

Comments

Asian Pacific American Community Newspaper Serving Sacramento and Yolo Counties - Volume 31, No. 2 Summer/June 2018

17 minutes

The Davis Board of Education and Superintendent Bowes get low marks for punishing students who opted to join the National School Walkout . On Wednesday March 14th, in support of the 17 who died in the February 14th (Valentine's Day) Marjory Stoneman Douglas High School (Parkland, Florida) shooting, students across the nation participated in a 17 minute morning walk out protesting gun violence and supporting increased gun control.

Some supported the superintendent's position arguing that marking Davis students who participated in the protest with an unexcused absence was not punishing students but made their decision to protest more "meaningful" and valued because students had to give up "something" in their decision to protest. Most felt that the walk out was an appropriate learning opportunity in civic engagement and should have been supported by the school district. The school district claimed

that strict adherence to attendance rules was more important, the district wanted to remain neutral on "political" issues and they were "being open to all perspectives."

What is political about the epidemic of school shootings across our country? What are the alternative perspectives when students are not feeling safe at school? How dare our policy makers and educators remain "neutral," passively endorse gun violence on campus and choose to be punitive while our students are expressing fear for their own and their fellow students chances of being alive tomorrow? If, (knock on wood), the next school shooting happens locally, we would not be "neutral," we would not be complacent in fighting for responsible gun control, we would not hide behind the "it's political" excuse. We would support everyone who cares enough to speak out. Trustee Madhavi Sunder has it right, "I'd like to see our school district embrace this opportunity. This isn't partisan. This is about how a democracy works."

[The 19 year old shooter Nikolas Cruz is charged with 17 murders and wants a life sentence. The Florida prosecutors are seeking the death penalty. Cruz was no longer a student at that school and had been on the school's radar because his reputation of wearing a camouflage mask and inscribing 666 and swastikas on objects. He had been previously referred to a program designed to steer youth away from the criminal justice system, but reportedly did not fully participate in that program.]

Mental Health First Aid

We often feel like there's no time to be kind, especially to strangers. But one missed opportunity to practice empathy and kindness can be a life changer - for that person, for you, for the community at large. "The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention ... A loving silence often has far more power to heal and to connect than the most well-intentioned words," says Rachel Remen, UCSF.

Mental Health First Aid USA, a curriculum incorporating Betty Kitchener and Anthony Jorm's training program developed in Australia, is published by the Maryland Dept. of Health and Mental Hygiene, Missouri Dept. of Mental Health and National Council for Community Behavioral Health. The lessons are to improve the mental health knowledge and skills of the US public to assist persons in the early stages of a mental health problem or in a mental health crisis.

The Action Plan taught by the curriculum is ALGEE:

- A Assess for risk of suicide or harm
- L Listen non-judgmentally
- G Give reassurance and information
- E Encourage appropriate professional help
- E Encourage self-help and other supports

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Every individual is unique, and it is important to tailor your support to that person's needs. Always speak calmly and confidently when interacting with a person in distress.

- **SUICIDES.** Are you having thoughts of suicide (Do not avoid using the word "suicide.") Tell the person that you care and that you want to help. Express empathy. Clearly state that thoughts of suicide are often associated with a treatable mental disorder, as this may instill a sense of hope. Tell the person that thoughts of suicide are common and do not have to be acted on. Assess seriousness: Have you decided how you would kill yourself? Have you decided when you would do it? Have you taken any steps to secure the things that you would need to carry out your plan? Assess extra risks: Are you using alcohol or drugs? Have you made a suicide attempt in the past? Do not leave a person actively considering suicide alone.
- **NON SUICIDAL SELF INJURY** (cutting, banging, hair pulling, overdose) . I have noticed your injuries, your panic attack. I am concerned about your well-being. What can I do to alleviate the distress? Do you need medical attention? What do you think might help you? Get medical emergency when the person has overdosed. Ask if the person knows where to obtain professional care and encourage the person to get help. Encourage the person to talk with a trusted person next time.
- **PANIC ATTACK.** Introduce yourself. What is happening? Have you had a panic attack before? Do you need help? Are you having a heart attack or is there another other medical problem? Do you have a medical alert bracelet? Do you know where to get information about panic attacks? If you get this panic attack again and it causes you distress, please speak to a professional. If the person is unconscious, apply first aid principles and call for an ambulance.
- **TRAUMATIC EVENT.** Ensure your own safety first. Check for dangers - fire, weapons, debris, aggressive people. Introduce yourself and help the person to a safer location. Get treatment for the person. Preserve forensic evidence. Does the person need food, water, shelter, clothing, a blanket for dignity and

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What to do when a loved one is severely depressed

There are no easy answers for helping someone struggling with depression, especially if you've already tried and tried. Here are some tips from experts.

By Heather Murphy

At a suicide prevention event at Walla Walla High School in Walla Walla, Wash., last month, participants chose necklaces of different colors representing how suicide had affected their lives.

Reports of Kate Spade's suicide and struggle with depression instantly transformed her from symbol of polished prep to a blunt reminder that suffering affects all types. Three days later we woke to the news that another beloved figure, Anthony Bourdain, had taken his life.

These two tragedies have inspired hundreds to tweet some version of the same message: Mental illness is nothing to be ashamed of. But deep in the comment threads, some have also been debating a more uncomfortable question: What do you do when a friend is depressed for such a long time that you've started to feel that that nothing you can do will make a difference, and your empathy reserves are tapped out? There are no easy answers. But here are some tips from experts:

Don't underestimate the power of showing up

You may not feel that your presence is wanted. But just being by the side of someone who is depressed, and reminding her that she is special to you, is important to ensuring that she does not feel alone, said Dr. Norman Rosenthal, a clinical professor of psychiatry at Georgetown University School of Medicine.

If she acknowledges she's depressed, that's a good sign, said Dr. Rosenthal. He recalled the story of a patient who stopped feeling suicidal after telling people he was close to how he was feeling.

"When you shine the light on the shame, it gets better," Dr. Rosenthal said.

Don't try to cheer him up or offer advice

Your brother has an enviable job and two lovely children. He's still ridiculously handsome even though he hasn't gone to the gym for six months. It's tempting to want to remind him of all these good things.

Not only is that unlikely to boost his mood, it could backfire by reinforcing his sense that you just don't get it, said Megan Devine, a psychotherapist and the author of "It's O.K. That You're Not O.K."

"Your job as a support person is not to cheer people up. It's to acknowledge that it sucks right now, and their pain exists," she said.

Instead of upbeat rebuttals about why it's not so bad, she recommended trying something like, "It sounds like life is really overwhelming for you right now."

If you want to say something positive, focus on highlighting what he means to you, Dr. Rosenthal advised. And though offering suggestions for how to improve his life will be tempting, simply listening is better.

It's O.K. to ask if she is having suicidal thoughts

Lots of people struggle with depression without ever considering suicide. But depression is often a factor.

Although you may worry that asking, "Are you thinking about killing yourself?" will insult someone you're trying to help — or worse, encourage her to go in that direction — experts say the opposite is true.

"It's important to know you can't trigger suicidal thinking just by asking about it," said Allen Doederlein, the executive vice president of external affairs at the Depression and Bipolar Support Alliance.

If the answer is yes, it's crucial that you calmly ask when and how; it's much easier to help prevent a friend from hurting herself if you know the specifics.

Take any mention of death seriously

Even when a person with depression casually mentions death or suicide, it's important to ask follow-up questions. If the answers don't leave you feeling confident that a depressed person is safe, experts advised involving a professional as soon as possible. If this person is seeing a psychiatrist or therapist, get him or her on the phone.

If that's not an option, have the person you're worried about call a suicide prevention line, such as a 1-800-273-TALK, or take her to the hospital emergency room; say aloud that this is what one does when a loved one's life is in danger.

In some cases, calling 911 may be the best option. If you do, ask for a crisis intervention team, Mr. Doederlein urged.

But remember that interactions with law enforcement can vary wildly, depending on race and socio-economic background. In cases where you're concerned that calling police could put a person in danger, try to come up with an alternate plan in advance.

Make getting to that first appointment as easy as possible

You alone cannot fix this problem, no matter how patient and loving you are. A severely depressed friend needs professional assistance from a psychologist, psychiatrist, social worker or another medical professional.

Yeah, you know. You've told your boyfriend this, but it's been months — or maybe even years — and he still has not set anything up.

"You can't control someone else's recovery," said Kimberly Williams, president and chief executive of the Mental Health Association of New York City. But you can try to make getting to that first appointment as easy as possible.

That might mean sitting next to your friend as he calls to make the appointment, finding counseling that he can afford, or even going with him that first time, if you're comfortable with it.

