



PACIFIC CITIZEN



Pictured (standing, from left) are SD-JACL President Michael Kurima, Robert Ito, Tamlyn Tomita, Arthur Nishioka, Kay Ochi, Jan Tokumaru, David Ono, Carol Kawamoto, David Kawamoto and Lane Nishikawa and (seated, from left) Karen Korematsu and John Tateishi.

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SAN DIEGO GALA 2018

The JACL chapter honors redress campaigners and former incarceratedees at its 'Never Forget, Justice for All' event.

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JACL Stockton Chapter Celebrates Its 90th Anniversary.

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GFBNEC's Traveling Exhibition Stops in Monterey, Calif.

PHOTO: JADE COAST PHOTOGRAPHY

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 immigration 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



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.

National JACL and OCA were honored by the APA Heritage Foundation with its APA Heritage Foundation Award for Historical Impact at a gala celebration 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.

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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 began 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., Hawaii and Canada were in attendance. It also inspired Nikkei in Seattle, Sacramento and the San Francisco Bay Area to organize similar gatherings.

In the past, we have seen families begin to have heart-felt 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-losangeles.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 believes 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, Aiden, Mary, Stefen 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 LGBT community and the author of the book "Two Spirits, One Heart: A Mother, Her Transgender Son and Their Journey to Love and Acceptance."



One of the blocks for Okaeri 2018's block art project featuring queer Nikkei individuals, their families and allies

A promotion photo from last year's Okaeri gathering



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 American seniors 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. Diuretics 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 realize more severe complications from tumbles — largely due to altered mobility (i.e., balance, coordination) and cognition (i.e., judgment, spatial perception). But there are some simple strategies you can employ to help reduce the risk of a fall.

The Mayo Clinic provides a list of "Simple tips to prevent falls" on its website (www.mayoclinic.org). One tip is to wear sensible shoes as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

Another tip is to make your home safer by clearing out the clutter. Excess clutter, e.g., boxes, newspapers, electrical cords and phone cords, should be removed from walkways as these items can increase the likelihood that someone will trip. Get in the habit of putting things away immediately. Remove excess furniture and arrange tables, chairs, etc., so that pathways are clear. Spring cleaning any time of the year can be a great opportunity to declutter space.

AARP has made fall prevention a priority. One key to reducing the risk of serious falls is exercise. "Several studies show that exercise and activity that help in strengthening, flexibility and balance can make a significant difference in minimizing one's chance of falling," said Jennie Chin Hansen, past president of AARP.

Results from a Harvard Health study indicated that Tai Chi helped reduce falls in seniors by up to 45 percent (*Harvard Health Blog, Aug. 23, 2012*). Tai Chi helps improve balance because it targets all the physical components needed to stay upright — leg strength, flexibility, range of motion and reflexes — all of which tend to decline with age.

Contact your local senior center and ask whether it offers Tai chi or any other exercise program geared toward improving balance. 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 our own or with our friends.

Try these balance exercises on an every-other-day basis to reduce fall risks:

- Stand behind a chair or other sturdy piece of furniture you can hold onto and practice standing on one leg at a time. Hold this position for five seconds and increase the time period as you are able. Closing your eyes while you're balancing will increase the difficulty.

- 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 your arms out to your sides 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 Attorneys 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@elderlawcalifornia.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.

Stockton's Oldest Civil Rights Organization CELEBRATES ITS 90TH ANNIVERSARY



PHOTOS: CATHERINE FUJIMORI

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 an 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 (see picture) 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 JACL's." He addressed the role of National JACL and the role of the local chapters. 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."

The Stockton chapter also received recognition for its service from the offices of U.S. Sen. Kamala Harris, U.S. Rep. Jerry McNerney, State Sen. Cathleen Galgiani, State Assemblymember Susan Eggman and the San Joaquin County Board of Supervisors.

Other special guests included JACL Northern California Western Nevada Pacific District Gov. Carol Kawase and NCWNP Regional Director Patty Wada.

The Rev. Yukiko Motoyoshi of the Buddhist Church of Stockton gave the invocation and blessing, and the Rev. Saburo Masada, retired pastor of Calvary Presbyterian Church, gave the benediction.

The chapter also presented a certificate and check for \$2,500 to the Buddhist Church of Stockton for its continued support of the chapter and to mark the church's upcoming 50th anniversary at its current location.

>> See ANNIVERSARY on page 8

1. Nelson Nagai, past president of Stockton JACL, gave the anniversary event's keynote address, "The Two JACL's."

2. Founding members of the Stockton JACL chapter, then known as the Citizens League of Stockton, in 1928. Pictured at center in the front row is Miya Sannomiya, who was actively involved in starting National JACL in 1929. She also served as president of the Stockton chapter in 1929.

3. The Stockton JACL 90th anniversary committee

4. Aeko Yoshinaga, past president of Stockton JACL, served as the event's emcee.

5. NCWNP District Governor Carol Kawase made welcoming remarks during the ceremony.

6. The Stockton JACL chapter received certificate recognition from several government officials. Pictured (from left) are Stockton JACL President Steve Sue; Annaly Medrano, representing Sen. Kamala Harris; Miguel Villapudua, San Joaquin County Board Supervisor of District 1; and Tony Wong, representing Assemblymember Susan Eggman.

