JACL Stockton Chapter Celebrates Its 90th Anniversary.

GFBNEC’s Traveling Exhibition Stops in Monterey, Calif.

SAN DIEGO GALA 2018

The JACL chapter honors redress campaigners and former incarcerees at its ‘Never Forget, Justice for All’ event.
JACL CONDEMNS PROPOSED CHANGES TO PUBLIC CHARGE DEFINITION

By JACL National

WASHINGTON, D.C. — The Department of Homeland Security published its proposal on Oct. 10 to alter the public charge classification for immigrants to the United States opening up the 60-day public comment period.

Public charge is the classification of some immigrants who utilize public benefits such as Temporary Assistance to Needy Families or Supplemental Security Income. The proposed rules will dramatically alter definition of Public Charge to include utilization programs such as Medicaid/Medicare, the Housing Choice Voucher program and food assistance programs.

The proposed changes also expand screening criteria for immigrants seeking entry to the country using characteristics such as age, health, family status, financial status, education and skills including English proficiency. The administration has likely proposed these changes for the potential cost savings that will result from reduced utilization of services. However, the decision by immigrants to not seek benefits fundamental to survival can have deeper impacts over time.

Delaying health care access due to fears it may impact citizenship opportunities could result in devastating health problems for the individual and his/her family, disproportionately affecting vulnerable populations such as children or the elderly.

Limiting access to basic health care such as vaccines could have negative impacts beyond the individual, putting populations at higher risk for communicable disease. Discouraging access to health care, housing and food benefits for a family is inhumane and yet another low blow for this country to impose upon our immigrant communities.

These policy proposals continue a legacy of anti-immigrant policies that have long existed in contrast to the lofty ideals of our nation. Although not as explicit as the racist discrimination that prevented Japanese immigrants in the early 20th century from naturalizing as citizens or owning land, these policy changes will serve to limit immigration and naturalization to a select few individuals who are able to pay their way into this country.

Legal immigration should be unequivocally encouraged and celebrated. These policy changes along with other actions by the administration, such as cuts to family immigration visas, demonstrate a disregard for even the most fundamental principles on which our country was founded.

We depend upon a broad spectrum of immigrants to enrich the portrait of who we are as a nation and cannot limit ourselves to welcome only those with significant financial means.

Now that the regulation has been posted, comments will be accepted through Dec. 10 and can be submitted through this link: bit.ly/submitcomment.

JACL AND OCA HONORED BY THE APA HERITAGE FOUNDATION

National JACL and OCA were honored by the APA Heritage Foundation with its Annual Heritage Month Award on Oct. 3 at the Olympic Club in San Francisco.

The gala, co-chaired by State Assemblyman David Chiu and Tallia Hart, president of the San Francisco Chamber of Commerce, commemorated the 40th anniversary of the signing of the federal law that authorized the annual celebration of APA Heritage Month in May. JACL and OCA were recognized for their role in advocating for the passage of the law in 1978.

Accepting the award on behalf of JACL was San Francisco JACL President John Hayashi and representing OCA was CEO Ken Lee and National President Sharon Wong.

Among those representing JACL at the APA Heritage Foundation gala were (from left) SF JACL board member Judy Hamaguchi, NCWNP Regional Director Patty Wada, SF JACL President John Hayashi and SF JACL board member Roji Oyama.

JACL members? ☑ Y ☑ N

☐ $50 ☐ $100 ☐ $150 ☐ $200 ☐ other _______

Name ______________________________

Address ________________________________________________________________

City __________________________ Zip _________________________

State ____________________________

Phone ____________________________

Email ____________________________

Pacific Citizen Newspaper
123 Ellison S. Onizuka St. #313
Los Angeles, CA 90012

(213) 620-1767
www.PacificCitizen.org

2018 SPRING CAMPAIGN

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

JACL MEMBERS

Change of Address

If you’ve moved, please send new information to:
National JACL 1765 Sutter St.
San Francisco, CA 94115
(415) 921-5225
ext. 26

Allow 6 weeks for address changes.

To avoid interruptions in delivery, please notify your postmaster to include periodicity in your change of address (USPS Form 3575)
A MOTHER’S TAKE
OKAERI 2018

By Marsha Aizumi

Every even-numbered year, a group of volunteers comes together to plan Okaeri: A Nikkei LGBTQ Gathering. Okaeri means “welcome home,” and once again, we are welcoming Nikkei LGBTQ individuals and their families, friends, and allies to the Japanese American National Museum on Nov. 16 for a minifilm festival in the evening and on Nov. 17 for a full day of workshops, two plenaries and a block of time to meet up with people who have similar interests.

This year, we are excited to have eight wonderful workshops, with one even being held in Japanese, as well as an interest group for Japanese-speaking individuals. After the conference, there will be an optional space for people to hang out, connect informally with others and enjoy a photo booth to take home memories with some of their new and old friends.

Okaeri: A Nikkei LGBTQ Gathering begins in 2014 after a group of LGBTQ Nikkei, parents of LGBTQ Nikkei and allies of LGBTQ people organized the inaugural event, which was the first-ever conference focused on LGBTQ Nikkei. It was a huge success.

More than 200 people from across the U.S. were in attendance. It also inspired Nikkei in Seattle, San Francisco and the San Francisco Bay Area to organize similar gatherings.

In the past, we have seen families begin to have heartfelt conversations and make a connection with each other in an authentic and open way. We have seen Nikkei individuals come out to their families and be accepted. And we have seen hundreds of people come together to support each other, share their stories and no longer feel invisible, alone and unloved. I believe Okaeri is a space to show the LGBTQ community that we see you, we hear you and we value you.

If you are interested in being a part of this event, please visit www.okaeri.org to get more information and register. We have kept our registration fees low, thanks to the generous support of the Aratani Foundation, and we will not turn anyone away for lack of funds. However, space is limited, so please register early to guarantee your space.