What if you're not sure whether you should start with a therapist or a psychiatrist, or whether you've found the perfect person? Ask

Mental Health First Aid

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- comfort? Are first responders available to take over? Be friendly, speak calmly, in a caring manner. Do not force the person to talk, but allow the person to share if ready. If a child is involved, assure him/her that they will not be alone. Do not make any promises you cannot keep.
- **ACUTE PSYCHOSIS.** Assess the risks to the person or others and whether the person can be left alone. Enlist the person's trusted family and friends to help. Comply with the person's requests if reasonable and safe; this allows the person to feel somewhat in control. Always locate your exit. Deescalate the situation to keep everyone safe. If you cannot deescalate the situation, call for help.
- **ALCOHOL ABUSE.** Talk to the person in a respectful manner with simple language. Assess the risks (unprotected sex, vandalism, driving, falling). Make everyone safe. Monitor the person, ask if any medications or drugs are also involved. Do not leave the person alone. Keep the person away from machines and dangerous objects. If the person is at risk, take him/her to the hospital. Otherwise, arrange for his/her transport home.
- **AGGRESSIVE BEHAVIOR.** Speak to the person slowly, confidently with a gentle, caring tone. Do not react to hostility or challenges. Stay calm, avoid showing any nervous behavior. Allow the person to pace and move around. If the person's aggression escalates out of control, remove yourself and get emergency assistance. Assess the person for alcohol and drug abuse so that you can tell the first responder.

around for recommendations, and know that one practitioner may ultimately lead to another.

But don't overthink it. The key initially is just getting a professional involved so you are not the only person managing this situation. (That said, if that first appointment seems really unhelpful, trust your instincts and find someone else.)

Take care of yourself and set boundaries

When the thoughtful and kind people we've loved for years are depressed, they may also become uncharacteristically mean and self-centered. It's exhausting, painful and hard to know how to respond when they pick fights or send nasty texts.

"You don't have to attend every argument you are invited to," Ms. Devine said.

Still, just because someone is depressed is not a reason to let their abusive behavior slide. Set clear boundaries with straightforward language such as, "It sounds like you're in a lot of pain right now. But you can't call me names."

Similarly you may find that your friend's demands on your time are starting to sabotage other relationships or your job. You're not going to be able to help if you're not in a good place yourself.

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APSEA/APSEA Foundation Banquet

At the April 19th APSEA/APSEA Foundation Scholarship Banquet at Happy Garden Restaurant, local graduating high school students received the following scholarships:

Jaelen Makasini (Franklin High) - APSEA scholarship

Lucy Gee (Sacramento City College) - CACS scholarship

Yia Lee (Grant Union High) - Ishii Family scholarship

Harmanpreet Kaur (River Valley High) - SEIU Local 100 scholarship

Cindi Gong (Western Sierra Collegiate Academy) - Verizon scholarship

Dee Her (Grant Union High) - Woo Family scholarship

Also community leaders recognized at the

Severely depressed

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It's O.K. not to be available 24-7, but try to be explicit about when you can and cannot help. One way to do this, Ms. Devine advised, is to say: "I know you've been really struggling a lot, and I really want to be here for you. There are times that I physically can't do that."

Then come up with a contingency plan and kindly push her to stick with it. Coming up with a consistent schedule for when you'll see each other every week can be helpful to you both.

Remember, people do recover from depression

It can be hard when you're in the middle of the storm with a depressed friend to remember that there was a time before, and hopefully after, this miserable state. But it's essential to remind yourself — and the person you're trying to help — that people do emerge from depression. Because they do.

I have seen it. Every single one of the experts quoted here has seen it, too. But it will take patience and time.

Reprinted from New York Times, June 7, 2018

annual event included:

Daniel C. Kim, Director, California Dept. of General Services - APSEA President Award

Shivani Bose-Varela, IT Digital Services Coordinator, California Dept. of Technology and co-founder of NxtGov, the state's first civil services organization - APSEA Member Award

Darrel H. Woo, Trustee - Sacramento City Unified School District - APSEA Foundation Community Leadership Award

Incoming 2018-19 APSEA Executive Board was sworn in at the banquet:

Shivani Bose-Varela, president
Barbara Hiyama Zweig, first vice president
Huiqin (Sunny) Liu, second vice president
Sandy Jang, treasurer
Debora Richardson Brister, recording secretary
Stephenson Loveson, corresponding secretary

The incoming 2018-19 APSEA Foundation board was also installed:

Cindy Liu, vice president
Denise Murata, secretary
Bill Liu, treasurer
Mitzi Higashidani, board member
Patrick Le, board member
Brandon Louie, board member
Jacqueline Nguyen, board member
Diana Vu, board member

Join APSEA today!

Become a member of APSEA and sign up today! Individuals from all ethnic and cultural backgrounds are encouraged to join and support the APSEA mission. You also do not have to be a State employee to become a member. Benefits include:

☑career and personal development via brown bag seminars, leadership and training conferences, networking events and activities, and business holiday mixers

☑scholarship opportunities

☑seek to become a Board Member Officer in one of the chapters and enhance your leadership skills

☑learn about the operations of a non-profit organization and fundraising

☑opportunities to socialize/work with other members, organizations, community leaders and elected officials

The regular membership rate is \$60/year and you can send in your annual dues to APSEA, PO Box 22909 Sacramento 95822

ABOUT CURRENTS

Currents is a free community newspaper published three times a year entirely by volunteers. Currents covers local and national issues and events affecting the Asian Pacific American communities of Sacramento and Yolo Counties. Opinions expressed do not necessarily reflect endorsement by the other organizations and are those of the authors or the Editorial Board. The Editor reserves the right to reject prospective materials or advertisements. Current is distributed by bulk mail and other outlets. Currents articles may be reprinted without specific permission, but the source "Currents" and author should be acknowledged. Next publication date: October/Fall 2018. Deadline: September 15, 2018. Circulation: 7,000. Editor: Pattie Fong. Distribution assisted by: The Sacramento Gazette (David Fong), Hach Yasumura, John Pamperin, Tim Fong/CSUS-Asian American Studies, and UCD Asian American Studies. Many graphics are by Randall Ishida. Advertising rates: 3.5" X 2", \$50; 5" X 6", \$80; 10" X 6", \$200. Currents has no physical office, but donations, advertisements, addresses changes and other inquiries can be sent to Currents/Davis Asians for Racial Equality, PO Box 4163, Davis 95617. Inquiries can be emailed to pmfong@hotmail.com

Comments from outgoing APSEA leadership

Alicia Wong, 2017-18 APSEA president:

APSEA looks back and celebrates our accomplishments this past year, including the difference we made in state government and the Asian Pacific Islander (API) community. APSEA serves as an executive sponsor to the inaugural California Innovation Playbook for Change Agents. Under the leadership of ORA Systems and the California Government Operations Agency, this program developed state employees, including APSEA members, on how to innovate, create and implement solutions to some of the most challenging issues facing the State of California. We continued upward mobility training through our Career Development Program workshops and hosted various networking opportunities for members to connect and mentor one another. We supported the API community and attended many events to support various causes, including the Annual Run for a Safe Haven for My Sister's House. It has been a busy and eventful year.

Susie Y. Wong, 2017-18 APSEA Foundation president:

Four years ago, we aligned our commitment to invest in students by providing seed funding to the first Asian Pacific Islanders Capitol Association (APICA), an organization of APA Capitol staffers. This year we arranged a presentation to six Capitol interns at the Commission on Peace Officer Standards and Training (POST). An APICA board member also serves on the APSEA Foundation board.

This year heralded a new direction for the APSEA Foundation's annual scholarship awards, which we overhauled to attract a broader group of APA students - from high school to community colleges and universities with a commitment to invest in low-income and disadvantaged communities. Our deepest appreciation to APSEA Foundation board member Stan Ota for leading the charge on redesigning the scholarship program. This year represents the most diverse class of APA scholarship recipients yet, impressive students from various Asian ethnic minority groups, as well as social and economic backgrounds.





Chew Kee Store needs a new roof

July 14th fundraiser

The Chew Kee Store in Fiddletown, once a Chinese herb store during the Gold Rush, gives the visitor a rare glimpse into the lives of early Chinese immigrants to California. The building is unique for its rammed earth construction of thick mud-packed walls and for the authentic objects of daily living contained within, representing 100 years continuous habitation by Chinese. It is now a museum.

The store was built during the Gold Rush by herb doctor Yee Fung Cheung. Chueng was the son of an herbal doctor from a prominent Chinese family descended from a counselor to the Song Dynasty. He came to California in 1850 to strike it rich in the Gold Rush, but was discouraged by mining restrictions against Chinese miners. He decided to practice medicine like his father, and built the adobe structure in 1851.

Doctor Yee Fung Chueng was a successful and well-known herbalist, and opened herb stores in Sacramento and Virginia City, Nevada. He became famous in 1862 when he used an herbal remedy to save Governor Leland Stanford's wife while practicing medicine in Sacramento. Stanford's wife was dying from a pulmonary disorder, and Doctor Yee Fung Chueng was sought out by one of Stanford's Chinese cooks after conventional medicine had failed her. Doctor Yee Fung Chueng produced a mixture that included an ephedrine-containing herb called majaung (today ephedrine is used to treat pulmonary issues), and the mixture saved Stanford's wife.

