



FLORIN JACL 16TH ANNUAL WOMEN'S DAY FORUM

SATURDAY NOVEMBER 22, 2008
CSUS ALUMNI CENTER

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TV TO PAPER

Stephanie Nishikawa-Yee

Stephanie Nishikawa-Yee told us about her experiences as a former news reporter with KOVR-TV. She met her future husband Ken Yee without knowing who he was and next day she found out while interviewing then Sacramento City Councilmember Jimmie Yee that Ken is Jimmie's son.

She also talked about her career of running a small business specializing in making exquisite greeting cards and one-of-a-kind invitations. When she opened her business, her family encouraged her and wanted to help in any way they could. Unfortunately, law enforcement charged her with running a "sweat shop" because some of her family members who would visit and help in the store were not covered by worker's compensation.

Stephanie was slapped with a fine of \$5,000. She appealed the case but, unfortunately, lost but she considers it as a good learning experience. Today, Stephanie continues to run her boutique "The Paper Garden by Stephanie Nishikawa", which is located at the Town and Country Village Shopping Center in Sacramento.

Please check her website www.papergardenboutique.com, where you can find very many interesting classes you might want to take.



Stephanie Nishikawa-Yee has many political ties to the Sacramento Valley politicians – the late Congressman Robert Matsui on her mother's side and San Jose Congressman Michael Honda on her father's side. There is always some kind of political discussion in her family.

In July 2000, she married to Kenneth Yee, son of Sacramento County Supervisor Jimmie Yee and together they have a three-year-old son Miles. Now, she owns and operates "The Paper Garden" at Town & Country Village.

"MARY TSUKAMOTO: WILL OF THE PEOPLE"

Eileen Otsuji

Let's go fishing -- what does that have to do with the women's forum today? Catching fish is a learned behavior. Necessary for survival.

"If you give people a fish, they will eat for a day. But, if you TEACH them how to fish, they will have fish every day."

Florin JACL has been famous for teaching "fishing" through the generations. The "fishing" trips have not always been with rod and reels and bait and hooks; but with books, lectures and scholarship money to teach succeeding generations how to "fish" for knowledge.

Sam Kashiwagi, longtime treasurer for Florin JACL, emphatically taught us that the Issei (first generation immigrant parents) valued education so much that they continued to contribute to the Florin JACL scholarship fund even during hard times like the depression and difficult years after. They gave unselfishly, so the next generation could get educated and become good citizens. Their influence continues to this day even though many have passed away.

Mary Tsukamoto was the Nisei mentor and teacher to so many of us. With wisdom, patience, perseverance, and the help of her JACL colleagues, she rounded up "young ones" to help carry on her crusade for justice and a more perfect Union.

She said in a 2001 copyrighted Smithsonian Institution's "A More Perfect Union" interview found on the internet:

“America is a land with wonderful possibilities and beautiful ideals. The United States Constitution makes great promises for us and Liberty is a very meaningful thing.

But we have to be sincere, and make it ring true. And so, in order to do that, we need to protect this fragile democracy.

It depends on human feelings, the quality of leadership and the courage of the leaders. They are the ones who will determine which way it will go. But the people need to insist on having courageous leaders, people with integrity, people who are honest and will uphold the Constitution to the letter.”

So, what is the point of going fishing together? Today, AND in this room? The goal is to inspire and to motivate. It will happen because of Mary’s dream and the ongoing work of so many students who are carrying on her legacy. She taught us HOW to fish.

It is my pleasure to introduce the professionals from the California Museum of History, Women and the Arts; and the Sacramento State Library Japanese American Archival Collection and Tea Ceremony Room and programs.

Please welcome from Sacramento State University: Julie Thomas, Librarian for Special Collections and manuscripts, including the Japanese American Archival Collection. Sally Hitchcock, Community Outreach for the Library

From the California Museum of History, Women and the Arts: Kelly Bitz, a beautiful example of a student who understood Mary’s lessons. Kelly brought the Time of Remembrance program to the California Museum and recruited the docents and volunteers for the TOR.

I am pleased to introduce Sandra Kopp, Director of Marketing, who will be introducing the Museum’s

newest, hottest project, the Maria Shriver’s California Legacy Trail with all its possibilities for bringing Mary Tsukamoto’s beloved Time of Remembrance online for students and teachers from all over the world to use. Our video presentation is designed to show you how far Mary’s dreams have come in the past 16 years and the plans for the future of the Time of Remembrance School Programs.



Eileen Namba Otsuji is a past-president of the Florin JACL and co-founder of the Florin JACL Annual Women’s Day Forum, a community service highlighting health and family issues. She is also a founding member of the Sacramento State Library’s Japanese American Archive Collection Advisory Board and currently serves as the chairperson. She graduated from the University of California, School of Pharmacy.

LET’S GO FISHING

Carole Hayashino

Good morning and welcome to Sacramento State Alumni Center.

