

## KIMOCHI NEWSLETTER

FEBRUARY, 1978

Newsletter Staff

Editor: Wayne Nakayama  
Translation: Miyo Slattery  
Collation: Kimochi Members

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Volume II

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GREETINGS:

At last, a pact was made and it seems the truce is held. I see, however, that I was not the only one who did not feel like celebrating the peace openly even though I was longing for the peace for such a long time. Maybe that is because I cannot help but think back to the long wasted suffering years that trampled our minds like grass roots or maybe because I cannot see a way to cope with young hoodlums whose minds are also corrupted through these long years of immoral fighting.

After all, though, when I realize that no bombing is done now, I guess I get the similar feelings to the grass that was waiting for the spring to come, buried beneath the snow for a long time. It is this feeling that now is the time to breath deeply, knowing that the hard and cold snow that was covering mind and head, is gone and the sunshine of spring will reach through soon. It is this feeling of preparing to grow and work as much as possible!!

Our power may be too small to build a peace that needs heavy work, but the feeling that each of us has that wishes the happiness to our children and to grandchildren, and might lead us by itself like grains of sand to help build a world of peace.

Like many tiny grasses make the twin peaks green after the rain, let us put our feeling as individuals, as parents, and as grandparents, together in Kimochi-Kai and be a grain to help build peace in the Japanese community, in the City and in the US.

We had such a good time at the New Year's Party with the magnificent flower arrangement of pine and plum, plenty of food, singing, bingo and the prizes and of course with the plenty of people present, didn't we? I'm sure I was not the only one who felt the promise of a good year starting. The Lounge has become still more cheerful since that day as if the joy we had on the New Year has spilled over to this day. \*

The Jobs for Older Americans program has made it possible to have five Issei



working in the Lounge everyday. So, the Lounge has become still more orderly and friendly. People who come in to rest just for 30 minutes stay on for one hour and they make the whole atmosphere more cheerful.

Those books that were left alone like orphans are being put in order and a lending service has started. These things also help to make the Lounge's atmosphere brighter and people who come in, livelier.

We members of the Board of Directors are trying our best to make plans that would make this whole year a year that is worthwhile and notable to everyone. And we hope we have too many participants in every activity even if it means a little more trouble for us.

- Mitsu Yashima

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#### JIYU NA IKEN

The Newsletter has improved vastly since the first publication over a year ago. This has been accomplished through the efforts of the Newsletter committee, members of the staff and most important, the people who have contributed their writings. The recent funding that Kimochi has received, has considerably helped finance the materials and equipment and made the publication of the Newsletter more efficient.

The purpose of the Newsletter is to express the ideas, opinions of the Issei, Nisei, and Sansei and present information and services that are available from Kimochi and the rest of the Japanese community. In order for any organization to be successful and to be progressive, there must be a true understanding between its members, having them relate what they're all about to one another. Sometimes it is very difficult for members of Kimochi to communicate to each other because of the language barrier that exists. Many Sansei aren't familiar with the Japanese language, and the many Issei aren't familiar with the English language. In the content of the Newsletter, we are trying to solve the communication problem by having Issei, Nisei, and Sansei relate what they know and how they feel through their writing.

I hope that I can have the cooperation of everyone by submitting some kind of input to the Newsletter. I am open to any criticism and ideas that you may have. Please contact me during the week at the Kimochi Lounge.

- Wayne Nakayama  
Newsletter Editor

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ISSEI GENERAL MEETING

The second Issei general meeting was held on January 27, Saturday, in the Japan Center's Sakura Room. Seventeen Issei, one nisei and six Sansei were present.

Following financial reports, five people hired through the Jobs for Older Americans program and who have started to work in the Kimochi Lounge were introduced. After that, Sandy Ouye explained that UJCS (United Japanese Community Services) needs two Issei Board members to represent Kimochi. Mrs. Miho and Mr. Teranishi were recommended by all the people present.

After the explanation on Community Day, some events that are coming up were explained by Susan Okura. There was a long discussion especially on the Food Bazaar as to whether Kimochi should participate. They decided that they should participate as they did last year.

There were committee reports and we were to discuss the subject that seemed most important in the agenda, the business of whether Kimochi should reapply for Federal funding. Steve Nakajo suggested that since this is a very important issue and needs serious consideration, and also the meeting hour was running late, that this issue should be discussed at the next Issei general meeting. He asked everybody there to think about it and give their opinions at the next meeting.

In spite of the cold, unheated room that they were having the meeting in, everybody stayed on to the end and participated earnestly in the discussion. After the meeting, everybody went back to the Kimochi Lounge and enjoyed a hot cup of tea.

