



Japanese American Citizens League Mile Hi Chapter Notes

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President's Message



The national JACL convention is less than two weeks away! This is going to be my first convention, and I am very excited about it. In addition to all of the wonderful workshops and fun social activities, this convention will also address the issue of JACL's growth and future.

The theme for this year is "JACL 2.0 – Making New Waves." According to Gary Mayeda, the 42nd national JACL convention chairperson, the theme is meant as a call to reinvent JACL and to set new goals so that JACL can thrive as an organization. JACL will put

more emphasis on programs for workforce development, environmental justice, and dealing with the issues of aging.

This year's convention will also feature a one-day conference co-hosted with the California Japanese American Community Leadership Council (CJALCLC). There will be a variety of workshops addressing key issues that face the Japanese American community, such as: leadership development for the Japanese American community, preserving and developing AAPI neighborhoods, and the role of Japanese Americans in US – Japan relations. If you want to attend this conference, then you better register as soon as possible since the organizer is predicting a sell-out crowd of 700 participants.

In addition to the workshops, the convention will also honor Traci Kato-Kiriyama, Alan Nishio, Paul Osaki, Lt. Daniel Choi, Lisa Hasegawa, and Father Vien Nguyen for their contribution the Asian Pacific American community.

I hope to see all of you at the convention!

Harry Budisidharta
Mile Hi JACL President

Nisei Veterans Heritage Foundation - Community Memorial Day Service

by Brian Matsumoto

The 65th annual Nisei Veterans Heritage Foundation Community Memorial Day Service program was held at Fairmount Cemetery in Denver. It is dedicated to honor the memory of Japanese American Veterans from the Rocky Mountain region that honorably served in the United States Armed Forces and are now at rest. It is also a special tribute to those who made the ultimate sacrifice of giving their lives during War for our Country.



Above: Kerry Hada (Photo by Gil Asakawa)

In 2006, the Nisei Veterans Heritage Foundation invited the Mile Hi Chapter of the Japanese American Citizens League to manage the annual Community Memorial Day Service program. The Mile Hi JACL recognized the importance of the program to the community and the fact that very few Japanese American WWII Veterans remained to carry on the tradition.

In 2011, the Nisei Veterans Heritage Foundation entrusted the Tri-States/Denver Buddhist Temple and Simpson United Methodist Church to organize and assume the responsibility for the annual Community Memorial Day Service program. In doing so, the Nisei Veterans Heritage Foundation also recognizes the importance of local community organizations working together to build a sense of community. And, they envision that sense of community translating into creating youth development and community service programs. After all, the mission of the charter members of the Nisei Veterans Heritage Foundation was to celebrate, educate and ensure that future generations preserve the cultural legacy of Japanese Americans in Colorado.

By all accounts, the program was a success! Much thanks goes to the Honorable Judge Kerry Hada, our keynote speaker, the Nisei Veterans Heritage Foundation, the Mile-Hi JACL, the Tri-States/Denver Buddhist Temple, Simpson United Methodist Church, Fairmount Cemetery, Mr. Dick Shea and all the community volunteers for making it all possible.

Nihongo-o Naraimashyou! (Let's Learn Japanese!)

Words of the Month:

June: Shichigatsu (shi-chi-ga-tsu)
 Festival: Matsuri (ma-tsu-ri)
 Summer: Natsu (na-tsu)

Family: Kazoku (ka-zo-ku)
 Picture: Shyashin (shya-shi-n)
 Hat: Booshi (Bo-o-shi)

If you're interested in practicing Japanese, join the free Kaiwa (Conversation) Club of Japan America Society of Colorado at Buzz Café (1229 E 6th Ave.) every Wednesday from 6:30 pm - 8:00 pm.

Japanese American Community Graduation Program

by Mike Shibata

Congratulations High School Graduates!

The 56th Annual Japanese American Community Graduation Program (JACGP) banquet to honor the high school graduates of 2011 was held on Saturday, June 11, at the Arvada Center for the Arts & Humanities. Approximately 255 people, including 21 high school graduates, attended the event.

Thirty-three scholarships, totaling approximately \$52,000.00 were presented to deserving graduates during the banquet.

Among the scholarships presented were the Toshiaki Yoshimura - Mile Hi Chapter Japanese American Citizens League Scholarship and Mile Hi Chapter Japanese American Citizens League Scholarship.

Matthew Iritani was presented the Toshiaki Yoshimura - Mile Hi Chapter Japanese American Citizens League Scholarship by Jayne Yoshimura.

Matthew is the son of Mark Iritani and Patra Watana. He graduated number one (GPA unweighted) and 2nd (GPA weighted) in a class of 829 at Cherry Creek High School. Matthew is the recipient of many prestigious honors including the Boettcher Scholarship, National Merit Finalist, and others too numerous to mention. He was an active leader in many organizations such as student government, debate club, National Honor Society, and swimming.