7. Celebrating Stockton JACL's 90th were (pictured, from left) French Camp JACL President Dean Komure; Debbi Hatanaka, 90th anniversary chair; NCWNP District Gov. Carol Kawase; NCWNP Regional Director Patty Wada; and Stockton JACL President Steve Sue.

8. Stockton Bukkyo Taiko members performed at the event.

9. Ted Yoneda, former Stockton JACL president, from 1972-74, stands in front of his entry on the "Stockton Wall 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 Yoshinaga 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.



COURAGE, COMPASSION ON DISPLAY IN MONTEREY

GFBNEC and Monterey JACL join in highlighting a stand against prejudice.

PHOTOS: ANDIE KIMURA



Japanese immigrants from Chiba and other areas settled in Monterey before WWII, establishing thriving fishing and farming businesses. Here, abalone diving gear surrounds an original petition urging civility toward Japanese Americans returning to Monterey after camp.



Scott Takahashi and Susan Markee Takahashi explore "Courage and Compassion: Our Shared Story of the Japanese American WWII Experience" in Monterey, Calif. The national exhibit, hosted by the JACL of the Monterey Peninsula and GFBNEC, runs through Oct. 27.



Tim Thomas, historian and JACL Monterey board member, discovered the original petition signed by John Steinbeck and other Monterey notables in support of the Japanese American community incarcerated during WWII.

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, acclaimed photographer Edward Weston and marine biologist Ed Ricketts.

"To think that these people would do that, 70, 75 years ago, is an incredible story," said Mitch Maki, president and CEO of GFBNEC, which specializes in documenting the WWII military service of Japanese Americans as soldiers and in military intelligence.

That petition was in the possession of the Monterey Peninsula JACL — but it had been missing for decades. Then, a few years ago, chapter member and professional historian Tim Thomas, came across it — several petitions, actually — when he was helping the chapter, which owns its building, develop a small museum.

Thomas was going through some papers when he came across what he at first thought were blueprints.

"I saw these petitions and knew immediately what they were," he said. "We knew about this story — we just didn't think they existed anymore. We thought those things were long gone."

According to Thomas, the resistance to Japanese returning to their prewar homes and livelihoods came from an organization in nearby Salinas, Calif.

"They put an ad [opposing the return of ethnic Japanese] in the local newspaper that really incensed a lot of people here in Monterey, in particular a woman named Toni 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.

According to Maki, at each site where the traveling exhibition goes on display is about 80 percent materials provided by GFBNEC and 20 percent by the local community.

"For the folks in California, it's the only place the petitions will be available for view," said Larry Oda, a member of the local JACL chapter and past national president of JACL.

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.

According to Keller, "Courage and Compassion" has already been to Salem, Ore.; Honolulu; Kingsburg, Calif.; Oberlin, Ohio; Minneapolis/St. Paul, Minn.; and Rochester, Minn.

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. ■



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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-nascent "League of Dreams," Nishikawa's independently financed documentary on the JACL. According to Nishikawa, "League" — which in its preview featured several front pages of the *Pacific Citizen* from years gone by — began as 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 strength to stand up."

Information on how to contribute funds to help Nishikawa finish the documentary "Our Lost Years" can be found at tinyurl.com/ycol37cc.

San Diego JACL Reflects, Remembers on 30TH ANNIVERSARY OF REDRESS

The chapter honors redress campaigners and former incarcerated.

Gala guests look at the chapter's historical photo display.



PHOTOS: JADE COAST PHOTOGRAPHY

By P.C. Staff

With Aug. 10 marking the 30th anniversary of President Ronald Reagan's signing of the Civil Liberties Act of 1988 still a fresh memory, the San Diego chapter of the JACL held its annual gala dinner on Sept. 15 at the Town and Country San Diego with the apropos theme: "Never Forget, Justice for All."

The fundraising dinner proved to be a way to spend an evening to reflect and remember the achievement that was Japanese American Redress, while feting those who helped in 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, risky 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 recognitions were John Tateishi (Civil Rights Lifetime Achievement Award) and Karen Korematsu (Civil Rights Leadership Award), as well as Arthur Nishioka, Kay Ochi and Jan Tokumaru, who each received a Civil Liberties Award from the San Diego JACL. (Tokumaru'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 Ono, were treated to the Pledge of Allegiance by Kiele Clancy and Maiya Ito, the singing of the national anthem by Alessa Morales, an opening prayer by Rev. Ichibei Honda (San Diego Japanese Christian Church) and greetings from San Diego JACL Chapter President Michael Kurima.

Recognized as winners for an essay competition were Zoe Yamamoto (high school) and Maya McHale (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." (See sidebar.)

The evening also feted more than two dozen San Diego-area denizens who spent time locked up in federal concentration camps during WWII, with each receiving applause from the audience and a physical memento of their experience, a glass vial, marked "Poston, Arizona, 1942-1945," containing soil from the site. (See sidebar.)

The gala's top award went to Tateishi, who was appointed by then-JACL National President Clifford Uyeda to be the national



Gala co-emcees Tamlyn Tomita and David Ono

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 "we 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."