Last year, we did a survey and found that only 30 percent of our Nikkei community believe that the Nikkei Community is open and welcoming to LGBTQ individuals. It is our hope that Okaeri will raise awareness, open hearts and bring greater acceptance, so that more in our community feel that we are open and welcoming. The whole Aizumi family will be at Okaeri.

Papa, me, Aileen, Mary, Sten and Lois. Please join us as we grow together to make our world more just, more kind and more loving to all. I hope to see you there.

Marsha Aizumi is an advocate in the LGBTQ community and the author of the book “Two Spirits, One Heart: A Mother, Her Transgender Son and Their Journey to Love and Acceptance.”

LEGAL- EASE: AN ATTORNEY’S PERSPECTIVE
HOW TO PREVENT FALLS

By Judd Matsunaga, Esq.

Did you know that every 35 minutes an older American dies from a traumatic brain and head injury precipitated by a fall? In fact, each year, 2 million Americans are taken to hospital emergency rooms for fall-related injuries. According to the Centers for Disease Control and Prevention, “More than one-third of adults age 65 and older fall at least once each year.”

The good news is that falls are not an inevitable part of aging. There are things you can do to help prevent a fall. This article will explore some simple, common-sense steps you can take to keep you safe. But first, let’s try to understand why seniors fall in the first place, so we may take actions to protect our aging loved ones.

Physical changes associated with aging can contribute to an increased fall risk, including arthritis, irregular heartbeat, reduced visual abilities, slower reflexes, urinary and bladder dysfunction and weaker muscle strength and tone. Diabetics and muscle relaxants may also increase your risk of falling.

Older adults who take medications can have side effects such as dizziness or drowsiness. This can make falling more likely. Have your doctor or pharmacist review all medications so you can help reduce the chance of risky side effects and drug interactions. However, you should not discontinue these medications without a doctor’s supervision.

Also, seniors who have Alzheimer’s disease or a related illness may face a greater risk of falling — as well as an increased risk for injuries. However, even if you can’t make it to the Tai Chi class at your local senior center, general exercise at home to improve balance can be done at virtually no or very low cost, on your own or with your friends.

Try these balance exercises on every other day:

• Standing behind a sturdy piece of furniture, lift your leg to the side as high as you’re able. Repeat 10 times with one leg, then switch to the other leg. Repeat this exercise, raising your leg behind you instead of beside you on both sides.

• Practice walking from heel to toe. You may need to hold onto your arms or use an assistive device to steady yourself. Walking in this manner for even short distances can help.

The Alzheimer’s Foundation of America suggests that you have a notification system in place, especially when seniors live alone. Consider medical alert products that notify a call center in the case of a fall or other emergency.

Finally, make sure you have valid, up-to-date Durable Power of Attorney in place just in case an accident or fall results in the need for long-term care. As I tell my elderly clients, “It’s always better to have it and not need it than need it and not have it.”

Judd Matsunaga is the founding attorney of Elder Law Services of California, a law firm that specializes in Medi-Cal Planning, Estate Planning and Probate. He can be contacted at (310) 348-2995 or judd@elderservicesla.com. The opinions expressed in this article are the author’s own and do not necessarily reflect the view of the Pacific Citizen or JACL. The information presented does not constitute legal or tax advice and should not be treated as such.
The JACL chapter gathers to pay homage to its rich history steeped in ensuring 'positive social change.'

As the JACL, the nation's oldest and largest Asian American civil rights organization in the U.S., prepares to celebrate its 90th anniversary in 2019, the Stockton chapter of the JACL enjoyed that same privilege on Sept. 29 at the Buddhist Church of Stockton in California's San Joaquin Valley, welcoming 90 years of advocacy months earlier than its namesake organization.

Since its founding, JACL has monitored and responded to issues that enhance or threaten the civil and human rights of all Americans and implements strategies to effect positive change for all who are victimized by injustice and bigotry. The Stockton chapter, the city's oldest civil rights organization, was established in 1928, one year before National JACL. Through research of the chapter's history and some old black-and-white photo of a group of Japanese men and one woman inscribed, "Citizen's League of Stockton 1928," it was verified that the Stockton chapter is indeed 90 years old.

The one woman in the photograph was Miya Sannomiya, who served as chapter president in 1929; Roy Morimoto was the chapter's first president in 1928. Sannomiya is mentioned in Bill Hosokawa's book "JACL in Quest of Justice," where he acknowledges that Sannomiya "launched a chapter in Stockton." Sannomiya was also involved in establishing the National JACL a year later.

According to the Oct. 15, 1929, issue of the Nikkei Shimin, the precursor of the organization's newspaper Pacific Citizen, Sannomiya was not only present at the Citizen's League Convention held April 5-6, 1929, but also gave one of the opening addresses, encouraging attendees to show the first generation what young people could do.

At the Sept. 29 celebration, the Stockton chapter welcomed guests, members and friends to recognize the chapter's long and storied history. Guests were able to view a display that included a short biography and photo of each of the chapter's 38 past presidents, including Sannomiya. In addition, group photos of Stockton scholarship recipients, chapter scrapbooks, Pacific Citizen articles pertaining to Stockton and other chapter memorabilia were displayed. Guests were also encouraged to name and identify individuals in old scholarship photos.

In talking about Stockton JACL's history, Aeko Yoshikawa, the event's emcee and a past chapter president, shared that meetings in the 1950s started at 9 p.m. because Nisei's couldn't meet earlier due to work commitments. Yoshikawa recognized the dedication of the chapter's pioneers meeting from 9-11 p.m., laying the groundwork for others to follow.