Doctor Yee Fung Chueng continued to practice medicine in Fiddletown after the Gold Rush. The front room of the building was his store and living area, filled with the wares of Chinese herbal medicine, an altar, decorated tea boxes from China, baskets, jugs, and hundreds of other items. In 1880, he hired Chew Kee, who

operated the store from the 1880s until 1912, and added his merchandise: cigar boxes, rice in large containers, patent medicine, opium and Chinese foodstuffs. The last resident was Chew Kee's adopted son, "Jimmie" Chow (Fong Chow Yow), a master carpenter, who lived in the store until he died in 1965. Chow retained what was already in the store, adding what he needed to work and live.

The store served as a business and home for its residents. Step behind the double doors into the tiny bedroom and office. From there cross the marble threshold into the hand-hewn back rooms, a summer bedroom and two kitchens with implements including cutting boards made from logs, dishware from China, and a built-in wok. Everything in the store was constructed, imported, and used by the people who lived there.

In 1904, Doctor Yee Fung Chueng returned to China and passed away in 1907. Doctor Yee Fung Chueng's son and his great-nephew remained in California. Doctor Chueng's descendants have lived in California for four generations. Today they live in the Sacramento area, and some carry on the tradition of Doctor Yee Fung Chueng, practicing medicine or working as dentists.

The adobe building where Doctor Yee Fung Chueng treated patients and sold herbs had deteriorated by the late 1940s, but it has since been preserved and today serves as a museum. The museum has an exhibit of Doctor Yee Fung Chueng's office that contains an examination bed, a mortar and pestle, and an abacus. The museum also contains cabinets and drawers containing jars that would have held the herbs Doctor Yee Fung Chueng used in his practice. The museum contains aspects of Chinese culture, including paper strips above doorways believed to keep evil spirits out and a prayer alter. Exhibits containing other 19th-century Chinese artifacts are also featured.

In addition to being a museum, the structure is significant because it represents the Chinese presence in Fiddletown during the Gold Rush. Two additional structures built by Chinese immigrants still remain in

Fiddletown- the Chinese General Store and the Chinese Gambling Hall. Fiddletown had the largest Chinese population outside of San Francisco during the Gold Rush, with a Chinese population between 2,000 and 5,000 people.

Fiddletown is 45 miles southeast of Sacramento. Take Highway 16 (Jackson Highway) to Highway 49 towards Plymouth and head six miles east off Shenandoah Road. It also can be reached from Placerville by going 20 miles south on Highway 49 and turning left on Shenandoah Road. The Chew Kee Store is at the entry to town.





ACC SENIOR SERVICES

Big Day of Giving Party at ACC Raises \$47,000!

Our Big Day of Giving on May 3rd was a great success! To promote the event, our "Senior Shoo Bop" video, written and directed by Ted Fong of Sactown Stories was eye-catching and fun! Dressed in poodle skirts and leather jackets, our seniors shoo bopped and rocked out to bring attention to ACC (search YouTube for "ACC senior shoo bop"). The shoo bop theme carried through on the Big Day itself, with our 50s Café, decorated with flair by Lori Ikeda.

In the morning, Tina Macuha of Good Day Sacramento dropped by. Despite technical difficulties with TV transmission, we still got a few minutes of airtime. As it turns out, ACC is located in a cell phone dead zone! Our epic 7-hour party had 13 different music acts, a fashion show, photography exhibit, travel videos, Kimekomi doll exhibit, pickleball demos and a cake walk by Meals on Wheels. At last count, we raised more than \$47,000!

While we receive some grants to support community programs, usually the grants only cover a portion of the real costs. Big Day donations support the following community programs:

- ACC Rides Transportation - Did you know that there is a \$5 suggested donation for most one-way rides, but many of our seniors can only donate a fraction of that amount?
- Bridge to Healthy Families Caregiver Support program - All services (care assessment, care management, support group, and educational workshops) are free. While a grant partially supports this program, we rely on donations to offset the rest of the costs.

- Legacy Corps/Friendly Visitors provide in-home respite for caregivers. Your donations go toward a scholarship for income-qualified caregivers that pays for the service for them.
- Lifelong Learning & Wellness classes and workshops - We offer about 70 classes, clubs, and workshops every week. Your donations and grants help support the program, for example, the free workshops and special events (e.g. Fall Prevention Fair in September; Matter of Balance fall prevention program, Healthy Living, and more).
- Senior Community Service Employment Program assists low-income seniors to get job training.
- Utilities Education & Assistance - Our staff will help settle billing disputes. We'll also review your phone and PG&E bills and come up with money-saving strategies.

Thank you to our staff, volunteers, and performers who helped make the Big Day so much fun. A special thank you to our sponsors: Diane Van March, Vicki & Jeffrey Bezzone, Gene Wong, Attorney at Law. Nami Berg, East Lawn, & Kaiser Permanente-Senior Advantage. Additional thanks to our Community partners: Meals on Wheels by ACC; My Sister's House, and Philippine National Day Association. And finally, thank you to Good Day Sacramento and Fox 40 for covering our Party.

We are grateful for the community's support on the Big Day and every day. We are already planning next year's party!



Photos by Maurine Huang



ACC SENIOR SERVICES

Your Time to Shine!

Do you have a skill that you would like to share? Become an instructor for ACC Programs. We are looking for instructors for classes in arts, cooking, crafts, dance, fitness, gardening, genealogy, languages, cell phone and computer technology, and more. Share your passion and help others broaden their horizons today!



Please contact Susan Sarinas, Program Manager at (916) 393-9026, Ext. 339, or ssarinas@accsv.org.

For a list of our current classes and workshops, visit our website at www.accsv.org.

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The War against Chinese Restaurants

“The War against Chinese Restaurants,” a report by UCD law professor Gabriel “Jack” Chin and researcher John Ormonde will be published in the Duke Law Review. Scouring digital databases and archives, Chin and Ormonde documented that from 1890-1920 all-white labor unions launched a creative nationwide campaign to eliminate Chinese restaurants. While the purported goal was to protect white women from being employed by Chinese restaurant where they may be sexually exploited or which were accused of being havens for opium use or other vices, “the driving force was economic competition. The restaurant industry was lucrative, and this was an effort to reserve that industry for whites,” says Chin.

Chinese restaurants were considered such a threat that they were boycotted, denied business licenses and subjected to police harassment. The researchers found that Chicago used anti-Chinese zoning laws; Los Angeles restricted restaurant jobs to citizens; Boston authorities decreed that Chinese restaurants would be denied business licenses; unions in San Francisco, Minneapolis-St. Paul and Cleveland boycotted and barred its members from working with Chinese people; the New York Police Department ordered whites out of Chinatown. A law endorsed by the American Federation of Labor prohibited white women from working in Asian restaurants.

Chin believes that writing about this unknown chapter of American history can help understand present day debates about race, immigration and other issues that divide the country. “From the founding of our country up through the 1960s at least, there was an underlying idea that public policy should be structured to benefit white Americans. But I think that has ended, and I hope it’s not coming back,” according to Chin.



Making America - How Japanese Americans Fed America

Before World War II, Japanese American farms helped California become the nation’s breadbasket. But when they were incarcerated during WWII, things changed. Meet one family that has been able to keep the farming legacy alive - the Ikedas (4 generations), Kobaras, Hayashis of Arroyo Grande, California. View this AJ+ video: “Making America - How Japanese Americans Fed America” by Shreen Khan and Like It!!

<https://www.facebook.com/ajplusenglish/videos/240206326726081/DQ2MDU3NjE6MTAyMTY1OTczODEzODczNzQ/>

June-Alzheimermonth

The Alzheimer’s Association is the leading voluntary health organization in Alzheimer’s care, support and research. It is the largest nonprofit funder of Alzheimer’s research. The Association’s mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Its vision is a world without Alzheimer’s.

June is Alzheimer’s & Brain Awareness Month, a time dedicated to increasing public awareness of Alzheimer’s disease, available resources, and how you can get involved to support the cause. The Association is sharing 6 Tips for Approaching Alzheimer’s, a list of best practices for talking about the disease with someone who may be experiencing symptoms:

- **Have the conversation as early as possible** – Ideally, it’s best to talk about the Alzheimer’s warning signs with a family member or friend before they even occur, so that you can understand how someone would want you to approach them about it. However, many people aren’t planning for Alzheimer’s before it happens. If you’re noticing signs of dementia, start a conversation as soon as possible, while mental functioning is at its highest and before a crisis occurs.
- **Think about who’s best suited to initiate the conversation** – There might be a certain family member, friend or trusted advisor who holds sway. Consider asking this person to step in and plan around how to have the most supportive and productive conversation.
- **Practice conversation starters** – The following phrases can help broach the conversation.
 - “Would you want me to say something if I ever noticed any changes in your behavior that worried me?”
 - “I’ve noticed a few changes in your behavior lately, and I wanted to see if you’ve noticed these changes as well?”
- **Offer your support and companionship** – Seeing a doctor to discuss observed warning signs of Alzheimer’s can be a frightening experience. Let your family member or friend know that you’re willing to accompany them to the appointment and any follow-up assessments. Offer your continuous support throughout the diagnosis process.
- **Anticipate gaps in self-awareness** – It can be the case that someone showing the warning signs of Alzheimer’s is unable to recognize those signs in themselves. Be prepared to navigate confusion, denial and withdrawal, as people may not want to accept that their mental functioning is declining.
- **Recognize the conversation may not go as planned** – Despite your best intentions, a family member may not be open to discussing memory or cognitive concerns. They may get angry, upset, defensive or simply refuse to talk about it. Unless it’s a crisis situation, don’t force the conversation. Take a step back, regroup and revisit the subject in a week or two. If they still refuse to get help, consult their physician or the Alzheimer’s Association for strategies that may help.