I want to thank the Florin JACL for inviting me to join in its 16th Annual Women’s Day Forum. To be honest, in preparing for today, I was thrown for a loop when I first saw the theme, “Let’s go fishing....”

I emailed Kazuyo and said, “What’s this—let’s go fishing—have to do with the Japanese American Archival Collection at Sac State or with Issei, Nisei, Sansei women?” To be honest, I just didn’t get the theme’s connection to the Women’s Day Forum.

But she explained that she was adapting the old Chinese proverb, “Give a man a fish and you feed him for a day, Teach a man to fish and you feed him for a lifetime.”



Carole Hayashino serves as the vice president of the University Advancement at California State University Sacramento. As vice president, Carole oversees the external relations of the university and is responsible for private giving, alumni, corporate and foundation relations and public affairs.

Prior to joining CSUS, Carole was the associate vice president for University Development at San Francisco State University and has been active in the Asian American community in California, serving as the associate director of the National Japanese American Citizens League in San Francisco, where she was involved in the national legislative effort to obtain an apology and monetary reparations for Americans of Japanese Ancestry interned during WWII.

It would take a decade before the JA former internees could come to grips with the pain and humiliation of being falsely accused and imprisoned before they would find their voice. And, it was only through the community's campaign for redress that many Japanese Americans began opening up to their families, neighbors, friends and their community about their internment years.

The Presidential Commission on Wartime Relocation and Internment of Civilians' investigation into the facts and circumstances surrounding the exclusion and incarceration of Americans of Japanese ancestry prompted over 750 individuals from the community to participate in public hearings. These personal stories,

The theme, "Let's go Fishing," became clearer to me. It was a statement about empowering a community to talk about its own history and providing the space and tools for a community to write their stories; and, supporting and encouraging a community to leave a legacy for future generations.

I can speak to those topics!

In the 1970s, I was a student of Edison Uno's at San Francisco State. Edison, as you know, was a great advocate for redress for Japanese Americans who were interned during World War II. Edison was considered a radical for suggesting that JAs ask the US Government for monetary reparations for their internment. But this was a period when many Issei and Nisei would not and could not talk about their years of living behind barbed wire — shamed by being imprisoned by their government.

Edison wanting to inspire Nikkei to talk about their experience once said, "History must be written by those who lived it..."

coupled with the research in the national archives, led to the Commission's report, Personal Justice Denied, and concluded that the round-up, exclusion and internment of Japanese Americans were caused by race prejudice, war hysteria, economic greed and a failure of political leadership.

Looking back, I know it was the process of the community coming together—that was important—even critical to the success of the campaign for redress.

As painful it was to deal with the past,

As over-whelming it was to testify before a federal commission,

As intimidating it was to write, meet and lobby your elected representative,

It was a process the JA community had to go through and, in doing so, Japanese Americans—Nisei—once described as "Quiet Americans," found their voice.

Through the redress campaign—Japanese Americans wrote their history and changed history.

I saw the strength of the JACL's national network of volunteers—Toko Fujii, Mary Tsukamoto and Tom Fujimoto in Sacramento, Cherry Kinoshita, Tom Shimasaki in Fresno, Hid Hasegawa in Idaho, Tom Kometani in NY—JACL had a member in all 50 states and in 1988, they were on a mission.

My dear friend wrote the biography of a SF Nisei woman, Sox Kitashima. The book is titled, Birth of An Activist. And—really, that says it all—during redress, in every community, we saw Nisei women become advocates and activists. And, in the Florin JACL, it was MARY TSUKAMOTO.

You all knew Mary, probably better than I. She was passionate about the redress issue—but, as you know, Mary felt, like so many of us, that redress was never about the money...it was about educating the American public so that such a gross violation of civil and constitutional rights never occur again...it was about teaching our children our shared responsibility to uphold the Constitution for all people at all times...it was about learning from the past.

I am so proud that Sacramento State continues the legacy of Mary Tsukamoto through the Japanese American Archival Collection.

As a teacher, Mary brought the history of Japanese Americans alive by using camp photos, documents and artifacts in the classroom.

She personalized history, by sharing her own personal experience of being incarcerated in Jerome, Arkansas.

And she helped to insure that future generations could learn about the Japanese American experience by donating her personal papers to Sacramento State. She was teaching others how to fish.

In doing so, Mary's gift to the Library's Special Collection inspired others to do the same—organizations like the VFW Nisei Post and families in the Sacramento-Florin communities have added to Mary's personal collection.

And as a result, today, the collection represents the story of not just one person, but an entire community. And, to further enhance and preserve the collection, the volunteer board of the Japanese American Archival Collection worked to have the collection of historical documents, photos, artifacts digitized—taking the collection beyond Sacramento and making the entire collection accessible to the world.

I can't help thinking that Mary Tsukamoto would have loved knowing that her donation of personal papers and photos would lead to our establishing the Robert T. Matsui Digital Archives and that like Congress member Matsui's videos and photos, her photos would be electronically available via the internet.