Filmmaker/San Diego gala planning committee member Lane Nishikawa (left) with gala honoree John Tateishi



A close-up shot of the inscription on John Tateishi's award



Carol Kawamoto and John Tateishi



Karen Korematsu speaks after receiving her award.



Civil rights pioneer Fred Korematsu



The San Diego JACL gala recognized and honored 25 surviving San Diego-area residents who were incarcerated at one of the camps operated by the War Relocation Authority during WWII. They are pictured here along with (from far left) honorees John Tateishi and Karen Korematsu and emcees Tamlyn Tomita and David Ono. (See sidebar for story.)



"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 Commis-

sion 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*



Honoree Jan Tokumaru

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 86 — 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

Among 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 Yoshioka Allen (Poston Camp 3), Taye Hashiguchi (Rohwer), 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 Kinoshita (Poston Camp 3), 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 Suyenage (Poston Camp 1) Allyne Marumoto Tachiki (Poston Camp 3), Hesaa Takahashi (Poston Camp 3), Ikuko "Cookie" Takashima-Taniguchi (Poston Camp 3), Grace Kaninaka Tsuida (Poston Camp 3), Dorothy Uno (Poston), James Uyesugi (Rohwer), Doris Takeguchi Wada (Poston Camp 3), Frank Mitoshi Wada (Poston Camp 3), Hank Takashi Wada (Poston Camp 1) and Dorothy Yonemitsu (Heart Mountain). ■



A vial of soil from one of the three WRA Centers in Poston, Ariz.



Pictured (from left) are Karen Korematsu, 100-year-old Dorothy Yonemitsu, who was incarcerated at Heart Mountain during World War II, and John Tateishi.

SAN DIEGO GALA RECOGNIZES SAN DIEGO-AREA FORMER INCARCEREES



Honoree
Kay Ochi

PHOTOS: JADE COAST PHOTOGRAPHY

and saddened by the June 26 Supreme Court decision in *Trump v. Hawaii*, in which the high court reversed an appeals court decision that President Trump's Presidential Proclamation 9645 — the so-called travel ban — exceeded his powers, but also repudiated the 1944 Supreme Court case *Korematsu v. United States*.

"I knew my father would be so disappointed that all that work that he had put into, that we were still repeating history," she said. Karen Korematsu also said she "became outraged" by the decision. "It just energized me to make a commitment to further education through the Korematsu Institute," she said.

With that and under the current political climate, Korematsu said, "The JACL, to me, as an organization, is more important than ever. We need to have that seat at the table to make sure that others know our story so that we can uphold other communities, the communities that are being marginalized."

Ochi, active with Nikkei for Civil Rights & Redress for 37 years, recalled how one of the first hurdles to the Redress Movement was convincing many Japanese Americans about the necessity of redress.

"They wanted to be *gaman* and forget about the past. It took a lot of education within our own community," she said. Ochi also cited the importance of the CWRIC testimony.

She recalled the 1981 hearings in Los Angeles when "153 brave Japa-

nese Americans . . . came forward and spoke about what happened during wartime." Calling it both "heartbreaking and mind-blowing," Ochi said the testimony "opened the floodgates and really sparked the movement." She also made a "shameless plug" for recordings of the testimony and a new book titled "NCR: The Grassroots Struggle for Japanese American Redress and Reparations," both of which are available for purchase at the Japanese American National Museum in Los Angeles' Little Tokyo.

Another NCR elder, co-founder Tokumaru, also cited the power of the CWRIC testimony she witnessed in Los Angeles, which was one of 10 cities where hearings took place.

"There's nothing that was in my life that I can say was more transformative," Tokumaru said. "It was people pouring out all the pain, the suffering, but also all the strength. It was so invigorating and at the same time heartbreaking," she said, adding that the 30th anniversary of redress is a reminder of "how much work there is to do."

Nishioka, who has served on the boards of the San Diego JACL and the Pacific Southwest District, gave thanks to the fictional character of "The Karate Kid's" Mr. Miyagi, who was played by actor and former incarcerated Pat Morita; JACL Legislative Education Committee leader Grayce Uyehara, who "worked diligently to lobby the halls of Congress to persuade members of Congress to support this bill"; and Rudy Tokiwa, a 442nd Regimental Combat Team veteran whose participation in the "Rescue of the Lost Battalion" paid off decades later when the presence of the war-injured former soldier in Congress during debate over redress helped compel the Texas delegation to "vote in favor of redress and reparations."

ANNIVERSARY >> continued from page 4

A moment of silence was also observed for members, family and friends who had passed. Members 90 years and older 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 Tominaga Masuda. The photo was of her brother, James Tominaga, 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 Bukkyo 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 Lodi chapter. As the year continues, there is a Day of Remembrance event, community picnic, scholarship luncheon, Humbargar 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 Assn., San Francisco Cherry Blossom Festival, Stockton Buddhist Church Bazaar and Central Valley Asian Chamber of Commerce. ■

AMERICAN HOLIDAY TRAVEL

2018 TOUR SCHEDULE

- Costa Rica Holiday Tour** (Carol Hida) Nov 7-15
San Jose, La Fortuna, Monteverde, Punta Arenas, Rain/Cloud Forest, Volcano National Parks, Hotsprings, Coffee Plantation.
- Okinawa Holiday Tour** (Ernest Hida) Nov 7-16
Naha, Onnason, Islands of Ishigaki, Iriomote & Taketomi.