Visit www.alz.org or call 800/272-3900 to learn more about Alzheimer’s, its warning signs, the importance of early detection and diagnosis, as well as information on care and support.

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Sunday, July 8, 2018

Obon-Hatsubon Service 3 pm
Sacramento Talko Dan 6:00 pm
Obon Dancing 6:30 pm

Florin JACL Obon Workshop • June 27th • 5:30 pm – 7 pm
Obon Odori Practice • June 28-29 & July 3, 5 • 7 pm – 8 pm

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www.florinbuddhist.org | [facebook.com/florinbuddhist](https://www.facebook.com/florinbuddhist)

California North-Central Valley API Survey Participants needed

The Institute for Social Research (ISR) is partnering with the California Endowment, Sierra Health Foundation, and the Full Circle Project at CSU Sacramento to build the first regional survey panel focusing on the opinions and attitudes of Asian Americans and Pacific Islanders (AAPI). The ISR is currently recruiting for an on-line survey panel of approximately 1,200 Asian Americans and Pacific Islanders who will be broadly representative of those communities within Sacramento, Solano, Merced, Yolo, Stanislaus, and San Joaquin counties. The project is working with Everyday Impact Consulting and local AAPI community leaders to facilitate recruitment within community organizations and encourage members to join the survey panel.

At quarterly intervals, the panelists will respond to surveys regarding health, general wellness, and public policy preferences on issues such as health reform, education reform, community policing, and many other topics that local community partners will determine. The findings will provide public policymakers with a more detailed understanding of AAPI concerns and perspectives to enhance their policy responsiveness to the Asian American and Pacific Islander Communities.

In the May 2018 update, the project reported 571 participants who are 25% Hmong, 24% Filipino, 23% Chinese, 6% Mien, 6% Japanese, 5% Vietnamese, 4% Indian, 3% Cambodian, 2% Korean, 1% Taiwanese, 1% Pakistani, 1% Laotian. Of API groups with less than 1% participation were Bangladeshi, Bhutanese, Indonesian, Malaysian, Mongolian, Okinawan, Singaporean, and Thai. Four percent of the panel to date identify with at least one Pacific Islander ethnic group: Tongan 2%, Native Hawaiian 1%, Samoan 1%. Less than 1% of panel identified as Guamanian/Chamorro.

The current panel is 65% female, 69% are between 19-34 years old (15-18 1%, 19-34 69%, 35-64 28%, 65+ 3%), 68% have at least a 4 year college degree (12% had less than high school, 10% grade 12/GED, 21% have some college education), 54% are single/never married (33% married, 8% unmarried living together, 5% divorced/other, 66% have no children. Gender-wise, the current panel is male 34%, female 65%, other 1%

The survey needs more geographic diversity. The panel is now 51% from Sacramento, 14% San Joaquin, 13% Merced, 7% Yolo, 6% other county, 5% Stanislaus, 5% Solano. 58% live in a city, 27% live in suburbs, 10% live in small town, 5% live in rural community.

82% are registered voters, with 70% registered as Democrats, 15% independent, 14% Republicans, 1% something else.

The initial survey asked about the panel's feelings - the group reported to be: 76% happy/very happy (7% neither happy or unhappy, 4% unhappy), 83% somewhat or very satisfied with their life (10% neither satisfied or dissatisfied, 7% dissatisfied), 89% somewhat or positive outlook on the future (7% neither positive or negative, 4% somewhat negative) and 79% physical health good or better (fair 18%,

poor 2%).

These initial results show that the project needs more participation to have accurate representation and to obtain useful relevant data. **Join the AAPI Survey Panel NOW by going to <https://isrcsus.qualtrics.com>.** For more information, check out CSUS' Institute for Social Research at www.csus.edu/isr.

CAA Wins Passage of SF Ordinance for Non-Citizen Voting Rights

In June, the San Francisco Board of Supervisors unanimously adopted an ordinance to strengthen the implementation of non-citizen voting in time for the upcoming San Francisco School Board elections. Non-citizen immigrant families throughout San Francisco will now benefit from expanded language access and immigrant rights protections in November.

SF Supervisor Norman Yee championed the legislation, and SF Supervisors Sandra Lee Fewer and Hillary Ronen for co-sponsored and fully backed the ordinance.

For many years, Chinese for Affirmative Action (CAA) has fought for non-citizen suffrage, and it was a community victory when voters passed Proposition N in 2016 to allow some immigrant families to vote in school board elections.

Given the current anti-immigrant agenda from the White House, CAA has been spearheading legislative efforts alongside local community partners to provide the local Department of Elections clear guidance on how to implement Prop N in order to reduce immigration-related risks, prevent voter fraud, and bolster language access.

CAA has also organized a multi-racial, multi-ethnic, and multi-lingual coalition to conduct community education for new non-citizen voters on their rights, potential risks, and available immigrant protections in San Francisco.

US Census

The proposed inclusion of a citizenship question on the 2020 Census, which would discourage many community members already distrustful of sharing information with the government from participating. If that happens, the resulting undercount would deprive our communities of needed resources and fair political representation. Stay tuned!

Isao Fujimoto Fund

UC Davis Asian American Studies (ASA) honored Professor Emeritus Isao Fujimoto at the June 2nd 29th Annual Student Recognition Banquet. In addition to recognizing the graduating students with ASA majors and minors, the event also celebrated the life and legacy of Fujimoto and launch the Isao Fujimoto Student Support Fund, a scholarship program. Contributions to the Fund can be made to "UC Regents - Isao Fujimoto Student Support Fund" and sent to the department at 3102 Hart Hall, UC, Davis 95616.

H-1B spouses may lose work permit

US Dept of Homeland Security intends to wind down the Employment Authorization for Certain H-4 Dependent Spouses program. The program gives spouses of H-1B visa holders permission to work. The majority of H-1B visa holders come from India. The H-4 program, created in 2015 under Obama, from 2015 to 2017 received applications from 90,946 eligible spouses (84,935 women, 6,011 men). H-4 permits were granted to 84,360 from Indian, 4,608 from China and it is believed that some spouses worked to supplement family incomes in the costly Bay Area, others used the work permit for identification. Critics say that the H-4 program threatens American jobs.

Elk Grove parents want ethnic studies now

At the March 20th Elk Grove Unified School District School Board meeting, parents testified about the need for ethnic studies in the district. The Board was discussing their Equity Plan and the parents argued that bringing ethnic studies to the school was an important commitment to equity.

The parents believe that recent district-hosted community forums revealed that far too many students, particularly students of color, encounter racism in Elk Grove schools on a regular basis and all students cannot "reach their greatest potential" in such a climate. They told the board that EGUSD can do better and should commit to having a culturally relevant teaching and curriculum, in the form of ethnic studies, as one way to increase equity in the district and disrupt the existing pattern of prejudice and racism.



The Disputed Second Life of an American Internment Camp

By Alastair Boone

In Northern California, a debate is raging about a plan to build a fence around the small airport sitting on a site where people of Japanese ancestry, most of whom were American citizens, were forcibly interned.

The Tulelake Municipal Airport is a single runway and one small hangar—just over half a square mile in all. Flat land stretches around the airport for miles: Lush green farmland unfurls north toward the Oregon border—about 13 miles away—dotted with homesteads that tend to the surrounding land. Brown loamy soil yawns out to the east, and 50 miles to the west, Mount Shasta's snowy cap is just visible on a clear day.

At just over 8,800 residents, Modoc County, which is home to the airport, is one of the most sparsely populated counties in the United States. But it wasn't always this way. The airport lies directly on top of the piece of land where nearly 30,000 people of Japanese ancestry, including American citizens, lived when they were unjustly incarcerated between 1942 and 1946, at the Tule Lake Segregation Center. In the years since, some have come to call it by what many scholars say is a more accurate name: the Tule Lake Concentration Camp.

The airport is owned by the City of Tulelake, a quick eight miles away, and it is a key player in the county's economy. But the future of the land has come into question as activists urge the county to respect its tragic past. Last September, Modoc County proposed to replace the small, dilapidated fence around the airport to keep wildlife from stumbling onto the runway. If built, the new fence would be eight-feet tall, three-miles long, and topped with barbed wire. Proponents feel that this is an essential safety feature for the airport. Opponents believe that the fence would keep future generations from accessing the site, learning about their heritage, and studying the country's history. These opposing views have sparked debate about how to best honor the tragedy of the camps while reconciling with the community that has grown up in Tule Lake's imprint.

