

November-December 2005

Berkeley JACL Newsletter

SERVING THE BERKELEY, OAKLAND, AND ALBANY COMMUNITIES

Coming Events

- Dec 24 **Berkeley Nikkei Seniors Group** at the North Berkeley Senior Center, 1901 Hearst Ave., Berkeley. This group meets every 2nd and 4th Saturday of each month. For information contact Terry Yamashita (510) 237-1131 or Kayo Fisher (707) 372-5843.
- Jan 14, 28
- Feb 11, 25
- Jan 15 **Tri-Chapter Installation Luncheon**, see article and flyer
- Jan 29 **JACL Youth Workshop**; see article inside
- Feb 5 **JASEB Crab Feed**, Contact JASEB for more details
- Mar 1 **JACL Freshman Scholarship Applications due**, more details at our website and future newsletters

Making Noise is a monthly means to exercise your right to express your views, humor, concerns, or anything else of interest. We will be happy to print it in our Newsletter. Please write to the JACL Berkeley Chapter newsletter, c/o Berkeley JACL, P.O. Box 7609, Berkeley, CA 94707-0609, or e-mail Berkeley JACL at Berkeley@JACL.ORG. **MAKE SOME NOISE!!!**

E-mail the Berkeley JACL at: Berkeley@JACL.org
Visit our Website at www.berkeleyjacl.org



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2006 New Year's Celebration and Installation Luncheon

By Emily Teruya and Alison Satake

あけましておめでとう! ええ、
ちょっと早いですね..

Happy New Year! Eh, it's a little early, isn't it? Well, that's okay. It's never too early to publicize Berkeley JACL's Sunday, January 15, 2006 New Year's Celebration/Tri-Chapter Installation Luncheon.

Haven't you always wanted to learn o-shuji (calligraphy), origami, and martial arts? Then come join us on January 15. I promise you'll have a good time. JACL National Executive Director John Tateishi will be our guest speaker and installing officer. And, we will have two fabulous MCs: Berkeley's Alison Satake and Contra Costa's Nathan Tsuizaki.

The newly formed Activities Committee that is an intergenerational group of members has planned this installation luncheon. Their goal is to coordinate events and outings that will reach more of our Berkeley JACL members. The Committee believes in having fun while doing great work for the community. This year we've offered a Membership Mixer and Berkeley JACL's Night Out with the Oakland A's.



Pictured here from left to right: Dr. Mark Fujikawa, Alison Satake, Al Satake, VP Emily Teruya, Carolyn Adams, and Gordon Kono shooting pool after a recent planning meeting.

This year's luncheon breaks away from tradition to provide more time for members to mingle. If you like to have fun while giving back, get involved with the Berkeley JACL. We look forward to seeing you on January 15th!

Please see the flyer inside for more details.

Hurricane Relief Effort

Those affected by this year's Gulf Coast hurricanes are still in need of help. The Asian American community in the Gulf Coast region has been virtually ignored. Various Asian American organizations have put together a fund to provide culturally appropriate assistance. Berkeley JACL encourages its members to contribute to the relief efforts. We still have matching funds for those who want to donate through our chapter. The deadline is December 31, 2005. Please make your checks payable to Berkeley JACL and send it to Berkeley JACL, P.O. Box 7609, Berkeley, CA 94707-0609.

For more information, please contact Bernie Lau at beonardo@cal.berkeley.edu or (510) 520-7726.



Albertsons Fundraiser Update

By Emily Teruya

Our chapter just received another check from Albertsons! We grossed \$48.84 for this quarter (August 1 - October 31), bringing our total to \$265.94 since we enrolled in the program!

We'd like to give a big thanks to all those who made it possible:

Elizabeth Baldwin, Boaz Family, Edythe Cohen, Jean Fujikawa, Howard Fukuda, Hiraga-Stephens Family, Sumi Ichiuji, Yoshimi Ikeda, Jitosh Family, Yuki Jitosh, Kaneko Family, Kawamura Family, Nancy Ku, Edgardo Malaga, Myra Malaga, Miyauchi Family, Sumi Nakashima, Shirasawa Family, Jane Slater, Roy Suzuki, Nancy Tamura, Dacus Tei, Teruya Family, Kenji Togami, Hitoshi Yamaguchi, Matsuko Yamaguchi, Milo Yoshino, Zhou Family, and those that remain anonymous!

