would enable historical revisionists in Japan to promote their agendas.

“Obama sees [a visit as putting World War II behind us, and as an honest strike against nuclear proliferation],” Kotler told Japan Times. “However, it is neither. A visit to Hiroshima will reward the Abe administration for bad behavior, emboldening them to continue revisiting their history as one of victimization by the West. It's an acceptance of Abe's renavicm. [The visit] will be viewed, no matter what Obama says, as an apology.”

Others feel that a visit wouldn't just involve an apology but reopen wounds over other wartime issues.

Senior research fellow with the Japan Forum for Strategic Studies and former U.S. Diplomat Grant Newsham told the Los Angeles Times that an apology would set off a chain reaction.

"Why doesn't the Japanese government want Mr. Obama to apologize?" responded Newsham. "Because it tears the scab off a much bigger wound that Japan wants healed.

"If Obama apologizes at Hiroshima, it draws attention to Japanese behavior elsewhere in Asia during the '30s and '40s," Newsham continued. "It might even be demanded that the Japanese government and emperor go to Singapore and apologize for slaughtering 25,000 Chinese there in 1942. Or to Australia to apologize for how they treated their POWs. Or to the Philippines (to apologize) for a few hundred thousand murders by the Imperial Japanese Army as well."

In 2007, during Abe's first term as prime minister of Japan, Defense Minister Fumio Kyuma referred to the atomic bombings as "something that couldn't be helped."

The PEW Research Center, a nonpartisan U.S. think tank, conducted a 1,000-person survey, asking Americans if they believed the use of nuclear weapons was justified during World War II.

The results showed that 56 percent of Americans did believe it was justified while 44 percent did not.

In Japan, PEW conducted the same survey with the same question. This time, 79 percent of Japanese respondents said no, it wasn't justified, and 14 percent said yes, it was justified.

This international debate regarding what Obama should or shouldn't do has even reached this year's campaign trail.

Comments were made by Republican presidential nominee Donald Trump saying that he would be open to allowing Japan and South Korea to develop nuclear arms rather than demand U.S. military support.

Kushiida at the G7 meeting spoke to reporters about Trump's comment and felt that such a suggestion would be contrary to Japan's values.

"For us to obtain nuclear weapons is completely inconceivable," he said.

Last year, the U.S. and five other world powers delivered a deal to curb Iran's nuclear program in exchange for relief sanctions. This year, a new focus has been made to work with China at the United Nations to place sanctions on North Korea.

Kerry, during his time at the G7 meeting in Hiroshima, emphasized the Obama administration's efforts in doing away with nuclear weapons.

The meeting concluded with the adoption of the Hiroshima Declaration and two other statements.

The declaration reads that the G-7 countries "share the deep desire of the people of Hiroshima and Nagasaki that nuclear weapons never be used again," calling on all states to ratify the Comprehensive Nuclear-Test-Ban Treaty.

The document also emphasized the importance of the (Non-Proliferation of Nuclear Weapons (NPT) Review Conference last April 2015 at the United Nations.

Discussion over counterterrorism and nuclear concern will continue at the Ise-Shima summit later this month.

"It's complicated," Kerry said. "You have to find a way to resolve conflicts, you have to change behavior, you can't just wipe away deterrence overnight."
May arrived with beautiful California weather and the annual Women of the Year luncheon, sponsored by the Downtown Los Angeles Chapter of the Japanese American Citizens League and the Japanese Women’s Society of Southern California. More than 300 guests filled the Quiet Cannon banquet facility in Montebello, Calif., on May 1 to mark the event’s 53rd edition, which feted five Nikkei women for their respective service to and leadership in the region’s community.

Downtown L.A. JACL Chapter President George Kita served as the luncheon’s master of ceremonies and Yoshiko Yamaguchi, current president of the Southern California Japanese Women’s Society, gave the event’s opening remarks.

Honored were Fumi Akutagawa, Ellen Endo, Toshie Kawaguchi, Michie Barbara Sujishi and Carolyn Tokunaga.

Tokyo-born Akutagawa studied kimono, tea ceremony and flower arranging and moved to the U.S. in 1976. She was recognized at the luncheon for her efforts over the past four decades sharing her expertise in kimono, ikebana, tea ceremony and calligraphy with the denizens of Ventura and Los Angeles counties. She was introduced by Hiroshi Yamaguchi.