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JOBS FOR OLDER AMERICANS

Five people, Mrs. S. Hattori, Mrs. K. Hirano, Mrs. H. Nagata, Mrs. H. Imagawa, and Mr. C. Iwatsubo, were recently hired by Jobs for Older Americans to work in Kimochi. They began working as of January .2, helping as librarians and Lounge staffers, and will work until June, 1973. Before this, some of these people had been helping Kimochi as volunteers.

Kimochi is very glad that Jobs for Older Americans provides opportunities for older people who want to continue working earning their own income.

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ESCORT SERVICE

Recently, a number of Issei have been robbed or attempts have been made to rob them while walking on the streets. Due to this trouble, Kimochi is initiating a free escort service for any Isseis who wish a Sansai to accompany them when they go to and from banks or other places where they feel unsafe. It is requested that any Issei desiring to use this service phone the Kimochi Lounge in advance to make sure a Sansai will be available to help them.

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TAPE RECORDINGS AVAILABLE

Kimochi purchased a tape recorder in December and we hope to use it to tape various programs and lectures in Japanese for a tape library.

We already have on tape the lecture, "Behind Barbed Wire", about the Relocation Camps of World War II, made by some students and teachers of the University of Delaware. We also taped the folk singing of the Shinnen (New Year) Party.

Please feel free to drop by the Lounge and listen to any of the tapes. Ask Irene Fujimoto or any of the other staff people for the tapes and tape recorder.

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HOUSING MORATORIUM AFFECTS JARF PROJECT

There has been a moratorium put on all Federal housing by President Nixon. This means that no new public housing that is funded by the Federal government will be built until the moratorium is lifted.

The JARF (Japanese American Religious Federation) Project, which includes senior citizen housing, will not be affected by this moratorium because it has received from HUD (Housing and Urban Development) a "letter of feasibility". However, JARF has to show some "notable progress" by the end of February. Kimochi Housing Committee will keep the Issei informed of this situation.

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NEW YEARS CELEBRATION AT LOUNGE

Kimochi's New Year's party was held on Saturday, January 13, 1973, in the Lounge on the bridge over Webster Street. Everyone who attended, approxi-



nately thirty-five Issei and twenty Nisei and Sansei, brought a variety of dishes for the pot-luck luncheon, so there was lots of food and drinks for everyone. After the delicious lunch, Martin Shichi and Miyo Slattery led the Issei in the singing of several Japanese songs, and with the encouragement of the group, Mr. Thomas Doi and Mr. Aoki sang solo and several energetic Issei got up and danced. After the singing and dancing, everyone went over to the Kikkoman Cooking Center meeting room and played BINGO. A very enjoyable and relaxing new year's celebration was had by all.

Kimochi extends its sincere appreciation and thanks to everyone who contributed food and prizes, participated and helped to make it a happy event for everyone, and also to Kikkoman for the use of their meeting room.

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### ISSEI WEEK

The first Issei Week that featured Mr. and Mrs. Doi was very interesting and enjoyable. We saw pictures of pretty and youthful Mrs. Doi and that handsome young man, Mr. Doi of fifty years ago; their wonderful children, and then some of their many cute grandchildren.

At the "Ask Questions to Mr. and Mrs. Doi" gathering, we heard Mrs. Doi's real and touching experience that she had right after she came to the US. She got a job as a cook (her salary was \$50 a month. It was not bad comparing with some men who were doing outside work and were getting paid about \$1.20 per day). She was always so worried about what she should make for supper that she had nightmares about it.

There was a part where some Nisei who came from the same town where Doi-San was living before the war, and had heard about the gathering, came up to see them and told of Doi-San's virtues.

This surely was a good opportunity to see the world that you cannot read about in books, of life in the US fifty years ago and life in Japan, ninety years ago.

The next Issei Week will be in April or May and we will have Mr. Yakahi tell his life story.

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### BEHIND BARBED WIRE

Recently, Kimochi and the Nisei Voters League co-sponsored a slide show and film about the West Coast evacuation.



It was a good presentation with many pictures of the camp life. University of Delaware students put on the film exhibit. They had a narration to go along with the show and our translator, Miyo Slattery, did the verbal translation in Japanese. Kimochi would like to thank Miyo for such a wonderful job. We would like to thank everyone that attended.

In all, the presentation was good and we would like to remind everyone of the different lectures and shows coming out of our Education Committee.

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### FOOD AND OUR DAILY LIFE

On February 24 at 10:30 AM, there will be a lecture on food given by Marian Takagi and Sandy Ouye.