I want to acknowledge the JAAC volunteers and the Florin JACL for working so hard, for so many years, to preserve Japanese American history and for developing partnerships with the University's Special Collection and the California Museum to promote the JAAC. You are teaching others to fish.

I want to end with a personal story:

My daughter, Ali, graduated from University of Hawaii last year and has been working at the JCCCNC (Japanese Cultural and Community Center of Northern California) in San Francisco. Despite my community work, Ali was never too involved or interested in the Japanese American community or learning about her own family's history.

It wasn't until she moved to Hawaii to attend college. In her words, she had an epiphany. She spent time with her grandfather, who served in the 442nd and her grandmother, who had been interned in Heart Mountain.

She learned about her great-grandparents who had immigrated from Hiroshima to work the railroads and plantations of Hawaii.

The summer prior to her graduation from college, she chose to study in Japan and visit Hiroshima. She went to the Hiroshima Peace Memorial Museum and paid her respects to the thousands of lives lost in the bombing, and the millions of lives lost throughout the war.

And she returned and said that she finally understood how our history in Japan and the United States connects the JA community across generations and across borders. Like Issei immigrants, we all seek a better life. We cherish our freedoms like the Nisei veterans and the Niseis who lived behind barbed wire.

We want to make a difference in our community—like the Sansei activists.

And now, working at JCCCNC, she's developed a program to teach and encourage Yonseis to document and conduct oral histories of their grandparents and parents.

As a Sansei mother—I am so proud of her. She has learned to fish and is teaching others how to fish.

My daughter may not remember meeting Mary Tsukamoto at one of the JACL conventions....



Marielle Tsukamoto was born in Sacramento to Alfred and Mary Tsukamoto. The Tsukamotos raised grapes and strawberries on a small farm until their family, along with all persons of Japanese ancestry, were removed from their homes and sent to concentration camps during WWII.

In 1992, Mary was recognized for her role in the community and as an outstanding teacher when a school was named in her honor as a tribute to Mary's work in establishing cultural and educational programs. Marielle has carried on this legacy throughout her career in education. Marielle retired in 2001 after 42 years as a teacher and administrator.

She worked as the project director of A World of Difference Institute, an affiliate of the Anti-Defamation League's education program. She has served as a consultant and trainer for school districts on curriculum to promote acceptance among students and to establish strategies in preventing of bias and bullying among students.

But when I see her working with other young Nikkei in the community, I can see the spirit of Mary Tsukamoto; and, I can help thinking about Nisei women teachers and activists like Mary Tsukamoto and Sox Kitashima. They were the first fishermen but we can rest assured—there will be others to follow.

And, the history of Japanese Americans will continue to be written by those who lived it.

Thank you for inviting me to join you this morning. Enjoy the rest of the conference.

HISTORY AND BACKGROUND OF THE AUGUST PEACE EVENT AND THE 1000 CRANES FOR PEACE

Marielle Tsukamoto

In 1987, Mary Tsukamoto was one of fifteen women from diverse groups who met to plan the “first annual” August Women’s Peace Event. It was held at the Crest Theater on August 6th to commemorate the dropping of the atomic bomb on Hiroshima, Japan. The purpose was to remind us to never forget the tragedy of that terrible event and to stop the use of any atomic weapons in the future. The committee

of women leaders including Mayor Anne Rudin and other prominent leaders of the community committed to leading the way to a more secure future participated by standing up and speaking out for world peace. Five hundred people attended. Sacramento Mayor Anne Rubin, honorary chair of the event, issued a Proclamation of “Hiroshima Day.” The thousand origami cranes, folded by people in the community, were displayed and later sent to the mayor of Hiroshima by Mary Tsukamoto as Sacramento’s commitment to world peace.

Each year the event drew larger crowds including families and children concerned for peace, multicultural understanding and justice. Mary Tsukamoto wanted to involve more children to hear the story of Sadako Sasaki, the brave girl who faced her illness with courage and hope. By telling Sadako’s story and folding the origami cranes, Mary believed that children would learn about the danger of atomic radiation and may make a commitment to eliminate use of atomic weapons. She understood that children are the future. We affect the future when we educate children who will grow to be adults and perhaps be influential, responsible leaders in the future.

Because of her arthritis, Mary needed the help of many, many people in JACL, Tanoshimi-kai, Christian and Buddhist church groups and friends. There are so many people here who were among those who helped: Joanne Iritani, Hiroko Tsuda, Marion Kanemoto, Heidi Sakazaki, Grace Kono, and so many more. Mary would arrange to go into a classroom, tell the story of Sadako and have the children fold the cranes. Some would even sign their names on the cranes and write a message of peace. It took long hours to get 1,000 cranes and have people help to string them up. The cranes would be displayed at the August Peace Event

one year and then sent to Hiroshima the following year. We continue this today. We go to the Sandhill Crane Festival in November and the Pacific Rim Festival in May as well as other events where we tell Sadako’s story and have children and adults fold an origami crane for peace.

