

September 2008

Berkeley JACL Newsletter

SERVING THE BERKELEY, OAKLAND, AND ALBANY COMMUNITIES

Coming Events

- Sep 13, 27 **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 Kayo Fisher (707) 372-5843.
- Sep 15 **Berkeley JACL Grant applications due**, see article inside
- Sep 28 **7th JASEB Nikkei Walk**; See flyer inside
- Dec 31 **Transforming Kami—The Art of ORIGAMI**; *NJAHS Peace Gallery*, see inside

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!!!**

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Berkeley JACL Grants due

By Laura Takeuchi

The Berkeley JACL Endowment Fund announces its fall grant opportunity for community oriented projects or programs that further the aims and purposes of the chapter. In the spring funding cycle, small grants totaling \$1,000 were awarded to three organizations.

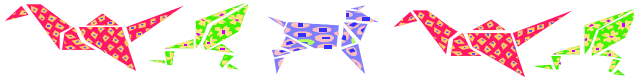
The Oakland-Fukuoka Sister City Association hosted its 37th Annual High School Exchange between the two cities this past summer. During the ten-day home-stay with host families in the bay area, the students participated in cross-cultural exchanges learning from diverse cultures and communities in Oakland, including the Nikkei Community and the history of Japanese in America as well as about the culture and traditions of Japan.

The Northern California Ki Society is a Ki-Aikido dojo. The grant supported chief instructor, Pietro Yuji Maida's trip to Japan for further training at an annual world camp this past summer. Holding the rank of 7th dan, Pietro Yuki Maida Sensei is one of a few full-time professional instructors representing the Ki Society in the United States. Shin Shin Toitsu Aikido and Ki as shared by the group is a mind/body training using Martial Arts, breathing, mediation and coordination techniques to develop self-control, awareness and relaxation.

The California Japanese American Community Leadership Council was awarded funds in support of the 8th annual Nikkei Community Internship program. The 8-week program matched college students with community non-profit groups to expose the students to Nikkei Community issues while developing leadership skills. The host organizations were in Northern and Southern California. In Northern California the interns were placed at Kimochi, JCCNC, JCYC and NJAHS.

The Berkeley JACL Endowment Fund is administered by the Trustees and the Board of Directors in order to support community oriented projects or programs that further the aims and purposes of JACL.

Applications for funding are accepted from organizations, organizational representatives and individuals for the semi-annual funding cycles. Applications received by September 15th will be eligible for funds to be disbursed by December 15th. Applications and information are available on the Berkeley JACL website, www.BerkeleyJACL.org



Legacy of Leadership:
2008 JACL National Convention in Salt Lake City

By Al and Maxine Satake

Attending the 40th Biennial JACL Convention, we found ourselves filled with much to see and do. Having the youth convene along with our national council session was most energizing. The opportunity to meet and mentor them was a great connection to see the hope and growth of JACL.

Much was done in the business sessions. With decisions ranging from changing the JACL National Convention from biennial to annual, to addressing the change of the National Board to determine the national director office location.

The plenary session recognized the 20th anniversary of the Civil Liberties Act with a panel who related first hand the history of it then and now. It reminded us of the magnitude of the Act as well as the continued moral obligation to fight racism, discrimination, and hate crimes.

There were many wonderful moments to enjoy. At the Awards Luncheon we cheered for Emily Teruya, the 2006-2008 JACLer of the Biennium. Well-deserved and congratulations to Emily. At the Sayonara Banquet, we were pleased to meet again Dr. Franklin Odo and Honorable Dale Ikeda who were part of a selected Presidential Recognition Awardees. Dan Tani, the keynote speaker, shared inspirational and heartwarming stories of his family, and his career with NASA.

For an evening's entertainment, it was a treat to attend the poignant and uplifting performance, "Nihonmachi: the Place to Be" by the Grateful Crane Ensemble. It reminded us fondly of our heritage and culture.

With that all said and done, may many of you look towards attending the next JACL National Convention in Chicago 2010.

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.

Reflections of a First Timer

*By David Unruhe
Placer County Chapter*

The highlight of the convention for me occurred shortly after I registered when I was asked, in all sincerity, "Are you attending the Youth Conference?" It's hard to top that one. There are a few generalizations about conferences and conventions that I'd like to address. One is that they are just an excuse for attendees to meet in some exotic location, get wined and dined, and generally just have a good time. Second is that they are just rubber stamps and very little real business is accomplished. Well, Salt Lake City is not my idea of an exotic locale, and although the hotel did a good job with the food, I did not have a truly great meal until I returned home.

Along with the election of officers and approval of the budget for the next biennium, there were five proposed amendments to the JACL Constitution, and six resolutions for approval, all of which required discussion, deliberation, and debate, and all to be done within the confines of Parliamentary Procedure. While listening to all debates, I tried to be guided by two opposing concepts: 1) if it ain't broke, don't fix it; and, 2) think outside the box. My feeling is that with all of the changes that have and will be happening to JACL, it may be necessary to fix things that ain't broken, yet.