"If that fence goes up, it would bisect the historic segregation center area...ruin the viewshed, and keep us from being able to visit the sites where we actually lived," said Satsuki Ina, who is a member of the Tule Lake Committee, a Japanese-American civil rights organization based in the Bay Area. Ina was born at Tule Lake in 1944 after her parents were transferred there from the Topaz War Relocation Center in the Utah desert.

Like all the sites of the ten incarceration camps that were built on U.S. soil, Tule Lake was largely ignored in the years following WWII. Under the Civil Liberties Act of 1988, signed by President Ronald Reagan, each person who was incarcerated was granted \$20,000 in restitution. Later, Congress established the Japanese

American Confinement Sites grant program, which authorized up to \$38 million to identify, research, protect, and repair the historic confinement sites. (This grant was recently imperiled by Trump's budget, and narrowly escaped being cut after community uproar.) Aside from these actions, conversation about what happened in the camps has been largely among the people who were held there and their ancestors.

The history of the camps, the land, and the monument

In short, the incarceration camps were established under President Franklin Roosevelt in response to the Japanese attack on Pearl Harbor and the resulting U.S. entrance into World War II. All the camps held people of Japanese ancestry—many of whom were naturalized citizens or born in the U.S.—who were forcibly incarcerated without due process, ostensibly to prevent espionage. Tule Lake was the largest camp, and over the years its population swelled. In 1943 Tule Lake became the only maximum-security segregation camp. Prisoners were transferred there from other camps around the country after the American government accused them of being "disloyal." Although it was built to accommodate 10,000 people, the Tule Lake sites held 18,789 prisoners at their peak. Today, the incarceration camps are considered one of the most atrocious civil rights violations of the 20th century.

In 2008, President George W. Bush proclaimed three sections of the Tule Lake site a national monument, officially named the "WWII Valor in the Pacific National Monument, Tule Lake Unit." The first section is Camp Tule Lake, a 38-acre area which was originally built to be part of the New Deal's Civilian Conservation Corps initiative (CCC), but was later used as an additional isolation center for people of Japanese-ancestry, and after that as a prisoner-of-war camp, largely for Italian and German officers. Some ten miles southeast of Camp Tule Lake lies the second section, a large, 1,100-acre peninsula known as "Castle Rock," which visitors can obtain a permit to climb and absorb the true scope of the site, which spanned a full 918 acres. It is outlined below by the maroon dotted line.

Map of the WWII Valor in the Pacific National Monument Tule Lake Unit

Adjacent to Castle Rock, the NPS manages the third section, 37 acres of the Tule Lake Segregation Center (the small green "L" shape outlined in red in the image above, in Newell, and on the left side of the image below). The Segregation Center encompasses the old stockade, and a few administrative buildings. However, during incarceration, the Segregation Center also encompassed a hospital, a high school, a post office, a cemetery, 144 administrative support buildings, two sewage treatment plants, 518 latrines, and 1,036 barrack dorms. The remains of many of these buildings, and the land on which they stood, is not part

of the national park site. Today, the airport's runway bisects the area where the barracks once were.

The Tule Lake camps were closed in 1946, and later that year, the Bureau of Reclamation raffled off 86 parcels of land around the former Segregation Center for homesteading. To be eligible for the lottery, one had to have prior farming experience, good health, and a record of serving in the war. More than 2,000 veterans applied. On December 18th, contestants' names were drawn from a pickle jar before an eager crowd, and the winners were broadcast on national radio. A local high school band played patriotic songs in celebration. The new homesteaders were awarded plots of 160 acres or less, and a house to go with them. These houses were made out of the barracks where the incarcerated Japanese Americans lived during the war, which were transported by truck to the newly won farmland. These are the parcels that surround the airport: Many families have been there since an ancestor won the land.

Map of the site of the barracks, now bisected by the Tulelake Municipal Airport

The homesteaders busily farmed and developed the area. The influx of veterans created a need for more schools and churches, which they built from the ground up. The airport was built in 1952 to bolster the agriculture in the area, and it remains a key player in the agricultural economy that sustains the region around it.

A company based at the Tulelake airport, Macy's Flying Service, "is probably the biggest, year-round full-time private employer in the area," said Modoc County District Supervisor, Geri Byrne. "It's critical to the agriculture in the basin."

The airport, the fence, and the push for preservation

Macy's Flying Service employs between 35 and 40 people who work at the airport, and is primarily used to service some 900 family farms throughout the Klamath Basin, which use small planes to spray their crops. Many of Macy's employees are also licensed agronomists, who advise the growers in the area. On occasion, the airport is used for diverted emergency services planes and helicopters when the nearby Crater Lake-Klamath Regional Airport gets fogged in.

Nick Macy, whose family has owned and operated the flying service since 1964, grew up in a converted barrack. "When the Japanese talk about how cold, dusty and nasty the barracks were, I agree," he told the Sacramento Bee in October. The airport fence has become so contentious in part, for this reason: two communities have deep, personal connections to the land. "It is easy for the TLC [Tule Lake Committee] to get 37,000 urban people to sign a petition," one resident wrote in a letter to the editor of a Klamath Basin paper called Herald



and News. “Rural Americans are outnumbered.”

Over the years, Macy has worked to coexist with the Tule Lake Committee—which hosts a biennial pilgrimage that brings some 450 people to the site—by trying to make sure that airplanes don’t take off or land during memorial services and other ceremonies. He also welcomes visitors who come alone to learn about the history of the land.

But it is known that prisoners of Tule Lake burrowed tunnels under the barracks where they hid during protests, and stored personal belongings in the soil. Academics, as well as members of the Tule Lake Committee, have dreams of eventually relocating the airport, and excavating the land under the runway. Investment in a new fence may be seen as representing commitment to the continuation of the airport, rather than a move toward relinquishing it.

Barbara Takei, the CFO of the Tule Lake Committee, believes that developing a larger section of the former incarceration camp for tourist visits could be a boon for the county’s economy: According to the National Park Service’s 2017 Visitor Spending Effects report, tourists spent over \$5 million at the Tule Lake National Monument and the nearby Lava Beds National Monument in 2017 alone. The report also estimates that these monuments added \$3 million to the local economy in 2017, and that over 95 percent of this visitor spending was made by non-local visitors.

The problem is, many say that neither Modoc County, nor the City of Tulelake benefit much from this money. “Most of that benefit is going to the City of Klamath Falls, in Oregon, because it’s so close,” said Larry Whalon, the superintendent of the two sites. “The City of Tulelake does not have the services to handle [those visitors].”

In 2014, the Tule Lake Committee started fighting Modoc County over the land beneath the airport. Currently, Modoc County is in settlement proceedings over a lawsuit initiated by the Tule Lake Committee, for not complying with the California Environmental Quality Act. The group’s actions to halt the fence project—and their goal of eventually moving the airport—is not sitting well with Macy, or the Tulelake community at large.

“We’ve been here for 65 years and now people are coming in here and saying this belongs to us, you have to leave,” Macy told the *Bee*. “I think what happened to the Japanese in 1942, we’re back in the same boat, the tables

have turned on us, we don’t have any money or political muscle to fight this in the courts.”

But there may be other steps the Tulelake community can take. The City of Tulelake recently started negotiations with the Modoc of Oklahoma - a Native American tribe based in Ottawa County, Oklahoma—that wants to buy the airport. If sold, it is unclear how tribal sovereignty would interfere with the Tule Lake Committee’s preservation efforts.

For the Japanese American members of the Tule Lake Committee, regaining access to the land beneath the airport would be more than another reparation. Instead, the land could serve as testimony to this dark chapter in the country’s history for future generations.

In October, Modoc County roads commissioner, Mitch Crosby, received over 5,000 letters from members of the Japanese American community, urging him to reconsider the fence. “I am committed to not letting any American be treated with the same disrespect as my grandparents were,” one of the letters read. “A small way to do this is to have constant reminders of the past, so that we can move forward.”

Posted May 24, 2018 on CityLab where Alastair Boone is an editorial fellow.



50 Objects/Stories

The 50 Objects/Stories of the American Japanese Incarceration officially launch its first story on www.50objects.org on February 20th, following Day of Remembrance (Feb 19). 50 Objects/Stories is a history project that explores the human impact of the mass incarceration of 120,000 American Japanese during World War II. Through the visual and textual examination of 50 curated objects, the project explores the ramifications of President Roosevelt’s Executive Order 9066. Throughout 2018, the project will be introducing the objects and their stories in serial fashion on the website, with bonus content on social media.