If you haven't already registered, please do. Ask your friends and family to register, too. You can register online: Go to www.albertsons.com/cp/ and log in as a shopper and follow the directions. Or, if you'd like Emily (chibi500@hotmail.com) to sign you up, e-mail

your card number and the telephone number you registered with to her. All money earned from this program directly benefits Berkeley JACL youth.

Pacific Citizen Editorial Board Looking for a Youth Representative

Do you like to write? Do you have an interest in journalism? If yes, consider being the youth representative on the *Pacific Citizen* (PC) Editorial Board. The PC is the national bi-weekly publication for JACL. If you are interested or have questions, please contact National JACL Youth Chair Josh Spry at youthchair@jacl.org.

FAQs

Q: What is the role/responsibility of the Editorial Board?

A: It makes decisions for and about the paper. The board is made of a chair and district representatives. It meets once a year in LA for a weekend meeting.

Q: What does the youth representative do?

A: The youth representative is another member of the *PC* Editorial Board. He or she is asked to provide a youthful perspective, participate in discussions about layout, staffing, etc., and is occasionally asked to write articles.

Q: Is there a preference for a college or high school student?

A: Preference is for someone interested and involved with journalism. Age is not a requirement

Q: When is the deadline?

A: The sooner the better!

Pacific Citizen Holiday Ads

We thank all of you who placed ads in this year's Holiday Issue of the *Pacific Citizen*. The Holiday Issue is our biggest and most important fundraising effort of the year for our chapter. This year, because of your support, we have over 3 pages of ads! A significant portion of the proceeds is returned to us which helps us sustain our operations. We deeply appreciate your generous support. We also thank our holiday ad coordinators: Jim Duff, Al Satake, Emily Teruya, Gordon Yamamoto, and Val Yasukochi.

Speaking Out about Internment

Berkeley JACLers, Carolyn Adams and Taye Oda, spoke about their internment experience to an Oakland Technical High class. They also spoke to UC Berkeley Professor (and JACLER) Harvey Dong's Asian history class.



Taye Oda with Oakland Tech students who did a special study of internment. The students were pleased that Taye and Carolyn brought the experience to life. They are holding lollipops that Taye gave them ☺

2006-2007 JACL Scholarship Applications available

Please go to www.jacl.org for more information and to download an application. Best of luck to everyone!

Flexibility: Stretching to Stay Limber

Reaching the top shelf is a strain. Bending to tie your shoes is often, well, a feat. What's the antidote to tight, stiff muscles? *Regular, careful stretching.* It can help you limber up, feel younger and reduce risk of injury. Flexibility is a "use it or lose it" function. You need to regularly flex your muscles and move your joints through their full range of motion to prevent muscles from shortening and tightening.

Fortunately, flexibility can be regained and maintained. Older people who stretch regularly can be just as flexible as younger people. Basic stretches to help you improve your flexibility should focus on the body's major muscle groups. Important parts to stretch include your calf muscles, thigh muscles, hip muscles, low-back muscles, neck and shoulders. The "splits" and the straight-legged toe touch are considered risky and are not recommended.

Keep these tips in mind when stretching:

- Don't stretch cold, without a warm-up. Unlike what you may have been taught in school, stretching shouldn't come first. Forcing muscles to stretch when they're "cold" increases the risk of muscle pulls.
- Don't bounce or lock your joints. Slowly stretch into the desired position. Stretch to the point you feel mild discomfort - not pain - and hold the position for 30 seconds (or up to a minute with a particularly tight muscle or problem area).
- Relax and breathe deeply while you stretch. Concentrate on the muscles you're working.

If you're looking for a more structured stretching program, consider classes in tai chi or yoga. Stretching may not be advised if you have certain types of injuries. For example, don't stretch strained muscles - you could cause further harm.