All amendments require a 2/3 vote for passage. Two amendments were merely "housekeeping" amendments and passed easily. A third amendment dealt with lowering the minimum number of members required to maintain an active chapter. We (Placer) voted affirmatively, but the delegates split evenly on approval and so the amendment lost.

The fourth amendment dealt with holding annual, as opposed to biennial, conventions. I believe there were valid arguments on both sides, and some arguments either way will not be known for sure until far after the fact. The "pro" side, which seemed to include the leadership, was well prepared and had some persuasive talking points. When the vote was conducted, it was announced as 57 for, 24 against, and 5 split. Since a 2/3 vote would require 59 votes for passage, the Chair announced that the amendment failed. From the floor, a delegate challenged the vote, since the split votes were not counted. On advice of legal counsel, the split votes were counted, and the measure passed, 59.5 to 26.5. This was an example of Democracy at its most basic level.

Which leaves the last amendment, dealing with the location of the National Director's office. This was by far the most controversial of the five amendments. To sum up, it is the belief of the Northern California District that JACL has been operating in violation of its own Constitution and Bylaws by having the location of the National Director's office in Washington DC, as opposed to San Francisco. Debate was long and heated debate, amendments to the amendment, amendments to the amendments, tabling, new amendments, and finally, withdrawal of the proposed amendment, so that basically we are left with the status quo. If I have misstated anything here, I plead newbie ignorance. To me the entire process demonstrated the passion that the delegates feel regarding the organization.

Enough about the tedium of the business that was conducted. There was a lot of fun, too. Just meeting and talking to so many new people was fantastic on its own. But there were three highlights for me. One was the play, "Nihonmachi." The theatrical excellence of the production was such that a total outsider, with no knowledge of the history of Japantowns in America, would have been entertained. The outstanding story that was told was a bonus. The second highlight was the Sayonara Dinner, when the majority of JACL's highest awards are presented. Although the program was (very, very) long, every speech was impressive and from the heart. Having Astronaut Dan Tani as the Keynote Speaker was fantastic also. The third highlight was the quantity and quality of the youth who attended.

Now that the convention is over, my dedication to JACL is stronger than ever. It is clear that JACL faces huge challenges in the near future, specifically

relating to the declining membership base, but JACL is still, and will always be, a relevant organization.

Nursing Homes

The decision to put a relative with Alzheimer's disease or another dementia in a nursing home is often difficult. Caring for someone with one of these conditions at home requires significant social, financial, and personal sacrifices. For some, the decision to send a loved one to a nursing home may eventually become necessary.

But what kinds of long-term care facilities are available? Nursing home" is commonly used when referring to any long-term care facility, but there are several kinds of long-term care facilities. Each provides different levels of medical care, personal assistance, and programs and support services. The quality and costs of care and services at long-term care facilities vary widely, and options vary from community to community.

- **Assisted-living facilities** usually provide private, apartment-style housing and offer a range of services. These services may include meals, cleaning and laundry services, and help with personal needs, such as bathing, grooming, and dressing. Assisted-living facilities do not provide medical care. An assisted-living facility may be appropriate for people with early mild Alzheimer's disease or another dementia who cannot live alone but who can still function fairly well on their own.
- **Residential care facilities**, which include board-and-care homes, retirement homes, and foster care homes, typically provide a greater level of supervision than assisted-living facilities. They offer community-style housing, meals, laundry and cleaning services, and help with other personal needs. They do not provide daily medical care. A residential care facility may be appropriate for a person with mild to moderate Alzheimer's disease or other dementia who needs daily assistance and supervision but does not require daily nursing care. Residential care facilities are less expensive than nursing homes.
- **Nursing homes** provide skilled nursing care up to 24 hours a day. All aspects of care are provided, including medical attention, medication, housing, meals, laundry, help with

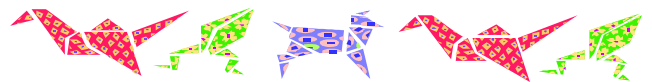
personal needs (such as dressing, bathing, and using the toilet), and other support services. A nursing home is the most expensive type of long-term care facility, but it also may be the most appropriate choice for many people with advanced dementia.

- **Special care units (SCUs)** for people with dementia are a feature of some residential care facilities and nursing homes. These units are designed to meet the needs of people with this disease, and they include staffs experienced in dealing with people suffering from dementia. Studies of these special care units, however, have been unable to confirm that they offer any clear benefits over regular care facilities. Also, they often are more expensive than regular long-term care facilities.
- **Continuing-care communities** offer different levels of care, from assisted living to full nursing care, within the same facility. These facilities are an expensive but appealing option for caregivers looking at long-term care because they are well equipped to meet the person's changing needs as the disease progresses.

Some people find that part-time help allows them to keep their relative at home for a longer time. Part-time care may take place either at home or in an adult day care facility. As in long-term care facilities, home care can provide different levels of assistance. A home health aide, for instance, can help with tasks such as bathing, cleaning, and washing clothes and linens, while a nurse may provide medical care and help with behavior issues. Adult day care and respite services assume temporary responsibility for the person and allow the regular caregiver to take a break. This may relieve some of the stress of caregiving and allow time for other responsibilities and activities.