Mallory Kathryn Mayeda was the recipient of the Mile Hi Chapter Japanese American Citizens League Scholarship, presented by Gary Yamashita.

Mallory is the daughter of Sam and Melinda Mayeda. She graduated first in a class of 404 from Ralston Valley High School. Among other things, she was a member of National Honor Society and Female Athlete of the Spring Season, excelling in soccer. She has volunteered at the Cherry Blossom Festival and was a junior escort at JACGP banquet last year.

Congratulations to all of the high school graduates, especially Matthew Iritani and Mallory Kathryn Mayeda, and to their parents!

UPCOMING EVENTS

Mile Hi JA CL Meeting
Thursday, July 7
6:00 p.m.
JAC Office
Sakura Square (2nd Floor)

Colorado Dragon Boat Festival
July 30th and 31st
Sloans Lake

Annual Pilgrimage to Amache

by Marge Taniwaki

Saturday, May 21st, marked the 2011 Annual Pilgrimage to Amache, Colorado. Each year, the Pilgrimage is held on the Saturday prior to Memorial Day weekend. A chartered bus picked up participants from Simpson United Methodist Church in Arvada at 6:30 a.m., then proceeded to the Buddhist Temple in Denver where the rest of the group boarded at 7:00 a.m. A number of people also drove in private cars to the World War II American concentration camp for persons of Japanese descent. Amache is located in southern Colorado near the Kansas border with travel time of approximately four hours one way. The route included a brief stop in Limon, Colorado, with refreshments of coffee and donuts provided by the Pilgrimage organizers including Friends of Amache, Amache Club and Amache Historical Society. Informational videos shown during the bus trip concerning "camp" were provided by Frank Miyazawa.



Photo from Lamar Ledger

The bus turned onto the dusty road to the interior of Amache shortly before noon, driving past cement foundations and trees struggling to survive in the heat of the Colorado plains. Students with the Amache Preservation Society were waiting at the cemetery site along with their history teacher at Granada High School, John Hopper. The high school students, with the guidance of John Hopper, have been responsible over the years for installing trees, sod, and a drip-line irrigation system at the Amache cemetery which has transformed the once scrub-covered area into one of green

serenity. Reverend O'Dowd conducted a memorial service for those who died in US military service and as inmates at Amache. The cemetery grounds include a monument erected by the former Denver Central Optimists Club as well as a brick structure containing a large rock memorial to the dead which was left by the inmates before the camp was closed in 1945.

The traditional potluck lunch was held at the Granada High School lunchroom followed by a performance by Mirai Daiko in the auditorium. Artifacts from the Amache Museum were brought to the high school for viewing by Pilgrimage participants due to the tight time schedule for returning to Denver. Many in the group were first-time participants while others had returned to Amache for a number of consecutive years, paying homage to those who died in military service, to those who perished as inmates, and to the nearly 8,000 persons of Japanese descent who struggled to survive for years on the plains of Colorado.

IKIGAI - That Which Gives Life a Sense of Purpose

Submitted by Pat Hayashi

Dr. Oz crossed international borders to bring you the secrets of health and longevity practiced in some of the world's healthiest countries. First up: Japan, where people not only live longer, but also are much thinner than us. How do they do it? By following eight simple guidelines.

The 4 Japanese Secrets to Eternal Youth

On this small island nation in the Pacific Ocean, men and women boast the highest life expectancy in the world and the best survival rates for lung and cervical cancer. In fact, the Southern prefecture has the highest concentration of people 100 years or older. Here's how the Japanese do it.

1. Natto A sticky paste made by adding healthy bacteria to lightly cooked soybeans and fermenting, natto is a powerful food rich in the enzyme nattokinase, which has been shown to reduce the risk of blood clots and help break up the plaque associated with Alzheimer's disease. Fermentation concentrates the power of the healthy plant estrogens found in soy and converts them into a form that our bodies can use more easily, which makes natto even healthier than tofu or soy milk. In Japan, people routinely enjoy natto for breakfast, served on top of rice with an egg split over it. You can find it at health food stores, Asian markets, or online.

2. Macha green tea . This super-charged green tea comes in powder form and offers the stress-relieving, heart-healthy and anti-depressant powers of green tea in an easy to use, concentrated powder. In Japan, macha is consumed several times daily and served to guests regularly. The ritual of enjoying tea and offering it to visitors in your home provides another healthy benefit - a time out during the day to relax and enjoy something that is good for you. Pick up some macha at your local health food store, add one teaspoon to a cup of hot water, stir and make time to share it with friends and family daily. Since it's sweeter than regular green tea, you might even convert tea skeptics.

3. Seaweed. Not just a pretty wrapper for sushi, seaweed is a serious anti-aging power food. Packed with the broadest range of minerals of any food known on earth as well as loads of anti-inflammatory B vitamins, seaweed is hailed for its anti-wrinkle properties. So much so, it is often an ingredient in high-end wrinkle creams, but it provides the most benefit in a bowl. You can find a variety of seaweed at Asian markets. Add nutrients and instant flavor by serving it in a broth-based soup, munch on it as a snack, or sprinkle some into a smoothie.