Be patient as you start. It takes time to loosen up muscles that haven't been stretched in a long time. However, after several weeks of regular stretching, you should notice how you can comfortably stretch further and longer. The real pay-off will come when you can more easily reach, bend and stride throughout your day.

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

Building a relationship with Oakland Public Library's Asian Branch

Emily Teruya and Jim Duff visited the Asian Library in Oakland to give branch manager, Madeleine Lee, ten JACL curriculum guides. The comprehensive guide is designed to help educators teach the JA internment camp experience to elementary through high school students. The hope is that the guides will go to schools and libraries in the Berkeley, Oakland, and Albany areas. Arrangements were made for the library to receive a complimentary subscription of the *Pacific Citizen*.

Madeleine is interested in building a relationship with the JA community and Berkeley JACL. Located in the heart of Chinatown, 28,000 patrons use the Asian library each month, making it the most used Oakland branch. It houses books, CDs, videos, DVDs, VCDs, magazines, and newspapers in eight Asian languages: Chinese, Japanese, Korean, Vietnamese, Thai, Cambodian, Tagalog, and Laotian. It also has an Asian Studies collection, an in-depth Asian

American collection in English, and a manga collection. The Asian library will celebrate its 30th anniversary next May. Madeleine would like to showcase different cultures through performances and possible panel discussions.

FYI: You don't have to be an Oakland resident to use the library. Any California resident can get a free Oakland Public Library card at any location.

Asian Branch Library; 388 9th Street, Suite 190;
Oakland, CA 94607; Wheelchair Accessible; Phone:
(510) 238-3400; Fax: (510) 238-4732

Hours:

Monday & Tuesday, 12:30 – 8:00
Wednesday & Thursday, 10:00 – 5:30
Thursday & Friday, 10:00 – 5:30



President James Duff and Vice President Emily Teruya with Asian Branch Manager Madeleine Lee (center).

JASEB Calendar

Berkeley JACL is a supporting organization of JASEB (Japanese American Services of the East Bay). Thanks to Board Member Ted Jitodai, we're in the 2006 JASEB calendar. We represent the month of May. Thanks, Ted!

In 2006, JASEB celebrates its 35th anniversary of providing services and support for our elders. Through its services, JASEB encourages healthy aging while offering solutions for times when challenges to living independently arise. If you would like information on any of JASEB's services, please contact them at (510) 848-3560 or 2126 Channing Way, Berkeley, CA 94704.

APAICS ANNOUNCES FELLOWSHIPS AND INTERNSHIP PROGRAMS FOR 2006-2007

The Asian Pacific American Institute for Congressional Studies (APAICS) has released applications for its 2006-2007 Fellowship Programs, announced APAICS' President and CEO William H. (Mo) Marumoto. The Fellowship Programs are designed

to provide opportunities to two individuals who are committed to Asian Pacific Islander American communities, and who plan to pursue careers in public service.

The two 2006-2007 Fellowship Programs are Aratani Foundation/Daniel K. Inouye Fellowship Program and the Anheuser-Busch/Frank Horton Fellowship Program. Applications can be downloaded from the APAICS' website, www.apaics.org. Candidates can also request an application by e-mail by sending a message to apaics@apaics.org. These applications must be postmarked by February 15, 2006.

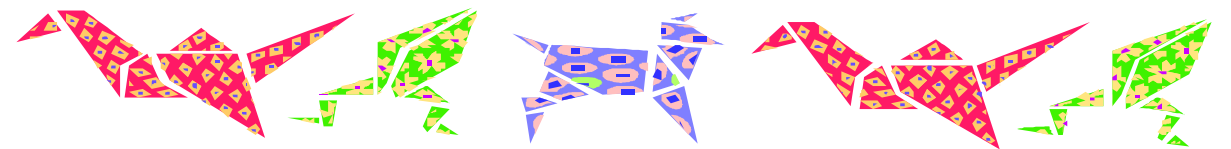
Mr. Marumoto also announced three more fellowship/internship programs as follows:

2006 Summer Internship Program

2006-2007 Sodexo Health Fellowship

2006-2007 California Endowment Health and Public Policy Fellow

Information on all APAICS paid fellowships and internship programs are available on APAICS' website: www.apaics.org. In order to meet the deadline, interested parties should apply as soon as possible.