They say that the white rice that we eat everyday has some poisonous elements mixed in. Marian Takagi will lecture on this subject: what the poison is and how it affects our bodies, and how people who know about this are handling this problem. She works for Oakland's Department of Hygiene as a research assistant and also is giving some guidance at the Bay Area JACL for Shin-Issai.

Sandy Ouye, who will be giving a lecture on "Basic Nutrition" is a chairwoman of Kimochi's Housing and Visitation Committees and also is a responsible member of the Board of Directors. At the same time, she is an expert on senior dietetics, a graduate of UC Davis, and works as a supervisor dietitian for the Pacific Medical Center. She will try to show us the path to long life by giving us ideas on better diet.

Ms. Ouye will also talk about "Meals on Wheels", a project that has been suggested to the government for quite a while. "Meals on Wheels" is designed to deliver inexpensive meals to elders who live alone. She will talk about experiences she had in Los Angeles while working on the project.

Both lectures should be very interesting since they concern our daily life, so please come to the Lounge on time.

The next lecture will be on March 31st, by Yuji Ichioka. He will be talking about the first immigration laws of Meiji Japan. He will touch on the realities of society then and the responses from the people of that period to the law, some of which are upsetting and some are funny.

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WEAVING CLASS BEGINS FEBRUARY 12

The arts and crafts class will begin weaving lessons in February. Mrs. Keiko Nelson will explain the weaving process the first session, which will be February 12. We'll begin weaving the following Monday and continue for about a month.

A sign up list will be at the Lounge for those interested in learning weaving. Because of the limited amount of space, we can only take ten students. This will also give Mrs. Nelson more time for individual attention.

All materials will be supplied, but we can use extra yarn. If anyone has any scraps of yarn, we would appreciate if you would bring them to the Lounge.

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SENIOR POWER RALLY

Last Friday, February 2, Wayne Nakayama and I went to visit "Self-Help for the Elderly" in Chinatown. There, we talked to the Assistant Staff Director about some of the upcoming programs concerning the elderly.

"Self-Help for the Elderly" is one of the few organizations offering comprehensive services (legal, medical, social service, immigration, housing, etc.) for the elderly. It also keeps up on the various state and federal programs available for senior citizens.

We were informed about the Third Annual Statewide Senior Power Rally in Sacramento on February 13. At this rally, there will be an opportunity to talk with the political leaders in Sacramento. It will also be a chance for grassroots organizations to discuss about their programs and services with each other.

Kimochi will send a representative to this meeting.

- Steve Nakajo

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COMMUNITY DAY IS COMING

Community Day will be held on Saturday, March 3rd, in the location of the San Francisco Buddhist Church gym and the Morning Star (Gyosai) auditorium.

The theme of the event is entitled "Japanese American History: Unity Through Historical Experience". Tentatively scheduled activities starting from noon will be : plays and skits, folkcrafts, information tables on community

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groups, media presentations, dinner and various entertainment.

Community Day is being planned by individuals of the community and the event is not under the sponsorship of any particular group or organization.

People are needed to serve on committees to organize the various activities. If you would like to help on Community Day or want more information, call (evenings) Ron Kobata, 921-4156 or Marian Okamura, 751-8579.

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### KIMOCHI'S LIBRARY GROWS

A long time ago, I met, near Tokyo, a farmer who was well versed in many things. He told young farmers how important it is to read books. He said that in school they teach two ways of reading books; Ondoku - to read aloud - and Moku-doku - to read it yourself.

He said that it seems that some people have several reasons for having books. Those are Tsun-doku - just to keep books piled without reading them; Mi-doku - to just look at the books; and Narabe-toku - to merely keep them in order. I borrow his wisdom and say that the Kimochi library books are not for Tsun-doku, Mi-toku, nor Narabe-toku.

Well, we are finally getting to put the books in order. Those books were given to us by various people, but were left alone until recently. We find quite a few interesting books when they are in order.

We have many novels and stories that were written in the Meiji, Taisho and pre-war Showa period. We also have several sets of classic literature. Deep appreciation fills our hearts when we look to those who donated them to us.

We do not, however, have very many books of modern stories, or books that would help us gain new common sense. We are going to buy them.

We have started lending books. Please, use the service and read a lot of books.

At present, the library has 477 books. The new book, Kokotsu no Hito, was lent to about 30 people so far. And we bought ten more new books.

I was in charge of Kimochi's library up till now, but from now on Chicko Tashiro will take my place. I'm sure she will get a lot of things done, with her youthful energy and knowledge.