Endo, who was born in Italy to a father who was a Japanese American soldier serving during World War II and a native Italian mother, was honored for her time as a journalist for the Rafu Shimpo and as a pioneering Asian American woman executive in the entertainment industry in addition to her work with many community organizations, including the Asian American Journalists Assn., the Little Tokyo Business Assn. and the USC Asian Pacific Alumni Assn.’s board of directors. She was introduced by longtime friend, former broadcaster and current UCLA professor Triita Toyota.

Kobe, Japan, native Kawaguchi moved to the U.S. in 1961 after marrying Yoshinori Kawaguchi in Tokyo. Her community activities over the decades include serving as the vp and president of the Kagoshima Prefectural Assn., vp of North American Hyakudokai, the Southern California Showakai, the Japanese Chamber of Commerce and, since 2008, the Japanese Women’s Society of Southern California and the Little Tokyo Senior Nutrition Center. She was introduced by Kitty Sankey.

Barbank, Calif.-born Sansei Sujishi’s background included a childhood spent at two different U.S. concentration camps, Manzanar and Tule Lake, and then after the end of World War II, a move to Japan. Before returning to the San Fernando Valley with her mother in 1963, she studied at a beauty college in Japan, where she also learned a skill that would be most beneficial to Los Angeles’ Nisei Week festival: kimono dressing, which proved vital for authentically dressing the event’s court in kimono. As noted by Helen Ota, who introduced her, Sujishi volunteered her expertise to Nisei Week for more than 30 years.

Chicago-born and Los Angeles-raised Tokunaga was recognized for her more than three-decade teaching career, which included two decades of service as the on-site representative of the United Teachers Los Angeles union. She still participates in UTLA Retired. She was introduced by the Centenary United Methodist Church’s Rev. Mark Nagakawa, who noted Tokunaga’s continuing active participation in church activities, including the annual bazaar.

Serving on the Women of the Year’s planning committee were Kay Inose, George Kita, Atsuko Lee, Rodney Nakada, Nancy Nix, Tomoko Sakurai, Kitty Sankey, Patricia Sookdet, Nina Suzuki, Amy Tambara, Marie Tanaka, Yoshiko Yamaguchi and Kiyoko Yoshiyama.

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**14TH ANNUAL MINIDOKA PILGRIMAGE DATES ANNOUNCED**

The Minidoka Pilgrimage Planning Committee is pleased to once again offer a Senior Scholarship.

![Minidoka Pilgrimage](image)

In 1942, nearly 13,000 people of Japanese ancestry living in Washington and Oregon, many of whom were U.S. citizens, were removed from their homes and sent to a desolate “concentration camp” near Twin Falls, Idaho.

This summer the 14th pilgrimage will take place with former incarcerees, their families and friends — from Seattle, Portland and across the nation — to the former Minidoka Camp in Idaho. This is an opportunity to learn, share memories and ask questions about the Minidoka experience.

The pilgrimage officially begins in Twin Falls, Idaho, on the evening of June 23 for dinner. A full day of educational program follows on June 24. Participants will then tour the Minidoka National Park Site on June 25, followed by small group discussions to learn and share memories of the incarceration experience. On June 26, the pilgrimage will conclude with a commemorative closing ceremony at the Minidoka National Park Site.

**There are two different registration packages being offered this year:**
- **The Seattle/Bellevue Package** includes bus transportation from Bellevue, Wash., to Twin Falls, Idaho. The registration fee is $400.
- **The Boise/Twin Falls Package** requires participants to provide their own transportation to Twin Falls, Idaho. The registration fee is $200.

There is a discount on both packages for children under 12 and seniors 75 years and older. The registration fee includes meals and all activities during the pilgrimage. Lodging must be made by each participant. Please review the Hotel and Information document and the Registration Form for more information on Pilgrimage packages.

In addition, the Minidoka Pilgrimage Planning Committee is excited to once again offer a Senior Scholarship to those who are over 80 years of age and were imprisoned in the American concentration camps during World War II.

For registration forms, Senior Scholarship application and information, please visit www.minidokapilgrimage.org. For those without access to a computer, please leave your name and address with Dale H. Watanabe at (206) 296-2156 and the information will be mailed.
'ALL THAT REMAINS' AVAILABLE THROUGH SAN FRANCISCO JACL

SAN FRANCISCO — Delphine Hirasuna’s newly released book “All That Remains: The Legacy of the World War II Japanese American Internment Camps” is now available through the San Francisco JACL.

