

Riverside JACL



March 2011

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*Special thanks to Taiko Mix for their
creative and lively entertainment at
the annual luncheon. They were
Alysse Itatani, Jeannette Maniago,
and Terry Nguyen.*



Riverside Mayor Ronald Loveridge is welcomed by President Michiko Yoshimura and Master of Ceremonies Clyde Wilson to the annual JACL luncheon with one of many the traditional citrus gift baskets provided by JACL members Nancy and Willie Takano.

Thank You to Our Installation Luncheon Sponsors:

Gold: Francis & Gayle Fujioka; Mits & Meiko Inaba; Patrick & Carol Kinsella; Toshie Mikami in memory of Satoshi Mikami; Dolly Ogata; and Doug & Alice Urata

Bronze: Wayne & Shirlene Hayashibara; Tony & Bev Inaba; James & Helen Urata; Clyde & Katherine Wilson; and Michiko Yoshimura

Special guests included the Honorable Ron Loveridge, Mayor Riverside; RCCD Chancellor Gregory Gray; RCCD Trustee Janet Green; RCCD Trustee Mark Takano. Members of the *Save Our Chinatown Committee* were also among the special guests; they were Deborah Wong, Rosalind Sagara, and Judy Lee.

Reverend William Hara gave the invocation. Irene Ogata served once again as luncheon chairperson. Clyde Wilson served as master of ceremonies.



Francis and Gayle Fujioka were honored for their many years of service to the Riverside JACL, as they move on to the Oxnard area.

Ron Sugi shares his memories of service to the JACL and to the community.



Helen and Akio Yoshikawa



**JACL Installation Luncheon
February 26, 2010
Riverside Marriott**



Guest Darwin Hall from Cal State Long Beach is joined by members Mr. and Mrs. Ted Shimizu.

From left to right, Rosalind Sagara, Judy Lee and Deborah Wong, from the *Save Our Chinatown Committee* were commended for their work in historic preservation and community service, by the Riverside JACL at the recent luncheon.



Beverly and Tony Inaba



NHL Harada House Update
Lynn Voorheis, Curator of
Historic Structures
& Collections
Riverside Metropolitan Museum

Footsteps of Courage Exhibit

First, there is the *Footsteps of Courage, Harada House, California Peace Crane Project* exhibit at the Innovative Teaching & Learning Center Museum and Exhibition Hall at the Phillip M. Stokoe Elementary School, Alvord Unified School District. I first want to thank all those who assisted with stringing cranes for this exhibit. The 1,000 crane grape wreath hanging created by Irene and Dolly Ogata and all of you at the JACL is simply phenomenal. And thank you to Meiko Inaba and Michiko Yoshimura for your stringing of 2000 cranes which we included as well!

The *Footsteps of Courage* exhibit features the National Endowment for the Humanities, Picturing America, We the People “More Perfect Union Bookshelf”, the Harada House and the California Peace Crane Project. Included will be student artwork and poetry from the Alvord Unified School District, Mine Okubo artwork from RCC, and artwork from the Riverside County Office of Education Autistic REACH Program.

The Innovative Teaching and Learning Center is operated by the Alvord Unified School District and Riverside City College District, with significant influence from our partnering universities. Their overarching goal is to create an inter-institutional program where ethnically diverse pre-school, school age and future teachers learn together and where an ongoing spirit of in-



quiry into effective school learning and teaching is supported by a collaborative governance structure. This outstanding partnership, allows the museum to take quality artifacts and lesson plans directly into our community. This will benefit students of all ages.

If you are interested in visiting the exhibit, you will need to contact the Stokoe Elementary School to schedule an appointment, at (951) 358-1640. If possible, if you could arrange for group visits that would be most appreciated by the Stokoe staff. Fliers for the exhibition are available and have all the contact information. We hope that you will be able to visit this exhibit.