- Mitsu Yashima

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### THOUGHTS ABOUT THE ENGLISH CLASS

I remember it was the beginning of last December that the Kimochi English class for Issai started.

There is an old saying that, "It's never too late to learn." I'm way over this limit but have started to learn English after I've reached the age of seventy some years.

In spite of having lived more than 50 years in the US, I can hardly write the ABC's and can hardly read in English.

I repent, wishing that I had forced myself to study when I was younger, even though it was very hard to learn anything under the circumstances that I was in then. I still feel ashamed of myself for not doing it.

It was really fortunate for me that I could enroll in the Kimochi English class. The teacher comes all the way from Palo Alto to teach us. I'm in a beginners class that has been taught by that earnest teacher, Miss Shepherd, every Tuesday morning from 10 to 11:30.

I take notes in the class and try to study at home. I notice that I forget quickly and don't recall even what I have written in my notebook.

The thing that comes to my mind right now is about the famous old teacher, Tofu Ono, about whom I learned in elementary school. I tell myself of his philosophy, "Try and try again and never give up", and that encourages me to study harder, believing that I am making gradual progress.

I express my sincere appreciation to Miss Shepherd who is trying so hard to teach us and I hope I will be able to at least write my name and address fluently and be able to pick up some daily conversation so that I will be able to converse with my grandchildren and other people in English.

Let's study hoping for the day to come.

- Hisae Inagawa

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### THOUGHTS ABOUT THE SINGING CLASS

It's Tuesday today. I was looking forward to it since yesterday. Tuesday is the day we have the singing class at the Lounge which is led by Mr. Shichi, with piano accompaniment by Miyo Slattery. Kinky voice, high voice, soft voice and husky voice, we make cocktails with this mixture of different voices.



The teachers might be disappointed because it is hard to see the improvement in our singing. But we students really don't care what the teachers think; we are trying to sing with the teacher and with the piano anyway. Ha! Ha! I could hear somebody saying that we are really off key.

We are having such fun, it's hard to verbalize the enjoyment we are getting from this class.

Since ancient human history to this day, people always have like to sing, especially women. This will be so as long as people go on living on this earth.

Everybody!! Let's sing together on joyous Tuesday afternoon.

- K.H.

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#### ABOUT THE KIMOCHI READING CLASS

It's been less than a month since I joined Kimochi-Kai, and I feel it's almost impossible for me to give a well rounded impression on anything. Since my teacher, Mrs. Yashima, has urged me to write something simple about the reading class, I decided to write just a word or two.

We are reading "Japanese Culture - East and West", by Tatsusaburo Hayashi. It's a critical essay. It is very interesting and sometimes gives me some thrilling insights, and also gives me deep thoughts that linger on. However, to be honest, it is a little too difficult for me and sometimes I feel impatient. But, at the same time, reading it with the teacher and listening to her explanation gives me an understanding and it encourages me to go on.

It is like this, coming to this reading class makes me feel that an unknown world is beginning to open in front of me or to feel like I have walked into the mountain where treasures are hidden and makes me joyous beyond words.

- Hideko Nagata

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#### NIHONGO GAKKO NI KITE KUDASAI

On Thursdays, our illustrious sensei, Miyo Slattery, tries to teach us Nihongo (Japanese language). The beginners class (2 people) begins at 4:30 and at 5:30 more advanced students (2 people) arrive. We're learning slowly due to difficulties beyond our control, but having a good time. Anyone wishing to learn Japanese, please join us.

- a humble student



EXPERIENCES SHARED DURING DRAWING CLASS

Under the guidance of Mitsu Yashima, the Kimochi Monday Night Drawing Class enters its second year. The New Year begins with a New Year Party and anyone who has ever attended class as a student or model has an enjoyable time.

Mitsu has been able to convince many Issei, Nisei and Sansei to sit for us. It has been a real pleasure to try and capture the Japanese face. The conversations, naturally, carried on during the course of the 3 hour session encourage the participants to find out about each other. The tea and cookies also helped a great deal.

I am sure any one who has attended the class would agree that there is much fun and joy as well as satisfaction experienced during this Monday Night Drawing Session.

- M. Tanioka

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BABY CONTEST

During the Sakura Matsuri, there will be a baby contest for children of ages 3 and 4 years. Applications will be put out at various stores throughout the Japan Trade Center. Deadline for applications is March 14. For more information, call Mrs. Kay Okamoto at 647-4814, between 7 and 8:30 PM.