Nelson Nagai, another past chapter president and retired professor from San Joaquin Delta College, gave the event's keynote address, "The Two JACLS." He addressed the role of National JACL and the role of the local chapter. Nagai also recognized the dedication and hard work of the chapter's earlier members, as well as the relevance of a civil rights organization today. He closed his speech by reminding the audience the meaning of the words in the JACL logo, "Security Through Unity."


Other special guests included JACL Northern California Western Nevada Pacific District Gov. Carol Kawase; NCWNPD Regional Director Patty Wada; and Stockton JACL President Steve Sue.

Stockton Bukkyo Taiko members performed at the event.

Ted Yoneda, former Stockton JACL president from 1972-74, stands in front of his entry on the "Stockton Hall of Presidents." He is pictured with his wife, Suellen Yoneda.

10 & 11. Rosalie Tominaga Masuda (left) and her brother, James Tominaga, are awarded a gift card from Aeko Yoshikawa for entering the winning picture for the event's photo contest, which asked members to submit the oldest photo of a Stockton JACL event or activity. In the photo, taken in 1957, Stockton's James Tominaga competes at the JACL Olympics, which was held at Kezar Stadium in San Francisco.
By P.C. Staff

The seventh stop for the Go for Broke National Education Center’s traveling exhibition “Courage and Compassion: Our Shared Story of the Japanese American WWII Experience” puts emphasis on the word “compassion.”

In cooperation with the Monterey Peninsula JACL chapter, the exhibition — now on display in Monterey, Calif., through Oct. 27 — shines a light on the time when West Coast Japanese Americans faced an uncertain future between being freed from federal incarceration and hostility from some elements in society that did not want ethnic Japanese returning to their prewar homes.

When opposition arose by some in the greater community to the return of Japanese Americans who once dominated Monterey’s salmon and sardine fishing industry and abalone harvesting before World War II, the response to that hostility was met by a petition urging “kindness and civility towards returning Japanese Americans” that was signed by local Monterey citizens and luminaries, including famed novelist John Steinbeck.

“He put an ad [posing the return of ethnic Japanese] in the local newspaper that really incensed a lot of people here in Monterey. In particular, a woman named Tom Jackson, who was the girlfriend — common-law wife, really — of Ed Ricketts, the famous biologist on Cannery Row,” said Thomas.

Thomas says they organized a petition drive — about 15 petitions in all, totaling nearly 500 signatures — to welcome Japanese Americans home and guarantee they received their full democratic rights as U.S. citizens.

The petitions were later given to the local JACL chapter, where they “probably sat in a drawer since 1947,” laughed Thomas. One of the petitions, bearing Steinbeck’s signature, is now on prominent display at the exhibition at a venue that’s not even normally open to the public, the historic Casa Gutierrez, located at 590 Calle Principal.

“Courage and Compassion: Our Shared Story of the Japanese American WWII Experience” is partially funded by a grant from the U.S. Department of the Interior, National Park Service, Japanese American Confinement Sites Grant Program.

For more information contact: Steve Okamoto, CLU, ChFC
steveokamotol@gmail.com
Cell: (650)468-8184

GFBNEC Director of Education and Exhibits Megan Keller said the exhibition area at the Casa Gutierrez venue, located in the Monterey State Historical Park, “really feels organic to the space. It feels like it fits there really well.”

The Monterey exhibition is open Thursday-Sunday from 10 a.m.-4 p.m. For more information, visit jaclmonterey.org.

The next stops will be in Peoria, Ill., in November, followed by stops in Chicago and Albuquerque, N.M., the 10th and final stop. For more information, visit goforbroke.org/visit/traveling_exhibit/schedule.php.

Ask us about the National Youth/Student Council
Contact us at nysc@jacl.org

Please remember us in your legacy plans.
For more information contact:
Steve Okamoto, CLU, ChFC
steveokamotol@gmail.com
Cell: (650)468-8184

Join JACL
Contact Haruka Roudebush
VP of Membership & Services
hroudebush@jacl.org
https://jacl.org/member/
LANE NISHIKAWA’S ‘OUR LOST YEARS’ AND ‘LEAGUE OF DREAMS’ FOOTAGE SCREENS AT GALA

One of the crowd-pleasing features of the San Diego JACL chapter’s “Never Forget, Justice for All” gala was the inclusion of clips presented on large screens with amplified audio from a pair of documentaries by Lane Nishikawa, who helped produce the event as a member of the gala’s planning committee.

One documentary was the almost-finished “Our Lost Years,” a feature-length movie that, more than 75 years later, examines the direct and indirect effects of President Franklin D. Roosevelt’s 1942 Executive Order 9066 on Japanese Americans who were alive then — and on their descendants.

The other is the still-untitled “League of Dreams,” Nishikawa’s independently financed documentary on the JACL. According to Nishikawa, “League” — which is its preview featured several front pages of the Pacific Citizen from years gone by — began in an idea he had two years ago.

“What this is, is a historical look at all this organization has done,” said Nishikawa, who noted that JACL is set to celebrate its 90th year in 2019. “I cannot think of a time that is more important than what our country is going through right now, with immigration, travel bans, racial profiling, hate crimes — everything that Japanese have experienced since we got here to this country. It’s happening again and again and again.”

One thing Nishikawa wants to make clear is that the JACL is not financing “League of Dreams.” “I want to help JACL, but I don’t want them to foot the bill,” he said. Nishikawa also wants to retain artistic and editorial control that might appear to be compromised otherwise. “I’m trying not to ask JACL chapters or the organization itself, but I will seek individuals who believe in the story and believe in the future.”

To help fund “League,” Nishikawa said he is submitting an application to ITVS, the funding arm of PBS. Crowd-sourced funding via the Internet — something that didn’t exist when he produced his indie-442nd Regimental Combat Team movie “Only the Brave” — is also an option.