2019 TOUR SCHEDULE (Preview)

- Splendid Sicily Holiday Tour** (Elaine Ishida) April 6-15
Palermo, Corleone, visit a family farm, Agrigento, Taormina.
- Charleston-Savannah-St. Augustine Tour** (Carol Hida) April 7-13
Charleston, Fort Sumter, Beaufort Horse Drawn Carriage Tour, Savannah, Jekyll Island, St. Augustine Trolley Tour
- Japan Spring Countryside Holiday Tour** (Ernest Hida) April 12-23
Tokyo, Sakata, Akita, Oga Peninsula, Hanamaki Onsen, Matsushima, Aizu Wakamatsu, Ouchijuku, Iwaki Hawaiian Show, Ashikaga Flower Park.
- South America Japanese Heritage Holiday Tour** (Ernest Hida) May 9-24
Argentina — Buenos Aires; Brazil — Rio de Janeiro, Sao Paulo, Iguassu Falls; Peru — Lima, Machu Picchu. Meet local Japanese and learn their history.
- Iceland Explorer Holiday Tour** (Elaine Ishida) June 5-11
Reykjavik, Blue Lagoon, Strokkur Geyser, Gullfoss/Golden Falls, Thingvellir National Park, Viking Ship Museum, Lake Kleifarvatn.
- Grandparents-Grandchildren Japan Tour I** (Ernest Hida). Waitlist . . . June 17-27
- Grandparents-Grandchildren Japan Tour II** (Ernest Hida). July 1-11
Tokyo, Hakone/Atami, Hiroshima, Kyoto
- Alaska Land & Cruise Tour** (Elaine Ishida). July 16-28
Fairbanks, Denali National Park, Talkeetna, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Vancouver, Seattle.
- Hokkaido Summer Holiday Tour** (Ernest Hida). July 17-29
Chitose, Furano, Asahikawa, Rishiri Island, Wakkanai, Sapporo, Otaru, Lake Toya, Hakodate, Tokyo
- Western Mediterranean Holiday Cruise** (Carol Hida). Aug 18-31
- Yellowstone & Mt. Rushmore Holiday Tour** (Elaine Ishida). Sep 22-29
- Japan Autumn Countryside Holiday Tour** (Ernest Hida). Oct
Tokyo, Sado Island, Kanazawa, Shirakawago, Amanohashidate, Tottori, Matsue, Tamatsukuri Onsen, Kobe.
- Kenya Wildlife Safari Holiday Tour** (Carol Hida). Oct 9-21
- Kyushu-Shikoku Holiday Tour** (Ernest Hida). Nov
Fukuoka, Nagasaki, Ibusuki, Kagoshima, Miyazaki, Beppu, Matsuyama, Kochi, Takamatsu, Shodo Island, Tokushima.

For more information and reservations, please contact:

AMERICAN HOLIDAY TRAVEL

312 E. 1st Street, Suite 240 * Los Angeles, CA 90012
Tel: (213)625-2232 * Email: americanholiday@att.net
Ernest or Carol Hida, Elaine Ishida (Tel: 714-269-4534)



Honoree
Arthur
Nishioka



PHOTO: PC STAFF



REFLECTIONS

WHAT REMAINS ON JACL'S NATIONAL AGENDA?

By Gerald Yamada

One 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 built 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

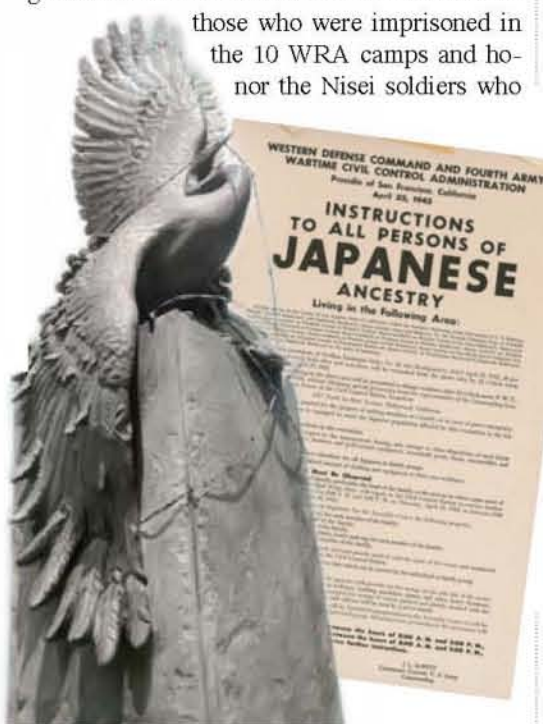
were killed during WWII.

- 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 awards 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 withheld 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 what is left for JACL to do as a national civil rights organization on this matter. Are there remaining issues that have a common bond to all persons of Japanese ancestry? Is there a new tier 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.



APAs in the News



Stephanie Nitahara Announced as Kizuna's New Executive Director

LOS ANGELES — In a statement released by Kizuna Board of Directors Chair Janet Hiroshima, former JACL staffer Stephanie Nitahara has been named Kizuna's new executive director, where she will be responsible for leading the organization's administration, programs and strategic planning. Nitahara began her duties on Oct. 8.