4. Ikigai. You can't buy this secret in a health food store, but you can practice it at home. Ikigai means "that which gives life a sense of purpose," and in Japan it often takes the form of caring for another life, such as gardening. By taking the attention off yourself and your problems and turning it to the well being of another life form-from a pet to a petunia - you let go of the worries inside you and find satisfaction in helping others. Take time to figure out what activities are important to you and then make them a priority. If nothing comes to mind, stop by a local nursery and pick up a small Bonsai plant. It will feel good to learn how to prune and care for it and see your attention bring it to blossom.

The 4 Japanese Secrets of Weight Loss

Perhaps one of the reasons that the Japanese are such a long-lived society is that they are one of the world's fittest populations. Eating a diverse, healthy diet filled with vegetables and fresh fish and low in carbs and fats is integral to their success. So are these 4 healthy habits.

1. Sipping soup. In Japan, a broth-based soup is eaten at almost every meal. Packed with nutrients, it helps you feel fuller and consume fewer calories. Try enjoying a bowl of miso soup at every meal. You can find easy recipes online or pick up packets of instant miso soup at your local health food store or Asian market.

2. Portion distortion. In the US, we like to pile our food on big plates and feel like we have a plentiful meal ahead of us. In Japan, the opposite is true. The Japanese serve their food in small, separate plates and dishes arranged in a way that is spare and pleasing to the eye. That way part of the satisfaction you get from the meal is from how it looks, not just how much you eat. By moving slowly from dish to dish, eating mindfully and pacing yourself, it will be easier to follow the wise Japanese admonition: "eat until you're 80% full."

3. Chowing with chopsticks. Ever tried to get a big bite of food to your mouth with chopsticks? It doesn't matter how skilled you are with these Eastern eating utensils, you can't do it. Using chopsticks forces you to slow down, eat deliberately, and take smaller mouthfuls of food, resting in between bites and giving your stomach time to tell your brain that it is getting full. Try eating with chopsticks for a week. If you find it too frustrating after that, you can return to a fork, but your week of chopstick practice will help you learn how to slow down and eat more deliberately. If you love it, stick with it!

4. Relishing rice. In Japan, plain rice (no salt or butter) accompanies most every meal. They prefer short-grain white rice, which is lower on the glycemic index (meaning your body takes longer to convert it to sugar), and helps you feel satisfied longer. Even better is brown rice, a whole grain rich in good-for-you fiber. So try adding a small bowl of short-grain brown rice to meals and see how it helps you feel fuller and eat less.

Itadakimasu!

“What cannot be achieved in one lifetime will happen when one lifetime is joined to another.”

The Japanese American Citizens League is a national organization whose ongoing mission is to secure and maintain the civil rights of Japanese Americans and all others who are victimized by injustice and bigotry. The leaders and members of the JACL also work to promote cultural, educational and social values and preserve the heritage and legacy of the Japanese American community.

Not a Member of JACL?

Joining the Mile Hi JACL is a great way to get involved with the community and to help support our programs that educate our youth, develop leaders, and pass on our legacy from generation to generation. Membership benefits include (subject to change):

- Pacific Citizen, the JACL newspaper
- Mile Hi Chapter Newsletter
- Scholarship Program
- JACL Credit Union Services
- VISA Affinity Card
- Hertz Rental Car Discounts
- Long Distance Calling Discounts
- Major Medical Insurance Program*
- Long Term Care Insurance*
- Catastrophic Major Medical Insurance*
- Medicare Supplement Insurance*

*Membership does not guarantee acceptance into the above insurance programs. The insurers have their own acceptance criteria.

If you would like to join, please complete the information below:

Membership Application

(12 month membership from the date of application)

- | | | |
|---|--|---|
| <input type="checkbox"/> Individual (\$65) | <input type="checkbox"/> Couple/Family (\$110) | <input type="checkbox"/> Thousand Club (\$100) |
| <input type="checkbox"/> Century Club (\$175) | <input type="checkbox"/> Millennium Club (\$1,000) | <input type="checkbox"/> Student/Youth (\$30) - PC excluded |
| <input type="checkbox"/> Thousand Club Life (\$3,000) | | <input type="checkbox"/> Century Club Life (\$5,000) |
| <input type="checkbox"/> Spouse of 1000 or Century Club member (\$37) | | |
| <input type="checkbox"/> Spouse of Millennium Club member (\$30) | | |

Name: _____ Spouse (if applying): _____

Address: _____ City: _____ State: _____

Zip: _____ Email: _____ Telephone: _____

Please mail application and check payable to the Mile Hi JACL to:

PO Box 13061, Denver, CO 80201



Mailing of the Mile Hi JACL Newsletter has been made possible by:

Mile Hi JACL

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Member Name
Address
City, State Zip