Mary Tsukamoto instinctively understood the importance of educating children and adults about the dangers of atomic weapons so that we can eliminate the threat of nuclear destruction. Today we all have the opportunity to tell Sadako’s story, make sure that school libraries have a copy of “Sadako and 1,000 Paper Cranes” by Eleanor Coerr and teach about world peace.



Tom Vinik is a Davis artist who specializes in origami – the Japanese art of paper folding. He was introduced to origami by a visiting Japanese priest 46 years ago. Paper folding has been a hobby ever since. After college, Tom started to teach and display his work at public buildings including the Governor’s office in the State Capitol and the Mayor’s office in San Francisco City Hall.

One of Tom’s favorite things to fold is the paper crane, symbol of long life, good luck, and peace. After Tom completed the first 1000, inspired by the story of Sadako and the 1000 paper cranes, he kept folding and has helped other people with their cranes.

PEACE OVER THE PACIFIC

Tom Vinik

Tom Vinik, a Davis artist who specializes in origami, the Japanese art of paper -folding, talked about being introduced to the craft when he was a young child. One of his favorite things to fold is the paper crane - a symbol of long life, good luck, and peace. According to Japanese folklore, if you fold a thousand cranes, you can have a wish come true. Since 1982, Tom has folded over 14,000 cranes and he showed pictures of the many different ways he displayed them. He brought four sets of 1000 cranes with him.

Tom also told of his visit to Hiroshima in 1997 and being introduced to the mother of Sadako Sasaki, at the statue of her daughter at Hiroshima Peace Park. Sadako's story can be found in the book, *Sadako and the Thousand Paper Cranes* by Eleanor Coerr.



Lucy Sakaishi-Judd has taught 34 years in the Roseville High School District (Oakmont and Granite Bay High Schools) before retiring last June. She taught family and consumer sciences (crafts & sewing, nutrition and fitness, and culinary arts) and aerobics in the physical education

department. During that time, she was also a head coach of track & field and cross-country. She also coached volleyball and tennis.

Now she is busy in focusing on the hobby of the bonsai and supporting grandchildren's sports all year-round.

MEDITATION AND EXERCISE

Lucy Sakaishi-Judd

In this activity, we all stood doing breathing exercises, inhaling to the count of 10 and then slowing exhaling to the count of 16. This enables the mind to relax and reflect, to deeply meditate. The exercise is not only energizing but motivating as well, to the point of wanting to tackle whatever challenges lie ahead. It is exhilarating. Try it -- inhaling and exhaling, relaxing, reflecting, meditating – five minutes a day. It works!

OSTEOPOROSIS: CAN IT HAPPEN TO YOU?

Dr. Anne Srisuro

Osteoporosis is a major public health threat for 44 million Americans. Ten million individuals already have osteoporosis and 34 million more have low bone mass placing them at increased risk for developing osteoporosis and the fractures it causes. Eighty percent of those affected by osteoporosis are women. Known as “the silent thief,” osteoporosis progresses without symptoms or pain until bones start to break, generally in the hip, spine, or wrist.

Learn more about this bone-thinning disease that causes serious fractures. Complete the questionnaire to determine your risk for developing osteoporosis.

Floors

- Remove all loose wires, cords and throw rugs.
- Minimize clutter.
- Make sure rugs are anchored and smooth.
- Keep furniture in its accustomed place.

Bathrooms

- Install non-skid tape in the tub or shower.

Lighting

- Make sure halls, stairways, and entrances are well lit.
- Install a night light in your bathroom.

Kitchen

- Install non-skid rubbermats near sink and stove.

Stairs

- Make sure treads, rails, and rugs are secure

Every Day Steps To Prevent Falls

- Wear sturdy, rubber-soled shoes.
- Clean spills immediately.

- Turn lights on if you get up in the middle of the night.
- Keep your intake of alcoholic beverages to a minimum.
- Ask your doctor whether any of your medications might cause dizziness or falls.

Osteoporosis is a complex disease and not all of its causes are known. However, when certain risk factors are present, your likelihood of developing osteoporosis is increased. Therefore, it is important for you to determine your risk of developing osteoporosis and take action to prevent it now.

Osteoporosis is preventable if bone loss is detected early. If the questions suggest that you are at risk for developing osteoporosis, see your healthcare provider. Your healthcare provider may recommend that you have a bone mass measurement test. This test will safely and accurately measure your bone density and reliably predict your risk of future fractures.

If you already have osteoporosis, you can live actively and comfortably by seeking proper medical care and making some adjustments to your lifestyle. Your healthcare provider may prescribe a diet rich in calcium and vitamin D, a regular program of weight-bearing exercise and medical treatment.