Regardless, Nishikawa is determined to go for broke and get “League of Dreams” completed and share the JACL’s story to a larger audience. As for why he has taken on that task, he said, “What I really respect about the JACL is its grassroots efforts and legislative success. It was also an evening to continue to keep alive the lessons experienced by West Coast Japanese Americans during World War II, as well as honor some of those who lived in American concentration camps for Japanese Americans.”

In addition, it was an opportunity to revisit a critical, risk-filled and then-controversial tactic upon which, moving forward, the Redress Movement would use as its foundation, namely the Commission on Wartime Relocation and Internment of Civilians hearings.

On hand to receive their individual recognition were John Tateishi (Civil Rights Leadership Award); and Karen Korematsu (Civil Rights Leadership Award), as well as Arthur Nishihara, Kay Ochi and Jan Tokumura, who each received a Civil Liberties Award from the San Diego JACL. Tokumura’s husband, Dennis Kobata, who was absent from the ceremony, also had his name on their award.

But prior to that, the approximately 275 people in attendance at the event, facilitated by actress Tamlyn Tomita and KABC-TV news anchor David Caro, were treated to the Pledge of Allegiance by Kiele Chency and Maya Ito, the singing of the national anthem by Alesa Morales, an opening prayer by Rev. Ichibei Honda (San Diego Japanese Christian Church) and greetings from San Diego JACL Chapter President Michael Karrima.

Recognized as winners for an essay competition were Zoe Yamamoto (high school) and Kay Mensah (college). The audience also saw excerpts from two documentaries by filmmaker Lane Nishikawa, “Our Lost Years,” which is in final postproduction and is poised to be screened for Veterans Day in San Diego, and an in-production documentary about the JACL titled “League of Dreams.”

The evening also featured more than two dozen San Diego-area desis who spent time locked up in federal concentration camps during WWII, with each receiving applause from the audience and a physical moment of their experience, a glass vial, marked “Poston, Arizona, 1942-1945,” containing soil from the site.

The gala’s top award went to Tateishi, who was appointed by then-JACL National President Clifford Uyeda to be the national chair of the JACL’s Redress Committee in 1978. He was introduced by Pacific Southwest District Gov. Carol Kawamoto, and she described Tateishi as a man who was at the time “relatively new to JACL” — but who had proven himself at the chapter level.

Not many people can work with three generations of opinions, community activists, grassroots organizations and politicians. His stewardship of the redress campaign led to its success in 1988, 10 years later,” Kawamoto said. “JACL made a good choice, and tonight he’s our choice,” she continued.

In addition to his award, Tateishi was also presented with a commendation from San Diego City Councilmember Barbara Bry, representing District One.

Tateishi began his remarks recalling a childhood during which he spent ages 3-6 growing up at the Manzanar WRA Center. Even then, he realized something odd, that they were surrounded by armed military guards and that there were white people who came into the camp and would leave at the end of the day. “We stayed,” Tateishi said. “We always stayed.”

San Diego JACL Reflects, Remembers on 30th Anniversary of Redress

The chapter honors redress campaigners and former incarcerated.
"The day that we left Manzanar, my father said to me and my three brothers, 'Never forget this place. It's important for you to remember it, and if at some point in your life you have an opportunity to do something about this, to make it right, it's your obligation to your family, to the community and to the country,'" Tateishi recalled.

He carried that message with him into adulthood but admitted feeling trepidation upon becoming involved with JACL, since in his home the organization was "not a happy subject."

But Tateishi joined anyway because his friend, Edison Uno, told him, "If something's going to happen, it's going to happen in the JACL because we have the structure, we have the networks, we have the associations for something like this."

According to Tateishi, the JACL Redress Committee's decision to pursue a strategy that would undergird the Redress Movement going forward, namely forming what would become the Commission on Wartime Relocation and Internment of Civilians, was "one of the most unpopular decisions the JACL ever made."

"Half of the organization turned against us," Tateishi continued. "The community turned against us, and the accusations against me were it was [Mike] Masaoka in '42 with cooperation and in '78-'90 it's Tateishi with the Commission," he said. "It was a really risky decision, and I knew that as we made that decision because what it depended on was for the Nisei to break the years of silence that protected their psyches."

From his experiences meeting resistance, even in liberal San Francisco when discussing the concept of internment and redress with the general public, Tateishi also knew that "until we educated the American public, we could never get a bill through."

Although he noted that pursuing the Commission strategy "could have failed enormously," he knew it was necessary. Fortunately, in the Senate was Daniel Inouye and in the House, Norman Mineta.

"They were the ones who protected the Commission bill," Tateishi said, referring to the legislation that would be signed by President Jimmy Carter in 1980 to create the CWRIC. "That was the turning point."

In an interview with the Pacific Citizen after the event, Tateishi said that getting the Commission bill through Congress was difficult, even though it was actually quite innocuous.

"It did nothing more than establish a commission to study. That's all it did. But even with that, we were meeting with all kinds of resistance," he said. "It was the Commission bill that really set the course for what redress would become. It was the first time this country ever addressed an issue that way, so it was a pretty incredible bill to get through, even though it's long forgotten. It's the bill that opened the door for us to finally get in there."

"We would not have ever gotten redress without everything entailed in that Commission function — the hearings, the exposure, the publicity, the change in the public's attitude, public opinion. My mantra was 'convince the public, and you can convince Congress,'" he said.

Upon receiving her award, Korematsu — the daughter of Supreme Court and coram nobis litigant Fred Korematsu — thanked the San Diego JACL for thinking of her.

"I feel I am my father's living voice, and it gives me the opportunity to really carry on the charge that he gave me about five months before he passed away at the age of 85 — now it's up to me to carry on with education because he didn't want something like the Japanese American incarceration to happen again," said the founder and executive director of the Fred T. Korematsu Institute.

