

KIMOCHI NEWSLETTER

MARCH, 1973

Newsletter Staff

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Translator: Miyo Slattery

Collation: Kimochi Members

Volume II

Issue 3

GREETINGS:

I've been thinking about things since I, with Ben Arai - Kimochi Nisei board member - attended the third Senior Power Rally that was held in Sacramento on Feb. 13th. It was a morning after a heavy rain and it was still overcast and gloomy when we left for Sacramento. We had very little knowledge about the rally except it was to be a conference of senior citizens from all over California. So, we told ourselves and to each other not to be too disappointed to see a lonely conference with few people attending after all this long driving to Sacramento.

But, after all, the conference site turned out to be full, with about 3,000 people! The scenery that was spread in front of those of us who got there late, was a mass of people who are already enthusiastically showing their approval asking questions about the speech that was just finished through two loudspeakers that were placed in general participants seats.

The speech was given by Mr. William Hutton, director of the National Council of Senior Citizens, and the title of the speech was "Crisis of Senior Citizens". He who is a senior citizen himself, was still on the stage answering questions. He said if the Nixon policy that has been announced is put into practice the way it is, senior citizens will be placed far more difficult situations than they are in now. Therefore, Congress has started to fight to stop this policy from being put into practice. He gave concrete examples.

So, the rather angry opinions of the general audiences were mainly pointed to the policy makers. And there were sounds like senior citizens were ready to fight to protect their pride as senior citizens who served as the main energy of the nation and society. And furthermore voiced the opinion to threaten government by the power of senior citizens who are 45% of national voters.

Pretty soon we were sitting in a group that was seated in front of a banner that said Self Aid for the Elderly in Chinese. There were 50 to 60 people in the group. Even though they seemed to have difficulty

in understanding English, they were very attentive about what is going on in the conference and they were very together with the enthusiasm of the people around them. They treated us to a very good Chinese box lunch that were donated by the sponsors in Chinatown.

The focus of the afternoon discussion was to ask for better treatments and facilities for rest homes. Four or five men and women who are working in various rest homes brought out sufferings that they encounter and they appealed for the improvement of care and its problems to the members of the California Legislature who were sitting by them.

At this point, too, those groups that had no representatives voiced their reports and hopes from their general audience's seat. I could see their faces transforming to strong anger with their serious concerns and hopes asking for the betterment of the institutions since they might have to be taken care of in the institutions tomorrow.

The voices that were heard among general senior citizens in the conference definitely was full of very hot angers. It's the anger that is only felt by those who have worked for a long time to serve the nation and society! It's the anger that based on the such obvious fact and that their prides are disregarded! I support this conference all the way because it gives the chance to express the anger to create it to more concrete demands and give more concrete directions to realize the demands, even though it means to go through the mountain of troubles. While these senior citizens are working so hard to protect their pride, we must fight to the end and we can not afford to become an "an enraptured being Jo Kotsu Ito Hito". And when the time comes that society would give regard their senior citizens with their pride and all, we will not have troubles that we have now with senior citizens. I thought about it with such a deep emotion. We found out about this conference through Mr. San Yuen of Self Help for the Elderly and Elizabeth Bluen, Martin Shichi's sister. They hoped that many people from Kinochi-kai would attend the conference. Steve Hatajo met these people and talked about it but after all we did not have very much time so we ended up sending just two representatives.

This conference was co-sponsored by California Legislative Council for Older Americans, The National Council of Senior Citizens and Allied Seniors. I'm looking into these organizations with the newspapers that were published by each organization that I purchased at the conference since I have never heard of these organizations.

Considering what was discussed at the conference, various races that participated and furthermore the positive participation of Chinatown

people and the many buses that were parked around the conference site that brought exclusively Philipinos, Chicanos and Blacks, it was a conference that all races equally were put together. It was kind of sad that there wasn't a bus that brought Japanese Americans there.

There were many serious problems that brought out financial, housing, pest homes, hospitals and so on - that we encounter daily that are too big to handle all by ourselves. We will search the ways to solve these problems ourselves but at the same time shouldn't we also get together to try to seek ways as a voice of Americans as a whole? Ben and I, both of us thought on the way back that Kimochi-Kai should participate next year.