The National Osteoporosis Foundation (NOF) is the nation's leading authority for patients and healthcare providers seeking up-to-date, medically sound information and educational materials on the causes, prevention, detection and treatment of osteoporosis. Please contact NOF for



Anne Srisuro, M.D., has been a Women's Health physician with South Sacramento/Elk Grove Kaiser Permanente for five years. Anne completed her medical degree and residency in OB/GYN at Saint Louis University. She then obtained a Masters of Public Health in Community Health from Saint Louis University. She has a special interest in health education, especially in the area in the area of women's health, and is the Women's Health Liaison for South Sacramento Medical Center and Elk Grove Medical Office Building. During her free time, Anne enjoys cooking, food and wine, day hikes, reading and spending time with her children ages 3 and 6 years old. Anne also sings soprano in a community choir and travels to Thailand every other year to visit her extended family where she had done volunteer work with war veterans and refugees.

more information on osteoporosis or to find out how you can join us in the fight against this devastating disease.

Beat the Break Home Safety Checklist

Did you know that 1 in 2 women and 1 in 4 men over age 50 will break a bone due to osteoporosis? Preventing falls is important at any age, but especially for those who have osteoporosis because their bones are more fragile and easily broken.

Use this safety checklist to help prevent falls in and around the home.

Questions

1. Do you have a small, thin frame and/or are you Caucasian or Asian?
2. Have you or a member of your immediate family broken a bone as an adult?
3. Are you a postmenopausal woman?
4. Have you had an early or surgically-induced menopause?
5. Have you taken high doses of thyroid medication or used glucocorticoids 5 mg a day (for example, prednisone) for 3 or more months?
6. Have you taken, or are you taking, immunosuppressive medications or chemotherapy to treat cancer?
7. Is your diet low in dairy products and other sources of calcium?
8. Are you physically inactive?

9. Do you smoke cigarettes or drink alcohol in excess?

The more times you answer “yes,” the greater your risk for developing osteoporosis. See your healthcare provider and contact the National Osteoporosis Foundation (NOF)* for more information.

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VALUE OF AN ASIAN DIET

Karen Chong

What is a “Healthy” Food? It is tempting to describe individual foods as “good or bad”; it’s straightforward and simple. Yet, while some foods are more nutritious than others, labeling foods as simply “good” or “bad” may lead to restrictive eating or negative attitudes about food.

A more healthful approach to eating is one that focuses on the positive components of food and the importance of eating a balanced and sensible diet. A balanced diet means choosing a variety of nutrient-rich foods as the foundation of what you eat.

Making Your Calories Count

“Healthy” foods are those that are nutrient-rich or have a large amount of key nutrients, like vitamins and minerals, for their calories.

Nutrients -- such as vitamins A, C and E, zinc, calcium, complex carbohydrates, potassium, iron, fiber, B-vitamins and protein -- are needed at all ages to promote healthy growth, fuel activity and prevent chronic diseases.

As people watch calories to reduce their waistlines, it’s critical to make each calorie count by selecting

foods with more essential nutrients in fewer calories. To obtain these important nutrients, nutrient-rich foods are the ideal choices, including:

- Low-fat and fat-free dairy
- Whole grains
- Colorful fruits and vegetables
- Lean meats, seafood, eggs, beans and nuts

The more nutrients you can include in your diet from these foods, the more balanced and healthy your overall diet will be.



Karen Chong graduated from UC Berkeley from a coordinated dietetic program, which means the education and clinical training arranged through UC Berkeley. She has worked as a nutrition consultant at Woodland Medical Group, Letterman Army Institute of Research, Upjohn Homehealth, and at various Sutter Medical Centers such as Senior Care, Nursing Homes, Pediatrics, ICU, and Cardiology.

Currently she is a renal dietitian at Sutter Dialysis and for last 20 years has been a consultant to Asian Nursing Home. She is responsible for high-risk residents, prepares menus, and provides resource for the Foodservice Department.

What if your favorite foods are not nutrient-rich? You don’t have to entirely give up your favorite foods to eat a healthy diet. If your core choices are nutrient-rich, you can round out the rest of your diet with less nutrient-rich foods as calories and exercise levels permit.

Nutrient-Rich Choices

A focus on nutrient-rich, or nutrient-dense, food choices provides positive messages of what people can eat, not what is forbidden.

Positive attitudes about food that take into account personal tastes and the enjoyment of food will encourage sensible eating patterns that can be maintained long term - and that is the best strategy for maintaining a healthy weight and lifelong good health.

Lactose Intolerance: Separating Myth from Reality
 Do you think you might have lactose intolerance, or do you know someone who does? If so, you are likely getting advice from a wide range of people on what you should and shouldn't be eating. Unfortunately, there is a large amount of misinformation on lactose intolerance. This misinformation may result in serious nutritional deficiencies and place people at risk for a number of chronic diseases. It is important to be well informed about this condition so that you can make educated decisions regarding your own health and help your friends and loved ones do the same. Following are some common questions and answers about lactose intolerance to help you separate the myth from reality:

What Is Lactose?