Korematsu expressed how she was stunned by the proceedings of the "Never Forget, Justice for All Gala" was the recognition of 25 surviving victims of Executive Order 9066, who spent time incarcerated at one of the camps operated by the War Relocation Authority during WWII.

Each of the former incarcerated listed below received a vial of soil from Poston, Ariz. (see photo) to keep as a reminder of the injustice they endured lest it happen again to another group of Americans.

One of the highlights was the audience singing "Happy Birthday" to Oscar Kodama for this 92nd birthday. The eldest among those so honored was Dorothy Yonemitsu, 100.

The list of those recognized is as follows: JoAnn Yodaoka Allen (Poston Camp 3), Taye Haselgrove (Redwater), Louise Nagao Iguchi (Heart Mountain), Kenji Ima (Minidoka), Setsuo Milton Iwashita (Poston Camp 3), Oscar Kodama (Poston Camp 3), Frank Koide (Poston Camp 3), Tami Koide (Minidoka), Linda Marumoto McLemore (Poston Camp 3), Wayne Miyahara (Heart Mountain), Ken Miyamoto (Gila River), Judy Owashi Miyamoto (Poston Camp 3), Dorothy Iguchi Otsuka (Poston Camp 3), Ayako Linda Oya Seu (Poston Camp 1), Kathleen Staynagre (Poston Camp 1), Allyne Marumoto Tachiki (Poston Camp 3), Hesaa Takahashi (Poston Camp 3), Yuko “Cookie” Takahama-Taniguchi (Poston Camp 3), Grace Kaninaka Tsuida (Poston Camp 3), Dorothy Uno (Poston), James Uyesugi (Redwater), Doris Takeguchi Wada (Poston Camp 3), Frank Mitsui (Wada), Judy Takashi Wada (Poston Camp 3), Hank Takashi Wada (Poston Camp 1) and Dorothy Yonemitsu (Heart Mountain).
A moment of silence was also observed for members, family and friends who had passed. Members 90 years old who were present were honored and presented certificates for their years of support to the chapter by current Stockton JACL President Steve Sue.

The event also featured an “Oldest Photo Contest,” which asked members to submit photos from past years of Stockton JACL. The winning photo was submitted by Rosalie Tomimaga Masuda. The photo was of her brother, James Tomimaga, as he competed at the JACL Olympics, which was held at Kezar Stadium in San Francisco in 1957.

Entertainment during the event was provided by Stockton Deikyo Taiko and the musical group “Class of ‘72” which entertained the crowd with songs from the 1960s and ’70s.

The Stockton JACL chapter is still going full steam ahead 90 years after its beginning. The chapter begins the year with the installation of officers at a joint dinner with the Lori chapter. As the year continues, there is a Day of Remembrance event, community picnic, scholarship luncheon, Hambugar Garden cleanup and Christmas party.

Through the generous contribution of businesses and individuals, the chapter has also awarded more than $30,000 in scholarships through the years to high school seniors and college students.

Stockton JACL members also participate in other community, district and national events, including the Stockton Sister City Assm, San Francisco Cherry Blossom Festival, Stockton Buddhist Church Bazaar and Central Valley Asian Chamber of Commerce.
O
ne of the dominant items on JACL's national agenda since Feb. 19, 1942, has been to right the wrongs imposed by Executive Order 9066. JACL has supported various initiatives that have addressed the hardships that were imposed and sacrifices that were made by persons of Japanese ancestry during World War II. These include:
• On Feb. 19, 1976, President Gerald Ford rescinded Executive Order 9066.
• In 1982, the report of the Commission on Wartime Relocation and Internment of Civilians, created by Congress, concluded that EO 9066 and the actions taken under its authority were motivated by “prejudice, war hysteria and lack of political leadership” and that “not a single documented act of espionage, sabotage or fifth column activity was committed by an American citizen of Japanese ancestry or by a resident Japanese alien on the West Coast.”
• In the Civil Liberties Act of 1988 (aka “Redress”), the government recognized its mistakes and made amends for the tragic actions that it inflicted on persons of Japanese ancestry during WWII. Each internee still living on the date of enactment was to receive a $20,000 payment as redress and a written apology from the president.
• Congress in 1992 authorized the National Japanese American Memorial to Patriotism in World War II (pictured) to be build as a national memorial to tell the story of how the federal government, motivated by prejudice, war hysteria and political ambition, disrupted the lives of 120,000 innocent persons of Japanese ancestry and how Japanese Americans proved their loyalty and restored their freedoms and dignity. The memorial was dedicated in 2000 and opened to the public in 2001. The memorial is also the site where annual programs are held to remember the sacrifices of those who were imprisoned in the 10 WRA camps and honor the Nisei soldiers who were killed during WWII.
• The Preservation of Historic Confinement Site Act of 2006 authorized a $50 million grant program administered by the National Park Service to preserve the sites where Japanese Americans were detained during WWII. This program continues to be funded by the federal government and award grants for preservation projects.
• On Oct. 5, 2010, the Congressional Gold Medal was awarded to members of the 442nd Regimental Combat Team, the 100th Infantry Battalion and the Military Intelligence Service, who served during WWII. The official award ceremonies were held over three days in Washington, D.C., in November 2011.
• In 2011, the Department of Justice admitted in a “blog” that the Solicitor General upheld evidence from the Supreme Court in the Korematsu case that supported Fred Korematsu’s argument that there was no “military necessity” to justify EO 9066.
• The Supreme Court on June 26, 2018, overturned the Korematsu decision by holding that “Korematsu was gravely wrong the day it was decided, and . . . has no place in law under the Constitution.” In upholding the Trump travel ban, the Supreme Court rejected JACL’s Amicus Curiae argument that there are parallels between President Donald Trump’s travel ban and President Franklin D. Roosevelt’s EO 9066 by finding the travel ban to be a “facially neutral policy” and EO 9066 to be a “morally repugnant order.” Although JACL was unsuccessful in attacking the travel ban, it provided the foundation for the Supreme Court to overrule the Korematsu decision in Trump v. Hawaii.