Certified Local Government Grant – Thematic Harada Historic District Survey and Nomination

The City of Riverside's Historic Preservation Section, led by Erin Gettis, Historic Preservation Officer, in partnership with the Metropolitan Museum and the University of California, Riverside's Public History Program led by Professor Catherine Gudis, received a \$25,000 grant to complete a thematic Harada Historic District intensive level survey associated with the National Historic Landmark Harada House.

Thematic means that all the properties are tied to a theme and in this project that theme is the Harada story in Riverside, a story which is emblematic of the Japanese American experience in California spanning most of the last century. Thematic district properties do not need

to be adjacent to each other geographically, like the Wood Streets, but can be tied to a theme and exist in clusters or around the city. Part of this project is to establish a walking tour map with associated brochure and a podcast which is also funded by the grant. We anticipate this project being completed by September 2011.

This CLG grant is founded upon the National Historic Landmark Harada House. The five, roughly chronological themes that organize the project are all innate to the Harada family's and Riverside's Japanese American stories and experiences. These themes are: 1913 California Alien Land Law, Japanese American Labor and Business Enterprises, World War II and Internment, Return from Internment and Post War and Reparations Movement.

Currently, project team members [Erin Gettis (Historic Preservation Officer), Lynn Voorheis & Kevin Hallaran (Museum) and Professor Cathy Gudis (UCR)] with the assistance of the UCR students and project consultant, Donna Graves, are researching over forty properties related to the aforementioned themes. This research includes primary document research such as census directories and archival holdings at UCR, the Museum and other repositories. If you are interested in learning more about this and/or may have memories, stories experiences, photographs, etc. that you would be willing to share, please contact Lynn Voorheis at the Riverside Metropolitan Museum

(lvoorheis@riversideca.gov or 951-826-5131).

Redlands Sister Cities Association

Lynn believes that several of you met Anna Robles when she attended the JACL meeting which featured the producers of the film, *Stand Up For Justice*. Anna, as the president of the Redlands Sister Cities Association, is collaborating with the Museum and the History Department at Cal State San Bernardino to organize several interesting programs for the spring. One is anticipated to highlight the Harada House and Redlands Japanese Americans' experiences (April 12th) and then possibly an in-service teachers program. In addition, the Redlands Sister Cities Association is also planning a trip to Manzanar on Saturday May 14th. If you are interested in either of these exciting programs please contact Lynn Voorheis at the Riverside Metropolitan Museum (lvoorheis@riversideca.gov or 951-826-5131).

Lynn also would just like to thank everyone in the Japanese American Citizens League, Riverside Chapter, for their continued support, enthusiasm and of course crane making & stringing! She is always deeply honored to be invited to this event to the Annual Installation Luncheon and is very sorry that she was unable to attend this year.



Teaching culture and history in the community

The Innovative Teaching & Learning Center Museum and Exhibition Hall, located at Phillip M. Stokoe Elementary School, recently invited Riverside JACL board members to attend the opening of an exhibit entitled *Footsteps of Courage*. Art work by Miné Okubo from the RCC collection was included in the exhibit that also featured a Harada House exhibit and



the California Peace Crane Project from the Riverside Metropolitan Museum. The learning center's goal is to bring the Visual and Performing Arts into the learning environment as an integrated academic and cultural experience. RCC faculty use the center for teacher training classes. The California Peace Crane Project included thousands of origami cranes made by JACL board members and well as those made by the community. Information on the center and its exhib-

its can be found by contacting Debbie Whitaker-Meneses, Associate Dean, Early Childhood Education
Riverside Community College
4800 Magnolia Avenue
Riverside, CA 92506
Phone: (951) 222-8434 (or email debbie.whitaker@rcc.edu)



Tim Caszatt, Riverside JACL Member, awarded "Citizen of the Year" by Moreno Valley Chamber of Commerce

On January 15, 2011, the 2011 Installation & Awards Ceremony for the Moreno Valley Chamber of Commerce was held in the Grand Valley Ballroom at the Conference and Recreation Center. Citizens were judged on the significant contribution to the growth and development of Moreno Valley and the enhancement of the community's reputation. After you read Tim's autobiography, you will certainly agree that he deserves the "Citizen of the Year" award.