The 64-page soft-cover book is a follow-up to Hirasuna’s landmark “The Art of Gaman,” which became an art exhibition shown in 15 museums in the U.S. and Japan, including the Smithsonian American Art Museum’s Freer Gallery and the University Art Museum in Tokyo.

The exhibition tour, more than 50,000 people viewed objects made by internees imprisoned in the camps during WWII.

“All That Remains” features objects from the exhibition, along with an opening essay on why these humble handmade artifacts continue to hold such emotional power over Niseis of every generation.

For families who lost virtually everything when sent into camp, these handcrafted objects are treasured because they essentially represent all that remains of those lost years.

Explaining her motive behind these books, Hirasuna said, “Like so many Niseis, I knew little about the camps when I started working on “The Art of Gaman.” The more I delved into the subject, the more I developed a profound appreciation for all the Foxes and Niseis who endured during the war and the admiration for the dignity strength and resourcefulness they displayed under terrible circumstances. This was their gift to future generations.”

“All That Remains” is issued as Vol. 2 in a series of little books under the Obsessions imprint, a publishing venture started by Hirasuna and graphic designer Kit Hinkens to explore topics of such compelling interest to them that they become a kind of obsession.

“All That Remains” is available from JACL for $20 each, plus postage. Quantities of 10 or more are offered at $10 each, plus postage.

To order, please make checks payable to the JACL San Francisco Chapter and mail to Delphine Hirasuna, 145 Fifth St., Suite 201, San Francisco, CA 94103.

BOOKS ABOUT THE INCARCERATION OF JAPANESE AMERICANS DONATED TO S.F. SCHOOL DISTRICT

SAN FRANCISCO — The San Francisco Board of Education formally accepted the donation of two books about the World War II incarceration of Americans of Japanese ancestry during a recent board meeting.

The first book, titled “The Trains from Crystal City,” written by John Lindsey Randall, tells the story of two American-born Japanese girls who were interned during the war and their years spent in the camp, their families’ struggles to survive, their subsequent journeys to war-devastated Germany and Japan and their years-long attempt to survive and return to the U.S. transformed from interned enemies to American loyalists.

Their stories of day-to-day life at the camp — from the 10-foothigh security fence to the armed guards, daily roll call, and porcine mail — have never been told.

Rob Polkoda addressed the board, sharing with them his family’s personal story as they were among those held in Crystal City for the duration of the war.

The second book, titled “Education in the Desert, Topaz High School Class of 1945” is the collective effort of members of the Topaz High School Class of 1945 and recounts the experiences of the students’ high school education from September 1943 to June 1945, all within the confines of the Topaz Concentration Camp in Utah.

Speaking on behalf of the Class of 1945, Sansei Ochi expressed his appreciation that the board would provide a copy of the book to each of the middle and high school libraries within the district.

“The stories in the book are a record of high school students who were held behind barbed-wire fences in Topaz, Utah,” Ochi noted.

For more information, email Greg Morimoto at education@jACL.org.

Polaris Tours 2016 Schedule

- May 08 - May 22: Bikkuri #1 with Ken: “Mitsuwa, Orijin Ooka, Asami Onsen, Kurokawa Onsen”
- May 15 - May 26: German Highlights: “Frankfurt, Cologne, Dusseldorf, Berlin, Munich, Oberammergau”
- Jul. 10 - Jul. 19: Japan By Train: “Hiroshima, Miyajima, Himeji, Okayama, Kyoto, Tokyo”
- Sep. 05 - Sep. 17: Great Canadian Rail Journey: “Toronto, Jasper, Lake Louise, Banff, Victoria, Vancouver”
- Sep. 30 - Oct. 10: Ecuador: From the Andes to the Amazon: “Quito, Otavalo, Papallacta, Banos”
- Oct. 05 - Oct. 16: Portugal In Depth: “Lisbon, Oporto, Viseu, Evora, Algarve”
- Oct. 27 - Nov. 07: Discovering Poland: “Warsaw, Krakow, Wroclaw, Gdansk”
- Nov. 27 - Dec. 14: The Best of Kyushu: “Fukuoka, Nagasaki, Kumamoto, Ibusuki, Kagoshima, Miyazaki, Buppu”