With these accomplishments having addressed the wrongs imposed by EO 9066, one wonders if there is a new era of issues that are uniquely important to the Japanese American community that JACL should pursue? This is the challenge for the newly elected JACL National Board. The board needs to define its future agenda and direction so that we can have a national discussion to address how JACL can remain relevant. Otherwise, JACL just becomes an organization that celebrates anniversaries of past achievements.

Gerald Yamada was a D.C. JACL chapter president, pro bono general counsel to the National Japanese American Memorial Foundation and later the foundation’s part-time executive director, pro bono general counsel and president of the Japanese American Veterans Assn., national coordinator and chief strategist for the National Japanese Heritage Coalition that created the legislative initiative authorizing the Japanese American Confinement Sites Program and treasurer for the National Japanese American Political Action Committee.
NCWNP

‘For the Sake of the Children’ Screening and Panel Discussion
San Jose, CA
Oct. 12; 4 p.m.
Price: Free and RSVPs are requested. Donations will benefit the four sponsoring organizations.
This event, co-sponsored by the Poston Community Alliance, Mitori Kai, San Jose Buddhist Church Betsuin and the Japanese American Museum of San Jose, will feature a screening and panel discussion of the documentary film. Panelists will include cast members Patty Tsukubawa Reese and Stephanie Gillman and Zahra Elloio, executive director of the Council on American-Islamic Relations, San Francisco Bay Area. Moderator will be NSC Bay Area’s Robert Hanka.
Info: To RSVP, text 925-596-1770 or contact Marlene Shigekawa at 510-290-1144 for any questions regarding this event.

Loyal Americans: Japanese American Imprisonment During World War II
Exhibition
Hayward, CA
Thu Oct 25; 10 a.m.-4 p.m. (Wed.-Sat.)
Hayward Area Historical Society
22380 Foothill Blvd.
Price: Free
Sponsored by Eden Township JACL, this exhibit features artifacts and stories from Japanese American families extracted from their homes and later incarcerated during World War II. Many of the personal accounts and loaned artifacts are from local families and their descendants. Thanks to a generous grant from the Edward E. and Donna L. Martine Foundation, admission to the museum is currently free.
Info: Visit www.haywardareahistory.org or call 510-581-0223.

NJAHIS Annual Veterans Day Event 2018
San Francisco, CA
Nov. 10; 10 a.m.-noon
MIS Historic Learning Center
640 Old Mason St.
Save the date for this annual event hosted by the Nisei Veterans American Historical Society that honors our veterans. Following the program, a lunch will be served.
Details will be forthcoming.

WakamatsuFest150
Placerville, CA
June 6-5, 2019
Wakamatsu Farm
941 Gold Springs Road
To celebrate the birthplace of the first Japanese American in California, this festival will feature more than 150 years of Japanese American heritage, arts and culture. Wakamatsu Farm also is the site of the birthplace of the first Japanese American and the grave of the first Japanese woman in the U.S. Don’t miss this special anniversary presented by the American River

PsW

Haunted Night in Little Tokyo:
The Block Party
Los Angeles, CA
Oct. 12; 9 p.m.-2 a.m.
Second Street
Presented by the Little Tokyo Community Council, “Haunted Night in Little Tokyo” is back for a full month of Halloween events throughout Los Angeles’ Little Tokyo. The event includes the Haunted Little Tokyo Film Festival, with screenings centered on the theme of “Prince of Darkness,” “Godzilla” and “Juno.” In its U.S. debut, followed by the popular haunted Ghost Tour of Little Tokyo and culminating with the Block Party, co-hosted with Council District 14. Trick-or-Treating for kids will follow throughout the Japanese Village Plaza on Halloween day.

PNW

Contested Histories: Art and Artifacts from the Allen Henry Shettet Eaton Collection
“Pop-Up” Display
St. Paul, MN
Oct. 27; 1-3:30 p.m.
Historic Fort Snelling Visitor Center
200 Tower Ave.
Price: Free
JAWM will travel its pop-up display of the CDH/Shettet Eaton Collection for two days in November. The display includes physical or digital representation of every item in the collection — more than 400 individual photographs, sculptures, paintings and watercolors, jewelry items, textiles and other handmade items from the WWII incarceration camps that Japan forced civilians to endure. The display is intended to help gather information about each individual object so that the museum’s experts may preserve and catalog the collection can be complete.
Info: Visit nyfsvfoundation.org or call 999-322-1212.

IDC

Denver API Affinity Group Meeting
Denver, CO
Oct. 21; 1-3 p.m.
1200 Washington St.
Annex Building at South End of Main Museum
Price: Free
All are invited to join the formation of the Denver API Affinity Group to meet other API-LGBTQ+ individuals and allies. This kickoff meeting is sponsored by Denver PFLAG. Topics of discussion include events, support resources and anything else related to the specific needs of the API LGBTQ+ community in Colorado.

MDC

Honor Before Glory: The Epic World War II Story of the Japanese American Contribution to the Allied Campaigns in Western Europe and France
St. Paul, MN
Oct. 27; 1-3:30 p.m.
Historic Fort Snelling Visitor Center
200 Tower Ave.
Price: $5 Donation suggested
Donation suggested Scott McGaugh, author of “Honor Before Glory,” unveils the story of the Japanese American soldiers who served in the segregated 442nd RCT/100th infantry Battalion and their contribution to the Allied campaigns in Italy and France. Following the author’s presentation, the museum’s music, food and nonalcoholic beverages will be available.
Info: Visit https://www.journalism.org/events/227465967521.