My career as a teacher ended with retirement from Moreno Valley Unified School District which launched my current avocation as a volunteer. I saw no future in spending my new found freedom in a rocking chair. It took practically no time at all to find things around me that needed to be done. My first service opportunity came when my church needed help in the office and couldn't afford an extra employee. That felt pretty good so I began to make a habit of helping out where ever there seemed to be a need in the community at large as well as at church. Several people have needed rides to church, doctor visits, emergency rooms, etc. I have also been involved in food distribution to the needy by filling bags and distributing them to the recipients. Distributing Christmas gifts through the "Angel Tree" project was another rewarding experience. My wife and I are regular donors to several organizations including our local Salvation Army, CAP and Operation Troop Comfort.

I had been serving on the Board of Directors of the Moreno Valley Master Chorale for a few years when I unexpectedly became the President of that Board. This new position was responsible for getting me to Chamber meetings which I found to be very rewarding. Through the Chamber I found numerous opportunities to be of service. There was a need for helpers in preparing the room for Wake Up Moreno Valley. Since I'm an early riser it was easy for me to get there at 6 a.m. and to be involved in that process. That led me to an interest in the Chamber Ambassadors and their activities. This includes attending planning meetings, working mixers, ribbon cuttings and grand openings. Working special events such as "Taste of the Valley" and "State of the City" is also a part of an Ambassador's job. I am currently serving as Co- Leader of "Business in Action" which meets most Wednesdays. Last year I participated in "Leadership Moreno Valley" which was a very rewarding experience. Not only did I learn a lot about our amazing city, I also felt a real camaraderie with a group of exceptional classmates. Kudos to Denise, Harold, Dick and Oscar who keep that program going. Other events I like to attend are "Access to the Future" and "Student of the Month" luncheons to offer my support for these programs.

I was invited by a Chamber friend to a meeting of the Morning Optimist club which led to my joining that organization. As a former teacher, I found their emphasis on helping kids right in line with my interests. The group sponsors scholarships and special projects which help kids to achieve their goals. We also get out our aprons from time to time to prepare and serve food to kids with special needs and to their families. Families staying at the Ronald McDonald House are treated to our kitchen wizardry twice a year. Working with Parks and

Recreation we prepare a big Easter breakfast for local kids and distribute member prepared Easter Baskets to them. We all work together to sponsor a golf tournament each year to raise funds to support our various causes. We have an ongoing project called "Operation Child Comfort" which assists the police in working with young children who are temporarily in police custody. Some of us recently redecorated the room where they are temporarily housed and we are furnishing blankets and toys for that room and for every police car. These items are for the child to keep.

The Mo Val Chorale keeps me the busiest. Helping the board members coordinate major concerts and the numerous small group activities is nearly a full time job. In addition to our concerts in Moreno Valley the Chorale acts as "Choral Ambassadors" by representing our city in a positive light in surrounding communities. We recently performed in Lomita by special request and were sponsored by the Romanian Embassy. I am contacted frequently by folks at City Hall with requests to bring our small group to sing at ceremonies such as; Memorial Day, Veterans Day and the "Swearing in" of our Mayor. We also appear at "Rally 'Round the Flag" every June 14'th. In addition to the Air Museum we often sing at the Hap Arnold Club and Air Force Village West. We become Carolers during the holidays to help lift the spirits of folks in Nursing Homes, Special Care facilities, Hospitals, Dialysis Centers and even the Mo Val Mall. One of our primary objectives is to carry the message to young people that their participation in choral music can continue long after High School and College. We have an ongoing "Internship" program aimed at students from 16 to 21 years of age. Our collaboration with the Lyric Symphony allows these young people to experience singing with an orchestra rather than just piano accompaniment. Our program is now listed with Mo Val Parks and Recreation as a class for people of any age.