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THANKS

On January 29th, with the efforts of Mrs. Okamoto and Steve Nakajo of Kimochi-Kai, we Issei were able to go to see the nostalgic film, Chushingura. I really appreciated the opportunity. I also give my thanks to the owner of the Kokusai Movie Theatre, Mr. Iwamasa, for giving the special discount price of one dollar for us elders. Because the movie was shown in the daytime, we were relaxed and could enjoy it to the end. We went home exchanging the words of thanks for the kind concern to those Sansei who accompanied us.

The thing that made me especially happy was that there were large numbers of elementary school pupils seeing the film. I'm sure the teachers must have been asked many questions concerning the story by the pupils afterwards.

The movie reminded me of a visit to Japan 15 to 16 years ago. One day a niece of mine who lived in Tokyo then took me to visit the Sengaku-ji Temple that enshrines the forty-seven heroes. I gave incense to each of the heroes' graves. The memory made me very sentimental.



With my great appreciation that can not be expressed by words,

Mrs. Tashiro

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### THE ART OF FLOWER ARRANGEMENT

Art has its beauty in each beholder's perception. Flower arrangement has its place in the Hamilton Senior Center. The pupils have Mrs. Imazeki as their teacher. The pupils arrange their own flowers according to their perception of art. The retouching or corrections the teacher does with her hands makes every green or flower in its positions come alive with a twist or turn. Each pupil's arrangement that she retouches enhances my appreciation of the beauty in flower arrangement. I wait for Wednesdays to come looking forward to Mrs. Imazeki's patient explanations to her students about the principle in flower arrangement and see how the whole arrangement is transformed to a living art, an art that is upbuilding and everlasting.

- Mrs. Ivatsubo

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### TRAFFIC ALERT!!

Recently, the San Francisco Police Department has started giving tickets to people illegally crossing the streets against the traffic signal or jay-walking. All pedestrians are advised to follow safety rules for their own safety.

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### CALENDAR

#### FEBRUARY

- |    |           |                                                                                     |
|----|-----------|-------------------------------------------------------------------------------------|
| 17 | Saturday  | Special general meeting discussing on refunding, 1:30, Kikkoman Cooking Center      |
| 18 | Sunday    | Rest Home Visitation, 1:30, Kimochi Lounge                                          |
| 21 | Wednesday | Bunraku film and lecture, 4:00, Bank of Tokyo Hospitality Room, rides home provided |
| 24 | Saturday  | Lecture by Marian Takagi and Sandy Ouye, 10:30, Kimochi Lounge                      |
| 24 | Saturday  | Issei General Meeting, 1:30, Kikkoman Cooking Center                                |

#### MARCH

- |   |          |                                                                             |
|---|----------|-----------------------------------------------------------------------------|
| 3 | Saturday | Community Day, noon, Buddhist Church gym and Morning Star School auditorium |
|---|----------|-----------------------------------------------------------------------------|



MARCH

4 Sunday  
4 Sunday

Koto Recital, noon, Kabuki Theatre  
Kinochi Board Meeting, 7:00, Kinochi Lounge.

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NOTEWORTHY

The special general meeting on February 17, 1:30, will be held to discuss seriously, the question of refunding. Everyone is encouraged to attend and contribute his/her ideas on the issue =====

The time and date of the rest home visitation has been changed to February 18, at 1:30. Please meet at the Kinochi Lounge. Cars and people are needed to visit the Issai in the various convalescent and rest homes =====

Sponsors of the Koto recital on March 4 at the Kabuki will be providing the first 100 Issai who attend with free seats. All interested Issai are encouraged to go early =====

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NIHONGO LESSONS

The following are some daily sayings to use over the telephone.

"Moshi-moshi" "Hello"

"Keiko desu" "This is Keiko"

"Hideo-San imasu ka?" "Is Hideo there?"

"Hai, imasu. Chotto matte kudasai." "Yes, he's here. Just a minute, please."

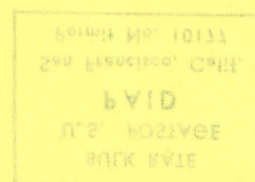
"Iie, ima imasen. Nani ka kotozuke o shite okimasho ka?" "No, he's not here now. Could I take a message?"

"Mo-o ichido itte kudasai." "Could you say that again, please."

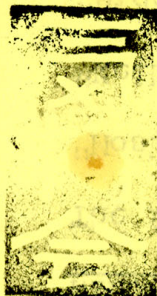
"Anata no onamae wa?" "What is your name?"

"Hai, wakarinashita." "Yes, I got it."

"Sayonara." "Bye!"







# KIMOCHI INC.

SAN FRANCISCO ISSEI PROJECT

一世プロジェクト

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