EDC

Boston Asian American Film Festival
Boston, MA
Thu Oct 25;
Price: For a $1 discount on tickets for the four films the chapter is sponsoring during the festival.
The Boston Asian American Film Festival is celebrating its 10th anniversary this year. More than 50 films, filmmakers and special events throughout its festival run. New England JACL will be co-presenting four films: “Mixed Match” (Oct. 20), “Go for Broke: A 442nd Origins Story” (Oct. 21), “An American Story: Norman Mineta and His Legacy” (Oct. 27) and “The Ito Sisters” (Oct. 28). A special screening following “The Ito Sisters” will be held by the private group “Meet and Greet the Ito Sisters” and meet board members and graduates of the CAPAW’s leadership program, APARTA. There will also be music, food and nonalcoholic beverages.
Abe, Bobby, 73, Rosemead, CA, Aug. 4; he is survived by his wife, Linda Abe; daughter, Natalie (Art) Guthmiller; he is also survived by brothers, sisters, nephews, nieces and other relatives; gc: 1.

Ager, Alice Yoshiko, 76, Los Angeles, CA, Aug. 1; she is survived by her sons, Kelly and Ricky (Deryl) Miller; step-children: 6; countless step-grandchildren; gc: 2.

Aryusu, Fumi, 91, Montebello, CA, Aug. 12; she was predeceased by her husband, Yoshito; she is survived by her children, Joy (Gary Yoshishara) and Jan (John Waskan) Aryusu; sisters, Arney (Rayton) Enomoto and Mary Yamada; she is also survived by many nieces, nephews and other family members; gc: 2.

Ige, Kazue, 89, Los Angeles, CA, Aug. 5; she was predeceased by her son, Roy; she is survived by her daughters, Masayo Wendy (Randy) Miyake, Hiromi Ige (Kevin McNally) and Naomi (Steve) Nakaki; brother, Noboru (Julie) Miyagi; she is also survived by many nephews, nieces and other relatives; gc: 1.

Ihara, Kengo, 87, Los Angeles, CA, Aug. 11.

Ida, Chieko, 90, Lompoc, CA, Aug. 30; she was predeceased by her husband, Ted; siblings, George, Jeff, Koji and Kazuko Fukawa; she is survived by her children, Lorraine Ida (Keith Fudenna), Douglas (Chris), Calvin and Robert (Diana Mausser); in-laws, Kazumi Fukawa, Douglas (Chris), Calvin and Robert; siblings, George, Jeff, Koji, Kazuko and Kazuko Fukawa; Ida, Hide Yamada, George (Dorothy) Ida, Nancy Ida and Helen Oshiro; gc: 4.

Ishino, Dorothy, 92, Orange, CA, Aug. 15; she was predeceased by her husband, Sho; she is survived by her two sons; gc: 1.

Iwashita, Bobby Nobuo, 81, Anaheim, CA, Aug. 11; he is survived by his wife, Jane Matsumoto Iwashita; son, Thomas (Gail) Iwashita; brothers, Milton Setsuo (Jan) and Edward Yukio (Gail) Iwashita; he is also survived by many nieces, nephews and other relatives; gc: 2.

Kai, Frederick Shizuo, 87, Torrance, CA, Aug. 25; during WWII, his family and he were incarcerated at the Tule Lake WRA Center in CA; the Jerome WRA Center in AR and the Gila River WRA Center in AZ; he is survived by his wife, Noriko; son, Grant; he is also survived by many nephews and nieces.

Kesama, Masatake, 83, Harbor City, CA, Aug. 6; he is survived by his wife, Anna; brother, Yoshiaki (Hideko) Kasama; he is also survived by many nieces, nephews and other relatives.

Kero, Masashi, 89, Los Angeles, CA, Aug. 18; he is survived by his sisters, Miyoko Shirahama and Kazuyo Besko, he is also survived by many nieces, nephews and other relatives.

Kotake, Mamoru, 86, Torrance, CA, June 25; he is survived by his wife, Grace; children, Steven and Lori; sister, Janet; gc: 3.

Matsumoto, Ruth, 68, Los Angeles, CA, Aug. 9; she is survived by her sons, Garrett Louie and Corey Shiram; siblings, Jim Shiraiz Jr., Ann (Vernon) Lee, Nancy S. (Mayson) Kodama and Kathy (Michael) Ozawa; she is also survived by many nieces, nephews, grandnieces, grandnephews and other relatives; gc: 1.

Mukai, Setsuko, 105, Northridge, CA, Aug. 2; she was predeceased by her husband, Robert Takujii Mukai; daughter, Takako Agnes Maeyama; she is survived by her daughters, Shigeko Miyake Muraoka and Emmi Yamada; gc: 9.

Nishikawa, Mary Atsuko, 88, Gardena, CA, Aug. 6; she is survived by her husband, James; daughters, Joyce (Greg) Mori and Grace Nishikawa; sister, Mitsuko Iisida; she is also survived by nieces, nephews and other relatives; gc: 2.

Nishitani, Arthur Hideo, 89, Los Angeles, CA, Aug. 25; he is survived by his wife, tsuko “Edie” Nishitani; daughters, Diane (Robert) Akashi and Peggy Nishitani; siblings, Ida Shishimura, Anna Kunji and Irene (Larry) Shimamoto and Bill Nishitani; she is also survived by many nieces, nephews and other relatives; gc: 2.

Numata, Janice, 76, Manhattan Beach, CA, Aug. 31; she is survived by her daughter, Carolyn (Joe); gc: 1.

Ogawa, Renji, 46, Carson, CA, Aug. 3; he is survived by his mother, Katsumi Hanna Ogawa; sister, Senri Ogawa; three nieces, and other relatives.

Oka, Tatsuko, 89, Los Angeles, CA, Aug. 8; she is survived by her children, Donna (Stephen) Hamano, Russell (Marie) Oka and Doreen (Danny) Tanaka; sisters, Shigako Ogura and Renko Meighan; she is also survived by nieces, nephews and other relatives; gc: 2.