How would you like to start by shaking hands with people in Chinatown who together with us have been experiencing the suffering of rejection in American society for a long time and with the organization, Self-Help for the Elderly, which has been working to help senior citizens and stop before Kimochi has started its work. I would like you to consider it.

- Mitsuo Yashima

JIXUO HA IKEN

How many of you really look at what you eat and how much you eat? So many times food and diet are taken for granted; but it is very important to be more aware of good nutrition. The practice of good food habits will add to a healthy body and prolonged life. The role of good nutrition in the aged is to maintain health and delay the possibility of diseases, such as chronic heart disease, kidney disease, diabetes, and bone diseases. Poor food habits, such as sugar and fats and too little intake of meat, fish, and poultry, eggs, milk and cheese, fruits and vegetables, are widely practiced among the elderly.

A guide to daily good nutrition is the following:

- I. Milk Group - 2 or more glasses
 - cheese, ice cream, and other milk containing
 - Foods can supply part of the milk.
- II. Meat Group - 2 or more servings
 - meats, fish, poultry, eggs, or cheese - with
 - dry beans, peas, nuts as alternates.

III. Vegetables and Fruits - 4 or more servings
 - include dark green or yellow vegetables; citrus fruits or tomatoes.

IV. Breads and Cereals - 4 or more servings
 - enriched or whole grain

Also, the essential nutrients needed every day are listed along with the foods containing these nutrients. (see the mimeographed sheet at the end of the newsletter).

Some of you may be on a special diet prescribed by your doctor. Many common special diets are low salt, bland, and diabetic diets. If any of you need or would like diet instructions or consultations, please let me know. I'll be happy to give you information concerning diets.

There has been concern of members of Kinochi about the situations of the Issai pertaining to nutrition. There are Issai who live alone who can cook for themselves, but there are also those who are unable to cook for themselves and thus most likely are not eating balanced meals. There are Issai who are supposed to be on special diets but may not know which foods to eat, especially within our Japanese diet. There are Issai in convalescent homes who eat American food but would prefer Japanese foods. A program that may be beneficial to our Issai is "meals on wheels". This program provides meals delivered to the elderly every day to their homes for a small fee. The meals are balanced and contain the basic nutrition needed for the elderly. If there is enough interest and need for it, Kinochi can look into it and perhaps try to include Japanese foods. If you are interested, let members of the Kinochi Board of Directors know your thoughts.

- Sandy Guye
 Registered Dietitian

From the Program Director - some thoughts

Kinochi, Inc. is only a small part of the growing interest and awareness of the importance of services and programs for the elderly population not only the Issai in Japanese communities in Chicago; New York, L.A., Long Beach, Orange County, Watsonville, San Mateo, East Bay, Sacramento, but the elderly population in general throughout the United States.

Kimochi recently became a member of an organization called San Francisco Area Planning Agency for the Aged (SFA PAA). Its purpose is to study the needs of the elderly population in San Francisco, and to assess how many of these needs are already being served by existing agencies and organizations and what needs are not. The federal government has funded agencies throughout the United States to do similar studies. All federal money that is allocated to elderly groups in San Francisco must be approved through this Planning Agency for the Aged.

On February 22 and 23, three members of Kimochi attended a Conference on Gerontology (Aging) sponsored by the University of Southern California, Gerontology Center, a center funded to do research and education. Some of the points that were emphasized were that there needs to be a new way of looking at the elderly population. Society in general needs to change its ideas and values regarding its elderly. When a person reaches 65 and retires, he does not stop living or stop functioning as before. He is still the same person, but now he is labeled elderly and his behavior can be limited and redefined by society. Example: "Because you are old, you are not supposed to do this or this or that You are supposed to behave in a certain way." Age 65 is only an arbitrary age picked for determining eligibility for social security and other programs. There are so many older people in their 80's, 90's and even 100's that lead vigorous, creative and health lives.

They keep physically and mentally active, and many continue working in one way or another not always because they have to but because they want to.

Another point that was made was that there needs to be a push to get elderly groups together to ask for expanded services and programs; better living conditions available to older people; social and recreational programs; opportunities for employment etc; and to request that the government not cut funds available for these kinds of programs. Also in doing so, the older people themselves will take on the responsibility for determining their own programs and their own needs and to act as their own advocates.