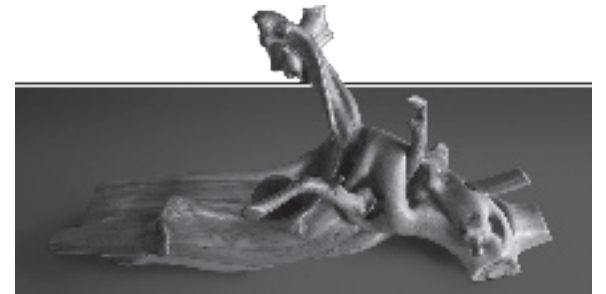
50 Objects: letting things speak

Material objects have a special

resonance for Americans of Japanese ancestry. When an entire racial group was banned from the West Coast during World War II, an ocean of objects was lost forever.

Emiko Omori, a Poston survivor, writes, “On February 19, 1942, the signing of Executive Order 9066 made us suspected criminals. There were no trials to argue our innocence . . . homes, fishing boats, farms, tractors, stores, pets — everything we couldn’t bury, burn, sell, carry or store was left behind for the circling vultures.”

Once imprisoned in isolated camps, people built survival objects from scratch but when the camps closed, these, too, were often left behind.



Nakagawa kobu, c 1943, polished ironwood root, courtesy of Tom Izu, photo: David Izu.

50 Objects/Stories’ goal was to take things that remain and excavate their stories while some memory is still alive. What is the biography of objects that have survived a traumatic period? How do things carry memory? How do they tell the stories of people’s lives? We hoped to put a face on objects and animate the inanimate. In recovering these stories, we hope to honor the people who lived them.

Selection and research process

The project team located items by talking to people, visiting families, museums and online archives. Research was carried out in archives and by interviewing survivors and relatives, sometimes at camp pilgrimages. They found that people often knew each other through the web of things. This is not surprising; the items represent people who were and are part of a cultural community in which the objects played a part. 50 Objects/Stories is only one possible grouping of 50 objects. It was a challenge to select them. The project staff is grateful to the academic advisors who have helped through this process.

This exhibit is supported by the National Park Service Japanese American Confinement Sites grant program. You can subscribe to the 50 Objects/Stories newsletter at <http://eepurl.com/dgTRkH>

The 50 Objects team is headed by Nancy Ukai, with David Izu, Chizu Omori, Emiko Omori, Kimiko Marr. Academic advisors include: Franklin Odo, Brian Niiya, David Lowenthal, Hana Maruyama, Chizu Omori. Editorial advisors: Ruth Sasaki, Carol Tateishi. Social media: Rebekka Utermohlen. Guest contributors: Satsuki Ina, Susan Hayase, Sojin Kim, Dakota Russell and others. www.50objects.org



#MeToo

Silent enablers

By Faye Washington

President and chief executive YWCA of Greater Los Angeles

Right now we are outraged about sexual harassment, so we must get this right as we've been here far too many times. We must seize the movement and move to action.

Sexual harassment is a form of sexual violence, and it fits in the larger framework of rape culture, which describes a setting where rape is pervasive and normalized due to societal attitudes about general and sexuality. This setting is reinforced by norms that allow exploitation and the imbalance of power to persist so the powerful can continue to prey on the vulnerable.

We must make perpetrators accountable for their actions, and bystanders are crucial to making this happen. Bystanders have key roles in the persistence of sexual violence; they aid and abet the norms of rape culture when they look the other way. Instead of staying quiet, they can speak up and change attitudes around gender and sexuality.

The question isn't how can survivors prevent sexual violence; rather, it is how can people change the imbalance of power and prevent sexual violence by being an ally and change-maker in their community, industry or society? We need to treat victims and survivors with respect and create spaces of safety so they feel comfortable to come forward. We must have a balanced workforce hierarchy that represents the population. We must seek to remedy this situation for good.

Source: LA Times, December 2, 2017

Forum on Abusive International Marriages

On International Women's Day in March, OCA Sacramento, My Sister's House, and Soroptimists of Elk Grove hosted a forum on Abuse International Marriages. In the 2010's the Hmong community coined the term "abusive international marriage" to describe a growing phenomenon in their community. Abuse in international marriages has a long history in American society ranging from the abuse of mail order brides from Asia and Russia to rocky relationships between US service men married to foreign born women. Participants opined that this abuse is a hidden form of human trafficking - domestic servitude with an imbalance of power in the relationship, isolation of the victim through control. The forum raised that this abuse is more visible and growing among Hmong, South Asian and other Asian women. Some of the relationships have been between older men having relationships and marrying very young women (age difference 20-50 years.) The abuse may also be inflicted on first wives being forcing into divorce and losing community property, child support and other rights without their knowledge.

iumiencommunityservices.org, 916/383-3083.

Current Faces, New Places

Thong Hy Huynh Awards for 2018 were granted by the Davis City Council and Davis Human Relations Commission to: Davis High School Student Solidarity Task Force (Young Humanitarian Award); Rabbi Greg Wolfe (Excellence in Community Involvement); Wendi Counta (Civil Rights Advocacy); Gwyneth Bruch (Lifetime Achievement). Huynh was murdered in a racially motivated stabbing at Davis High in 1983.

John and Lesli Chuck were recognized by the UCD Foundation for excellence in philanthropy, volunteering and leadership and commitment to the university. The Chucks founded their Serotonin Surge Charities 20+ years ago to benefit UCD School of Medicine student run health clinics and organizations. They have also supported undergraduate scholarships and athletics.

Hoang Danh Derrick Nguyen published his paper "Edge-Biased Distributions of Insects: A Review" in the Agronomy for Sustainable Development journal.

The gravesite of Matsunosuke Sakurai was publicly dedicated on May 12th at the Pioneer Cemetery in Coloma. Sakurai was a member of the Wakamatsu Tea and Silk Farm Colony in Placerville, established in 1869 with 22 pioneers from civil war torn Aizu Wakamatsu, Japan. After two years, the Farm failed due to drought and lack of funding. It is considered the first Japanese settlement in North America. The dedication was part of Asian Pioneer History Day at Marshall Gold Discovery State Historic Park. Info: www.ARConservancy.org/wakamatsu

Kavi McKinney, Tai Hackett and Rowan Keller - 9th graders from Emerson and Da Vinci Junior Highs in Davis - they won the second annual California Bridge Building Competition in the 9th/10th grade division in January at CSUS. Their model bridge supported more weight than the winning bridge in the senior high school division. The national championship was held in Nashville.

Sithmi Jayasundara, Elijah Smith and Nora Abduli were honored by the Davis City Council with the city's Golden Heart Awards. The award was created in honor of Andrew Mockus' death who was robbed and pushed into a train. They were honored for overcoming personal challenges and community service.

Devon Hayakawa of Davis won the National Dramaturgy Competition at the regional Kennedy Center American College Theatre Festival in Indianapolis. Hayakawa is a junior with a musical theater major at Ball State University. Dramaturgy is the theory and practice of dramatic composition. Hayakawa's award was based in his work on the play "Twilight: Los Angeles, 1992."

Current Passings

Roy H. Doi, 84, UCD professor of molecular biology, died October 2017. Doi was born in Sacramento, grew up in Loomis, imprisoned during WWII in Tule Lake and Heart Mountain internment camps. He studied at Placer Junior College, UC Berkeley, University of Wisconsin, University of Illinois at Urbana-Campaign. He served on the UCD faculty for over 40 years, was elected into the National Academy of Sciences in 2006, and generously supported the Asian American Studies Program.

Grace Kyoko Noda, 98, of Davis died in March. Raised in Berkeley until WWII when her father was imprisoned in a POW camp in New Mexico and her mother was detained at Terminal Island, San Pedro. Grace and her 3 sisters were sent from the Santa Anita Racetrack Assembly Center to a WWII prison in Jerome Arkansas. She met and married Grant in Berkeley, taught 2nd graders for 10 years in Richmond, moved to Davis in 1959. In Davis, she sewed for and supported opera companies, enjoyed sports and frequently attended local and Bay Area performances. Active with the Davis Friends Meeting, she protested against the Vietnam War, was arrested at a protest at a nuclear weapons facility and engaged in many social justice campaigns.

Signs of massage parlor trafficking

- Advertisements significantly below market level.
- Back or side business entrances, covered windows, locked entrance doors that require approved access.
- Steady flow of all-male clientele at all hours of day and night.
- Workers rarely (or never) appear to leave the location.

If you see any of these signs, call in a tip to the National Human Trafficking Hotline (1-888-373-7888).

Source: polarisproject.org

Letter to the Editor

May 8th - Kind of you all to include me in your circle for years. Between us, unfortunately, I have been under the weather for years at this twilight year. I wish you volunteers "Thanks". Thanks.

FOB aka Kyung W. Lee



Calendar

Continued from Back Page

The Chibi is based on The Romance of the Three Kingdoms, one of four great Ming dynasty novels. Info: CATS Community Asian Theatre of the Sierra www.catsweb.org

July 23, Aug 27, or Sep 17 Mon **ACC Senior Services "Qualifying for Medi-Cal and VA Benefits."** 4-5pm at ACC Senior Services (7334 Park City Dr, Sac). At this seminar we will discuss what resources are available to you to get the help that you need. \$3 pre-paid/\$5 drop-in. To register: 916/393-9026 x330, classes@accsv.org. Please specify date preferred.