Icons of India

• Icons of India & Dubai: “Dubai, Delhi, Agri, Ramthambore Nat’l Park, Jaipur, Mumbai, Cochin”

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May 15 - May 26: German Highlights: “Frankfurt, Cologne, Dusseldorf, Berlin, Munich, Oberammergau”
May 22 - May 28: Southern Otha: “Charleston, Savannah, Jekyll Island, Jacksonvillle”
Jul. 10 - Jul. 19: Japan By Train: “Hiroshima, Miyajima, Himeji, Okayama, Kyoto, Tokyo”
Sep. 05 - Sep. 17: Great Canadian Rail Journey: “Toronto, Jasper, Lake Louise, Banff, Victoria, Vancouver”
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NATIONAL

47th National JACL Convention
Las Vegas, NV
July 11-14
Monte Carlo Hotel
3770 Las Vegas Blvd.
Attend this year’s convention at the Monte Carlo Hotel, featuring workshops, plenaries and advocacy opportunities. This year will also host the 2017-18 JACL elections.

NCWNP

Second Annual J-Town Film Fest San Jose
San Jose, CA
May 20-22
Japanese American Museum of San Jose
535 N. Fifth St.
Price: Advance tickets $10; walk-ins $12
This year’s film festival will celebrate the vibrant multiethnic community in San Jose’s historic Japantown.

PSW

Tohoku Series: ‘Stories From Tohoku’
San Jose, CA
June 4; 1-3 p.m.
Japanese American Museum of San Jose
535 N. Fifth St.
Price: Free with admission to the museum
Marie Mutsuki Mockett, author of “Where the Dead Pause and the Japanese Say Goodbye,” will do a special meet and greet.
Info: Visit www.jamsj.org or call (408) 294-3138.

MDC

Council on Asian Pacific Minnesotans Leadership Awards Dinner
Maplewood, MN
May 20; 5-8 p.m.
Maplewood Community Center
2100 White Bear Ave.
Price: $30-$125
Please join the Council on Asian Pacific Minnesotans for its 2016 Leadership Awards Dinner.
Info: Visit www.mn.gov/capm or call (651) 677-1740.

Advertise Here

Events in the calendar section are listed based on space availability. Place a ‘Spotlight’ ad with photos of your event for maximum exposure.
For more info: tiffany@pacificcitizen.org (213) 620-1767

2016 Heart Mountain Pilgrimage
Cody and Powell, WY
July 29-30
Heart Mountain Interpretive Center
1539 Rd. 19
Price: Registration fees may vary.
The Heart Mountain Wyoming Foundation will celebrate five years at this year’s pilgrimage at Heart Mountain.
Info: Register at heartmountain.org/pilgrimage.html or call (307) 754-8000.

ECD

APA Youth Conference ‘Speak for Yourself’
Boston, MA
May 21; 10:30 a.m.-4:30 p.m.
Boston Chinatown Neighborhood Center
885 Washington St.
Price: Free
The Third Annual Asian Pacific American Youth Conference will focus on speaking up for oneself.

Massachusetts Asian American Commission
United Dinner
Boston, MA
June 3; 6 p.m.
Boston University, Multicultural Center
775 Commonwealth Ave.
The dinner titled “Celebrating Asian American and Pacific Islander Pioneers” will feature a program honoring community members.

‘No-No Boy’
The Burke Theatre
Washington, D.C.
June 18-19
The play “No-No Boy” hits the stage again this year for a special limited engagement in Washington, D.C., as well as New York, N.Y., at the Studio Theater on June 21-25. Based on the novel by John Okada, the play dives into the Japanese American experience after WWII.
MEMORIAM

Ishimaru, Gary Kosaku, 78, Stockton, CA; March 3; he is survived by his wife, Janice; daughter, Tricia (Clark) Katayama, Kristin (Robert) To; son, Ryan (Joelle) Ishimura; brother, Kent (Gail) Ishimaru; gc: 6.

Miyoshi, Tatsunosuke Kenneth, 75, Spokane, WA; Jan 31; he was predeceased by his parents, Charles and Hamako; brother, Wesley; he is survived by his wife, Margie; children, Michael (Lisa), Russell (Beatriz), Scott (Mary Ann) and Marcie (Erwin); gc: 11.