Lactose is the sugar found naturally in milk and milk products.

What is lactose intolerance?

Lactose intolerance refers to digestive disturbances caused by not having enough intestinal lactase, the enzyme needed to break down lactose.

Drinking milk gives me gas and makes me feel bloated. Does that mean I am allergic to milk?

True milk allergies are very uncommon. Only about 1 to 3% of children experience cow's milk allergy and they usually outgrow this by age three. In adults the incidence is even lower. Chances are you are not allergic to milk but have a mild degree of lactose intolerance. Try consuming smaller amounts to see what your "threshold" is for digesting lactose. Using the tips below will also ensure that you are

getting enough of the important nutrients in daily foods without experiencing symptoms.

Does lactose intolerance mean I should avoid all milk and dairy products?

No. In most cases it is neither necessary nor nutritionally wise to consume a lactose-free diet. A recent study showed that most people with lactose

intolerance can consume up to 2 cups of milk per day, one in the morning and one at night, without experiencing symptoms. Dairy products are an excellent source of calcium, which is needed to develop and maintain strong bones, as well as a host of other nutrients. People who give up dairy products consume far less calcium than they need, putting themselves at risk of chronic diseases such as osteoporosis, hypertension and certain types of cancer. If you have an extreme case of lactose intolerance, talk

to a registered dietitian about how to get enough of these nutrients from other sources.

If I can get my calcium through supplements and fortified foods like orange juice, why should I even bother with milk products?

Not only does cow's milk contain a variety of important nutrients including calcium, protein, magnesium, phosphorus, zinc and vitamins A and D, but the nutrients are available in a highly absorbable form. In addition, new research is showing there may be a number of other components in milk and milk products that are beneficial to health. Fortified foods

Sources of Calcium	
	Serving (calcium)
Yogurt	1 cup (355mg)
Milk (non-fat, 1%, 2% or whole)	1 cup (300mg)
Cheese	1½ oz. (280mg)
Tofu	½ cup (250mg)
<i>Processed with calcium</i>	
Cream soup <i>Made with milk</i>	1 cup (213mg)
Frozen yogurt	½ cup (152mg)
Ice Cream	½ cup (85mg)
Almonds	¼ cup (80mg)
Dried beans or peas	1 cup (70mg)
Sardines	1 3-inch (46mg)
Kale	½ cup (45mg)
Broccoli	½ cup (40mg)

and supplements don't come close to providing this unique "package of nutrients" available only through dairy products.

Everyone is talking about calcium these days. Why do I need it and how much is enough?

Calcium is necessary for the growth and maintenance of your bones and teeth. Kids and adults who do not consume enough of this important nutrient are putting themselves at risk for osteoporosis and other chronic diseases. For adults aged 20 through 50 the calcium requirement is 1000 milligrams per day. For adults over 51 years of age, the requirement is 1200 milligrams per day. This translates into about three to four servings of high calcium foods every day. The following chart shows some good food sources of calcium.

Aren't there some ethnic groups who are not meant to consume dairy products after infancy?

Although some ethnic groups such as African Americans and Asian Americans have a higher chance of developing lactose intolerance, this does not mean they have to avoid all dairy foods. Throughout our life cycle we are fortunate enough to be able to take advantage of the nutritional qualities of a wide variety of dairy products (milk, cheese, yogurt and ice cream).

Following are some tips to help you include dairy products in your diet if you are diagnosed with lactose intolerance:

- Drink milk with meals or snacks. Symptoms are generally milder if milk is consumed with other foods.
- Consume dairy products in smaller amounts - if one cup of milk makes you uncomfortable, try one-half cup.
- Try chocolate milk - it may be better tolerated and is nutritionally comparable to regular milk.
- Buy lactose-reduced or lactose -free milk.
- Eat yogurt and hard cheeses (Cheddar, Monterey Jack and Mozzarella) - these have as much calcium

but less lactose than softer cheeses and milk.

- Increase your consumption of milk products gradually. Your body will slowly build up the enzyme it needs to digest the lactose.
- If you've been avoiding dairy products due to a recent bout of stomach flu or other virus, gradually introduce them back into your diet after you've fully recovered.
- Take commercial lactase preparation such as Lactaid when consuming dairy products.
- Include other good food sources of calcium in your diet, such as broccoli, kale, almonds and fortified foods.

Source: Dairy Council of California 1999

LEARN THE THREE KEYS TO PERSONAL SAFETY

Paul Duarte

A group of rapists and date rapists in prison were interviewed on what they look for in a potential victim and here are some interesting facts:

1. The first thing men look for in a potential victim is hairstyle. They are most likely to go after women with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after women with long hair. Women with short hair are not common targets.
2. The second thing men look for is clothing. They will look for women whose clothing is easy to remove quickly. Many of them carry scissors around the cut clothing.
3. They also look for women on their cell phone, searching through their purse or doing other activities while walking because they are off guard and can be easily overpowered.
4. The time of day men are most likely to attack and rape a woman is in the early morning between 5:00 and 8:00 a.m.
5. The number one place women are abducted from or attacked is at grocery store lots. Number two

is office parking lots or garages. Number three is public restrooms.