The conference and the Planning Agency are only two examples of the increased activity in the area of older people's needs however we will have to wait and see if these different groups will really bring concrete services and benefits to the elderly population.

June Hiroto is the director of the SFA PAA and
 * * * * *

Lecture on Food

The lecture we had on food in the lounge last Feb. 24th, by Marian Takagi and Sandy Ouye was such a meaningful event. I asked June Ihemoto to record the whole lecture since I knew that I could not be there that day.

I listened to the tape later. The explanation on rice that we eat daily by Marian, and about the detail guidance of diet for the elderly, and also about vitamins by Sandy were so exactly like the theories I'm learning, that I felt very happy and confident.

I hope Kimochi will plan more events like this one. I dearly hope that Issei will take concern in what they eat, to help lead healthy and happy life.

-Carl Iwatsubo

Kimochi Anniversary Party

Kimochi, Inc. - San Francisco Issei Project is making plans to celebrate their upcoming anniversary as an organization. This will be Kimochi's second anniversary as a organization.

The anniversary is set for Saturday, March 24, 1973, at the Miyako Hotel in the Imperial Room (B) from 12:30 to 4:00 p.m. Refreshments will be provided by Kimochi, Inc.

Tentative entertainment to take place: Nihon Buyo, Samisen and Shakuhachi, Koto players, Taiko drummers and a slide show presentation of Kimochi's past and present projects and programs.

Kimochi hopes that the community will join us in celebrating this special occasion. The members of Kimochi especially encourage Issei to come and participate in this special festivity.

For further information on the anniversary party please contact: Kathy Kojimoto or/and Sandy Wong at Kimochi - phone 563-5626.

Education Committee

Lecture: "When Japanese Immigration started" by Yuji Ichioka
When: March 21st - Saturday 10:30 AM
Where: at the Kimochi Lounge

The main point of the talk will be on the policy of Meiji government up to the time our Issei departed from Japan. When you look back to the time, there are humorous and also upsetting incidents. Mr. Yuji Ichioka, a Nisei historian on Japanese American History at U.C. Berkeley, will be giving the lecture in Japanese. Please be punctual.

In April, James Hirabayashi, a Nisei teaching in S.F. State University, will talk on Japanese farmers from the view point of an anthropologist.

On last month lecture Marian Takagi talked about glucose and Talc that is mixed in Japanese rice, and that it has to be stated on the rice bag. She talked in her pretty and clear Japanese. The Japanese government prohibited its usage long ago because it could be a cause of cancer. Bay Area JACL asked and made Co-op in Berkeley to sell white rice that has no Talc. We decided to follow JACL and collect signatures to send a petition to the U.S. government so that they will prohibit the sales of white rice with talc and we will be able to buy white rice anywhere with no anxiety.

Sandy Guyot talked about necessary nutrition for elderly people. Besides vitamins and proteins, she encouraged elderly to take Calcium to make healthier bones. She said that it is necessary to drink half a quart of milk daily. And it is also important to know that animal fat and sugar should be kept away to maintain health for elderly. Those who are eating bacon or eggs in the morning were flustered.

It is up to individuals and situations what kind of diet a person should follow. Sandy will be glad to help those who would like to have consultations. Let's ask questions to Sandy without "sorry" and keep our health!

Kimochi Exercise Class

Couldn't you find to learn simple sitting down exercises that you can practice before or after reading or working? How would you like to practice ping-pong so that you can enjoy it with your grandchildren? Mrs. Tanura who lives in Potola Valley will teach us. Those who are interested please let any of Kimochi staff member know about it.

- Mitsu Yashima

Nisei Talks

A sincere attempt by the members of Kimochi to hear the Isseis viewpoint on funding was the purpose of a special meeting on February 16th.

Cognizant of the fact that the initial proposal and it's implementation has brought about discontent amongst the Isseis, it was a direct appeal to them to try to understand the reasons for the actions in the past and to find ways to improve Kimochi in the future.

It may be a part of human nature to keep silent lest others be critical of one's opinion and this trait is perhaps more dominant in the Issei personality. (Did you grow up in a small community where the people lived out their entire lives and everyone knew what was going on in the community?) And yet some of the Niseis and Sanseis choose to be quiet for the same reason. Sanseis and Niseis are familiar with the democratic process of voting on a motion and the dissenters accept the majority vote but this may be a new and alien concept for the Isseis and the dissenters feel others will turn upon them verbally behind their backs. (人にくまれる。)

The Sansei are trying to understand the Isseis' "Kimochi" and despite the language difficulties have made every attempt to include and involve them in planning, organizing, and carrying out all activities.