Hiring health professionals or other caregivers to provide around-the-clock care in the home is another option. This option is more expensive than a nursing home and also requires time to hire, supervise, and coordinate the team of caregivers.

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




Baseball and Bento

Berkeley JACL had its annual A's Baseball and Bento on July 7, watching the A's take on the Seattle Mariners. The year, we had over 100 members and their friends joined us. Mark Fujikawa and his activities committee did a fantastic job in organizing this event. Edoko Restaurant provided the bento for all to enjoy.



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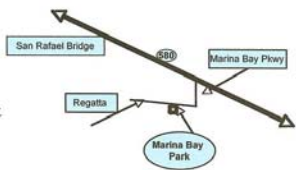




JASEB
7TH ANNUAL
NIKKEI WALK
Walking to Benefit Nikkei Seniors

Sunday, September 28, 2008
Marina Bay Park, Richmond
1:00 pm (check-in begins at 12:00 noon, warm-up 12:45 pm)
Scenic 5K Course

For more information or registration forms, please contact JASEB at 510-848-3560 or email at neilsh2@comcast.net



Order Up: Eating Out the Healthy Way

Americans are eating out more than ever. But what about your desire to eat healthy? Do you need to sacrifice your healthy meal plan because you're away from home? Not at all. Simply make wise meal choices

and practice moderation in portion control and menu selections.

Ordering food at a restaurant: First, read item descriptions. If none is available, ask your server what's in the meal and how it's prepared. Certain cooking terms can give you a basic idea of a food's nutritional makeup. Look for descriptions that indicate low-fat preparation or ingredients.

CHOOSE, Baked, Broiled without added butter, Grilled, Poached, Roasted, Steamed, Sautéed or stir-fried in a small amount of oil, broth or water.

AVOID: A la king, Alfredo unless low fat, Au gratin, Basted, Breaded, Buttered, Broasted, Creamed, Fricasseed, Fried, Hollandaise, Sautéed or stir-fried in heavy oil.

Many people instinctively add salt, butter, sauces and dressing to their food - sometimes even before tasting. Hold back. Well-prepared food needs minimal enhancement.

If your meal comes with a sauce or dressing, ask for it on the side and use the fork-dip-food technique. Dab your fork in the sauce and then pick up your food. This allows you to enjoy the sauce but limits the amount. Also, watch what and how much you drink. Many beverages contain a large number of calories. For example, a large soda (32 ounces) has about 400 calories. Instead, order diet soda, water, unsweetened iced tea, sparkling water or mineral water with a twist of lemon. For a hot drink, try black, decaffeinated coffee or black or green tea, minus the sugar and other extras.

Many, if not most, restaurants serve oversized portions, which equates to extra food and an increased amount of calories, fat, cholesterol and sodium. Avoid these excessively large portions. Buffets may prove especially challenging when trying to eat smaller portion sizes. Large amounts of food and the freedom to go back for a second or third helping may lead to excess. It's also tempting to regard buffet dining as a personal challenge - to get your money's worth by eating a lot. To limit the amount of food you eat, survey the entire buffet line, then decide what you want and take only that. Make salad minus the high-fat dressings and toppings, such as cheese and croutons, your first course. Then, go back for an entree. Fill up on plenty of vegetables that don't have added butter, margarine or sauces.

You can eat healthily away from home. In fact, dining out offers a great opportunity to enjoy a variety

of healthy foods, without having to prepare them or do the clean-up work yourself. Don't let large portions, unfamiliar menus and tempting desserts discourage you from your goal to eat healthy. Whether checking out a new restaurant or celebrating a special occasion at a favorite bistro, you can have your healthy diet and eat it, too.

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



Transforming Kami-The Art of ORIGAMI

Through Wednesday, December 31, 2008

In the NJAHS Peace Gallery
1684 Post St. in San Francisco's Japantown

Admission to all workshops and exhibits at the NJAHS Peace Gallery are FREE!

According to Curator Linda Mihara, "Origami is magical. Its appeal is worldwide and spans across the globe to include almost every major city. New origami clubs and conventions are planned and formed, and origami exhibits are taking place in more places than ever before." The exhibit *Transforming Kami* showcases four key fields of origami as an art form: sculpture, realism, whimsy and fantasy. The exhibit brings forth the talents of current origami pioneers who can transform a simple sheet of paper into a beautiful origami sculpture.

Two of the key participating artists in *Transforming Kami* are Makoto Yamaguchi of Japan and Dr. Robert J. Lang of the US. Mr. Yamaguchi is the author of numerous Origami books and founder of Origami House in Japan. Dr. Lang is a laser physicist who has bridged Origami with math and science. Both are at the forefront of the current movement- to present Origami as a true art form. Also contributing are members of a newly formed group, Pacific Rim

Origami, comprised of professional Origami artists and expert teachers of the art. Many of the models in this exhibit were designed and folded by it's creators

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