July 24 Tue **ACC Senior Services 'Phone Scams – Just Say "No Thanks!"** 2-3:30pm (7334 Park City Dr, Sac). In this workshop, we will provide information on how to recognize phone scams and how to handle an unexpected sales call. In addition, we will discuss the issue of fraudulent sales calls by Third Party Gas Companies. To register: 916/393-9026 x330, classes@accsv.org.

July 26 Thu **ACC Senior Services "COSTCO Wholesale Hearing Aid Center."** 11am-12pm at ACC Senior Services (7334 Park City Dr, Sac). Learn the basics of hearing aid technology, from Bluetooth wireless functionality and accessories to rechargeable hearing aids. Free. To register: 916/393-9026 x330, classes@accsv.org.

Aug 4 Sat **My Sister's House Rummage Sale.** Info: www.my-sisters-house.org

Aug 4, 5, 11, 12 Sat/Sun **ACC Senior Services "Self-Defense for All."** 1-3pm (7334 Park City Dr, Sac). This is 4-session workshop will impart techniques that anyone can use to prevent them from becoming a victim of crime. No prior martial arts skills, special tools, advanced degree or great physical conditioning required. Limited to 30 students. \$40 for all four classes, \$15 drop-in. Registration required. To register: 916/393-9026 x330, classes@accsv.org.

Aug 7 Tue **ACC Senior Services "Planning Ahead for the Inevitable."** 11:30am-12:30pm at ACC Senior Services (7334 Park City Dr, Sac). Join us for a 25-minute presentation on why everyone should pre-plan funeral arrangements. Lunch provided. Free. To register: 916/393-9026 x330, classes@accsv.org.

Aug 7 Tue **Wa Sung Service Club 2018 Golf Tournament.** Tee time 8am at Monarch Bay Golf Club (13800 Monarch Bay Dr, San Leandro). \$125/golfer. Mulligans and "Magic Strings" available at \$5 each! Info: Clayton Yukumoto 510/326-6585, Arnold Mew 510/329-3419, Jeff Quon 510/352-5734

Aug 10 Fri **ACC Senior Services "What are Palliative Care and Hospice."** 1-2pm at ACC Senior Services (7334 Park City Dr, Sac). Learn about these services and how they can improve the quality of life for someone with a chronic or life-limiting illness. Free. To register: 916/393-9026 x330, classes@accsv.org.

Aug 14 Tue **ACC Senior Services "Elder Abuse."** 10-11am at ACC Senior Services (7334 Park City Dr, Sac). Learn about the various types of elder abuse, including physical abuse, financial abuse, and emotional abuse. Free. To register: 916/393-9026 x330, classes@accsv.org.

Aug 17 Fri **ACC Senior Services "Diabetes 101-Lifestyle Modification, Motivation, Stages of**

Change and Setting SMART Goals." 3-4pm at ACC Senior Services (7334 Park City Dr, Sac). Free. To register: 916/393-9026 x330, classes@accsv.org.

Aug 18 Sat **CAPITAL Meeting.** 830am at Sacramento Sheriff Central Station (7000 65th St, Sac). Info: Sonney Chong sonney.chong@att.net, Stephanie Nguyen stf_nguyen@yahoo.com

Aug 23 Thu **ACC Senior Services "Effective Communication Strategies."** 3:30-5pm at ACC Senior Services (7334 Park City Dr, Sac). This workshop teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Free. To register: call the Alzheimer's Association at 800/272-3900 or e-mail lvilleda@alz.org.

Aug 23 Thu **CAPITAL 6th Annual CelebrASIAN Dinner.** 6-830pm at Happy Garden Restaurant (5731 Stockton Blvd, Sac). Info: Sonney Chong sonney.chong@att.net, Stephanie Nguyen stf_nguyen@yahoo.com

Aug 25 Sat **PACT Annual Family Gathering. Potluck.** Noon-4pm at Doyle Hillis Park (Emeryville). Building community with families with adopted children of color. Info: PACT, An Adoption Alliance, www.pactadopt.org

Aug 31 Fri **ACC Senior Services "Protect Yourself from Fraud."** 1-2pm at ACC Senior Services (7334 Park City Dr, Sac). Learn how to protect yourself from financial fraud and scams. Free. To register: 916/393-9026 x330, classes@accsv.org.

Sept 8 Sat **My Sister's House Fall Domestic Violence Advocate Training** begins. Info: www.my-sisters-house.org

Sep 9 Sun **Reading: Bamboo Secrets: One Woman's Quest through the Shadows of Japan by Patricia Dove Miller.** 2pm at 243 Boulder St, Nevada City. A memoir about Japan in 1993 when author Miller's husband was detained on drug charges, she is in search of herself with a troubled marriage and discovers Japan's dark side. Info: CATS Community Asian Theatre of the Sierra www.catsweb.org

Sep 11 Tue **ACC Senior Services "Life-Changing Lighting."** 11am-12pm at ACC Senior Services (7334 Park City Dr, Sac). Learn how lighting in your home affects your health. Free. To register: 916/393-9026 x330, classes@accsv.org.

Sep 14 Fri **ACC Senior Services "Diabetes 101-Better Office Visits, Avoiding Complications, and the Psychosocial Aspects of Diabetes."** 9:30-10:30am at ACC Senior Services (7334 Park City Dr, Sac). Free. To register: 916/393-9026 x330, classes@accsv.org.

Sep 15-16 **Weekend Trek following Chinese Railroad Workers of the 1860s in the building of the Transcontinental Railroad.** The bus trip begins in Sacramento with stops and narration and ending in Truckee. In Truckee, the participants will spend the night. The group will then train back to Sacramento and end at the Railroad Museum with a guided tour. Tour guide: Bill George. \$295/person (double). Info: CATS Community Asian Theatre of the Sierra www.catsweb.org, PO Box 1266, Grass Valley 95945.

Sep 25 Tue **ACC Senior Services "Medicare 101."**

4-5pm at ACC Senior Services (7334 Park City Dr, Sac). Learn about Medicare and the options you have once you are eligible. Refreshments provided. Free. To register: 916/393-9026 x330, classes@accsv.org.

Sep 28 thru Nov 16 Fri **ACC Senior Services "Matter of Balance."** 10am-12pm at ACC Senior Services (7334 Park City Dr, Sac). This 8-week, award-winning program can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. \$25 suggested donation for materials. To register: 916/393-9026 x330, classes@accsv.org.

Sep 29 Sat **Sacramento Chinese Culture Foundation: Love in Fall Classical Music Banquet.** 5pm at California Northstate University, School of Medicine Event Center (9700 W. Taron Dr, Elk Grove). Info/tickets: 916/821-8406, SCCF_orchestra@hotmail.com

Oct 13 Sat **Nikkei Angel Island Pilgrimage.** Info: www.nichibei.org/angel-island-pilgrimage

Oct 19 Fri **Iu-Mien Community Services: Honoring Our Journey Banquet.** Honoring Dr. Chiem-Seng Yaangh. 6-830pm at A & A Tasty Restaurant. \$55/person. Info: president@

API officers sue San Gabriel

Five current and one former API police officers have filed a lawsuit against the city of San Gabriel, a Los Angeles suburb, for subjecting them to a hostile work environment and being passed over for promotions. The complaint named a captain and three lieutenants within the department.

The API officers were mocked by colleagues speaking in fake Asian accents and promoting racist stereotypes. When responding to car crashes, other officers would comment that "your" people are bad drivers. An API officer was told that dogs fear him because they think he may eat them. Another API officer felt he was passed over for a promotion after reporting that another officer for using the N-word. According to the lawsuit San Gabriel PD officers commonly referred to local residents as "f-king gooks" and the API officers were ridiculed with mock accents and comments like "ching chow." Other officers allegedly made race-based jokes, including those about Asian physical features and the shape of genitalia and stereotypes about Asians excelling at math and science.

According to the lawsuit, some of the API officers endured the discrimination for 21 years and did not speak up out of fear it would impact their employment with the department. Sixty-two percent of San Gabriel's 40,000 residents are of Asian ancestry. There are only seven Asian officers among the department's 50 full-time employees.

Calendar

Now through June 25 **PBS's American Experience: The Chinese Exclusion Act** - Stream for FREE until June 25. The documentary examines the origin, history and impact of the 1882 law that made it illegal for Chinese workers to come to America and for Chinese nationals already here from ever becoming US citizens. The Chinese Exclusion Act was the first in a long line of laws targeting the Chinese for exclusion and it remained in force for more than 60 years.

June 13 Wed **Alzheimer's Association Care Partner Education Event.** A program designed to fit the needs of care partners and families caring for those with Mild Cognitive Impairment, Alzheimer's disease, and other forms of dementia. Learn more about the diseases, the latest updates on research, strategies in communication and tips on self-care. 9am - 1230 pm at Stanislaus County Veterans Center (3500 Coffee Rd, Modesto). Free. Info: Ingrid Villeda 800/272-3900, ivilleda@alz.org.