Morinaka, Kuniye, 68, Stockton, CA; March 11; she was incarcerated at French Camp during WWII; she was predeceased by her husband, Hide; siblings, Shizue Matsumoto, Isao Nakao and Shigeru Nakao; parents, Shizuma and Naoko Nakao; she is survived by her siblings, Masako Morita and Kazue (Mac) Isumi; children, Susie (Ron) Johnson, David and Jerry Morinaka; gc: 4.

Shiokari, Tom, 89, Rancho Palos Verdes, CA; March 25; he was predeceased by his brother, John (Violet) Shiokari; he is survived by his wife, Nobuko; sons, Stan Shiokari, David (Vicky) Shiokari and Ken (Kathy) Shiokari; gc: 10; ggc: 2.

Tsuji, Yukuo, 60, Los Angeles, CA; April 8; he is survived by his wife, Toyoko; daughter, Eleena.

Yamamoto, Kiyoshi, 95, Waialua, HI; March 20; he is survived by his son, Kenneth T.; gc: 3; ggc: 1.

TRIBUTE

RAYMOND K. NOGAWA

Raymond K. Nogawa, born in Honolulu, Hawaii, passed away in Seattle, Wash., at the age of 93 on April 9, 2016. He served in the 442nd in France and Italy during WWII, graduated from the University of Hawaii, and worked for the U.S. Navy as a chemist and instructor in Hawaii and Southern California. He was a longtime member of the JACL and DAV. He is survived by Susan, his wife of 64 years, four children, a son- and daughter-in-law, a grandchild and many nieces and nephews. There will be a private service at Evergreen Washelli Funeral Homes in Seattle.

RALPH TORAOR MITARAI

Ralph Torairo Mitarai, M.D. March 9, 1933-April 27, 2016 Resident of Sonoma, Calif. Dr. Mitarai passed away peacefully at his home in Sonoma. He was born in San Jose, Calif., to Edward and Bessie Mitarai, and grew up as the family ran a business. In 1942 at the start of World War II, he and his family were evacuated to the Heart Mountain internment camp in Wyoming. After the war, he moved to San Jose. Ralph attended Fremont High School, where he served as class president and graduated as valedictorian in 1956. He earned his M.D. from the University of Cincinnati College of Medicine in 1966. He returned to California and completed his internship and residency at Santa Clara Valley Medical Center in San Jose. He achieved board certification in pathology in 1971. That same year, he joined the U.S. Air Force and served as Chief of Pathology at Offutt AFB in Omaha, Neb. After being honorably discharged in 1973, he accepted an offer at Sonoma Valley Hospital as Pathologist and Medical Director of the Laboratory. Soon after moving to Sonoma, he met Heidi, the love of his life, and they married in 1974. Their son, Rocky, was born in 1977, which he said was the happiest day of his life. He worked at Sonoma Valley Hospital for 40 years, retiring in 2011. He loved fishing and often came home with the biggest bass, salmon or sturgeon, or tall tales of the one he got away. He is known by many for his great dedication, unyielding loyalty, kind generosity and warm heart. He is survived by his beloved wife, Heidi; son and daughter-in-law, Flocky and EtSKU; and grandson, Jack. A celebration of his life will take place in the summer, with details to appear in a timely manner at the rate of $20/column inch. Contact: tiffany@pacificcitizen.org or call (213) 620-1767.
REIMAGINE EVERYTHING

BEST FLIGHT AND TRAVEL APPS FOR YOUR NEXT VACATION

By Ron Mori

I'm far from a nervous flier, but I just don't like to rush to any airport to catch my flight. I bulk it up to being prepared, but it drives my family crazy over the years when I insist on being at the gate at least an hour before departure. Here's one reason I don't like to rush: I lost all of our undeveloped film from our honeymoon in Maui rushing to catch our flight back to Chicago. Yes, it was the days before digital cameras when 35mm film was king.

Today, you can use technology to help be prepared when you travel. Yes, getting ready for a flight is more than packing up the suitcase these days — you also have to load up your smartphone or tablet with helpful apps. Here are some apps recommended by AARP Travel to help make your next flight more efficient, less stressful and a little more fun.