Photo courtesy of Laurie Crouse



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Do you need multivitamins?

The multivitamin-mineral supplement shelf at the health food store may look to you like the cereal aisle at the supermarket - so many choices and so much advertising. To separate a pill's merits from its marketing, it's important to scrutinize the label carefully with your own nutritional needs in mind.

Vitamins in the right amount are needed for a variety of biologic processes, among them growth, digestion, mental alertness and resistance to infection. They also enable your body to use carbohydrates, fats and proteins, and they act as catalysts - initiating or speeding up chemical reactions. Remember, however, that even though vitamins are involved in converting food into energy, they have no calories, and taking them will not boost your energy levels.

Vitamins can be either fat-soluble or water-soluble. Vitamin C, biotin and the seven B vitamins - thiamin (B-1), riboflavin (B-2), niacin (B-3), pantothenic acid (B-5), pyridoxine (B-6), folic acid (B-9) and cobalamin (B-12) - are water-soluble vitamins and are not stored in your body in any appreciable amounts. Surplus water-soluble vitamins are washed out in your urine.

Fat-soluble vitamins - vitamins A, D, E and K - are stored in your fat. Excess fat-soluble vitamins can accumulate in your body and become toxic. You're especially sensitive to excess amounts of vitamins A and D. Because vitamins E and K affect blood clotting, talk with your doctor before taking a supplement that contains either of these vitamins if you're taking a blood thinner.

Your body needs minerals to help regulate cell function and to serve as building blocks for your cells and organs. Major minerals include calcium, phosphorus, magnesium, sodium, potassium, sulfur and chloride. Your body needs smaller amounts of chromium, copper, fluoride, iodine, iron, manganese, molybdenum, selenium and zinc.

Food is your best source of vitamins and minerals. In addition to supplying these important nutrients, food contains hundreds of additional compounds called phytochemicals. Phytochemicals occur naturally in plants and may provide important health benefits such as protection from a variety of diseases and conditions, including cancer and heart disease. Food also contains fiber, which is good for you in a variety of ways.

Evidence to date indicates that, in most cases, you're far more likely to improve and protect your health by eating well than by taking supplements. Nevertheless, a multivitamin-mineral supplement with about 100 percent of the daily value for nutrients is a reasonable option if you're strongly considering supplements.

For the full text of this article, please visit Blue Shield of California's web site at www.mylifepath.com.

In Memoriam

Yoshi Okubo Tanaka was born in Riverside, California and passed away on November 9, 2010 at the age of 103 in St. George, Utah. She was the second oldest of seven children of Tometsugu Okubo and Miejoko Kato. She attended school in Riverside then went on to Riverside Community College and to UCLA where she obtained a Bachelor of Arts majoring in Art. Art was central to the family life, her mother was a calligrapher, her sister, brother and an uncle all were artists in their own right. Before her marriage, Yoshi and a girl friend opened an art gallery at the Mission Inn, Riverside. She married Shigeru Tanaka, an art student. They settled in Pomona until World War II broke out, when they and their sons, Tek and Taka, were interned. They were sent to Heart Mountain, Wyoming Relocation Camp. After the end of the war, they briefly lived in New York City, where Yoshi's younger sister, Mine' Okubo, also an accomplished artist/writer, had moved earlier. And finally they moved back to Riverside, where they started a chicken ranch and farming.

Yoshi gave up her art career until her three children were grown and then in the early 70's moved to Honolulu, Hawaii, started up her art career again at the early age of 65 and made a living selling paintings and traveling around the world. As a native of Riverside she was a pillar in the community, offering her services to friends, church and civic organizations. She was an accomplished chef and gracious hostess. In 2002 she moved to Ogden, Utah.