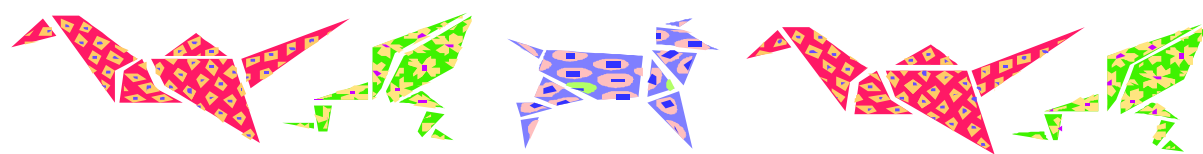


UC Berkeley NSU Culture Night

With the generosity and support of the Berkeley Chapter of the JACL, the Nikkei Student at UC Berkeley on December 3rd put on its Third Annual Culture Night, Stomping Out Stereotypes. The Night was filled with three skits, Obon/Hip-Hop Dancing, Berkeley/Emeryville Taiko, Baachan's Request Live, and music videos. The record turnout was great and JA groups from UC Davis and Stanford were able to attend. Chris Jocson, Culture Night Chair, scriptwriter, and director, really outdid himself and coordinated a great event that the Vice Chancellor of UC Berkeley attended and enjoyed. The skits included a modern spin on the Japanese folktale, Momotaro, the Japanese American experience during urban redevelopment, A Familiar Place, and a contemporary skit exploring the familial expectations of Japanese Americans, Family Composition. As a result of the continuing growth of this event each year the NSU anticipates performing next year in Zellerbach Hall where an even larger audience can be accommodated. The Nikkei Student Union appreciates all the continued support it received

from the JACL, community, friends, and family and looks forward to presenting an even better Culture Night next fall.

NSU Cultural Night



JACL Youth Workshop



JAPANESE AMERICAN CITIZENS LEAGUE
Northern California-Western Nevada-Pacific (NCWNP) District

YOUTH EVENT

SAVE THE DATE
DCYC
presents
PROFESSIONALS
WORKSHOP

Sunday
January 29, 2006
10:00 am - 5:00 pm

JACCNC

1840 Sutter Street
San Francisco, CA 94115

Registration Fee: \$10 / \$15 for Non-Members
Continental Breakfast & Lunch included

co-sponsored by or made possible through the generous support of the
Japanese Cultural and Community Center of Northern California

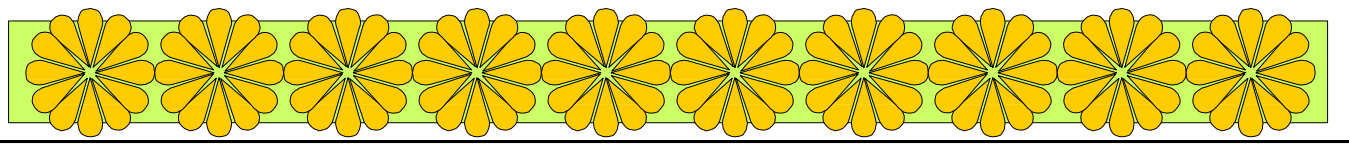
Interested? Want more information? Email your NCWNP Youth Rep.
Megumi Kaminaga at jaclyouth@gmail.com

The workshop is specifically targeted at high school students -- to identify options and plan for college admission, as well as at college students -- to help soon-to-be graduates identify options for entering the workforce. The workshop will be on Sunday, January 29th, 10:00 AM to 5:00 PM at the Japanese Cultural and Community Center of Northern California, 1840 Sutter Street, San Francisco, CA 94115.

Registration is \$10 for JACL members and \$15 for non-members, and includes continental breakfast and lunch. More details will follow. Please contact our

Berkeley JACL Newsletter

NCWNP District Youth/Student Rep Megumi Kaminaga at jaclyouth@gmail.com, if you have any questions.