6. The thing about these men is that they are looking to grab a woman and quickly move her to a second location where they don't have to worry about getting caught.
7. Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.
8. If you put up any kind of fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time consuming.



Paul Duarte has been with Kovar's Satori Academy (established in 1978) for 20 years. He is presently a 4th degree black belt in Kenpo Karate and will be testing for 5th belt next year. He has been teaching martial arts for 15 years and is presently the manager of the Carmichael Campus. Paul was born and raised in California and moved to Sacramento in 1975 after being discharged from the military.

Paul graduated from American River College and Sacramento State University and worked in the automotive industry until he began his career as a professional martial artist. He loves teaching because he is able to influence children and adults to take charge of their lives by becoming confident and self-assured. This confidence allows his students to deal with the challenges that life presents and grow from each experience. There is no greater joy for him than to know that he is helping to positively change his world one person at a time.

9. These men said they would not pick on women who have umbrellas, or other similar objects that can be used from a distance, in their hands. Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.
10. Several defense mechanisms he taught us are: If someone is following behind you on a street or in a garage or with you in an elevator or stairwell, look them in the face and ask them a question, like what time is it, or make general small talk. I can't believe it is so cold out here, we're in for a bad winter. Now you have seen their face and could identify them in a line-up, you lose appeal as a target.

11. If someone is coming toward you, hold out your hands in front of you and yell STOP or STAY BACK! Most of the rapist this man talked to said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.
12. If you carry pepper spray (this instructor was a huge advocate of it and carries it with him wherever he goes,) yell I HAVE PEPPER SPRAY and holding it out will be a deterrent.
13. If someone grabs you, you can't beat them with strength but you can by outsmarting them. If you are grabbed around the waist from behind,

pinch the attacker either under the arm between the elbow and the armpit or in the upper inner thigh - HARD. One woman in a class this guy taught told him she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore

out muscle strands the guy needed stitches. Try pinching yourself in those places as hard as you can stand it; it hurts.

14. After the initial hit, always go for the groin. I know from a particularly unfortunate experience that if you slap a guy's parts it is extremely painful. You might think that you'll anger the guy and make him want to hurt you more but the thing these rapists told our instructor is that they want a woman who will not cause a lot of trouble. Start causing trouble, and he's out of here.
15. When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible. The instructor did it to me

without using much pressure, and I ended up on my knees and both knuckles cracked audibly.

16. Of course the things we always hear still apply. Always be aware of your surroundings, take someone with you if you can and if you see any odd behavior, don't dismiss it, go with your instincts. You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.



ANNUAL FLORIN JACL WOMEN'S DAY FORUM: HISTORICAL TIDBITS

Eileen Namba Otsuji

As a new Florin JACL member and board member, I was appointed chair of the Florin JACL Women's Concerns committee. I was assured chairing this committee was an easy task as not much was happening. Sooner, rather than later, I was surprised to be challenged by then President, Carol Hisatomi, and the board members to "Do something!" Was this a good old-fashioned "bait and switch?" Yes, it was. But, in retrospect, it was an indeed an opportunity to be creative and an honor to be able to help the community.

After seriously considering the status of women in the 1970-80s, Carol and I identified a few issues. Discrimination, lack of equal opportunity, absence of female role models in the workplace, lack of relevant and timely health and family issues education for Japanese American communities were needs that the Women's Concerns committee could address. Sexism, discrimination, lack of equal opportunity 18 years ago were hot issues that needed champions and advocates. Health issues such as genetic diseases, diabetes, HIV/AIDS, epilepsy, hypertension, heart attacks, and strokes were not yet being treated as major public health issues and needed champions

and advocates. In addition, family mental health issues, emotional and psychological consequences, were rarely discussed in the community or in the family. We, the community of concerned women, needed to be champions and advocates. The absence of financial planning and long term care was also a potential liability for women.

In reviewing some of the past WDF programs, it is astonishing to take a look back at some of the themes and topics and realize how far women have come in the past 18 years. WDF was on the cutting edge for these timely and wide ranging political, public health, and family issues. In 1994, the title of the forum was "Breaking the Facade of the Quiet Japanese American Women: Part I, The Courage of Speaking Out and Part II, Preserving the Family." How often have we been stereotyped as "quiet?" How many jobs were lost because of the suspicion that we were not assertive enough? In 1995, the theme was "Affirmative Action or Affirmative Vision? — Untangling the Semantics." In this session, the speakers explored Nikkei identity and multi-ethnic families; the legal definition of affirmative action and how it is applied in higher education; and the politics of affirmative action. The following year, 1996, the theme was Kaleidoscope of Challenges Diversity, Tolerance, Racism and Discrimination. In 1997, the WDF explored identity issues with the theme: "Why Aren't You More Japanese?"