Even though it may seem that little was accomplished I think it was a valuable meeting and there is a need for further meetings for it is the only way through communication that we can learn from and reach one another.

- Sadame Kojimoto

Issei General Meeting

The third Issei general meeting was held on February 24th, in the Suchiro Banquet room. Thirteen Issei were present, along with one Nisei, five Sansei and two others. Mrs. Tashiro acted as chairwomen and the meeting began at 1:45 PM.

After a financial report, there was a report on the special meeting on funding, which was held on Feb. 16, which made a decision to reapply for HEW funding.

On the lease problem that all Kimochi members are so concerned

about; according to a report, three Kimochi representatives went to see Mr. Yamamoto, head of National Brenner in San Francisco, to get something in writing about the lease. They could not get any written agreement, but obtained some verbal promises from National Brenner.

The contents of the proposal for HEW funding made public at the meeting are about the same as the previous one, except more money was requested for programs, and for Issei staff.

Kimochi Issei representatives for the UJCS board were chosen at this meeting. They are Mrs. Ogi and Mrs. Murakami. However, Mrs. Murakami resigned later, for personal reasons, and Mrs. Gamogamo was elected to replace her.

There were announcements on Community Day, the Bunraku, and the planned trips to Yosemite and Angel Island, the anniversary party, and the Sakura Matsuri.

Mitsu Yashima gave a report from the education committee. All classes are going fine, and there is a plan for starting an exercise class and a ping-pong class. That is, if Issei feel like participating.

Mitsu talked about the Senior Power Rally that was held in Sacramento. According to her, there were many Asian senior citizens participating at this rally, in spite of the language problems.

Next year they are thinking about asking for time for interpretation between speeches.

Issei who were present at the general meeting were enthusiastic about Kimochi participation to the rally next year.

At the end of the meeting there were some announcements on a koto recital; on a forum for Issei and Nisei relationships, on the use of the Xerox machine, and also an announcement that Chieko Tashiro became in charge of the Kimochi library.

The meeting adjourned at 3:30 PM.

Community Day

Community Day - What is it? People have been talking unity and it had a title "Unity through experience," what a beautiful idea.

With a day that started with rain - that I didn't expect, the people seemed determined to have a day based on unity, * members from all organizations, * Kinochi Kai, Youth Council, JCS, members of youth from all divisions of the Asian involvement. Much pride from our Kinochi members who proudly sang for the entertainment.

Thank you - Sensei Martin Shichi who led out group in the singing and the ladies who participated.

The rain stopped about 2:00PM and the people started to come.

It was good, all kinds of different people, all kinds of different ages tripping together fro some concept of unity through a community.

The crowd was larger than last year and the crowd was smaller at the end. Either way we're growing and our organization is a definite part of it.

Dental Program - UC Hospital

Location: Medical Science Building
Second Avenue and Parnassus
Sixth Floor

Contact: Peggy Kanzawa

All applicant's for dental care are required to pay \$1.00 registration fee.

Medi-Cal applicants pay \$1.00 registration fee and all other services will be paid by Medi-Cal.

For other applicants:

- 1) Pay \$1.00 registration fee
- 2) X-rays are taken about \$10.00 charge
- 3) Fees for fillings, etc. are considerably lower than private dentists. Exact amounts can be obtained from Mrs. Peggy Kanzawa.
- 4) For other services, such as dental partials, orthodontic work, eligibility is determined by dentists after review of x-rays.
- 5) Another determining factor is the medical record each applicant is required to fill out.
- 6) Because UC is a teaching school, anyone desiring dental work must be able to devote two to three hours for each visit and

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the time of appointment will be determined by the student's schedule. Mrs. Kanzawa is in charge of assigning students to the patients and will make every effort to assign a sansei student to any Issei who may come for dental care.

- 7) Two or three of the dental assistants are bilingual as is Mrs. Kanzawa.

Any information can be obtained from Mrs. Kanzawa who can be contacted at 666-1778.

(The above information was obtained August 1972 and is subject to change.)