Lewis Suzuki, well-known Japanese American watercolor artist, celebrates his 85th birthday with Berkeley artisans Open Studios. His studio will be open to the public on weekends before Christmas from 11:00 AM to 6:00 PM. Last weekend of Open Studio is December 17th & 18th. His studio is located at 2240 Grant Street, Berkeley, Ca. (Corner of Bancroft Way & Grant Street) Suzuki Studio is also open by Appointment...Call (510) 849-1427.

President	James Duff, Jr.
Co-Vice President	Al Satake
Co-Vice President	Emily Teruya
Secretary	Gordon Kono
Treasurer	Tak Shirasawa

Directors:

Carolyn Adams, Mark Fujikawa, Howard Fukuda; Ted Jitodai; John Kawamura; Bernie Lau, Neal Ouye; Sarah Sasaki, Alison Satake, Ron Tanaka; Gordon Yamamoto; Valerie Yasukochi, Kim Yoshihara

Newsletter

Editor Neal Ouye

Contributors Steven Divizish, Jim Duff, Neal Ouye, Alison Satake, Doug Suda, Emily Teruya, Valerie Yasukochi

Production and Circulation

Jim Duff, Yuki Jitoshio, Emily Teruya; Noriko Teruya; Valerie Yasukochi.

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**JACL, Berkeley Chapter
2006 Officers and Directors
Official Ballot**

Instructions:

The following individuals have agreed to serve as Officers and/or Directors for the 2006 term. Officers are also Directors. Put an "X" in the space provided. If you wish to nominate another individual, print the person's name in the "Write-in" space. Please return your ballot by December 31, 2005 to:

**JACL, Berkeley Chapter
2006 Election
P.O. Box 7609
Berkeley, CA 94707-0609**

Co-Presidents: Vote for Two:

Jim Duff

Emily Teruya

Write In: _____

Vice Presidents: Vote for Two:

Bernie Lau

Al Satake

Write In: _____

Treasurer: Vote for One:

Tak Shirasawa

Write In: _____

Secretaries: Vote for One:

Gordon Kono

Write In: _____

Directors: Vote for Seven:

Carolyn Adams

Mark Fujikawa

Howard Fukuda

Ted Jitodai

John Kawamura

Neal Ouye

Alison Satake

Doug Suda

Ron Tanaka

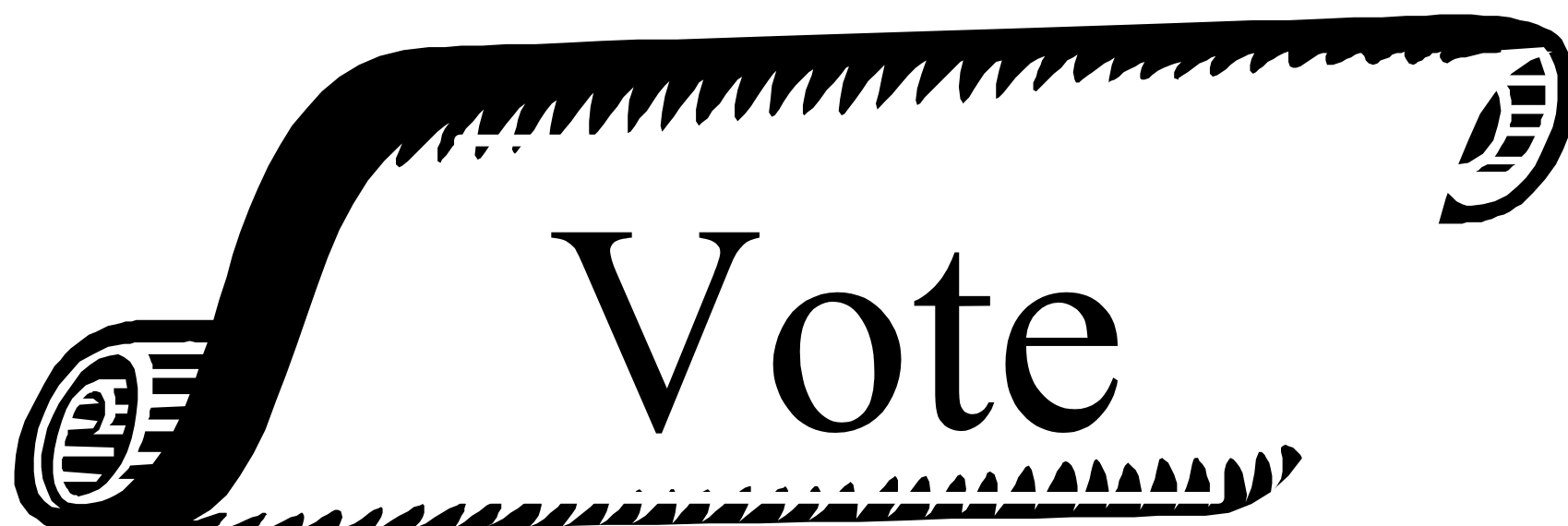
Gordon Yamamoto

Valerie Yasukochi

Write In: _____ Write In: _____

Write In: _____ Write In: _____

We appreciate your show of support by participating in this 2006 Election.



2006 JACL Tri-Chapter Installation Luncheon & Shinnenkai (New Year's Celebration)



Come celebrate and enjoy Japanese Cultural Exhibits (osechi ryori, samurai sword display, and more..) Bring your family!