Nitahara previously served as JACL's associate director and interim executive director, as well as regional director of the organization's Pacific Southwest District office.

"We are excited for Stephanie to step into this role. Her experience and leadership in the Japanese American community, both locally in Little Tokyo and nationally, will be invaluable to the growth of Kizuna. Her passion and commitment to further developing the next generation will be pivotal for us in this next chapter," said Hiroshima in the statement.

In addition to her duties at Kizuna, Nitahara currently serves on organizing committees for such community programs as Okaeri: A Nikkei LGBTQ Gathering and is membership chair for the Little Tokyo Community Council.



JANM's Kristen Hayashi Selected to the 2018 Smithsonian Affiliations Visiting Professionals Program

LOS ANGELES — Kristen Hayashi, the collections manager at the Japanese American National Museum, has been selected for the Smithsonian Affiliations Visiting Professionals Program for 2018. Along with nine other professionals from across the Smithsonian Affiliates network, Hayashi will spend two weeks in Washington, D.C., exploring programmatic uses of digital technology with art collections.

With support from the Getty Foundation, the Visiting Professionals Program is designed to provide in-depth access to Smithsonian subject and technical experts, resources and collections, allowing participants the time and support needed to tackle a preidentified challenge for their organization and equip them with tools and strategies to return home to effectively address the challenge. Hayashi will be seeking strategies for developing a work plan to effectively digitize JANM's extensive artwork holdings so that they can be well presented to a broad online audience.

Hayashi, who became JANM's collections manager in 2017, will be in Washington from Oct. 29-Nov. 9.



Toshiko Grace Hasegawa Named Executive Director of Washington State Commission on Asian and Pacific American Affairs

WASHINGTON — Gov. Jay Inslee appointed Toshiko Grace Hasegawa as executive director of the Washington State Commission on Asian and Pacific American Affairs on Oct. 5.

CAPAA is a state agency with an advisory board of 12 commissioners appointed by the governor. It works in partnership with communities and state leaders to respond to public concerns and bring about positive, long-term solutions to issues that impact Asian Pacific Americans.

Hasegawa, who holds bachelor's degrees in criminal justice and Spanish from Seattle University, currently serves as communications manager for King County's Office of Law Enforcement Oversight. She also served as JACL Seattle chapter president and is a current chapter board member.



Ken Okuhara Named Stockton's New Chief Technology Officer

STOCKTON — Ken Okuhara, a veteran of IT in state government, has been named the new chief technology officer for the city of Stockton, Calif. Okuhara, who began his duties Aug. 1, is responsible for oversight of app development, the project management office, the city data center and IT networks.

Okuhara began his IT career with the state in 2000, specializing in project management. In addition, he served within various roles with the state Department of Education, the Office of Technology Services and California Department of Technology. He received his bachelor's degree in electrical engineering at California State University, Sacramento. Okuhara credits his late father, Masuwo Okuhara (U.S. veteran, 442nd Infantry, MIS) and his mother, Sumiye Okuhara (Wakai) of Lodi for instilling in him the values of "Go for Broke" and perseverance.

A NATIONAL GUIDE TO NOTABLE COMMUNITY EVENTS

CALENDAR

NCWNP

'For the Sake of the Children'
Screening and Panel Discussion
San Jose, CA
Oct. 28; 4 p.m.
San Jose Buddhist Church Betsuin
640 N. Fifth St.
Price: Free and RSVPs are requested. Donations will benefit the four sponsoring organizations.
This event, co-sponsored by the Poston Community Alliance, Midori 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 Tsubokawa Reeves and Stephanie Gillman and Zahra Billoo, executive director of the Council on American-Islamic Relations, San Francisco Bay Area. Moderator will be NBC Bay Area's Robert Handa.
Info: To RSVP, text (925) 596-1770 or contact Marlene Shigekawa at (510) 290-1944 for any questions regarding this event.

'Loyal Americans: Japanese American Imprisonment During World War II' Exhibition
Hayward, CA
Thru Oct. 28; 10 a.m.-4 p.m.
(Wed.-Sun.)
Haywood Area Historical Society
22380 Foothill Blvd.
Price: Free
Supported 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. Martins Foundation, admission to the museum is currently free.
Info: Visit www.haywardareahistory.org or call (510) 581-0223.

NJHS 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 National Japanese American Historical Society that honors our veterans. Following the program, a lunch will be served. Details will be forthcoming.
Info: Visit www.njahs.org.

WakamatsuFest150
Placerville, CA
June 6-9, 2019
Wakamatsu Farm
941 Cold Springs Road
To celebrate the site of the first Japanese colony in America, this festival will celebrate 150 years of Japanese American heritage, arts and cuisine. Wakamatsu Farm also is the site of the birthplace of the first Japanese American and the gravesite of the first Japanese woman in the U.S. Don't miss this special anniversary presented by the American River

Conservancy.
Info: Visit www.ARConservancy.org/wakamatsu or email wakamatsu@ARConservancy.org.