Your Airline's App

At a minimum, your airline's app will let you review your reservation, check in and have a mobile boarding pass. This is the beauty of smartphones and tablets: You have one less thing to print out and one less piece of paper to keep. While waiting to go through security, just pull up your boarding pass on your screen, and you're on your way.

SOAR

Nervous fliers should keep this app open during the flight. Created by an airline captain and a licensed therapist, SOAR uses cognitive behavioral techniques to help ease your anxiety. The app offers a "G-force meter," which measures the current G-force of the plane and offers a reassuring explanation that turbulence isn't a safety issue for planes or pilots. The app also provides a "turbulence forecast" so you can anticipate when bumps are coming up, along with other general weather information. For people who take comfort in more information, the app also gives detailed explanations on how flying works and how airplane safety is maintained. It also discusses the backup systems that are in place when something goes wrong and the safety systems that prevent pilot error.

GateGuru

Need a quick snack during your layover but you're not sure what the best options are? There's an app for that. GateGuru is a worldwide airport guide to restaurants, cafes, shops and even free Wi-Fi. There are also ratings and reviews to help cut down decision-making time. (Why grab a bag of trail mix when you know there's a Shake Shack six shops down?) Along with takeoff and arrival information, the app provides estimated TSA wait times for your various checkpoints.

TripCase

If you frantically search your email for flight, hotel and car reservations the night before a flight, TripCase is for you. It lets you organize all your reservations in one place, and you can share your itinerary with family and friends — alerting them to travel plan changes and delays. Just forward your online reservation emails to TripCase, and voila! An itinerary is generated for you and stored in the app.

FlightStats

If you're a travel geek who likes to know the exact takeoff and landing times plus the actual in-flight location of your own plane — and of every other plane en route around the world — FlightStats is for you. The app's flight tracker lets you access flight status information by flight number, airport or route. (It even breaks down runway arrival time vs. gate arrival time.) Information is updated every few minutes, but location information is delayed about five minutes for safety reasons.

LoungeBuddy

Need to get comfortable at the airport? LoungeBuddy gives you the scoop on your airport's lounges. View the hours, check out photos and reviews and book access. Filter the lounges by location, amenities (Wi-Fi, showers, spa services) and guest privileges. There are more than 2,000 lounges featured, so while you're relaxing in the lounge enjoying free Wi-Fi and high-quality snacks, browse what other lounges around the world have to offer. (Featured lounges at Dubai International Airport have some amenities that will make you wish your flight was diverted to the United Arab Emirates.)

These apps are just some of the tools that can make travel less stressful, whether or not you like to be at the airport an hour early. For more tips and exclusive articles such as how to plan a stress-free vacation the whole family will like, go to travel.aarp.org.

Happy traveling!

Ron Mori is a board member for the Washington, D.C., JACL chapter, and manager of community, states and national affairs — multicultural leadership for AARP.

TOURS BEING OFFERED AT FORT SNELLING UPPER POST

Visitors to Minneapolis-St. Paul, Minn., this spring or summer can now take a tour of the Fort Snelling Upper Post, which covers interesting aspects of the fort's 20th-century history, including the buildings used by the Military Intelligence Service Language School during World War II.

Sponsored by the Friends of Fort Snelling, a volunteer organization dedicated to preserving the history of the Fort Snelling area, the free two-hour tours are scheduled on Sundays. No reservations are needed. Tours meet at 9 a.m. in front of the Headquarters building (with the clock tower). Upper Post Tours are set for May 29, June 12, July 3 and Aug. 14.

The Walking Tours will cover rough terrain. For those that want to take the light rail to the tour, Headquarters building is just a quarter mile from the Fort Snelling Light Rail Station on the blue line. The tour will take about two hours and will cover officers' row, the barracks, administrative buildings and drill fields along Taylor Ave. Dates are scheduled for May 29 and Aug. 14.

A Biking Tour is set for June 12. Don't have a bike? No problem, as Nice Ride kiosks are available at Historic Fort Snelling and Fort Snelling State Park. In addition to sites covered on the Walking Tour, the Biking Tour will also travel along Bloomington Road.

In addition, a "Murder Mystery Walking Tour" will take place on July 3 and includes the story of a 1940 murder mystery. It is recommended that all participants bring water and wear comfortable walking shoes.

For more information, visit http://www.historicfortsnelling.org/events-programs/special-programs-exhibits/friends-upper-post-wwii-walking-tours or call (651) 964-9682.

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