Sunday, January 15, 2006

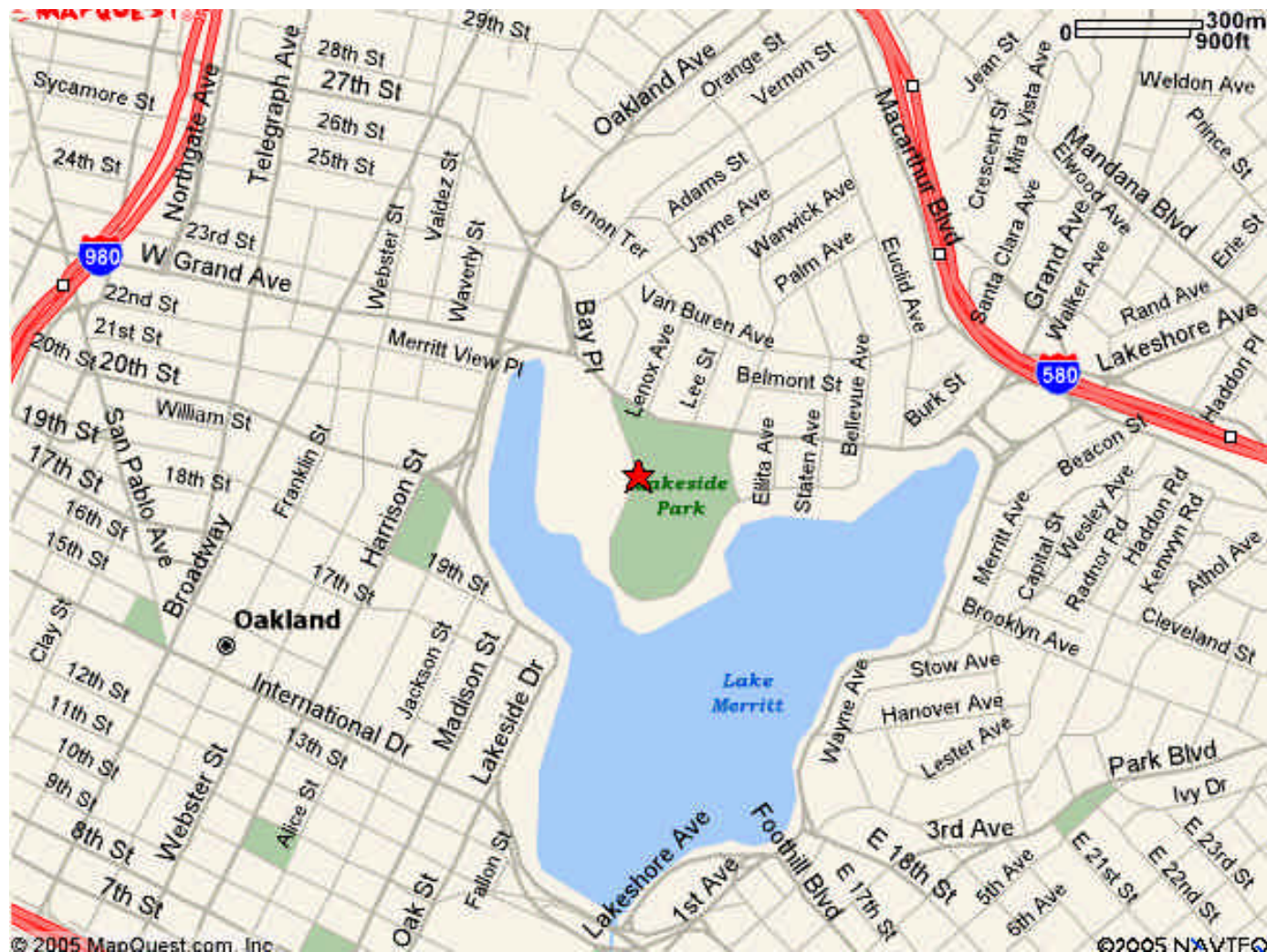
12 noon - 2:30PM

Registration: 11:30 AM - 12:00 PM

Guest Speaker/Installing Officer: John Tateishi
(National JACL Executive Director)

Location: Lakeside Park and Garden Center

666 Bellevue Ave., Oakland, CA 94610



Cost: \$25 for adults

\$12.50 for children 12 and under

Parking: \$3, all day

Directions: Take 580 East towards Hayward
Exit Harrison Avenue
Left on Grand Avenue
Right on Bellevue Avenue (into Fairyland parking lot)
Lakeside Park Garden Center is on the left

Buffet lunch catered by Edoko Restaurant

Contact: Emily Teruya (510-530-7127) or Alison Satake (510-816-8161)

2006 JACL Tri-Chapter Installation Luncheon

Name(s): _____

Phone: _____ E-mail: _____

I plan to attend. I am enclosing my check made payable to the Berkeley JACL
\$ _____ for _____ person(s)

I am unable to attend, but enclosed is a contribution to the Berkeley JACL of \$ _____.

Please return completed form by Tuesday, January 3, 2006 to

Japanese American Citizens League, Berkeley Chapter
P.O. Box 7609
Berkeley, CA 94707-0609



BERKELEY JACL GIFT MEMBERSHIP APPLICATION

Gift Membership from: _____

Name: _____

First MI Last Name

Spouse's Name, if family membership _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: (____) _____

Please allow 4-6 weeks for processing

Age (optional):

€ under 18

€ 18-30

€ 31-40

€ 41-50

€ 51-65

€ over 65

Membership Category* (please check box)

<u>Categories</u>	<u>National Dues</u>	+ <u>Chapter Dues</u>	= <u>Total</u>	Send completed application and check to:
€ Youth	\$20	\$5	\$25	Berkeley JACL
€ Regular/Individual	\$55	\$5	\$60	Attn: Membership
€ Couple/Family	\$100	\$5	\$105	P.O. Box 7609
€ Thousand Club	\$100	\$0	\$100	Berkeley, CA 94707-0609
€ Century Club	\$175	\$0	\$175	
€ Millennium Club	\$1,000	\$0	\$1,000	

Please make check payable to the JACL or pay by credit card.

VISA ___ MASTERCARD ___ CREDIT CARD NUMBER _____ EXPIRATION DATE ___/___

Signature _____

*For membership upgrades to Thousand Club, Century Club, Thousand Club Life, Century Club Life, or Millennium Club, please call National JACL membership office at (415) 921-5225

Thank you for supporting the Japanese American Citizens League!

Japanese American Citizens League
Berkeley Chapter
P.O Box 7609
Berkeley, CA 94707-0609

Join the Berkeley JACL at the Installation Lunch