PSW

Haunted Night in Little Tokyo: The Block Party
Los Angeles, CA
Oct. 27; 6 p.m.-Midnight
Second Street
Presented by the Little Tokyo Community Council, "Haunted 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, which includes screenings of "Prince of Darkness," "Godzilla" and "Jinro" 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 the kids will follow throughout the Japanese Village Plaza on Halloween day.
Info: Visit hauntedlittletokyo.com.

'Vietgone'
Los Angeles, CA
Oct. 18-Nov. 11
David Henry Hwang Theater
120 Judge John Aiso St.
Price: \$40-\$60
East West Players with support from the S. Mark Taper Foundation presents the L.A. premiere of "Vietgone" by Qui Nguyen and directed by Jennifer Chang, featuring music composed by Shammy Dee. This tale spins a modern twist on the classic boy-meets-girl story: Quang and Tong are refugees fleeing the Vietnam War who meet and fall in love in a relocation camp in Arkansas. This production takes audiences on a ride across 1970s America with a soundtrack that serves up hip-hop, sass and revolution.
Info: Visit eastwestplayers.org.

Tanaka Farms Pumpkin Patch
Irvine, CA
Thru Oct. 31; 9 a.m.-6 p.m. daily
5380 3/4 University Dr.
Price: Admission \$4 (children 2 and under are free); Entry Package \$12 (includes admission, wagon ride, petting zoo); Game/Activity Tickets \$4; Parking Passes (required on weekends) \$5; Wagon Ride \$6; Petting Zoo \$4.
Tanaka Farms invites you to its annual Pumpkin Patch featuring acres of pumpkins, a corn maze, wagon rides, petting zoo and much more! Every weekend also features games, ATV rides, crafts, Tanaka Farms Food Shack, Scarecrow contest voting, famous pumpkin cannon, face painting and much more for the entire family.
Info: Visit www.tanakafarms.com.

Shinsei Kai Emerging Stars of Japanese Arts
Los Angeles, CA
Nov. 4; 2 p.m.
Aratani Theater
244 San Pedro St.
Price: \$15

U.S. Kabuki Tankyu Kai presents Shinsei Kai, featuring Gankyo Nakamura (Kabuki), Walter Nishinaka (Taiko), Brian Mitsuhiro Wong (Koto) and Kuniharu Yoshida (Calligraphy). The performance will also include performances by Cheryl Haruko Ikegami (Bando Kyoharumi) and master guest artists Bando Ai (Japanese Classical Dance) and Shirley Kazuyo Muramoto (Koto/Shamisen).
Info: Visit www.kyonokai.com.

Repeating History's Errors: The Relevance of the Japanese American Incarceration Today
Los Angeles, CA
Nov. 13; 4-6 p.m.
University of Southern California
Ronald Tutor Campus Center
Rosen Family Screening Room (227)
Price: Free
This event features a screening of the film "And Then They Came for Us," followed by a panel discussion featuring Karen Korematsu, founder/executive director of the Fred T. Korematsu Institute, and Donald K. Tamaki, partner, Minami Tamaki LLP.
Info: Visit <https://dornsife.usc.edu/events/site/192/1355148/>.

PNW

'Contested Histories: Art and Artifacts From the Allen Hendershott Eaton Collection' Pop-Up Display
Seattle, WA
Nov. 24 and 25; 10 a.m.-5 p.m.
NVC Hall
1212 S. King St.
Price: Free
JANM will travel its pop-up display of the Allen Hendershott 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, vases, beads, nameplates and other handmade items from the WWII incarceration camps that Japanese Americans were forced to endure. The display is intended to help gather information about each individual object so that the museum's efforts to preserve and catalog the collection can be complete.
Info: Visit nvcfoundation.org or call (206) 322-1212.

IDC

Denver API Affinity Group Meeting
Denver, CO
Oct. 21; 1-3 p.m.
1290 N. Williams St.
Annex Building at South End of Main House
Price: Free
All are invited to join the formation of a support group for Asian Pacific Islander 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.

Info: Visit https://www.eventbrite.com/e/pflag-denver-api-gathering-tickets-50371640934?aff=ebdssbdestsearch&utm_source=JACL+Newsletter&utm_campaign=914563489b-EMAIL_CAMPAIGN_2018_09_19_04_56&utm_medium=email&utm_term=0_fbd2d24036-914563489b-162229281.

The Center for Asian Pacific American Women Denver Reception
Denver, CO
Oct. 26; 5:30-8 p.m.
Tamai Tower Penthouse at Sakura Square
1255 Ninth St.
Price: Free
This free reception sponsored by the Center for Asian Pacific American Women will offer participants the opportunity to interact with community partners including the Asian Chamber of Commerce, Sakura Square and CU-Denver, as well as network with leaders from the private and public sectors and meet board members and graduates from the CAPAW's leadership program, APAWLI. There will also be music, food and nonalcoholic beverages.
Info: Visit <https://www.eventbrite.com/e/the-center-for-asian-pacific-american-women-denver-reception-tickets-48665968221>.

MDC

Honor Before Glory: The Epic World War II Story of the Japanese American Contribution to the Allied Campaigns in Italy and France
St. Paul, MN
Oct. 27; 1-3:30 p.m.
Historic Fort Snelling Visitor Center
200 Tower Ave.
Price: \$5 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, military museum curator Doug Bekke will moderate a panel with local Japanese American WWII veterans, including Edwin (Bud) Nakasone and Ed Yoshikawa. This event is co-sponsored by the World War II History Round Table, Twin Cities JACL and Historic Fort Snelling/Minnesota Historical Society.
Info: Visit www.tcjacl.org.