Okumoto, Yemiko, 88, Los Angeles, CA, Aug. 1; she is survived by her husband, Yoshinaru; children, Hiroshi, Tadashi, Yui (Angie) and Sach (Scott); sister, Sachie Masumoto; she is also survived by a nephew, a niece and other relatives; gc: 7.

Oshiro, Dorothy, 87, Los Angeles, CA, Aug. 4; she was predeceased by her son, Daie; she is survived by her husband, Raymond, children, Randall (Elaine) Oshiro and Steven Oshiro; sisters, Betty (Bertram) Mamiya and Richard Higa.

Sakai, Toshihori, 87, Los Angeles, CA, Aug. 4; he is survived by his children, Yoshi (Sharon), Ken (Caroline), Mary Sakai and Ruby (Ethan) Huerta; gc: 5; ggc: 3.

Sato, Ethel, 85, Los Angeles, CA, July 8; she is survived by her children, Laura and Neil (Noel); gc: 2.

Shinzato, Kazuo, 81, La Palma, CA, Aug. 24; he is survived by his children, Vicki (Paul) Shindo, Mies (Let) Yokota, Robin (Mark) Wittenberg and John (Helen) Shinzato; siblings, Alyce (John) Cha, Grace Kono and Keiko Omori; sister-in-law, Erri (Jim) Ariai; brother-in-law, Steven (Leslie) Kodama; he is also survived by many nieces, nephews and other relatives; gc: 9.

Yamada, Harry Takashi, 84, Gardena, CA, Aug. 1; he is survived by his wife, Joyce Yamada; children, Chris (Marlene) and Sharyl (Steve Oda) Yamada-Oda; siblings, Yo Kouno and Sue Tanaka; he is also survived by many nieces, nephews and other relatives; gc: 4.
By Ron Mori

How are you feeling? Not just physically, but mentally. You know, that 1988 hit song by Bobby McFerrin, “Don’t Worry, Be Happy”? I try to follow that advice as much as possible, and it turns out it’s good advice, not just a greeting card cliché.

According to a new report issued by the Global Council on Brain Health, a positive sense of mental well-being is related to better brain health among older adults. The good news is that research shows our sense of mental well-being tends to increase after middle age, and there are steps we can take to help improve it, regardless of age.

Mental well-being is defined as a person’s experience of feeling good, functioning well and coping adequately with life’s challenges. Functioning well means being able to think and reason sufficiently to conduct daily activities, but also the ability to function socially with others and cope with life’s challenges.

“Many things can affect our sense of mental well-being, like our genetics, personality, life experiences, environmental factors and our personal relationships,” said Sarah Lenz Lock, AARP senior vp for policy and GCBH executive director. “But mental well-being is something that we can improve and maintain as we age by living a healthy lifestyle, learning how to manage stress and anxiety and engaging in things that give us a sense of purpose.”

Based on the available evidence, the GCBH says that:

• Greater mental well-being is associated with reduced risk of dementia.
• Multiple medications taken together can negatively affect mental well-being and cognitive health.
• It is possible to improve your sense of mental well-being, regardless of age or physical condition.
• Relating well to others and having good emotional control are key to mental well-being.

The GCBH experts recommend a variety of activities that can help people preserve a positive sense of mental well-being. A few of these activities include strengthening relationships with family and friends, getting regular exercise, finding ways to relieve mental and physical stress, regularly reviewing your medications and their interactions that may be clouding your thinking and feelings, as well as getting seven to eight hours of sleep each night.

Useful Tips

Here are just a few specific practical tips offered by the GCBH that people can follow to help improve and maintain their sense of mental well-being:

• Find things that make you laugh, such as humorous movies, books or online videos. Laughter relieves stress, reduces tension and anxiety and even lessens pain.
• Take deliberate breaks from social media by avoiding smartphones during meals, for instance.
• Establish meaningful connections with people in your community, such as your neighbors.
• Become a regular volunteer. Volunteering helps provide a sense of purpose in life, which may ward off anxiety, depression, loneliness and social isolation.

“The GCBH provides you strategies to relax and optimize your mental well-being,” said Lock. “Learning how to cope well with life's challenges can help optimize your brain health and help you stay sharp as you age.”

So, try not to worry about everything, and try to be happy. You’ll be better off for it!

About the GCBH

The GCBH, founded in 2015, is an independent international group of scientists, health professionals, scholars and policy experts working on brain health issues. Convened by AARP with support from Age UK, the goal of the GCBH is to review the current scientific evidence and provide recommendations for people so that they can maintain and improve their brain health.

The full GCBH recommendations can be found online at www.aarp.org/2018mentalwellbeing. For volunteer opportunities in your area, visit http://createthegood.org.

Ron Mori is a member of the Washington, D.C., JACL chapter and manager of multicultural leadership for AARP.

**FOUNDATION >> continued from page 2**

John Hayashi (center) accepts JACL's APA Heritage Foundation Award for Historical Impact. Also pictured (from left) are SF Public Defender Jeff Adachi, APAHF President Claudine Cheng, State Board of Equalization Member Fiona Ma and Assessor-Recorder for the City and County of SF Carmen Chu.

Also in attendance at the event were Japan Consul General Tomochika Uyama, APAHF President Claudine Cheng, State Board of Equalization Member Fiona Ma, JACL NCWPN Regional Director Patty Wada, members of the San Francisco JACL and Berkeley JACL and leaders from San Francisco’s Japantown community.

San Francisco Public Defender Jeff Adachi delivered the keynote address to an audience of nearly 250.

The APA Heritage Foundation was founded to coordinate San Francisco’s annual celebration of APA Heritage Month and promote community collaborations in the Bay Area.