Yoshi is survived by her three children, Tek Tanaka of Riverside, Taka and Jeanie Tanaka of St. George, UT and Seiko Buckingham of Fallbrook, CA. Grandchildren are Kimiko of Murrieta, Lynn and Rod of Murrieta, Burt of Riverside, Lori of Riverside, Jill of Tucson, AZ., Steve and Denise of Arcadia, and Stephanie of Honolulu, HI. Great grandchildren are Rickie of Jupiter, FL., Taylor of Fullerton, Paige and Mariah of Murrieta, Mitchell of Grants Pass, OR., Jade of Lihue, HI, Talia of Honolulu, HI, Maya and Izzy of Arcadia. Also, sister-in-laws Tsuru Okubo of Irvine and Chisato Okubo of Los Angeles, along with loving nephews and nieces. Yoshi was laid to rest with her sister, mother and father in the family plot at Olivewood Memorial Park in Riverside.



In Memoriam

Anna Sugi, an inspiring woman according to her peers, her friends and family, died of cancer on December 16, 2010. Sugi was born in Brindisi, Italy, where she majored in accounting and went to law school. She came California in 1982, driving from New York to Apple Valley so her husband, Ron Sugi, could report for duty at George Air Force Base.

"She came to this country as an immigrant who didn't speak English," Mark Sugi said, starting as an office clerk with Choice Medical Group's predecessor 20 years ago. She worked her way up to become administrator and was instrumental in the 2008 opening of Choice's Health and Wellness Center, geared toward women and geriatric health.

Sugi's dedication to giving back and passion for health care were not lost on her children. Both daughter Michelle and son Mark will graduate from UCLA Medical School in June. "My mom always emphasized education and helping others, and so we grew up with that example our whole lives," Michelle



Sugi said. "One of my mom's dreams was to see us graduate from medical school. But we know she'll be with us in spirit."

Before she passed, Sugi received a bit of good news: Local physicians raised more than \$35,000 for the Anna Sugi Endowment Fund, created to provide scholarships for needy students.

Anna Sugi started the Women's Expo in 2000 with just a few hundred participants. The focus was on preventive health care, offering local women the tools to enhance their physical, emotional and spiritual health. Today's Woman eventually grew into a nonprofit foundation, offering screenings throughout the year and raising money for grants given to local women. More than 2,000 people have attended the annual expo each of the last several years, benefiting from free breast exams, career counseling and more.

"She did an amazing job at balancing being a business woman, if you will, with having a heart and being a mother and a wife and a girlfriend," said colleague and friend Regina Weather-spoon-Bell. "Professionally and personally, she was just an extraordinary woman." According to her friend, few people knew Sugi was battling cancer. Anna Sugi is survived by her children and her husband Ron Sugi of Apple Valley.

Riverside JACL

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www.riversidejacl.org

Upcoming activities for JACL Riverside

The Scholarship Committee is meeting on Sunday, March 27 to select the recipients for the 2011 Riverside JACL Scholarships. Through the generous donations of our members we were able to award \$3400 to nine students in 2010. The scholarships will be presented to the students at our annual Awards Dinner at the First Christian Church, Riverside on Sunday, May 15.

Each year George Kanatani graciously goes down to the Redlands City Hall to reserve Sylvan Park for the Riverside JACL Community Picnic Put it down in your calendar. Sunday, June 26 11a.m. Fun, Food, Bingo, Snow cones, and Games!

Riverside JACL supports Corona-Norco Day of the Child

April 16, 2011 10 am—2 pm at Corona City Park

Join the community in a celebration of children. Free activities, entertainment, information for all. Local organizations, schools, community services and individuals will be on hand to share resources, offer fun activities and entertainment for children and families.

Riverside JACL is a proud sponsor of the this event. Look for our booth. For more info go to the event website www.coronanorcodayofthechild.org

Thank you to our Donors

Mrs. Aiko Endo — \$100—Scholarship Fund

James and Atsuko Hagihara — \$35 — Newsletter