- Sadane Kojimoto

"About the Lease"

Last Feb. 13th, Tuesday, around 11:30 AM, Steve Nakajo, Mrs. Hirano and myself went to see Mr. Yamamoto of National Bremer to discuss the future lease of the Issei Lounge from for three to five years.

We asked for formal written agreement, but Mr. Yamamoto told us verbally that it is not necessary to exchange any written agreement, that he has no intention of raising the rent or asking us to vacate, and he asked us to take his word for it.

Steve Nakajo told him that he has a responsibility to the Kinochi board to report on this meeting and asked Mr. Yamamoto to come to explain the whole situation at the board meeting. Mr. Yamamoto promised that he would try to make time to be at the board meeting.

- Harry Mitsuda

FREE INCOME TAX ASSISTANCE

- Each Saturday - February 3 through April 14
- 10:00 am to 2:00 pm
- Kinochi can provide translators and transportation. Please call us and let us know when you want to go. 563-5626.
- In San Francisco -
 Visitation Valley Jr. Hi. *450 Raymond
 Edison School *3531 22nd Street
 Washington Irving School *350 Broadway
 Bayview Church Hall *1513 Oakdale

- UJCS Coordinator Speaks

The subject of "health" touches us all in our daily lives, whether it be consciously or unconsciously. But how many of us faithfully follow the routine of regular health care? Semi-annual dental check-ups, annual physical and pap examinations, first aid and home safety education for family members are all a part of this routine. We seldom become aware of our negligence until a crisis arises.

United Japanese Community Services is planning a Health Day for the end of June under the co-sponsorship of the Japanese Community Youth Council, Kimochi, Inc. and Japanese Community Services. The purpose of this event will be to provide information and services to the members of the Japanese community in relation to health care. There is evidence that, for one reason or another, many members of the community have not been aware or able to get the health care available to them.

Subjects such as nutrition, dental care, home safety, first aid, hearing, social security, cancer, drugs, etc. intend to be made available. Also information on health facilities in the city, clinics and mental health centers, will be given. We hope to also feature a multi-phasic examination for Isseis with a follow-up an important aspect during this day.

We need volunteers from the community to give their time and services towards putting this event together and would be most pleased to obtain volunteers from professional fields.

Contact Mrs. Teru Hirano, program co-ordinator of UJCS at 1732 Sutter Street or JCS, 1624 Post Street, 928-7567. All assistance, advice and commitments will be most welcome. Thank you.

- Teru Hirano

* * * * *

- Bunraku -- Movie and Lecture

With the efforts of the Kimochi-kai co-program director, Steve Nakajo, we had the opportunity of seeing a film on Bunraku, shown in the hospitality room of the Bank of Tokyo.

I would like to extend my appreciation to Mr. Frank Motoyoshi, professor at the University of California, who gave a lecture along with the film. (in fluent Japanese).

He described the history of puppet art and its origin, and explained the two main features, Hyoga-shima and Sonezaki-shinju, which will be shown during the Bunraku stay here. These touch on the literature of Monzaemon Chikamatsu, a joruri playwright who lived around the middle of the Edo era.

Professor Motofuji gave outlines of the plays and pointed out the main points of the stories. I felt it a rare opportunity to hear a detailed explanation of the Bunraku.

So I thank the professor for providing us with preliminary knowledge of the Bunraku, which is thought to be the world's most unique puppet show, which is now in San Francisco for several performances. Also, thanks to Steve Nakajo and other Nisei and Sansei for planning and carrying out this lecture and movie for the Issei.

- Hidetko Nagata

* * * * *

A House's Soliloquy

I am a mouse. I think it was last November that I wandered into the Kimechi Lounge. I knew I liked this place when I felt the warm atmosphere and people talking in a cheerful manner, and I decided to stay.

Please let me stay. I will do no harm. It's been already three months since I took up residence here, and I'm beginning to know what's going on.

So let me tell you something about it. I got the impression that traffic in the lounge got heavier and people became more cheerful since the New Year's Party. The Lounge is full of men and women chattering and laughing and it seems that people are enjoying many classes, English, Arts and Crafts, Singing and Reading, and others that are going on regularly.