June 14 Thu **Center for Fathers & Families: Annual Salute to Fatherhood Banquet.** 6-9pm at Doubletree Hotel (2001 Point West Way, Sac). Honoring men in the community who have been exemplary fathers or father figures. Tables \$1,500. Info: events@CFFSacramento.org

June 18 Third Thursdays **My Sister's House #Me Too Sexual Assault Survivor Group.** Free drop in sexual assault survivor support group. All genders welcome. 6-7pm. Info: 916/930-0626

June 20-July 8 **Soft Power** musical, a collaboration between David Henry Hwang (M.Butterfly) and Jeanine Tesori (Fun House). A rewind/playback of our recent political history through a Chinese lens. Curran Theater (SF). (Use code CAAM20 for 20% off tickets.)

June 20 Wed **Sac Kids First Coalition Campaign Launch Party.** A campaign to create a dedicated youth fund in the city of Sacramento. 6-8pm at Sol Collective (2474 21st St, Sac). Info: sackidsfirst@gmail.com

June 21 Thu **Friends of the California State Fair Gala.** An evening supporting Agriculture Winner and future of the industry. 530pm reception, 7pm dinner at Cal Expo. \$175/person. Sponsorships available. Info: Jordan Gravert, Brian Honebein, sponsor@eventpartnership.net

June 22 Application deadline for **OCA-Sacramento Mentoring Asian American Professionals (MAAP) 2018.** Saturdays: June 23 Orientation, July 14 Midway, August 4 Final. 9-noon at Florin Road Partnership (5501 66th Ave #200, Sac). Free. Pairing college students and professionals with experienced leaders to create a personal strategic plan. Open to everyone, regardless of ethnicity. Info www.ocanational.org/map-sacramento, Monica Lee mlee@ocanational.org, Saori Choulos saorichoulos@gmail.com

June 22 Application deadline for **OCA-Sacramento 2018 Speak and Lead Program.** A fun-filled summer of learning through speech delivery, communication building activities and leadership projects. July 1-29 Sundays 9am-noon at Sacramento Police Dept. Community Room (5770 Freeport Blvd #100, Sac). Register at Bit.Ly/OCASpeakLead2018. Info: Nai Saechao nai@ocasacramento.org, Nancy Woo n.woo@sbcglobal.net

June 22 Tue **PACT 4th Annual Adoptees Night with the Giants.** 715pm at ATT Park (SF). Free tickets for PACT members. PACT, Mixed Roots Foundation and SF Giants are sponsoring this Annual "Adoptee Night." Info: PACT, An Adoption Alliance, www.pactadopt.org

June 22 Fri **PACT Adoptive Parents of Color Collaborative Parents Night Out (Adults only).** Join other adoptive parents of color for dinner, community and to celebrate parenting. 7-9pm. RSVP for location. Info: PACT, An Adoption Alliance, www.pactadopt.org

June 27 Wed **PACT Webinar: Living Open Adoption: Practical Guidance for Making It Work with Lori Holden.** 11am-1230pm. Open adoption was created as an alternative to the challenges of closed adoption. But many adoptive parents find new challenges inherent to an open relationship with birth family. Info: PACT, An Adoption Alliance, www.pactadopt.org

June 29 Fri **Wa Sung Community Center's A's Baseball (Oakland As v. Cleveland Indians) fundraiser.** 1/2 discount parking, 3rd base field seats, shirts. 5pm tail gate, 705pm game. \$40/ticket (WSCC gets \$10). Info: Karen Dea 925/519-1327, wasungserviceclub@gmail.com

June 30 Sat **TOFA Inc: Body, Mind and Spirit Health and Wellness Event.** 9am-1pm at Rotary Grove, Elk Grove Park (9950 Elk Grove Florin Rd, Elk Grove). Free health screenings, bicycle giveaways, healthy snacks.

June 30 Sat **Nichi Bei Foundation/Weekly's 8th Annual Northern California Soy and Tofu Festival.** 11am-5pm at St. Mary's Cathedral (1111 Gough St, SF). Learn about the health benefits and uses of soy and tofu through free samples, soy and tofu vendors, dessert competition, performances, food trucks, games, raffle, cooking demonstrations, scavenger hunt, Murasaki Ensemble Trio. Sponsorships (\$125-1000) available. Info: www.soyandtofu.org

June 30 Sat **Halau Ka Waikahe Lani Malie (peaceful flowing waters) Kahulaliwai (hula concert).** 6pm at Harris Center (Three Stages at Folsom Lake College, 10 College Parkway Folsom). \$25/person. 3 hrs of 30 dance sets including both ancient style percussion and chanting and modern music. Authentic hula and the Hawaiian language went underground for over a century. The Hawaiian culture and language only regained its footing with the 1970s Hawaiian Renaissance political movement. The ancient style hula was not publicly performed until fairly recently, when the cultural practitioners realized that it will die otherwise. Tickets: harriscenter.net/Online/default.asp?

July 2 First Mondays **My Sister's House Friends and Family of Survivors Group.** Learn how to support victims of domestic violence, sexual assault or human trafficking. Free drop in support group. 6-7pm. Info: 916/930-0636. 24/7 Multilingual Help Line 916/428-3271

July 6, Aug 3, Sept 7, Oct 5 First Fridays **Lincoln Summer Nights.** Music, sports, exercise, dancing, performances, games, food, vendors. Sponsors: Chinatown Improvement Initiative, Friends of Lincoln Square, APEN, AYPAL, OACC, APSC, The Spot, Chinatown Coalition and Lincoln Square staff. 5-8pm at Lincoln Square, Oakland Chinatown.

July 6 Fri **ACC Senior Services "AARP HomeFit."** 1-2pm at ACC Senior Services (7334 Park City Dr, Sac). The AARP HomeFit workshop offers no-cost to low-cost, simple, do-it-yourself solutions to make one's home safe and suitable as you age. Free. To register: https://aarp.cvent.com/ACCHomeFitJuly218 or call Kris Ritualo at 916/556-3025.

July 7 Sat **Wa Sung Service Club Annual Community Picnic and Founders' Day Celebration.** Celebrating Wa Sung volunteers. Noon-3pm at San Leandro Marina-Seagull Picnic Area (San Leandro). Water balloon toss, watermelon eating contest, bean bag toss. RSVP through Evite by 6-27. Potluck assignments: A-K main entrees, L-Z appetizers/salads. Wa Sung is providing BBQ, lemonade and root beer floats. Info: Linyi Yu 510/928-2026 linyiyu.feng@gmail.com, Cindy Lee 510/708-8707 mimi4488toea@hotmail.com

July 8 Sun **Buddhist Church of Florin Obon Festival.** Food for purchase, entertainment, Bon Odori dancing, Sacramento Taiko Dan. 6pm at 7235 Pritchard Rd, Sac. Bon Odori Dance Practices June 26, 27, 28, July 3, 5. Free admission.

July 10 Tue **ACC Senior Services "Living and Coping with Fibromyalgia."** 3-4:30pm at ACC Senior Services (7334 Park City Dr, Sac). In this interactive workshop, we will discuss different strategies that can lead you to feeling better and living a more productive life. Free. To register: 916/393-9026 x330, classes@accsv.org.

July 11 Wed **My Sister's House Art with a Heart.** Art, art making, silent auction, refreshments, wine and beer, music. \$25/35/person. Tickets at artwithaheart.bpt.me

July 11, Aug 8, Sep 12 Wed **ACC Senior Services Family Caregiver Support Group.** 12-1:30pm at ACC Senior Services (7334 Park City Dr, Sac). Self-help group run by and for people with challenges/life changing situations involving caregiving for a loved one with memory decline, such as dementia/Alzheimer's disease, and mild cognitive impairment (MCI). Free. Info: Soojin Yoo, 916/393-9026 x326, syoo@accsv.org.

July 12, Aug 9, Sep 13 Thu **ACC Senior Services Phone and PG&E Bill Review Clinic.** 2-4pm ACC Senior Services (7334 Park City Dr, Sac). Free. Drop-ins welcome on a first come, first served basis. Info: 916/393-9026 x 339, team@accsv.org.

July 14 Sat **CACS Foundation and Fiddletown Preservation Society: Fashion in Tradition Show and Luncheon.** Raising money to buy a new roof for the Chinese Herb Store Museum in Fiddletown. The Chew Kee Store Museum is designed as No. 107 Point of Historic Interest. 1130am-2pm at Happy Garden Restaurant (5721 Stockton Blvd, Sac). \$45/person. Info: Karun Yee 916/591-8181, yee911@aol.com

July 20 Fri **ACC Senior Services "Diabetes 101-Diabetes Medicines: What Are They, When Should They Be Used and How Do They Work."** 10-11am ACC Senior Services (7334 Park City Dr, Sac). Free. To register: 916/393-9026 x330, classes@accsv.org.

July 21 Sat **Reading of The Battle of Chibi by Hock Tjoa.** 2pm at Community Room, Madelyn Helling Library (Nevada City). Continued on Page 11