A-Squared Asian American Performing Arts Festival 2018
Chicago, IL
Nov. 8; 7-10 p.m.
Links Hall
3111 N. Western Ave.
Price: \$20-\$40
Co-presented by A-Squared Theatre, Asian Improv Arts Midwest and Links Hall, this event features contemporary performances by American artists descended from the Asian diaspora, including dance, music, performance art, theater and more. The event will also feature a fusion of cuisines from the Asian continent.
Info: Visit <https://www.eventbrite.com/e/a-squared-asian-american-performing-arts-festival-2018-tickets-47603373973?aff=ebdssbdestsearch>.

EDC

Boston Asian American Film Festival
Boston, MA
Thru Oct. 28
Paramount Center
559 Washington St.
Price: JACL members are eligible 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 and will be presenting 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 reception following "The Ito Sisters" screening will be held featuring filmmaker Antonia Grace Glenn and her mother, Evelyn Nakano Glenn, who is featured in the film.
Info: Visit <http://www.baaff.org/festival2018.html> and enter code NEJACL2018 for the ticket discount.

Yayoi Kusama: 'Where the Lights in My Heart Go'
Lincoln, MA
Thru Oct. 28
DeCordova Sculpture Park and Museum
51 Sandy Pond Road
"Where the Lights in My Heart Go" is a 10-by-10-foot polished steel chamber with a mirrored interior that contains small holes in the walls and ceiling to allow natural light to penetrate the darkened room. This is the first time one of these artworks by the famous artist has been shown in the Boston area.
Info: Visit <https://decordova.org/art/exhibition/yayoi-kusama-where-lights-my-heart-go>.

'Righting a Wrong: Japanese Americans and World War II'
Washington, D.C.
Thru Jan. 6, 2019
The Smithsonian Institute's National Museum of American History
Documents Gallery, 2nd Floor
14th Street and Constitution Avenue N.W.
Don't miss this opportunity to view this important exhibit before its closure in January. The exhibit features documents, articles, photos and art, including the original Executive Order 9066 and original artwork by Roger Shimomura, who spent years incarcerated in Minidoka, Idaho, during World War II.
Info: Visit <http://americanhistory.si.edu/exhibitions/righting-wrong-japanese-americans-and-world-war-ii>.

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IN MEMORIAM

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.

Alger, Alice Toshiko, 76, Los Angeles, CA, Aug. 1; she is survived by her sons, Kelly and Rickey (Derlynn) Miller; step-children: 6; countless step-grandchildren; gc: 2.

Ariyasu, Fumi, 91, Montebello, CA, Aug. 12; she was predeceased by her husband, Yoshito; she is survived by her children, Joy (Gary Yoshihara) and Jan (John Wisneski) Ariyasu; sisters, Amey (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: 4; ggc: 1.

Ihara, Kengo, 87, Los Angeles, CA, Aug. 31.

Iida, 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 Iida (Keith Fudenna), Douglas (Chris), Calvin and Robert (Diana Mausser); in-laws, Kazumi Fukawa, David (Kazuko) Iida, Hide Yamada, George (Dorothy) Iida, Nancy Iida 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 (Gale) 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.

Kasama, Masatake, 83, Harbor City, CA, Aug. 8; he is survived by his wife, Anna; brother, Yoshiaki (Hideko) Kasama; he is also survived by many nieces, nephews and other relatives.

Koro, Masashi, 89, Los Angeles, CA, Aug. 18; he is survived by his sisters, Miyoko Shirahama and Kazuye Bessho; 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; ggc: 2.

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

Mukai, Setsuko, 105, Northridge, CA, Aug. 2; she was predeceased by her husband, Robert Takuji Mukai; daughter, Takako Agnes Maeyama; she is survived by her daughters, Shigeko Maye Muraoka and Emmy Yamaoka; gc: 9; ggc: 12.



Nishikawa, Mary Atsuko, 88, Gardena, CA, Aug. 6; she is survived by her husband, James; daughters,

Joyce (Greg) Mori and Grace Nishikawa; sister, Mitsuko Ishida; she is also survived by nieces, nephews and other relatives; gc: 4.

Nishitsuji, Arthur Hideo, 89, Los Angeles, CA, Aug. 25; he is survived by his wife, Itsuko "Edie" Nishitsuji; daughters, Diane (Robert) Akashi and Peggy Nishitsuji; siblings, Ida Shioshima, Anna Kunugi, Irene (Larry) Shimamoto and Bill Nishitsuji; 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 (Jose); gc: 1.



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

Oku, Tatsuko, 89, Los Angeles, CA, Aug. 8; she is survived by her children, Donna (Stephen) Hanano, Russell (Marie) Oku 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, Yoshiharu; children, Hiroshi, Tadashi (Karen), Yuji (Angie) and Sachi (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, Dale; she is survived by her husband, Raymond; children, Randall (Elaine) Oshiro and Steven Oshiro; siblings, Betty (Bertram) Mamiya and Richard Higa.