The other day I got curious to see what was going on in the English class, so I went to see it, and was surprized. The students are learning new and unknown language from teachers. I really felt: what a complicated society human beings have. Each country speaks a different language, wears different clothes, and eats different food. How thankful I was to be born a member of the mouse family.

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I also went to see the Crafts class. Flowers started to bloom as I was watching. The flowers were made of ribbons, I learned.

I was really impressed by people's skill in creating flowers and weaving materials of many colors.

In the singing class, I should say that there are many people. Their singing isn't too good yet, but they all are really enjoying it. There might be a second Hibari Misora and Kyoko Satsongi born from this group.

I'm hopeful! The teacher is not as good as the famous singer Murata, as you might call him. I couldn't call the teacher great, so I think the students and teacher go good together. (gomen-nasai).

They'll all get better, someday. I can't wait for the day . . .

And this reading class. It's really difficult, and makes me feel frustrated. Everybody looked so serious that I, as a mouse, also had to look serious. They were having a discussion on the history of the Japanese race from ancient to modern, or something like that.

From the teacher's explanation I began to understand a little about my ancestors, that have been continuing through millions of years, and thought about the evolution that our nice families had gone through, just like people -- homo-sapiens -- have.

I really felt so contented that I made such a big discovery.

I went back to the corner to rest. I was grateful that I wandered into such a nice place, and wish happiness to all. Thinking about a great tomorrow, I dozed off to sleep.

-Kiyo Hirano

Calendar

Visitation - March 17, 1973 12:30 PM Kinochi Lounge

Anniversary Party - March 24, 1973 12:30 - 4:00 PM Imperial Room Miyako Hotel (the lounge will be closed on this day).

Lecture by Yuji Ichioka - March 31, 1973 10:30 AM Kinochi Lounge

Calendar continued

Issai General Meeting - March 31, 1973 1:30 PM

Next Board Meeting - April 1, 1973 7:00 PM Kimochi Lounge

Nihongo Lesson

"Ohayo gozaimasu" good morning

"Konichiwa" good day

"Konbanwa" good evening

"Oyasumi" good night

"Do desu ka?" How are you?

"Genki desu." fine

"Ma ā Ma ā" ok

"----- kudasai" please give me(this) ----

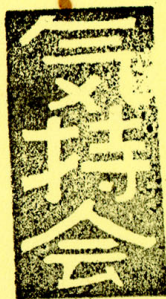
HOWARD THE END

CHART YOUR NUTRITION

This is your personal checklist.
You need some of each nutrient
each day. Put a check in the
proper square for each day you
ate the good foods containing
each nutrient.

DAY-BY-DAY CHECKLIST OF INTAKE OF ESSENTIAL NUTRIENTS

GOOD FOOD SOURCES	SUN	MON	TUES	WED	THUR	FRI	SAT
Vitamin A Whole milk, butter, fortified margarine, eggs, yellow and leafy green vegetables, liver.							
Vitamin B ₁ (Thiamine) Whole-grain or enriched bread and cereals, yeast, liver, pork, fish, lean meat, poultry, milk.							
Vitamin B ₆ (Pyridoxine) Lean Meat, leafy green vegetables, whole grain cereals.							
Vitamin B ₂ (Riboflavin) Milk, whole-grain or enriched bread and cereals, liver, lean meat, eggs and leafy green vegetables.							
Vitamin B ₁₂ Liver, kidney, fish, milk, foods of animal origin in general.							
Folic Acid Leafy green vegetables, liver.							
Pantothenic Acid Eggs, leafy green vegetables, nuts, liver, kidneys.							
Niacin Eggs, meat, liver and whole-grain and enriched breads and cereals.							
Biotin Liver, kidney, eggs, leafy green vegetables.							
Vitamin C Citrus fruits, particularly; other fruits and green leafy vegetables, potatoes.							
Vitamin D Vitamin D fortified milk, cod liver oil, egg yolk, tuna, salmon.							
Vitamin E Vegetable oils, whole-grain cereals.							
Vitamin K Leafy green vegetables.							
Iron Meat, liver, egg yolk, green vegetables.							
Calcium Milk, cheese, eggs, fish, whole-grain cereals.							
Protein Eggs, fish, meat, poultry, cheese, milk, beans.							



KIMOCHI INC.

SAN FRANCISCO ISSEI PROJECT

一世プロジェクト

1581 WEBSTER STREET, #70

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