In 1998, "Women Taking the Initiative – Music Religion History Knowledge Health and Politics." Taking the initiative to profoundly change religion, politics, media and the arts, a few courageous and determined women achieved honorable places in our communities. In our changing universe, women continue to accept the challenges of the rights, responsibilities and privileges of good citizenship. At the 9th Annual WDF in 1999, the theme was "Beyond the Picture Brides – Honoring a Century of Change." Racism and hate crimes were increasing in number and intensity here at home and around the world. "Freedom to be individuals and tolerance

for differences is the American Dream.” Japanese American women have experienced a century of change. Undeterred by the fear of profound racism prejudice, and economic hardship, Japanese American women introduced the arts and culture of Japan into the American mainstream. WDF pays tribute to the pioneers who enriched America by bridging the best of two worlds and fighting for those freedoms.

Because of prevailing cultural norms, many of the women of these two generations were not allowed the opportunity to attend college. Other women sacrificed their college educations in order to help rebuild their families and communities after WWII. In spite of the hardships, these women set aside their own desires and encouraged their Sansei sons and daughters to graduate from college. We Sansei achieved our parents’ dreams and became one the most highly educated groups in America.

Eighteen years ago, women needed the extra recognition in order to change glass-ceiling attitudes in male dominated careers and open up equal opportunities. Much progress was made over the past 18 years and most recently in the national elections.

THE JAPANESE AMERICAN experience is a microcosm of the kaleidoscope of challenges faced by women of every color in every part of the world. These challenges include prevailing over racism and discrimination in their careers, marriages, businesses, families and friends in pursuit of the fundamental ideals of achieving diversity, tolerance and equal opportunity in everyday living.

The first 10 years of the annual Florin JACL Women’s Day Forum (WDF) was much more than an event designed as a “thank you” to the Issei and Nisei women. It was an honor and opportunity for role model Sansei and Nisei women to share their education and experience to inspire future students to pursue their dreams. It was a heartfelt tribute to the Issei and Nisei women for their enduring love

and sacrifices from which we were able to fulfill our dreams. Most importantly, WDF was a way to share the joy of teaching and learning with our elders to whom we owe so much.

To Ms. Kazuyo Morishita and the WDF Committee, I congratulate you for continuing the timely and informative Florin JACL Women’s Day Forum and wish you all the best in the coming years.

FLORIN JACL OFFICER INSTALLATION AND RECEPTION

January 31, 2009

Please Save-the-Date for our Annual Strength Through Unity Officer Installation and Fundraiser Reception to be held on Saturday, January 31, 2009, from 2:00 p.m. to 4:00 p.m. at the CSUS Library Art Gallery, 6000 J Street, Sacramento 9581. This year’s event will highlight “Redress: the JACL Campaign for Justice.” A panel of the following members will include Carole Hayashino: Jerry Enomoto: Kiyo Sato. Florin JACL will also recognize Mary and Amos Freeman for their community service and Georgette Imura as the recipient of the API Women’s Leadership Award.

Light refreshments will be served. Prices are \$25.00 for Florin JACL members, students and seniors; and \$30.00 for all others. For more information, please contact Galen T. Shimoda or Marisa Reyes at the Shimoda Law Corp. at (916) 525-0716. You may also e-mail assistant@shimodalaw.com

Premiere of “The Betrayed – February 21, 2009
The Northern California premiere of “The Betrayed,” authored by Hiroshi Kashiwagi will take place on Saturday, February 21, 2009. The play follows a young Nisei man’s and woman’s experience, dramatically bringing out the tough issues and relationships between people in the incarceration camps as they faced no-win questions about loyalty. The second act has the two reuniting and looking

back on their choices and how their lives were shaped by their decisions. Dennis Yep of InterAct will direct this premiere production at the California Secretary of State's Auditorium at 1500 11th Street, Sacramento, CA, from 1:00 – 3:00 p.m. For additional information: www.nctor.org . Donations welcomed: NCTOR c/o 4206 Bouquet, Sacramento, CA 95834.

STUDENT EDUCATION PROGRAM: January 20 – March 13, 2009, California Museum for History, Women and the Arts, 10th and O Streets, Sacramento, CA.

“Time of Remembrance Discovery Program: The Japanese American Experience,” is a multi-media educational presentation where Californians of Japanese descent share their stories of immigration, internment and freedom. For eight weeks, students from throughout Northern California will explore citizenship, constitutionality, and the concept of redress. Not to be missed is the historical exhibit, stepping into a replica barrack room, including historical artifacts, photographs and the scale model guard tower.

For information or to schedule student group's contact: Tom O'Donnell at 916-654-1729 or reservations@californiamuseum.org

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Photos courtesy of Karen Tomine

Please check www.florinjacl.com for more photos

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