Sakahara, Yaeko May, 98, Altadena, CA, Aug. 28; she is survived by her children, Michiko (Ronald) Oba and Arthur (Cheryl) Sakahara; siblings, George (Ann) Yamane and Haruko Sato; she is also survived by many

nieces, nephews and other relatives; gc: 2; ggc: 2.



Sakai, Toshinori, 87, Los Angeles, CA, Aug. 4; he is survived by his children, Yoshi (Sharon), Ken (Caroline), Mary Sakai and Ruby (Efrain) Huerta; gc: 9; ggc: 3.

Sata, Chase Yasutaka, 31, Torrance, CA, Aug. 9; he is survived by his parents, Dennis and Dana Sata; sisters, Rylie (Stanton) Young and Reed Sata; grandmother, Ellen Cho; he is also survived by many aunts, uncles and cousins.

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) Shinto, Miles (Leti) Yokota, Robin (Mark) Wittenberg and John (Helery) Shinzato; siblings, Alyce (John) Cha, Gracey Kono and Keiko Omori; sister-in-law, Erni (Jun) Arai; brother-in-law, Steven (Leslie) Kodama; he is also survived by many nieces, nephews and other relatives; gc: 9.



Tamiko, 77, Los Angeles, CA, Aug. 23; she was predeceased by ex-husbands, Francis H. Kishi and Robert Libin; she is survived by her daughters, Joli and Laurel (Sara Kishi Wolf) Kishi; companion, Vic Moraga; she is also survived by many loving friends.



Tara, Chisato Noritomo, 87, Portland, OR, Sept. 8; originally from Ehime, Japan, she was predeceased by her husband, Robert Tara; she is survived by her daughter and son-in-law, who reside in Sweden; gc: 3.



Tsunawaki, Don Clifford, 61, Lake-wood, CA, Aug. 5; he is survived by his wife, Lisa (née Nakasako); children, Sarah and Matthew, siblings, Mark Tsunawaki and Stacy Mock (Fred); he is also survived by many nieces, nephews and other relatives.



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.

PLACE A TRIBUTE

'In Memoriam' is a free listing that appears on a limited, space-available basis. Tributes honor your loved ones with text and photos and appear in a timely manner at the rate of \$20/column inch. Contact: Editorial@pacificcitizen.org or call (213) 620-1767 ext. 104

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REIMAGINE EVERYTHING

BRAIN HEALTH AND MENTAL WELL-BEING IS GOOD FOR YOUR BODY'S HEALTH

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 community, states and national affairs — multicultural leadership for AARP.

FOUNDATION >> continued from page 2



John Hayashi (center) accepts JACL's APAHF 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.



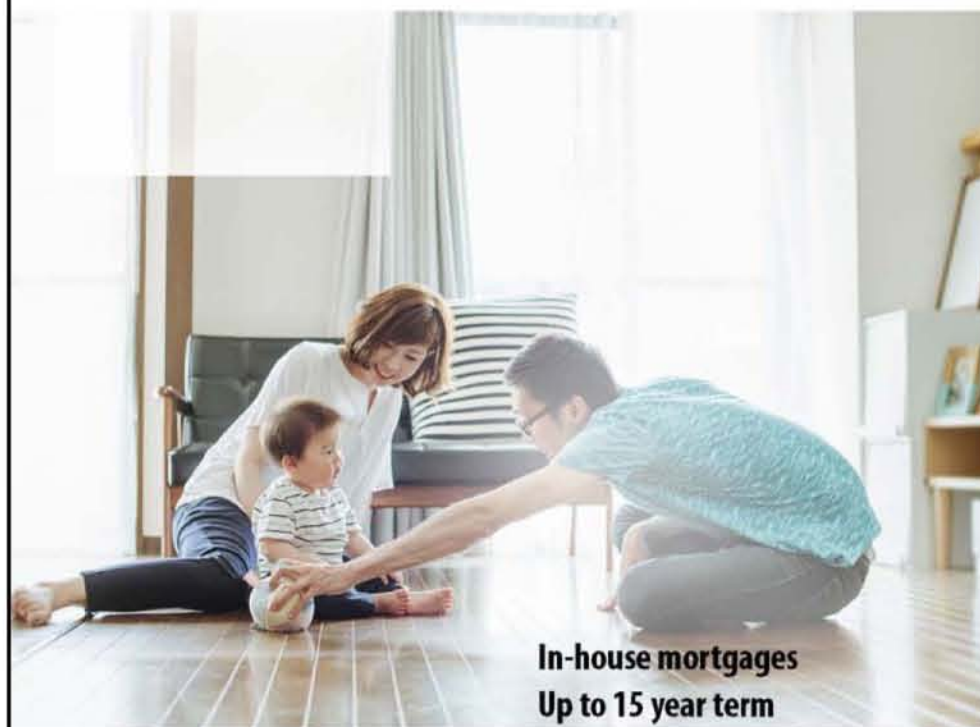
JACL's APA Heritage Foundation Award for Historical Impact

Also in attendance at the event were Japan Consul General Tomochika Uyama, APAHF President Claudine Cheng, State Board of Equalization Member Fiona Ma, JACL NC-WNP 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.

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